

Inside This Issue:

- Read about the movie, 'Deadpool,' Page 4
- Flat Tail Press gallery and studio benefit students, Page 5
- Photos of activities on campus, Page 7
- Men's Hockey keeps winning, ranked No. 1, Page 9
- Wrestling finishes regular season, Page 10

Volume 97, Number 15 February 25, 2016

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

Theater presents 'These Shining Lives'



Photo by Charles Wollschlager

MSU students (from the left) Madison Curtiss as Pearl, Samantha Christman as Charlotte, Cole Anderson as Dr. Dalitsch, Annika Kraft as Catherine Donohue, and Amanda Kraft as Frances rehearse for their performance in "The Shining Lives." The play runs through Saturday at 7:30 p.m. in Aleshire Theater.

Severson and Ahart give to MSU



Photo by Courtney Holman

Clint Severson, an MSU alumnus, and his wife, Conni Ahart, donated \$2 million to the MSU College of Business earlier this month. This milestone gift is the largest in MSU history and will endow the Severson Entrepreneurship Academy and guarantee the future of entrepreneurship at MSU.

MSU faculty exhibit their own art masterpieces in the gallery

By Charles Wollschlager
 Comm 281

Minot State University has been known for many years as a place for aspiring artists to not only learn how to create their own artwork, but also to see the work of other artists. MSU has the luxury of having two art galleries, one in the Library and one in Hartnett Hall, which display

works from artists around the U.S., including various art forms from painting to photography, ceramics to sculpture, and more. MSU art students also have their own shows, giving them a chance to see their work on display. These galleries give students and the public around Minot a chance to see real art and maybe even find a medium that can help start

their own journeys into the art world.

However, for an upcoming show, it is not students or artists from out of state showing off their work. Instead, this show will feature the faculty. Avis Veikley, Northwest Art Center director, described the event.

"Every other year, we call it the MSU Art Faculty Biennial

show." Veikley said, "It is a showing just for the art faculty and staff. Everyone involved in the show is also involved in art, making our own art during the year and having our own artistic lives in addition to teaching here at MSU, so we take a pause and put up a show to show our students what we are doing."

Veikley, percussion instructor

in the MSU music department since 2002, and NAC director since 2006, is coordinating the event.

"I love working in the art galleries here. It is my dream job. I graduated from Minot State with a major in music and a minor in art, and now I am doing both of my very favorite things."

See Art Show — Page 3

News in Brief

Jennifer Sherman discusses trigonometry today

The next installment of the Math Talk series will be MSU instructor Jennifer Sherman's "Trigonometry – Are we missing the point?" today at 5 p.m. in Model Hall 330. Could trigonometry be thought of as a fluid topic, mathematics in motion, rather than static triangles? Come hear why Sherman thinks the answer is "yes" and decide for yourself. The event is free and open to the public. The MSU Math Club sponsors the event. For more information, contact Elaheh Gorgin at elaheh.gorgin@minotstateu.edu.

Bethany Andreasen to give lecture on connections between MSU and Valley City State today

The Northwest Art Center's 2015-16 lecture series continues today at 7 p.m. in the Conference Center, third floor, Student Center. Bethany Andreasen, MSU professor of history, will present "McFarland & Co.: Connections Between Minot State and Valley City State."

Andreasen's lecture will identify important individuals connected to both schools, and examine the careers of a few who played important roles in the development of Minot State. The lecture is free and open to the public. An informal reception will follow the program. This project is supported in part by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts.

Academic vice president open forums to be held Friday and Monday

Two on-campus candidates will interview for the vice president for academic affairs position. The first

on-campus candidate, Laurie Geller, will interview tomorrow. The second on-campus candidate, Dan Ringrose, will interview Monday. The interviews will follow the same format, including presentations by each candidate on "Share your vision for academic programming at MSU and the role of the vice president for academic affairs in supporting that vision," followed by questions.

The public is invited to the open forums and public socials. Both open forums are in the Conference Center, third floor, Student Center, from 1:30 to 2:30 p.m., with a social to follow at 4 p.m.

'A Bold Peace' will have a special preview screening March 1

The Northwest Art Center's 2015-16 lecture series continues Tuesday, at 7 p.m. in Aleshire Theater with a special preview screening of "A Bold Peace." The documentary, directed by Minot State's Matthew Eddy, assistant professor of sociology, is about Costa Rica's quest to abandon the fever of war. The lecture is free and open to the public. An informal reception will follow the program.

This project is supported in part by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts.

Students pledge to end use of the R-word on March 2 and 3

MSU students in the Leadership in Special Education class (SPED 379) are teaming up with Minot's Second Story to get the Minot community to join in the social movement, Spread the Word to End the Word, to end the use of the R-word in everyday language and medical language. The SPED 379 class invites all students, faculty and staff to sign the pledge in the Student

See News — Page 8



Roommate / Check Mate



live first

Moving can be spendy, but First International Bank & Trust checking provides all the tools you need to watch your spending, so there's enough left over to decorate to your heart's content.

Open an account today!
www.firstintlbank.com/checkmate

- ✓ Mobile App & Online Banking
- ✓ ATM on Campus
- ✓ Mobile Check Deposit
- ✓ Person to Person (P2P) Payments

Voices on Campus

“How often do you use the Wellness Center? What is beneficial about it?”

Nanako Sato
Comm 281



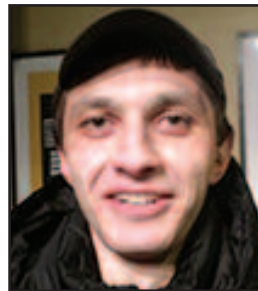
Do Nguyen
Management

I usually go to the gym five days per week to play soccer. When I play soccer more often, I feel my health gets better. The center is clean all the time, and the staff are nice.



Dulguun Davaadorj
Finance

I use the Wellness Center five days per week. It keeps me healthy physically and mentally. It refreshes my mindset, makes me confident in myself.



Hayk Margaryan
Computer Science

I go to the Wellness Center everyday. I play soccer for fun. Also running and training are healthy, and I feel good for the rest of the day.



Masahiro Oba
Art

I use the Wellness Center three days a week. I use Wellness Center to build muscle and it keeps me energetic.



Summer Clayton
Corporate Fitness

I use the Wellness Center five days a week. The Wellness Center is convenient and has wide variety of facilities.



Taro Yazu
Spanish

I think I use the Wellness Center on average four times a week. It's so fun, plus I meet so many new people through playing soccer!

... Art Show continued from page 1

While she not only will run the show, she will be entering her work, along with faculty members including Andrea Donovan, art and humanities; Bill Harbort, graphic design and illustration; Ryan Stander, photography; Linda Olson, ceramics

and sculpture and several others as well, who will be showcasing their work this year.

The exhibit will be on display Monday through March 31 in the Hartnett Hall Gallery. There will be an opening reception with the artists on Monday, Feb. 29, from 6:30 to 8 p.m. The reception and exhibit are free and open to

everyone.

The gallery is open Monday through Friday, 8 a.m. to 4:30 p.m., and by special arrangement. It is closed on holidays. For more information, contact Veikley at avis.veikley@minotstateu.edu or www.minotstateu.edu/nac.

Want to eat healthier and still feel satisfied?


Mindful foods balance nutrition with enticing flavors to create an indulgent way to enjoy health. Each plate contains at least one serving of protein, starch and fruit/veggies, and a variety of options will be available.

Monday through Thursday for only \$6.95

Our approach to making it easy for you to enjoy a healthier lifestyle!



CHIPOTLE CHICKEN
FLATBREAD &
CORN SALSA

 Minot State Dining
For weekly rotation and menus

It's about the
grand dining
you'll love.

Steaks, Seafood, Pasta - and Mouthwatering Views.

Our restaurant offers Minot's largest steak selection, classic American heartland fare, plus fresh twists on Italian cuisine. Our award-winning Four Star Chef cooks up ever-changing delicious specials, so visit often for fresh tastes.

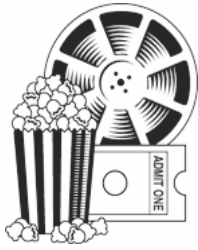
1505 N Broadway • Minot, ND 58703
701.838.7746 • 800.735.4493 • PrimoMinot.com

Primo
RESTAURANT



BUCKSHOTS

First floor, Student Center • 10:30 A.M. to 2 P.M., M-F



On Movies



"Deadpool"

"R" for ().

As you all know, this story is about me, Wade Wilson (Reynolds), a mercenary who has it all, including charming good looks, a (somewhat) best friend, Weasel (T.J. Miller) and the love of my life, Vanessa (Baccarin). However that all goes downhill when I have terminal cancer and, as fate would have it, I get approached by a mysterious organization that tells me that they can cure me. Good news, right?

WRONG. It turns out it is led by a psychopath named Ajax, aka Francis (Skrein), and his number-

two Angel (Carano). OK, side note: What is with Hollywood and having the villains being British? (Notable example being Tom Hiddleston). Anyway, me being experimented, yattah, yattah, yattah and BOOM, I get a healing factor and I can't die; bad news is that I am horribly disfigured. After gaining help from the wise Blind Al (Uggams) (actually my roommate, but she is still helpful), I get a wicked costume and some awesome weapons. With the help of my allies, which include Colossus (Kapicic) Negasonic Teenage Warhead (Hildebrand) (who came up with that name I have no idea),

the Avengers, Guardians of the Galaxy, Phil Coulson, and ... oh, wait, they are not in this movie ... CURSE YOU COPYRIGHTS AND LICENSES AND ALL OF THAT STUFF.

Anyways, long story short, I have to save the world or something like that. Now with that out of the way I can talk about how AWESOME this movie is. First off, Reynolds is terrific as me and he pretty much steals every scene and I mean EVERY SCENE. He is funny and awesome and I can watch him for many hours on screen (OK, that sounded awkward). The action scenes are

incredible, which makes Michael Bay proud. Actually, I am quite sure that the action sequences surpass him.

Also, since I am hilarious, the comedy is golden, I think Jerry Lewis and Dean Martin fused with Jackie Chan and Chris Tucker (OK, bad example, but trust me the comedy is grand, not to mention me breaking the fourth wall adds to the charm). Of course, I can't have all of the credit (I can, actually, since it's my movie). The cast was chosen well and each of them hold their own against me.

From Baccarin, Miller,

See Deadpool — Page 8

By **Deadpool**
Staff Writer

GOOOOOOD MORNING MSU. This is Mr. Pool here taking control over from that other guy (whose name I can't even remember) to give you a review of the movie starring ME. "Deadpool" (that's me) stars Ryan Reynolds, Morena Baccarin, Ed Skrein, T.J. Miller, Gina Carano, Brianna Hildebrand, Stefan Kapicic and Leslie Uggams. It is directed by Tim Miller and the film is rated



Ask a pastor

An attitude of gratitude ...

By **Christoph Schmidt**

In last week's column I offered a Spiritual Wellness Assessment – a tool for you to take stock of your spiritual health. Today I'd like to talk more specifically about how the practice of gratitude is a key component to spiritual well-being.

Surprisingly, one's professed religion or church participation has little to do with one's spiritual health. Churchgoers and non-churchgoers alike can be spiritually healthy. There are, however, some common traits that can be observed.

I invite you to think about someone who seems to be spiritually

healthy. He or she is someone who is at peace with life and with the world – someone who is generally content, grounded, and exudes calm. This is the kind of person who doesn't sweat the small stuff, but rather knows what is most important; someone who seems to have his or her priorities in order.

Spiritually healthy people seek to serve others rather than to be served. They look for opportunities to give rather than get. They regularly choose compassion over indifference. There are many hallmarks of spiritual health, however, is a sense of genuine gratitude.

Think about it – people who count their blessings are usually happier! In Luke 17:11-19, Jesus heals 10 people with leprosy, but only one out of the 10 returns to thank Jesus for restoring him to wholeness. Jesus blesses this one, saying, "Get up and go on your way, your faith has made you well." This man is blessed twice – he is healed of his disease and, through his gratitude, receives the blessing of Jesus.

When we show gratitude, we become happier and improve our spiritual health. To truly reap the benefits of gratitude, however, we need to verbally express our thanks to others. In an experiment at the

University of Pennsylvania, researcher Martin Seligman found that happiness levels increased 2 to 4 percent when subjects wrote down things for which they were thankful. But happiness increased 4 to 19 percent for those who expressed their gratitude verbally! Takeaway lesson? Don't just feel or think about gratitude, tell someone!

Research also shows a strong correlation between spiritual health and happiness. People who are spiritually healthy are better equipped to manage their fears, anxieties, and insecurities. Their lives are not controlled by fear, nor do they dwell in anger. Spiritually

healthy people tend to believe that everything they have is a gift from a higher power.

Want to become more spiritually healthy? Practicing an attitude of gratitude is a great place to start! Try it with others, and try it in your prayer life. Read your Bible or other sacred scriptures to remember your blessedness. Surround yourself with other spiritually healthy people. And last but not least, eliminate unhealthy spiritual distractions that draw you away from that which is most important.

Pastor Christoph Schmidt
702-509-6318 (call or text)
christoph.schmidt@minotstateu.edu

Red & Green

152 Administration Building
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

Josh Jones

Letter Policy: Letters to the editor must bear the writer's name, e-mail address and telephone number. Students must include year in school and major. Only letters from students, faculty or staff will be published. We will not print unsigned letters, and we reserve the right to edit all letters for factors such as clarity, punctuation, spelling and length. We reserve the right to refuse to print letters we consider libelous, superfluous or ridiculous. Please submit all letters before noon on the Thursday prior to publication. Students are limited to four letters for publication per semester. Letters may be e-mailed to redgreen@minotstateu.edu.

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

Red & Green is printed at Minot Daily News, Minot, N.D.

Flat Tail Press opens new gallery

By Rachel Alfaro
Assistant Editor

Flat Tail Press (FTP) is a growing educational printmaking studio on the Minot State University campus that started in fall 2013. It was originally funded by the Wentz Foundation, grants from the Center for Engaged Teaching and Learning and an academic excellence grant. Since its beginnings, Co-Directors Ryan Stander and Micah Bloom have worked hard to build up this studio and give students the opportunity to learn more about the printmaking process.

Inspired in part by a student-focused printshop, Sundog Multiples, at the University of North Dakota, FTP works to bring guest artists, such as Aaron Coleman (Fresno, Calif.) and Eric A. Johnson (Fargo), to MSU. Students work along with these artists, getting hands-on experience with the different processes involved with printmaking while building connections with other artists.

MSU students are given further opportunity with FTP through internships. Current interns, Cera Pignet and Hannah Streccius, are gaining invaluable experience working alongside artists while earning their Bachelor's of Fine Arts degrees.

One of the main purposes of this studio is to provide another form of education for the students and community.

"Our hope," Bloom said, "is that Flat Tail Press will engage the community, providing opportunities for students and gallery visitors to learn more about the handmade print. Printmaking is an established art form that many contemporary viewers know little about, and we'd like to change that by hosting artists and hanging exhibitions."

An important next step in the formation of this studio has been the creation of a permanent gallery. Located in the landing between the second and third floor of the Administration and Student Center, the gallery currently displays work from Grand Forks' artist Kim Fink. Along with each piece, lists of terms



Submitted Photo

Visiting artist Tillman Crane helps MSU student Hannah Streccius in the printmaking room.

and explanations give the viewer insight into the printmaking process. Students and the community are invited to enjoy the exhibits.

The gallery was initially issued a \$3,000 grant to convert the space, add lighting and rail systems, and potentially update the seating area. Stander and Bloom hope to have new artwork in the gallery every

three to four months.

Since 2013, FTP has grown and progressed impressively.

"I am excited about the direction of Flat Tail," Stander said of the studio's future. "My hope is that it will continue to develop its educational reach from Minot State and into the Minot community and region through exhibits, workshops and print exchanges."

JACK & JILL went
UP NORTH HILL
NO INDIAN
a pail of ale ...

THE LANDING
BAR & BOTTLE SHOP
MINOT, ND

BAR & BOTTLESHOP
2015 N. Broadway

**Liquor Store
Everyday
Low Prices!**

Must be 21 to enter



The Vent

Hakuna Matata

by Frankie Jean-Pierre
Staff Writer

From a sociological perspective, stress is like a plague that can destroy a society. It spreads like a disease and can ruin the morale of a people if they are constantly living in chronic stress, and then it is coupled with severe acute stressors that daily life can bring. Our society highly values and idolizes the person who is able to multi-task and be extremely productive, primarily in the workplace, despite the amount of stress said person is placed under.

An example of how this trickles down is the infamous example of a couple where one or both partners are constantly working and striving to push their careers to the next level, yet their ambitions cause them to neglect their partner and the emotional needs are no longer met as the relationship slowly begins to dissolve. This can lead to the couple separating, which could include a divorce that would involve more stressors, and then this can be exacerbated by any children

that the couple has.

Furthermore, both individuals, and even the child, if a factor, will begin to suffer from stress and begin to deteriorate due to the stress-related effects and diseases that come with it. These individuals also interact with others and, as such, they can spread their own stress onto them by way of interaction or even non-interaction. Thus, the whole society is a symbiotic system where the stress of one can affect the wellbeing of another person or group.

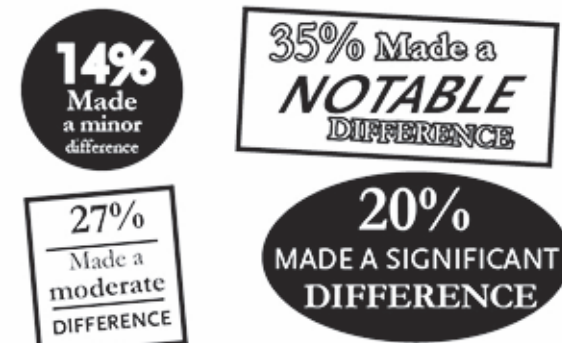
The major concerns that come from chronic and acute stress are unknown to most people because the stressors often seem unrelated to the actual physiological or psychological systems that are suffering. Stress can cause: weight gain (primarily around the midsection); cellular damage; difficulty sleeping; reduced cell growth, hindering recovery from illness or injury and suppressed hormone production, causing loss of appetite and sex drive. It can also prevent the nerv-

See Hakuna Matata— Page 6

STUDYING ABROAD BROADENS CAREER GOALS

The primary impact of studying abroad is that it broadens and changes student's post-college career goals.

IMPACT OF STUDY ABROAD PROGRAMS ON STUDENT CAREER PLANS:



For more information visit:
www.MinotStateU.edu/international

Hot tub fun during basketball game



Photo by Jerusalem Tukura

MSU students (from the left) Taylor Rizzari, Kassidy Millen, Mackenzie Jue and Denia Benjamin enjoy the hot tub in the Dome during Friday's basketball game. The event was part of We Hate Winter Week. MSU Life, the Student Wellness Center and MSU Athletics sponsored the event.

... Hakuna Matata continued from page 5

ous system's ability to fight off infections, which can create an endless circle where an illness is developed and causes more stress, which in turn makes the body suffer more and the recovery process becomes even more difficult. This is why stress is sometimes coined as a silent killer, because of all the side-effects that can arise from chronic stress, such as the stress of the several essays and projects I've got due in the near future.

The question then becomes, "How do we, as individuals and as a society, overcome this internal threat?"

Simply speaking, by taking the time to stop and smell the roses. Stress is going to happen, but we owe it to ourselves and those that depend on us to reduce our own stress levels in whatever way works for us, so long as it's done in a responsible and legal manner. Stress is something that must be managed constantly, but once we begin to value and adopt lifestyles that promote both healthy minds and bodies, we will begin to see our lives change for the better.

Hakuna Matata.



**100% TUITION ASSISTANCE • STUDENT LOAN REPAYMENT
AFFORDABLE HEALTH, LIFE & DENTAL INSURANCE
SERVE YOUR COMMUNITY, STATE & COUNTRY**

**Go GUARD while YOU
get YOUR DEGREE!**

The National Guard can help make your college degree a reality. Serve your Community, State & Country, get valuable skills training, affordable health, life & dental insurance, and graduate debt free!



Call or Text!

SFC Jory Stevenson @ 701-340-6376

SGT Brandon Carrigan @ 701-340-0636

**NORTH DAKOTA
NATIONAL GUARD**
NATIONALGUARD.com

**PORK
LOVER'S
SANDWICH**

\$3.29

FOOD
for thought

BUCKSHOTS

1st floor, Student Center • 10:30 A.M. to 2 P.M., M-F

f Minot State Dining
For weekly rotation & menus

MSU students enjoy various activities around campus



Photo by Courtney Holman
Business students gather in the lobby of Old Main to get to know each other and the faculty. The spring social took place last week.



Photo by Rachel Alfaro
Hannah Streccius and Tyler Loeffler work with guest artist Tom Christison on a bacteria-inspired print during Darwin Day on campus. The MSU Department of Biology sponsored Darwin Day activities.



Photo by Jerusalem Tukura
MSU senior Dominique McDonald aims at an opponent during Laser Tag in the Student Wellness Center. The National Guard hosted the event last week as part of We Hate Winter Week at MSU.



Photo by Koh En Chze (Ariel)
Students dance along to music during the Throw Back Thursday dance. MSU Life sponsored the event earlier this month.

... Deadpool continued from page 4

Hildebrand, Kopicic, Carano, Skrein (OK, British Villains, WHY?) and Uggams (who can match my snark which would make a great game like Snark Kombat or Snark Fighter. Just a thought people).

Seriously though, all these guys were great and I love them (Don't tell them I said that). Now for the bad, which I can tell you is nada, nope, negative, no way hosay. This movie is incredible and it deserves every Oscar known to mankind.

Well, of course, some might complain about the movie's plot or something like that. Also some might ask why this movie is rated "R" if it is a superhero movie (Case in point, "Blade Trilogy," "Punisher," all three, including Dolph Lundgren, DC's "Watchmen." Enough said.)

Also worth noting very well.

that it is rated "R" for a reason. I swear there were more parents bringing their children to this movie than to "Ted" and that's the guy who made "Family Guy."

So please, be VERRRRRRY considerate if you are bringing children. (There. You can't sue me.) Overall, my movie is fun and enjoyable to watch and admit it, it is a nice break from the serious comic book films that are popping all over the place.

I give myself 100,000,000 Beavers out of 5. (If that other guy were here, then he might give it a 4.5 out of 5 or something like that).

Peace out.

Faith United Methodist Church
 5900 Hwy 83 North • Minot, ND 58703
 838-1540 Debra Ball-Kilbourne, Pastor
www.faithumcminot.com

Sunday School 10:00 am	Sunday Worship 11:00 am
Wednesday Activities @ 5:15 pm	

... News continued from page 2

Center Wednesday or Thursday to end the R-word! For more information, contact Chelsea Geis at chelsea.geis@my.minotstateu.edu or visit <http://www.r-word.org/>.

Book talk set for March 3

MSU's University Diversity Committee invites everyone to a book talk to discuss the book, "The Absolutely True Diary of a Part-Time Indian," by Sherman Alexie. UDC members Evelyn Klimpel and Annette Mennem and faculty mem-

ber Ron Fischer will lead the discussion. This event takes place March 3 at noon in the Conference Center, third floor of the Student Center. It is free and open to the MSU community and the public. For more information, contact Mennem at annette.mennem@minotstateu.edu.

MI MEXICO
 AUTHENTIC MEXICAN FOOD

701-858-0777
 301 40th Ave SW #101
 Minot, ND 58701

"Best Authentic Restaurant In Town"
 READER'S CHOICE AWARD WINNER

MDN Readers' Choice

WILD'S the SMARTEST STUDENT
 EVERY MONDAY
 Trivia @ 7pm w/prizes
 Karaoke @ 9pm

THE LANDING
 BAR & BOTTLESHOP
 MINOT, ND

Liquor Store Everyday Low Prices!

Must be 21 to enter
BAR & BOTTLESHOP
 2015 N. Broadway

Quitting tobacco is hard.

There are many ways to quit.

Find what works for you.

Let NDQuits help you find your way.

ND QUITTS
www.ndhealth.gov/ndquits
 1.800.QUIT.NOW

Scan this code with your mobile device to access the NDQuits app.

Brought to you by the North Dakota Center for Tobacco Prevention and Control Policy and your local public health unit.

NORTH DAKOTA DEPARTMENT of HEALTH



Photo by Vanessa Christiuk

Craig Fournier handles the puck in a game against Arizona. MSU won, 2-1.

Beavers win 13 in a row, ranked No. 1 in ACHA

By Keith Ailes
Sports Writer

The American Collegiate Hockey Association number one ranked Minot State University hockey team pushed into the post season on a thirteen-game winning streak with big wins over Arizona and Liberty. The climb to number one began with two big wins over Arizona earlier this month. In game one, junior Brett McNevin put the Beavers on the board with his 15th goal of the year; sophomore goalie Connor Beauchamp held off the Wildcats, giving MSU a 1-0 win. Minot finished with 31 shots on goal, dominating Arizona's 12.

In game two, junior Nick Zern got the Beavers on the board, but the Wildcats answered at the end of the first. MSU responded right away with a quick wrist shot by Eric Bollefer that found the back of the net, giving the Beavers a 2-1 lead. With strong defense by both

teams, Minot State held on for the 2-1 win in the last home game of the season.

To finish off the regular season, MSU headed to Lynchburg, Va., to redeem two losses to Liberty earlier this season. The ACHA national rankings and seeds are set for the national tournament, but the Beavers were set to finish the season on a high note.

In game one, the Beavers won, 5-3, with two goals by Dylan Johnson, and one apiece by Craig Fournier, Bryce Lipinski and Austin Yano.

In game two, MSU came out firing with a goal just 37 seconds into the first period by Captain Brett Nespor. Minot's offense continued with a top-shelf goal by Yano, answered by Liberty, to make the score 2-1 at the end of the first period. Liberty scored twice in the second period, for a 3-2 lead. In period three, Jeremy

See Hockey — Page 10



Photo by Jerusalem Tukura

MSU senior Sarah Lester lays up the ball during a game against University of Minnesota Duluth. Duluth won, 53-67.

Lester's career night propels Beavers

By Jerusalem Tukura
Sports Editor

The Minot State University Beavers defeated the St. Cloud State University Huskies Friday, 73-63. The win was anchored by Sarah Lester (Sr., F.) who had a career night hitting 30 points with eight rebounds.

"Just a few weekends ago, I said to myself, whether or not they're going in or not, I'm just going to keep shooting," Lester said. "I think the team really needs our seniors to step up in these last few games, which is kind of what I've been doing."

The game was very fast-paced with a lot of communication between the team members, leading to swift execution.

"Both our offense and defense requires a lot of communication," Lester said. "We've got to take that responsibility upon ourselves because coach puts in new plays every single week, so we've got to be constantly talking about

them. It's a quick game. You've got to be on your toes, for sure."

"It was just great to see her play what she's capable of playing," head coach Sheila Green Gerding said. "It has been a long time coming for her, and I really like where her head's at right now."

Along with Lester's shots, Savana Kingsbury and Kari Clements added eight points; Kori Eurich and Shyla Carr each contributed seven and Amanda Sansaver had five.

On Saturday, MSU lost to the University of Minnesota, Duluth Bulldogs. The Beavers had a slow start and were unable to recover. Despite having a lot of off-and-on moments where it seemed like they would gain the lead, they weren't able to keep up with UMD.

"I think we played well overall, but it definitely wasn't one of our best games of the year," Madison Wald (Fr., G.), said. She

put in 12 points for the Beavers. "We didn't do our best on defense. We didn't really tie down on shooters as well as we needed to."

Being the last home game of the season, it was a sore loss for MSU.

"There's a lot of emotion attached at times to the last home game for your seniors, and quite honestly, we just really had a lot of mental lapses and physically looked like we were tired," Green Gerding said.

Wald dominated the stats with 12 points, followed by 10 from Kingsbury, eight from Lester and seven from Kari Clements.

MSU finished with the sixth seed in the NSIC North Division and played No. 3 Augustana University yesterday in the opening round of the NSIC/Sanford Health Women's Basketball Tournament.

Results were not available at press time.



Photo by Jerusalem Tukura

MSU sophomore Tyler Rudolph handles the ball in a Northern Sun Intercollegiate Conference game with Minnesota Duluth. The Beavers defeated Duluth, 90-82, Saturday in the Dome.

Beavers finish strong

By Jerusalem Tukura
Sports Editor

The Minot State men's basketball team had a great weekend, winning both games. The first game was against St. Cloud State University on Friday. The Beavers defeated the Huskies by eight points, 97-89.

The first half was where most of the magic happened. The Beavers kept hitting shots, making the largest lead of the game with 16 points at 5:12 with the score at 42-26.

MSU slacked in the second half, enabling St. Cloud to narrow the gap to a close four points with about four minutes left in the game. These final moments were critical to MSU's victory as St. Cloud fought to match every shot the Beavers made, but the Beavers were able to maintain the lead with some free throws from Dominique McDonald (Sr., G.), several field goals from Nathan Mertens (Jr., G.) including a 3-pointer, and two dunks from Tyler Rudolph (So., F.).

Saturday, MSU took on University of Minnesota Duluth

and won, 90-82. The game flowed very well with the ball being passed around as quickly and as many times as possible, therefore rattling their opponents and dividing their attention. The Beavers' quick offense gave them enough room for a high shooting percentage of 53.6 as opposed to UMD's 43.9.

These home games added to a winning streak of four, and being the last home game of the season, the Beavers left on a good note.

Chris Davis (Sr., G.) had an outstanding performance contributing 24 points, three 3-pointers, and four rebounds to the game. Tyler Rudolph (So., F.) finished with 21 points, Michael Pelo (Sr., G.) with 18, and McDonald with eight.

The two weekend wins moved the Beavers to share fifth place with St. Cloud State in the NSIC North, but St. Cloud earned the tie breaker, sending Minot State to Winona State yesterday as the sixth seed in the NSIC/Sanford Health Men's Basketball Tournament.

Results were not available at press time.



Photo by Jerusalem Tukura

MSU senior Marcus Polak wrestles Northern State's Blake Perryman in the 157 division in the Dome. Polak defeated Perryman, 13-11.

Polak highlights final dual of season

(MSU Sports Information) —

Just a few minutes before the Minot State University wrestling team was scheduled to begin its match against Northern State, senior Marcus Polak was making an important phone call.

On the other end was the father of Polak's girlfriend. Polak was asking permission to marry his daughter. With the go-ahead, he proposed in front of the 513 in attendance.

One forfeit and three matches later, it was his turn to wrestle. In the final period, Polak (157) trailed 6-9 after earning an escape and two takedowns. The match was tied at 11-11, looking like it was headed for overtime. But with 10 seconds to go, Polak earned one more takedown to outlast his opponent and win 13-11.

"It's a night I'll never forget, that's for sure," Polak said.

With that win, and his final appearance in the MSU Dome, Polak is now tied for the seventh most career victories in school history with 67.

Tanner Crissler (141, So.) and Carlos Toledano (165, Jr.) also came out on top in exciting fash-

ion, both winning by just one point each.

Crissler won his match with a reversal in the final period to tie and earned the bonus point for riding time to win 5-4. Toledano went into the final period up two and held off his opponent in the final two minutes to win 4-3.

Overall, head coach Evan Forde was pleased with how his team performed, despite ultimately losing 24-21.

"I thought we fought pretty hard tonight," Forde said. "We had good effort and went after those guys pretty hard. It was a fun dual to be a part of, but like so many duals this season, we just didn't have quite enough."

Earlier, the Beavers dropped their final road NSIC dual at Minnesota State University Moorhead, 30-9, spoiling Forde's first match against his former school. Crissler, Polak and heavyweight Mitchell Eull each contributed three points.

Minot State will wrestle in individual competition at the NCAA Division II Super Region Three tournament Saturday in Sioux Falls, S.D.

Audet breaks school record

(MSU Sports Information) —

MSU senior DelRay Audet (Hurdles) lowered her school record in the 60-meter hurdles, clocking in at 9.28 seconds, and ran two other personal best times to pace the Beavers at the North Dakota State Thundering Herd Classic Saturday.

She had the Beavers' highest individual finish, taking second overall in the women's 400.

Audet joined Dijah Silva (Sr., Sprints), Erica Clark (Sr., Mid-Distance) and Alison Klein (Fr., Distance) to take second in the 4x400 relay, trailing only NDSU in the seven-team event. The team paced a 4:07.53.

MSU put together 15 personal bests and added 10 season bests in the meet. Dylan Harvey (Jr., Hurdles) and Chiti Nkhuwa (Fr., Sprints) earned double PRs for the men's team; Erin Winterton (Fr., Hurdles) had PRs in the 60 hurdles and the 200.

Randii Widmer (Jr., Jumps) placed fifth overall in the women's triple jump, going 33-feet-4¾; Winterton was seventh in the 60 hurdles with a 9.85. Patience Albertson (So., Distance) was seventh in the 3,000 (11:49.88), a PR, and Silva seventh in the 400 (1:01.97) for the women.

Farai Madungwe (Sr., Jumps/Sprints) took fifth in the men's triple jump with 42-feet-8; Clarence Hardy (Fr., Jumps) seventh place in the long jump with 20-feet-2½. Tyler Bates (Jr., Sprints) finished fifth in the 200 with a 22.70 and seventh in the 400 with a 51.46.

... Hockey
continued from page 9

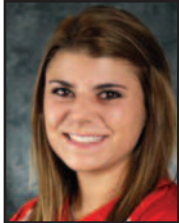
Johnson found the net 13 seconds in, making it a 3-3 tie. Tempers flared between the teams in the last minute of play, with coincidental roughing penalties.

The clock wound down and Johnson struck again in overtime to give MSU the win, 4-3, to head into the national tournament.

The Beavers play March 4 at 5 p.m. in Bensenville, Ill.

Cornejo named NSIC Pitcher of the Week

(MSU Sports Information) — Junior pitcher Alyssa Cornejo was named the Northern Sun Intercollegiate softball Pitcher of the Week Feb. 10.



Cornejo

The Minot State University softball team went 3-2 in its opening weekend at the MSU-Billings Desert Stinger Classic with all three wins having appearances from Cornejo.

Cornejo made three appearances, making one start to record two wins and one save. In 10 innings pitched, she struck out 13 batters only giving up 10 hits.

The 3-2 start for the softball team ties the start from last season when the team finished 32-21.

Minot State will travel to St. Cloud, Minn., to take on Minnesota Crookston, Bemidji State and Concordia, St. Paul in a four-game stint, playing Minnesota Crookston twice, on Feb. 27 and 28.

NOTICES

MSU students returning fall 2016 should file the 2016-2017 Free Application for Federal Student Aid, FAFSA, by April 8 in order for MSU to receive results by the priority funding deadline of April 15. Use FAFSA's official website, www.fafsa.gov, to submit your application electronically. Applications received after the April 15 deadline will still be accepted. For more information, please contact the MSU Financial Aid Office at 701-858-3375.

STUDENT GOVERNMENT ASSOCIATION. (SGA) meets Mondays, Feb. 29; March 7, 21; April 4, 18 and May 2, Westlie Room, third floor, Student Center, at 7 p.m. Meetings are open to all students.

All University parking citations may be appealed. Appeals must be filed using an appeal form from the MSU Parking Office or online. Appeals must be filed in the Parking Office within 30 calendar days of issuance. Delinquent citations will not be accepted for appeal. For more information and an online appeal form, visit minotstateu.edu/parking.

LOST & FOUND

The MSU mailroom located at the Information Desk in the Student Center has unclaimed lost items such as keys, phone, sweater, gloves, etc. Come prepared to identify your item, (i.e., color, make/brand) and to show your ID.

RED & GREEN

Publication Dates

March 2016							April 2016						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5						1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30



For the latest in Beaver sports, visit [msubeavers](http://msubeavers.com) online.

YOU
have got to have an
OPINION
so why not
SHARE

students: submit your letter to the Red & Green newspaper by email to redgreen@minotstateu.edu
 SEE LETTER POLICY ON PAGE 4

INSIDE/OUT MSU's News & Feature Show



Thursdays, live at 5 P.M.,
 CHANNEL 19
 Shown again Fridays at 2 P.M.

Produced by
 MSU Broadcasting students

The Minot Daily News has routes available!

Small Neighborhood Routes, open in various areas of Minot that are great for college students!

- Early mornings
- Earn your own money
- Save \$\$ for college!

701-857-1910
 Don't wait, Call **TODAY!**

301 4th St SE • Minot, ND

Accident (minor)
 Allergy
 Athlete's Foot
 Backache
 Broken Bone
 Burn (minor)
 Cold
 Cough
 Diarrhea
 Earache
 Eye Infection
 Fever (moderate)
 Foreign Body
 Flu
 Headache
 Ingrown Toenail
 Insect Sting
 Nausea
 Neck Spasms
 Poison Ivy/Oak
 Rash
 Runny Nose
 Sinus Infection
 Sore Throat
 Sprained Ankle
 Strained Muscle
 Upset Stomach
 Vomiting
 Wart

From **A** to **Z**

Our Convenient Care Clinic has you covered.

Roxann Brown, FNP-C



Joe Smothers, DO

Carla Pease, AGPCNP-BC

TRINITY
 HEALTH
 Convenient Care Clinic

Mon-Fri 9 am to 6 pm
 Sat-Sun 12 pm to 6 pm

Health Center – Medical Arts
 400 E. Burdick Expy. • Minot

857-7817

www.trinityhealth.org



Job Opportunities from Trinity Health

CNA: Provide direct quality nursing care to patients under the supervision of the RN-LPN on duty and direction of the Nurse Manager. Must have current North Dakota CNA certificate. Full Time, Part-Time, and Limited Part-Time positions available at Trinity Hospital, Trinity Clinics and Trinity Nursing Home. **HIRING BONUS AVAILABLE** to qualifying applicants.

DIETARY AIDE: Assist in the food service to residents, portioning food, and table setting at Trinity Nursing Home. Will also assist in cleaning related duties and dishwashing. **HIRING BONUS AVAILABLE** to qualifying applicants. Limited Part-Time positions available with flexible hours.

CPU TECH: Performs duties such as decontamination, preparation of items for sterilization (by steam, ETO, and gas plasma), distribute items to Nursing Care area, monitor the sterilization and decontamination process, and store and distribute sterile supplies. **HIRING BONUS AVAILABLE** to qualifying applicants. Full Time positions available.

HOUSEKEEPER: Perform general housekeeping duties in areas such as patient rooms, bathrooms, corridors, etc. Will have direct contact with patients, the general public and staff while providing a clean and sanitary environment throughout all areas of Trinity Health. **HIRING BONUS AVAILABLE** to qualifying applicants.

To see more listings or to apply, visit www.trinityhealth.org

Trinity Health is an EEO/AA/Disabled Individuals/Veteran Employer