

MINOT STATE UNIVERSITY Red & Green

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Geoparty tour time



Photo by Courtney Holman

MSU students (from the left) BreAnne Etier, Leiya Crawford, Zac Cunha, Jacob Decoteau, Casey Feldner, Kali Walsh, Mason Schmidt, Emily Anderson and Benjamin Brainard compete against one another during the Geoparty. The students answered questions about North America by standing on the location of the answer on National Geographic's giant 26 feet x 35 feet traveling map of North America. Mason Schmidt won this year's event. MSU's Division of Social Sciences sponsored the event.

Dinner and a movie



Photo by Jerusalem Tukura

Students enjoy a meal in the Beaver Dam while watching "22 Jump Street." MSU Life sponsored the event.

Mu Sigma Tau members cheer on soccer team

MSU students (from the left) Kevin Gilgallon, Casey Feldner, Jared French, Greg Groesbeck and Roger Herrmann watch the MSU soccer team take on Minnesota State University-Mankato.

Photo by Courtney Holman



Voices on Campus

“What are your plans for Halloween?”

Jay Lurvey
Comm 281



Anne Palmer
Art Education

“I work at Kalix, and I’m going to be doing different planned activities at my work, maybe a little trick-or-treating.”



Braden Hodenfield
Mechanical Engineer

“Probably go trick-or-treating with my little cousin.”



Shelby McCabe
Special Education

“My boyfriend and I are dressing up together and we are going trick-or-treating with my family”



Wyatt Clark
Athletic Training

“My plan is to straighten my hair which is already very long, obviously, and then I’m going to go as Thor.”



Gunner Flynn
Athletic Training

“Fighting the ghouls and monsters of the night in my Superman costume.”



Hye Ji Lee
Biology/Chemistry

“We’re in Biology Club so we’ll just be at the dome, and then after that just gather with our friends.”

News in Brief

Blue Lights installed and operational

Minot State University has installed a security system of 28 blue lights all around campus to better the safety and welfare of students.

The video cameras on the units are working, and integration with the 911 dispatch system has recently been achieved.

The blue security lights are easy to use. There are two buttons on each one of the lights. The red button has a direct connection to 911 dispatchers, while the black button is a direct line to campus security.

The lights are available 24 hours a day, seven days a week. Cameras are included on these security stations. The wall mounts have a 180-degree camera, and the tall pedestal lights have a 360-degree one.

The installation of the blue lights is a proactive measure to prevent crimes from occurring and to increase a feeling of security. No incidents provoked the implementation of the system.

Minot State received a \$1 million grant from the Department of North Dakota Trust Lands, which funded the blue lights. The N.D. State Legislature appropriated the funds.

Halloween dance Oct. 24

Wear your best costume and get ready to dance at the Halloween dance Oct. 24 at 10 p.m. at the North Dakota State Fair Center. It is free with MSU student ID and \$5 to bring a guest. MSU Life sponsors the event.

Tailgating Oct. 25

Join Minot State Athletics in the Dome parking lot for live music, food and games Oct. 25 at 11:30 a.m. before the MSU football game. MSU takes on University of Minnesota, Crookston at 1:30 p.m.

The film, “The Intouchables,” shown Oct. 27

The Northern Lights Film Series continues with the 2011 French film, “The Intouchables,” Oct. 27 at 6:30 p.m. in Aleshire Theater. After he

becomes a quadriplegic from a paragliding accident, an aristocrat hires a young man from the projects to be his caretaker. This film series will be a community event, not simply an extension of the classroom. Attendees will experience other points of view through seeing and discussing movies from many different countries and cultures. The MSU Foreign Language Program and the North Dakota Humanities Council sponsor the event. Contact Scott Sigel at 701-858-4265.

Guggenheim award winner to speak Oct. 29

Guggenheim award winner Daniel Heyman will present “Bearing Witness: Human Rights and Art” Oct. 29 at 7 p.m. in Aleshire Theater. Heyman will speak about the relationship between human rights and his artwork with the Abu Ghraib detainees. Heyman’s prints will be available for viewing following the presentation. The Northwest Art Center sponsors the lecture. It is free and open to everyone.


Today in History

- 1814 1st plastic surgery is performed (England).
- 1824 1st steam locomotive is introduced.
- 1941 Walt Disney’s “Dumbo” released.
- 1973 Nixon agrees to turn over White House tape recordings to Judge Sirica.
- 1977 Paleontologist Elso Barghoorn announces that 3.4-billion-year-old one-celled fossils, the earliest life forms, had been discovered.
- 1989 Hungary proclaims itself a republic and declares communist rule ended.
- 2011 The city of Van in eastern Turkey experiences a 7.2-magnitude earthquake; 100 people are killed.

(Courtesy of Brainyhistory.com)

INSIDE/OUT

MSU's News & Feature Show



Thursdays, live at 5 P.M., CHANNEL 19
Shown again Thursday at 8:30 P.M.
Fridays at 1 P.M.

Produced by MSU Broadcasting students

Concert Choir and Women's Chorus to perform Monday

by Anthony Jones
Comm 281

On Monday, Oct. 27, the Minot State University Concert Choir and Women's Chorus will present a fall concert at 7:30 p.m. in Ann Nicole Nelson Hall.

Kenneth Bowles, professor of music, directs the concert choir, and Lukas Graf, assistant professor of music, will direct the women's chorus.

Much of the music comes from the curriculum studied by the MSU music students.

The concert choir, with both male and female voices, will sing a Russian piece by Sergei Rachmaninoff titled "Hail Mary," a Catholic liturgical piece written for the Russian Orthodox Church. They will follow with a simple folk song, "Wondrous Cool, Thou Woodland Quiet," written by Johannes Brahms. Also included in the repertoire is the spiritual, "Earth Song," a work song full of heart and culture, and "Little Man in a Hurry" by Eric Whitacre, an upbeat and crazy style of song that paints a picture which asks, "Why do that?" Another piece is "Festive Today," a song by Benjamin Britten on the organ.

"The music suits Nelson Hall well, suits our students well," Bowles said, "and hopefully it suits our audience as well."

The women's chorus, made up of about 25 students, will perform three early English madrigals: "Come Away, Come Sweet Love," "Weep No More" and "The Nightingale." They will also include music from Randall Thomas titled, "Now I Lay Me Down to Sleep" and John Milford Rutter's, "Tomorrow Shall Be My Dancing Day."

"This music was chosen to show the different types of madrigal music and how it has progressed in time," Graf said.

The concert is free and open to everyone.



MSU students use technology to sense and communicate with spirits in Aleshire Theater. Guest ghost hunter Chris Moon led the entertainment. MSU Life sponsored the event. Photo by Jamie Council

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Foods that hate me

Editor's note: The following health-related article was written by an MSU nursing student as part of Mary Smith's and Niki Roed's nursing 473 class, Nursing Leadership and Management.

by **Rachelle Brown**
Senior Nursing student

According to Harvard Health (2011), food allergies have been steadily increasing over the past 10 years, with 5 percent of children and 4 percent of teens and adults affected. Although, 170 foods have been linked to allergic reactions, 90% of allergies involve milk, soy, eggs, peanuts, tree nuts, fish, shellfish, or wheat (N.D., 2011).

Here are a few misconceptions about food allergies:

"1. A tiny taste won't hurt. Some people react to a single bite, or even an inhaled food particle.

2. Problem foods are less likely to cause allergic reactions if they are cooked. Food proteins are the allergens, and most proteins are not altered by cooking.

3. Adults do not develop allergies. Although allergies usually begin in infancy, adults can develop them too—especially fish and shellfish allergies.

4. Allergic reactions become increasingly severe after each exposure to the problem food. The severity and symptoms are unpredictable. A food product may produce a mild rash one time and full-blown anaphylaxis at another time (before or after). Anaphylaxis is a life-threatening, whole-body reaction, in which airways constrict and blood pressure drops, resulting in shock, loss of consciousness and sometimes death. (Food Allergies and Intolerances, 2011, p 4)."

You do not have to live in fear however, it is important to understand the

difference between food allergy and food intolerance, the symptoms of these, and how to live with your allergy. A food allergy causes a reaction that involves more than one organ system, such as respiratory, cardiac, and digestive. Symptoms can range from severe to life threatening, and it only takes a small amount of the food to cause a reaction and sometimes just breathing in its aroma. Symptoms can include lightheadedness or headaches; itching, hives, or a rash; swelling of the lips and throat (N.A., 2011). Food intolerance will cause symptoms related to the digestive system, such as gas, bloating, nausea, and diarrhea, all of which tend to manifest themselves slowly, and most times you can tolerate a small amount of the food without difficulty (N.A., 2011; Li, 2011).

If you completely avoid your allergen you will not have a reaction, right? Wrong, you can still have a reaction through what is called cross-contact. Cross-contact occurs when the proteins from one food come into contact with another food. An example of this would be going to lunch and ordering a hamburger, but this particular burger is cooked on the same grill where eggs and French toast were prepared earlier that day. This grill now contains egg, milk, and wheat proteins unless properly cleaned prior. It is very important to call a restaurant ahead of time. Make sure a restaurant can accommodate your allergy, prepare your food in a separate location with sterilized utensils, properly sanitize the table and label the meal as an allergen-free meal, so that it won't be confused with other orders (Schaefer, 2011).

Having a food allergy/intolerance sometimes means giving up your once favorite foods, but thankfully there are

several replacement options available! For those with peanut allergies there is soy and sunflower butter one can use instead of peanut butter. There are now more options than ever for those with a wheat allergy that make your favorites with rice, corn, or potato instead of wheat. Many dairy products are now available using coconut, almond, or soy (Eating With Food Allergies, 2013).

In conclusion a food allergy can be a life-threatening reaction, whereas food intolerances cause vague, bothersome symptoms. Eating out is still an option as long as you take the proper precautions make your allergy known. If you have any sort of reaction to food it is important to get tested. Identifying your trigger food(s) can alleviate gastrointestinal problems, prevent possible anaphylaxis, and aide in a better eating experience.

References:

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New Business Administration faculty on campus

By **Liz Clemmons**
Comm 281

Minot State University has several new faculty members this year.

Hung Vu Thanh and Mehdi Hossain are additions to the Business Administration Department.

Vu Thanh is teaching fundamental management, fundamentals of business and strategic management. He is originally from Vietnam, where he taught business management at the National Economics University in Hanoi, Vietnam, for more than 20 years. MSU is his first school in the United States.

He is married and has 2 sons. His wife, who is still home in Vietnam, is also a teacher.

Vu Thanh came to Minot State to gain international experience. When he came across an opening for a visiting teaching position, he came for a visit, enjoyed the community and decided to take the position.

Vu Thanh said that although he has a language barrier, the students and staff have been very welcoming.

Mehdi Hossain, another fresh face in the department, is in his first semester as a professor and is teaching marketing strategy, consumer behaviors and International marketing communication.

Originally from Bangladesh, Hossain received his PhD in marketing at the University of Texas-Arlington. He had several offers, but took the offer for assistant professor at MSU because he liked the environment better than the other schools he was considering.

Hossain is married, but does not have children yet. When asked about how he is enjoying Minot State so far, he said he is enjoying it.

"I would love to continue teaching here," he said. "I hope to stay for some time."



Thanh



Hossain

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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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Weekly on-campus meetings help with weight management

by Anthony Jones
Comm 281

Minot State University's Student Health Center hosts weight management meetings every Tuesday for all MSU students, faculty and staff. The purpose is to promote healthy lifestyle choices along with tips and motivation for successful weight loss.

Caren Barnett, a registered nurse and director of the MSU Student Health Center, leads the meetings.

"The group is a mixture of both male and female," Barnett said. "Right now we average six in attendance, but we have seen as many as 18 in the past."

Discussions vary from week to week and have included topics on portion size, reading food labels and healthy eating habits.

Paul Brekke, coordinator of the MSU Student Wellness Center, has demonstrated at the meetings different techniques for managing weight.

"The weight management meetings are a good thing," Brekke said. "It is like a support group. Sometimes they talk about different recipes they have tried or share workouts with the group."

For discussion information, Barnett draws information from two books. The first is "The Mayo Clinic Diet." The second is "101 Brain Boosters" written by Terry Eckmann, MSU professor of physical education.

"I am very focused on prevention, so if people follow the instructions in the book they will live a better and healthier lifestyle," Eckmann said. "It will improve learning and if practiced well it will make a person more active and conscious of their food choices."

The meetings are free and are held Tuesdays at 3:30 p.m. in the Student Health Center in Lura Manor, lower level, south entrance.

MSU offers workshops to benefit students' success at school

By Marissa Choiniere
Comm 281

The Minot State University Student Success Center and POWER Center are sponsoring nine workshops for students next week.

On Oct. 28, Lynda Bertsch will present "Major Confusion" at 10 a.m. in the Westlie Room.

The POWER Center Staff will present the next workshop, "Using a Different Mirror: Adjusting your perception of others and yourself," at noon in Main 214.

The final workshop of the day is "Make Your Time Count!" It will discuss making the most of your day, dodging distractions and avoiding procrastination. Aaron Hughes, student activities, and Camilla Van Dyke, housing, will present it at 1 p.m. in Main 104.

On Oct. 29, Bertsch will offer the "Major Confusion" workshop again at 1 p.m. in Main 216 for those who were unable to attend the previous presentation.

On Oct. 30, the "Make Your Time Count!" presentation will be offered again at 11 a.m. in Main 106B.

The POWER Center will also present "Seven Habits of Highly Effective Students" at 1 p.m. in Main 106A, followed by a workshop called "Did Your Mid-Term Grades Scare You?" at 2 p.m. in Main 213.

POWER Center staff will present "Using a Different Mirror" Oct. 31 at 10 a.m. in Hartnett Hall 303E. Attendees will learn to adjust their perception of others and themselves.

The last workshop of the week is a repeat of "Did Your Mid-term Grades Scare You?" It begins at 11 a.m. on Oct. 31 in Old Main 213.

All workshops are approximately 50 minutes long and are free to all MSU students. Questions? Please call the Student Success Center, 701-858-3362, or visit the office located on the second floor of the Student Center.

O'Keefe to discuss the drug Metformin at next Math Talk

by Emmanuel Okone
Comm 281

Kowan O'Keefe, Minot State University mathematics and chemistry major, will present "Identification Problem in Pharmacokinetic Model for the Treatment of Type II Diabetes Mellitus Using Metformin" Thursday, Oct. 30, at 5 p.m. in Model Hall 330. This research is a joint work by



O'Keefe student, Michal Gudejko and Narayan Thapa, assistant professor of mathematics.

"For this research, we took 500 mg of Metformin and calculated the rate at which the drug moves from one compartment, e.g., the GI lumen, to another, i.e., the liver," Narayan said.

"Here in the math department, we provide opportunities for students who are math majors or minors to do some undergraduate research related to mathematics. It can be related to science but, as a tool, you use the mathematic result," Narayan said.

This research is part of the undergraduate research in applied mathematics. Thapa encourages students to present a research lecture every month, so that they can develop confidence and learn how to present to a larger audience.

O'Keefe has been involved in undergraduate research in applied mathematics with Thapa since April 2013. After graduation, he plans to pursue a doctorate in organic chemistry.

For more information about this event, contact Thapa at narayan.thapa@minotstateu.edu or 701-858-3087.

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Vote on Measure 3, Question your degree



Submitted Photo

MSU students (standing from the left) Jen Gravos and Codi Thomas receive information on Measure 3 from students Kyle Combs, Jenelle Williams and Mercedes Drechsel. Measure 3 will appear on the N.D. ballot in November. If approved, it replaces the current part-time eight-member board and chancellor with a full-time three-member board appointed by the governor to oversee public higher education in the state. Members of the SOC 280 Social Movements and Human Rights class sponsored the booth.

Comedian fills room with laughter during live performance in Beaver Dam



Photo by Jerusalem Tukura

Comedian Roy Wood Jr. entertains students during his performance in the Beaver Dam. MSU Life sponsored the event Oct. 14.

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'It Was Rape!' shown on campus



Photo by Jerusalem Tukura

Lisa Dooley, Keep U Safe Program coordinator, speaks to audience members during the screening of "It Was Rape!" Other speakers were (from the left) Nancy Mickelson, campus counselor, Diane Harmon from the Domestic Violence Crisis Center, Sgt. Darren Dyke from the Minot Police Department and Kristin Plessas from North Dakota Department of Corrections and Rehabilitation. The documentary by Jennifer Baumgardner was shown earlier this month in the Beaver Dam. It featured eight women telling their diverse personal stories of sexual assault, from a Midwestern teenager trying alcohol for the first time to a Native American woman gradually coming to terms with her abusive childhood.

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Photo by Jamie Council
Cornerback Randall Barber forces a University of Mary wide receiver out of bounds in NSIC play at Herb Parker Stadium.

MSU looks for its first win

By Jamie Council
Sports Editor

The Minot State football team is still searching for a "W" with a record of 0-7 and four games remaining in the season. Most recently, the Beavers lost 17-31 in the Battle of the Beavers against the Bemidji Beavers in Minnesota. The weekend prior, MSU dropped a heartbreaking 29-31 loss to rival University of Mary Marauders at Herb Parker Stadium.

The Beavers were unable to pull off the win against Mary despite a 4:3 first down ratio to UM, just over 140 passing yards more than UM, and outscoring Mary 29-17 the second half. Minot state was two points behind with less than a minute left in the game and it was first and goal at the 5-yard line when junior quarterback Zac Cunha was hit from behind and dropped the ball. The Marauders recovered the fumble to end MSU's hopes of a comeback victory.

Mary chipped away at the game the first half, converting a touchdown a quarter for a 14-0 lead at half. However, with 22

points in the third quarter, MSU took its first second half lead this season with the first pick six of the season. Bryce Broome ran in a 29-yard interception with the two-point conversion rush by Dalton Houghton with just under seven minutes left in the third.

WR Leon LaDeaux scored his second touchdown less than 10 seconds earlier on a 13-yard pass from Cunha. LaDeaux was also on the end of a 51-yard pass from Cunha for the first Beaver touchdown of the game.

However, Mary's two touchdowns and a 26-yard field goal sandwiched between Broome's pick six and a 3-yard run from Glyn Borel with four minutes left in the game put the Beavers in a position they were unable to recover from to fall short, 29-31.

The Beavers look for their first win this weekend against the University of Minnesota at Crookston. Kickoff is at 1:30 P.M. at Herb Parker Stadium on the Minot State University campus.

For more information, visit the Beaver football webpage on the MSU Athletic website at msubeavers.com.



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Photo by Courtney Holman

Junior Kristin Long (No. 12) keeps the ball away from two Minnesota State University-Mankato players at Herb Parker Stadium.

Soccer on 3-game winning streak

by Kurt Miller
Sports Writer

Minnesota State University proved to be the No. 2 team in the country Saturday afternoon, Oct. 11, as they defeated Minot State University 3-1 at Herb Parker Stadium.

The Mavericks jumped out to a 1-0 lead after holding possession in the Beavers' end early on in the first half. Emily Morris hit a powerful shot from the top of the 18 that was

just out of the reach of Beavers' goalkeeper Celene Johnson (Jr.) in the 25th minute of play.

Minot State didn't back down though. The Beavers earned a free kick from 40 yards out on the right side of the field that led to a goal, tying the match up at 1-1. Jamie MacFarlane (Sr., F.) settled the flighted ball played in by Emilie Rebelo (Jr., D), and served the ball across the penalty area to Kristin Long (Jr., M). Long placed the ball

past a diving Minnesota State goalkeeper with one touch and sent the Beavers to halftime all-square.

The Beavers started the first 25 minutes of the second half with a strong defensive effort, but the Mavericks broke the tie in the 73rd minute when Rebecca Pederson

slotted a ball low into the side netting making the score 2-1.

The Mavericks tacked on an insurance goal after chaos in the box resulted in an own goal for Minot State in the 78th minute.

Minot State recorded one shot on goal in the match while

Minnesota State placed 10 shots on frame. Johnson was credited with six saves.

The Beavers prepared to take on the visitors from Concordia-St. Paul on Sunday, Oct. 12, at 1 p.m. According to head coach Jason

See Soccer — Page 12



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Disappointing home losses for Beavers

By Kurt Miller
Sports Writer

The momentum from the Oct. 4 win against Sioux Falls didn't carry into the first game of the weekend (Oct. 10) for the Minot State University volleyball team. The Beavers dropped Friday night's match to No. 19 ranked Augustana by a score of 3-0.

"I'm disappointed in how we played tonight," head coach Travis Ward said. "That's not us and I don't think that we played with very much passion."

The Beavers came out in the first set and trailed early, but fought back to bring the score to 20-19 in favor of the Vikings late in the set. The Vikings, though, went on to win the set 25-20 and that was the closest it got for Minot State for the rest of the night.

The Beavers kept the second set close early on, but a span of three straight points by Augustana brought the score to 8-4 and they never looked back. They took the second set 25-18.

The final set proved to be more of the same as the Vikings put their foot down and ended the match with a 25-16 set.

Jen Dixon (Sr., OH) was the only Beaver to end up with double-digit kills in the match. She finished with 10. Mallory Sall (Jr., OH) finished the match with 9 kills, while Cindy Pelo (Jr., L) led the way defensively with 10 digs.

Tahlyr Banks did impressive work for the Vikings recording 20 digs in the three-set match.

Ward said his team needs to be more focused when they take the court.

"You've got to plug in," he said. "You play unplugged or you go low energy, it's tough to be invested. Whatever you've got to do to put your heart on the line where this matters right now, that's so key in athletics."

The Minot State University volleyball team wasn't able to salvage its weekend Saturday afternoon (Oct. 11) in the MSU Dome as they dropped their second of two matches on the weekend to the vis-

iting No. 13 Wayne State College Wildcats. The Wildcats won the match in straight sets, 3-0.

"Wayne played a great match tonight," said. "We pushed them a little bit in set two and played a really nice opening start to the third, but just couldn't seem to get any of those rallies to fall our way."

After starting the match slow in the first set, dropping it 25-12, the Beavers showed more life in the second set as they fell 25-20. The Beavers cut into the lead and got as close as three points from tying it up late in the match at 21-18, but the Wildcats pulled away to take the set.

The final set started off close with the teams tied at two apiece, but the Wildcats won four consecutive points, all on long rallies, and got a strong grip of the final set.

"That was obviously deflating," Ward said. "I think it was like 15-6 at the end of [their run]. We played a lot of really good rallies in that stretch, though, and we needed to get a couple of them and unfortunately we didn't."

Wayne State went on to win the final set 25-12.

Dixon led the way for the Beavers with 12 kills. She recorded eight kills in the second set and was the only Beaver to finish with a hitting percentage above .100.

Sall ended the evening with nine kills while Lauren Dunkle (So., OH) ended with five and Tarah Dabovich (Jr., MH) and Shaunessy Dauwalder (So., OH) each had two kills.

Elizabeth Gebhardt recorded a team-high 13 kills for Wayne State.

The Beavers moved to 4-14 on the season and 2-8 in the Northern Sun. Wayne State improved to 9-1 in the conference and 16-2 overall.

Minot State was back at home on Tuesday, Oct. 14, to welcome the No. 24 ranked Northern State Wolves to the Minot State Dome.

They came within points of a win, falling in five sets to the Wolves, 3-2.

Minot State got off to a hot start in the first set getting out to a 4-0 lead and the Beavers never looked

back. The Beavers took the first set 25-19.

Northern State came back strong in the second set, though, getting out to an early 9-3 lead themselves. They went on to win the set comfortably, 25-14.

The teams went on to trade the third and fourth set, setting up a pivotal final set which saw Northern State jump out to an early 5-1 lead. The Beavers fought back though, leveling the score at 11-11 and taking the lead 12-11. But the Wolves never quit, and they eventually took the game and match, 15-13.

"I'm sad for my kids," Ward said afterwards. "They've earned a lot of matches. It's disappointing to not see them get one. I think I've said that too many times this year."

Sall led the charge for the Beavers, recording 22 kills in the contest while Dixon, Rachel Fagerburg (Fr., OH) and Dabovich all ended up with double-digit kills.

Kelsey Chambers recorded a game-high 23 kills for Northern State.

With the loss, Minot State falls to 4-15 on the season and 2-9 in the NSIC. The Wolves of Northern State improve to 13-6 and 6-5 in the Northern Sun.

The Beavers were on the road for two NSIC contests beginning with a match at St. Cloud State on Friday. The Beavers defeated the Huskies 3-0. On Saturday, MSU lost to the University of Minnesota, Duluth, 0-3.

They were back home on Tuesday for a non-conference

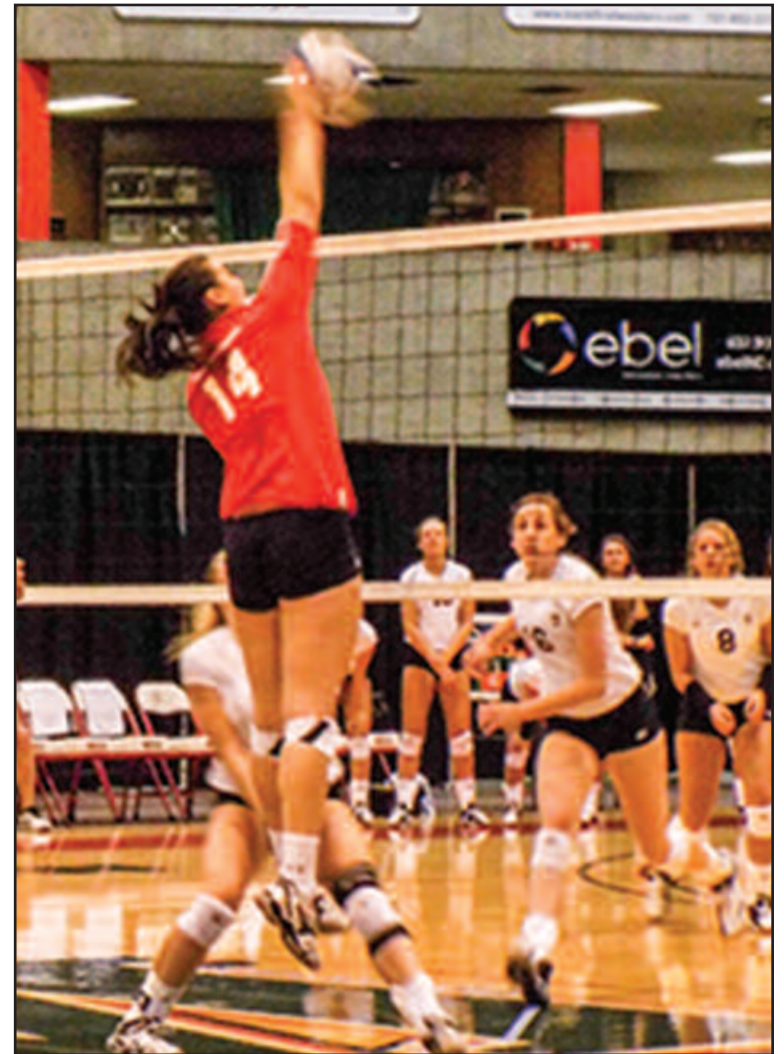


Photo by Jerusalem Tukura

Mallory Sall (No. 14) spikes the ball. The Beavers lost to Wayne State College in the Dome.

game against Dickinson. Results were not available at press time.

The next three games are also at home with Bemidji State on Friday and the University of Minnesota, Crookston on Saturday. The Beavers will host the University of Mary on Tuesday.

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MSU hockey players (from the left) Cole Olson, Jeremy Johnson and Logan Herauf celebrate a goal against Liberty University.

Photo by Jamie Council

Hockey Team Wins Four Games in a Row

By Jamie Council
Sports Editor

The Minot State men's hockey team (4-2-1-0) has won four straight games in two series over the past two weekends for the home fans at the Maysa Arena. Still sitting at sixth in the ACHA Men's Division 1 rankings, the Beavers defeated the number eight Liberty University Flames 6-5 (SO) and 4-2, and beat the unranked University of Colorado Buffs 4-1 and 4-0 respectively.

The wins' closest game came in the exciting shootout victory in the first game of the Liberty series. Both teams put up a battle where a majority of the goals came from second efforts, and Minot's success built upon individual efforts that led to an unstoppable team effort on home ice.

"It's good to get a character win like that," forward Dwight Lee said of how the team came together at the end.

The game started pretty even with a goal a side in the first period. Nespors put the Beavers in a good position with a goal at 14:01 from Lyndon Lipinski. However, the Beavers let up the pressure and the Flames capitalized on a three-on-one a minute later. At 15:07, Lindsay Leblanc shot cross-net past Beaver goaltender Riley Hengen assisted by Luke Hannon and Luke Simon to end the period in a 1-1 stalemate.

The second period supplied momentum and hope to Liberty

as they were up 4-1 with just over 15 minutes remaining. The three Flames goals in five minutes came from Colt Steele from Ryley Egan at 1:40, Leblanc from Hannon at 3:11, and Paul Lamoureux assisted by Kyle Garcia at 4:46.

Hengen blocked three of the six LU shots (10 saves in the first period) in those five minutes. Desperate to change the pace of the game, MSU put rookie goaltender Connor Beauchamp between the pipes. The change-up worked as the MSU defense only allowed five shots in the remaining 15 minutes of the period, which Beauchamp blocked. The Beavers created opportunities including a five-on-three power play, but weren't able to convert despite 13 shots.

"The boys played great in front of me," Beauchamp said. "I didn't have to do much."

Just over three minutes into the third period, Nespors capitalized on an opportunity from forward Logan Herauf to bring the deficit to 4-2. However, LU's Erickson capitalized with three seconds left in the power play at 13:56 from Egan and Matt Sherry to bring the goal differential back to three with a score of 5-2. The Lipinski brothers generated some momentum when Lyndon scored with Bryce on the assist at 14:40. Jeremy Johnson came alive right in time tallying a goal from Herauf at 15:57 to put the Beavers

one goal shot away ... until Herauf tallied his third point and first goal on the evening at 18:42 from Johnson and rookie defenseman Nick Zern to tie the game 5-5. Regulation time ended, forcing the game into overtime.

"To come back like that at home is a really good feeling," forward Brett Nespors said, "but I mean the game should have never been that way. It's tough."

Beauchamp remained strong in the net. So did Flame's goaltender Matt Pinel. Both goalies had three saves in the five minute overtime period. Pinel had two saves in the shootout while Beauchamp saved all three.

"There was a lot of nerves at first," Beauchamp said of playing a big role as a rookie goaltender, "but once you make the first couple saves and are in the zone, you really don't think about too much. You're just playing hockey."

Herauf and Cote Dickerson couldn't catch a break in the shootout but lucky number 13 and second shooter Lee secured the win with the second change-up of the day.

"It's a little move I've done over the years," Lee explained after the game. "They have never seen me shoot before, so I felt like it would work. I call it the Change-Up. It's a soft over-the-shoulder shot. It throws [the goalie] off a little bit."

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Spain, the goal is simple.

"We've got to get three points tomorrow," he said. "It's do or die. That's the whole season. We're in a playoff mode now and that's where we're at."

The Beavers heard their head coach's message loud and clear as they came out and got a 3-0 victory on Sunday, Oct. 12.

"I thought we were deeper than [Concordia]," Spain said. "Our subbing helped that a lot. The start was kind of sluggish, but we were definitely more dangerous going forward. I don't think [Concordia] got anything in the box the whole game."

Kristin Long (Jr., M) got the scoring frenzy started as she scored her second goal of the weekend in the 26th minute. Long beat a defender on the right side of the field and fired a shot from just inside the 18-yard box past Concordia's goalkeeper, Emma Gartner.

"I just knew I had time to turn," Long said. "I turned and saw I had time to shoot, so I shot."

Spain said Long deserved to get the game-winning goal due to her work ethic.

"She's been outworking players,

not just on our team, but the whole conference for a good 30 months now," he said. "It's really paying off. She's doing really well."

Heading into half-time the Beavers led 1-0, while the Golden Bears held a slight edge in shots, 7-6.

After receiving a free kick just outside the penalty area in the 81st minute, Emilie Rebelo (Jr., D) put the free kick in the back of the net notching her second goal of the season to give Minot State a 2-0 cushion.

Less than five minutes later, Jamie Ayala (Jr., F) received a through ball on the right side of the field, took a shot that was saved by the goalkeeper, but followed up her missed and placed it in the back of the net. It was Ayala's first goal of the season, and ended up being the final goal of the match.

The Beavers earned three critical points in the match and improved their record to 5-5-2, 4-4-1 in the NSIC. The Golden Bears dropped to 3-5-1 in the conference with the loss.

This past weekend the Beavers traveled to St. Cloud State and Minnesota-Duluth where they won both games. Minot State earned six crucial points and moved into a tie



Three to enter MSU Athletic Hall of Fame

(MSU Sports Information) — Minot State University will enshrine three student-athletes into its Athletic Hall of Fame Oct. 25 during halftime of the home football game against Minnesota Crookston. The 2014 class features Ed Boos, Dave Richter and Leonard Volk.

Boos, Glasgow, Mont., was a two-time All-American in the javelin for MSU from 1980-1982. He earned two District 12 championships (1981 & 1982) and was the 1981 NDCAC champion in the javelin. In 1981 he finished third overall at the NAIA National Championships with a throw of 230-8. He took third place at the 1982 Championships. He left MSU as the school-record holder in the javelin with a toss of 235-1. Team captain in 1982, Boos scored 117 points in 14 meets.

Richter, from Minot, is a two-time All-NDCAC performer who sits in 11th place overall on MSU's men's basketball career scoring list. He received NAIA All-American Honorable

Mention honors and was named to the All-District 12 team in 1992. He was both a team captain and the team's Top Defensive Player in 1990. As a junior he averaged 18.8 points and 6.3 rebounds per game. For his career, he hit 52.5 percent of his field goals and knocked down 80.6 percent at the free throw line. He finished his career with 1,164 points, 451 rebounds and 168 assists.

Volk, from Rugby, N.D., considered one of the wrestling team's first stars, began his career in 1959, the second season of MSU wrestling, and became a four-time conference champion. Undefeated in his first season with the Beavers, he earned state championships as a sophomore, junior and senior. He helped the team to conference and state team championships in 1960 and 1962. Volk ranks 19th all-time in career wins (53) and has the highest winning percentage of any MSU wrestler with 30 or more wins, going 53-6 in his career.

Women's Golf heads into spring season in 11th

By Jamie Council
Sports Editor

The Minot State women's golf team concluded the fall portion of its season with an 11th place finish at the NSIC US Bank Women's Fall Championships at Madden's Resort Classic Golf Club in Brainerd, Minn. The team moved up after the 12th place first day finish by cutting 26 strokes off in the second day to finish with a sub 400 for a 798 total.

The Beavers entered the final day four strokes behind Minnesota State University-Moorhead, but finished 14 strokes ahead of the Dragons in 12th and 24 strokes behind Minnesota Crookston in 10th.

Sophomore Kayla Barke led the Lady Beavers, tied for 29th place overall with a plus-38 182 (96, 86). Junior Danielle Foster cut 9 strokes off of day two for a 29th overall finish with a 189 (99, 90). Junior Kayla Palczerski finished with a 211 (107, 104) for 56th overall while freshman Jade Teske finished 58th overall with a 217 (111, 106).

Just out of scoring position was Samantha Cottingham, who finished one place and two strokes behind Teske for 59th with a 219 (110, 109).

The Minot State Women's golf team is finished with competition until the spring. For more information, visit the women's golf webpage on the MSU Athletic website (msubeavers.com).



Barke

Women's cross country sets pace for season

By Jamie Council
Sports Editor

The Minot State University women's cross country team has just one race remaining before the 2014 Northern Sun Championships at Wayne State in Nebraska. Ranked 10th in the pre-season poll, the team has been making strides down the stretch of the season.

Most recently, Coach Stu Melby's Beavers placed fourth of four at the Division 1 University of North Dakota Ron Pynn Invite in Grand Forks. Catie LeDesma led the team with a seventh place overall finish (sixth in scoring) with a PR 18:08.25 finish in the 5k event. Allison Windish also had a PR in the course, finishing 16th overall (15th in scoring) with a time of 19:07.02 while Samantha Huether finished 28th overall (23rd in scoring) with a 19:55.78 finish.

The weekend prior, MSU placed

third of seven teams at the University of Jamestown Jimmie Invite. Again, the top three finishers for the Beavers went LeDesma (sixth overall), Windish (17th overall) and Huether (20th overall), but this was the best finish for the team as a whole. Erica Clark and Patience Albertson also scored for MSU placing 34th and 39th respectively.

At the end of September, the Lady Beavers finished 24th of 35 overall team, but eighth of 12 NSIC schools at the 29th Roy Griak Invitational 6k event and started out the season placing fourth of nine teams at the University of Minnesota- Moorhead Randy Smith Invitational on Sept. 12.

The MSU women's cross country team travels to Bismarck for the University of Mary Mike Thorson Invite this weekend, before the Nov. 8 championships. For more information, visit the MSU athletic page at msubeavers.com.

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The Beavers managed to come out unscathed, but after all is said and done, a bitter-sweet feeling is at the forefront of the effort. The defense let in five goals, the offense failed to convert on eight power plays, including two five-on-three advantages, and the effort level was inconsistent.

"What we did the last five minutes, we need to do that for the whole game," Beauchamp said. "We dictated the pace."

This win started the momentum, both as a team and individually. Hengenstrung the next two games together for solid wins, while Beauchamp secured the first team shutout while guarding the pipes in the last game of the Colorado series. Johnson tallied all four goals in that

game, pacing the Beavers at 14 points (8 goals, 6 assists) in eight games.

Herauf had just one point in the first four games of the season, but now sits on Johnson's heels with 12 points (4 goals, 8 assists) in seven games. He also leads the Beavers with 24 PIMS. The final man on the dominant line is playmaker Olson, who sits behind Herauf with 10 points (0 goals, 10 assists).

The Beavers have put themselves in a good position heading into a four-game road trip in a double two-game series between the University of Oklahoma and University of Central Oklahoma. The first game is tonight at 7:30.

Follow the action on Twitter @minotstate. For more information, visit the Beaver webpage at msubeavershockey.com.

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