

MINOT STATE UNIVERSITY

Red & Green

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A meal to remember aboard the Titanic



Photo by Koh En Chze (Ariel)

MSU students (from the left) Juhee Kang, Yoshika Andou, Nanako Sato, Eunjeong Baek and Elisa Rivas enjoy dinner featuring recreations of the last dishes served on the ship, the Titanic. Sodexo Dining Service sponsored the event.



Photo by Koh En Chze (Ariel)

Branden Evans and Samantha Christman commemorate the 104th anniversary of the sinking of the Titanic by eating dinner and watching the movie, "Titanic," in the Beaver Dam.

Inside This Issue:

- Alex reviews 'Hardcore Henry,' Page 4
- Famous artist, Tom Fleming, coming to MSU, Page 6
- NAC lecture, Page 7
- Women's Golf, Page 9
- Softball, Page 10

Shakespeare Fest April 26 and 28

Festival to celebrate the renowned life and work of William Shakespeare

By Gemma Biassetto
Comm 281

Minot State University will be home to a Shakespeare Fest April 26 and 28. The two-day event is a celebration of the renowned work and life of William Shakespeare. There will be music, film, drama, food and more.



Kibler

Event coordinators will show newer movies that accurately portray the Shakespearean plays. English Professor Robert Kibler said, "They are fun versions of the movies and will be interesting." Movies include "King Lear," "The Merchant of Venice" and "Much Ado About Nothing."

Kibler also wants students to know, "We even have FREE FOOD!"

What better way to broaden your Shakespearean horizons and get fed doing it?

Bethany Andreasen, MSU professor of history, discovered that Shakespeare events were held at the Normal School (now Minot State University) as far back as 100 years ago. For unknown reasons, they disappeared for a while, but the event managed to find its way



back to MSU this month.

The MSU Division of Humanities and the Division of Social Science sponsor the events.

All events are in Aleshire Theater, Hartnett Hall, and are free and open to everyone. The schedule of events follows.

Rick Watson Performing Sonnets

Tuesday, April 26, 3-3:30 p.m.

Shakespeare Fest kicks off with local musician, author, artist and

See Shakespeare — Page 3

News in Brief

Rick Hedberg named Vice President of Advancement

Minot State University President Steven Shirley announced last week that Rick Hedberg has accepted the position of Vice President for Advancement at MSU.



Hedberg

Hedberg is currently the Athletic Director at MSU, a position he has held for 15 years. He will begin his new duties June 1.

Hedberg graduated from MSU in 1988 with a mathematics education degree and is a member of the MSU Athletic Hall of Fame. While at MSU, he was a three-time All-Conference basketball player and played football. He earned his master's degree in administration at the University of North Dakota.

Heberg fills the position vacated by Marv Semrau, who is retiring May 31.

MSU will begin a national search for a new Director of Athletics.

Math Talk series continues today

Surya Thapa Magar of the Department of Mathematics and Computer Science will present April 21 at 5 p.m. in Model Hall 330.

Thapa Magar will give an overview of mathematical formulation of an optimization problem (minimizing the cost of the products' transportation from the place they are produced to the place they are consumed). In particular, he will discuss the algebra and geometry of two classical methods in linear programming: the Simplex Method and the Interior Point Method. This talk is fairly accessible to undergraduates with little background in calculus and linear algebra.

The MSU Math Club hosts the math talk series. It is free and open to everyone.

Joshua Boschee to present at MSU April 22

The North Dakota Center for Persons with Disabilities (NDCPD) invites the MSU community to a presentation by Joshua Boschee, N.D. House of Representatives for Fargo's District 44, from 9 to 11 a.m. tomorrow in Aleshire Theater.

Boschee will present on engaging elected officials on disability-related policy proposals. The Minot native is a member of NDCPD's Cultural Competence Advisory Committee, Fargo-Moorhead Pride, N.D. Council of Abused Women Services and the Fargo-Moorhead Coalition for Homeless Persons.

The North Dakota Center for Persons with Disabilities sponsors this free cultural presentation as part of its cultural competence initiative. For more information, contact NDCPD research associate Becky Daigneault at rebecca.daigneault@minotstateu.edu.

MSU String Ensembles to perform April 22

Minot State University string students, under the leadership of Jon Rumney, MSU professor of music, will perform chamber music tomorrow at 7:30 p.m. in Ann Nicole Nelson Hall in Old Main. The ensembles will include all string instruments. The concert is free and open to the public.

'The Land of Hope' plays April 25

The Northern Lights International Film Series concludes Monday with the 2012 Japanese film, "The Land of Hope." In Sion Sono's drama, two Japanese families are uprooted from their homes and find their lives torn apart in the aftermath of a fictional earthquake and nuclear meltdown.

The film begins at 6:30 p.m. in Aleshire Theater, with a social preceding the showing at 6 p.m. There

See News in Brief — Page 7



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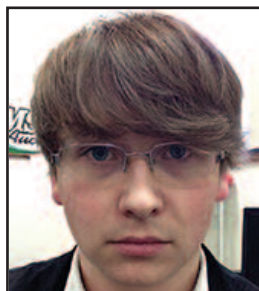
“What has been your favorite class so far?”

Gemma Biasetto
Comm 281



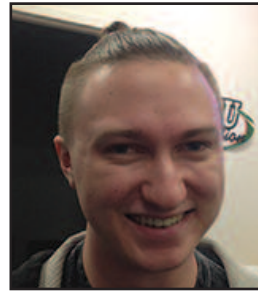
Aaron Livingston
Corporate Fitness

"Legal Environment of Business (ACCT 300). It's interesting to learn about, and Dean Frantsvog is a great professor."



Chris Reinemann
Art

"My least hated class is Digital Tools: Imaging Print. I actually learned something!"



Kayle Borner
Broadcasting

"Television Production (COMM 475) because we are a big group of friends, and it is a good atmosphere."



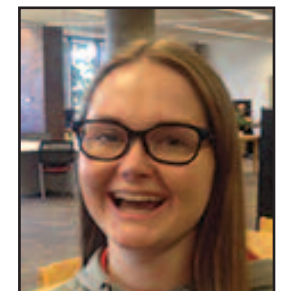
Kelli Creese
Elementary Education

"Foundations of Education (ED 250) is my favorite because that's when I really knew I wanted to be a teacher."



Kris Morken
Broadcasting

"Video Production 2 (COMM 460) was awesome. We learned how to make fun videos and even got nominated for a Student Crystal Pillar Award from the Upper Midwest Emmy® Chapter!"



Nicolette Newcomb
Psychology

"Advanced Counseling is by far my favorite. We got to go into the clinic and do mock therapy sessions. It's very realistic."

... Shakespeare continued from page 1

MSU instructor Rick Watson performing sonnets on the guitar at 3 p.m.

Movie "King Lear" Tuesday, April 26, 3:30 p.m.

The 2008 film, "King Lear," directed by Trevor Nunn and starring Ian McKellen will be shown at 3:30 p.m. "King Lear" is a classic Shakespearean tragedy about family and power. Many Shakespeare lovers consider it Shakespeare's greatest play. Eric Furueth, MSU associate professor of humanities, will preview the movie and lead discussion afterward. Snacks will be served in the lobby.

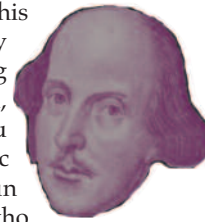
Movie "The Merchant of Venice" Thursday, April 28, 7 p.m.

"The Merchant of Venice," will be shown at 7 p.m. This 2004 movie, directed by Michael Radford, is a powerful dramatic comedy in which a merchant in 16th century Venice must default on a large loan provided by an abused Jewish moneylender. Mark Singer, MSU assistant professor of history, will preview the film and lead discussion afterward. Light snacks will be provided.

Movie "Much Ado About Nothing" Thursday, April 28, 3 p.m.

Shakespeare Fest continues at Minot State University with the film, "Much Ado About

Nothing," shown at 3 p.m. This 1993 version directed by Kenneth Branagh and starring Branagh, Emma Thompson, Denzel Washington and Keanu Reeves, centers on the romantic trials, tribulations and fun involving two war heroes, who despite an abundance of misperceptions, successfully woo the women they love. MSU Professor Robert Kibler will preview the movie and lead discussion afterward. Snacks will be served in the lobby.



Campus Theatrical Shorts Thursday, April 28, 6 p.m.

MSU faculty, along with MSU Campus Players, will present a variety of theatrical shorts from Shakespeare's plays at 6 p.m.

Lecture "Fun With Shakespeare" Tuesday, April 26, 7:30 p.m.

Shakespeare Fest concludes with Charles Jeffries, educator, writer and founder of Texas Theatre Consultants, presenting "Fun With Shakespeare" at 7:30 p.m. Jeffries will engage the audience with little-known details lurking about in the corners of Shakespeare's life. Why did he insist that his workmates dress up as women? Where was he during his missing seven years? Was he responsible for the theft of an entire theater? Come and find out for yourself! Snacks will be served in the lobby.



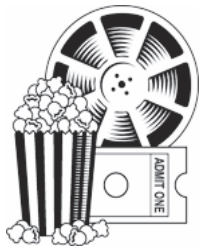
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On Movies



'Hardcore Henry'

guage, nudity and gore.

A young man known only as Henry just woke up on an operating table with no memory of who he is with the exception of a flashback of a mysterious man (Roth) connected to his past. A scientist named Estelle tells Henry that he is her husband, and that he has been given cybernetic limbs. Before she can continue to explain what's going on, a group of mercenaries led by Aken (Kozovsky) raid the facility and take Estelle away. Now with the help of a bizarre stranger known only as

Jimmy (Copley), Henry must take the fight to Aken and rescue Estelle while kicking butt all around.

There have been plenty of films that take the viewpoint of a video camera, but I would never have thought that I would see an action movie used in that style until now. In a clear sense it is like a live-action, first-person shooter made into a movie which takes you on for a ride through the viewpoint of the main character.

We don't know much about the main character, Henry, yet at the

same time you want to root for him as he continues his journey. The plot does feel like an average action movie, but there are a few twists that you do not see coming, which I did find interesting. I should note that I did get a bit dizzy while watching the movie, due to the heavy movements of the camera. Therefore, for those who feel they might get dizzy or sick from watching movies like this, you might want to take a pass on it.

Sharlto Copley's role in the film was actually interesting to watch

as he plays the mysterious and bizarre Jimmy, who is just as awesome as Henry. Overall, I do like how this movie took the whole viewpoint through the camera concept and turned it into an action movie. I admit, though, I wouldn't see it again in theaters due to the fact I got dizzy and had a small headache afterwards, though your experience may be different. The movie wasn't memorable for me, yet it was still interesting to watch.

I personally give "Hardcore Henry" 3 out of 5 Beavers.

By Alex Nelson
Staff Writer

When life gives you lemons, you make lemonade. Or in Henry's case, when life gives you robotic limbs and sends bad guys your way, then you get hardcore.

"Hardcore Henry" stars Sharlto Copley, Danila Kozlovsky, Haley Bennett and Tim Roth. It is directed by Ilya Naishuller and rated "R" for strong violence, strong lan-



Book Review

'Revolutionary Road' by Richard Yates

By Yun Ji Nam
Staff Writer

April and Frank, the leading characters in Richard Yates' "Revolutionary Road," are two passionate individuals, full of both positive and negative emotions. Despite the fact that they deeply love each other, they hurl insults at each other every day. They are not the happiest couple, as they are constantly pressured by the rigid suburban society in the 1950s. Yates discusses the chronic stress, anxiety and paranoia that feeds that conformity in his novel, "Revolutionary Road."

April and Frank desire to find who they really are, and claim the

identity that they want. However, they are trapped in the roles that society puts upon them - a submissive suburban wife for April, and a stable provider role for Frank. April is compelled to love the idea of having more children, and Frank is deemed to take full responsibility for the entire family. In the novel, the society frightfully demands such conformity from the couple. Being exhausted from empty roles they cannot relate to at all, they look for comfort in adultery and domestic dispute.

In the novel, their dream is to move to France to make self-realization possible. April wishes

Frank to discover what his passion is at last in France, and she is ready to support him with her unconditional love and her secretary job. Their dream shatters in an instance by April's pregnancy and Frank's promotion, pushing both to stick to the roles they were assigned: a mother and a father.

In "Revolutionary Road," we see their neighbors and coworkers, who continuously hinder and confuse the couple from chasing their sincere feelings, by reacting to their dream, both supporting and skeptical. According to them, the couple is under-appreciating what they've got: a beautiful family and a sophisticated house at

115 Revolutionary Road. Frank and April cannot find an outlet for the pain that comes from their broken identities, without realizing that the source of their pain is, in fact, the society they reside in.

We are able to see contrasting sides of the couple's passion in the novel. When they are in love, they are the most compassionate, and when they are upset, they become the most violent. They attack each other, scream from the top of their lungs to express how much they loathe even the sight of each other. In Yates' "Revolutionary Road," the characters' anxiety and desperation that cannot be easily healed by an apology or a hug are

vividly portrayed. Despite the marriage based on love, or beautiful children that surround them, Frank and April are extremely lonely individuals.

Perhaps one can be lonely because of his or her ability to love. Loneliness and love play out as Yates' recurrent, distressful, yet beautiful, themes in "Revolutionary Road" in order to tell the human condition.

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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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International Celebrations

Hanami – Japanese Cherry Blossom Celebration

By Alina Kireeva
Staff Writer

If cherry blossoms
One day ceased to exist
In this world of ours,
Perhaps our hearts in spring
May know some tranquility.
-Ariwara no Narihira, (825-880)

What is more poetic than the transience of beauty? Many of us will be surprised when we discover that there is a celebration in Japan devoted specifically to honor the ethereal elegance of the cherry blossom – sakura – in full bloom. Truly, hundreds of blossoming trees is a scene worthy of its own holiday. Today, we will talk about Hanami – Japanese Cherry Blossom Celebration.

Recognition of the first blossoms (the term hanami) dates back to the Nara period (710-794), when it was the plum blossoms – ume – that were celebrated. The custom that persists today as cherry blossom admiration gained popularity in the Heian period (794-1185) as an exclusive event for the Imperial court. Hanami literally means "to view flowers" (hana – flower; mi – look). The aristocrats enjoyed drinks and food under the blossoming trees while composing poems – waka and tanka (The Japan Times). Hanami is an important element in Japanese literature of the Heian period. It was praised in "The Tale of Genji," a novel by a court lady, Murasaki Shikibu, which describes the adventures and spiritual struggles of a perfect hero – Genji, and depicts Hanami as a center metaphor for courage and transience of love.

The Japanese cherry blooms for a very short time, two to three days on average. Its beauty is simple and evanescent, which is why it has been praised in Japanese poetry for centuries. Flowers fade leaving a memory, which is put in a poem with a swift movement of brush. Japanese poems share that

concept of tranquil grace: very few words that are constructed to translate a metaphor with the precision of blade and the serenity of a falling petal.

So what is Hanami? Ms. Nanako Sato, an MSU international student from Japan, describes it as a "picnic under cherry blossom trees," which is shared with family members, friends and colleagues. People enjoy each other's company, share food prepared in traditional Japanese style in a lunchbox – bento; play card and board games; drink tea and sake (traditional Japanese alcoholic beverage, rice wine); have fun and enjoy the first flowers of the year. Sato says that Hanami is something that individuals of all ages and backgrounds enjoy; people try to take advantage of the good weather on the weekend to embrace the beautiful scenery. Sato emphasizes the popularity of Hanami at nighttime since many people believe that cherry blossoms are especially beautiful then.

The nighttime Hanami is called yozakura (yo – night; zakura or sakura – cherry blossom). At the end of the Heian period, Hanami spread from the royal court to the samurai society (The Japan Times). The time when the cherry trees would start blooming each year was a sign of the start of the agricultural season. People held parties under the blossoming trees, commonly at night, at which the sake and some food offerings were given to the kami, a sacred

spirit that is believed to live inside the cherry blossom tree.

Sakura is more than just a flower to Japanese people. It is a National symbol, printed inside passports and on official documents, on coins and stamps. The cherry blossom flower is a motif in ceramics, in traditional gowns (kimono), in interior design, in accessories and in art. The tree is originally from the mountain areas of Japan, resistant to a harsh climate with winds and cold winters. Over time, the trees began "migrating" down from the mountains: "people dug up saplings and planted (them) to beautify" the villages, temples, gardens and the royal palace. As the capital of Japan has been moved to Kyoto from Nara, the cherry trees became "symbols of divine authority and military might" (The Japan Times). The trees were guarded as treasures of imperial significance. In the Edo period (Edo – modern Tokyo, 1603-1868), quickly falling flowers of cherry blossoms became a symbol of the "yamato-damashii value of sacrificing one's life for one's country" (Daily Yomiuri). Sakura still symbolizes elegance, courage, loyalty, purity and the ephemeral nature of human life. The beautiful cherry blossom flower dies quickly, meaning that human life is beautiful, albeit short. It is an honor to give your life, and fall like a flower on the battlefield.

Hanami is never done alone. It is a holiday that promotes unity – with nature, history, family and Japanese

national identity itself. Yoshimi Nagamine from the Daily Yomiuri (Tokyo) remarks that "(the) Japanese are not attracted to trees that put out large flowers. Rather, they love the small flowers that bloom in the dense mass." It is an analogy of the western proverb that one twig is easily broken, but a bundle is hard to break. Cherry blossom itself is a symbol of unity in Hanami.

Every year, the Japan Weather Association releases Cherry Blossom Front information with the full bloom forecasts across Japan. The first blossoms appear in Okinawa – the most southern island of the Japanese archipelago, as early as January (January 15-21, 2016); then the "Sakura Front" moves north to mainland Japan starting with Kagoshima Prefecture (March 21-27, 2016), and ending with Aomori prefecture (April 14-20, 2016). The last place to open up flowers is Hokkaido, the Northern island of Japan, with a major city – Sapporo (April 22-29).

Today, Japanese cherry blossom trees are blooming in many different countries. As a gift to mark friendship between the U.S. and Japan, the Land of the Rising Sun presented Washington, D.C. with 3,000 sakura trees in 1912 (National Cherry Blossom Festival). Local

communities enjoy picnics and festivals associated when the cherry trees bloom every year in Washington, D.C. and several other cities in the U.S.

You don't have to be Japanese to appreciate the simple beauty of transient flowers. Soon, MSU's campus will enjoy the first blooms as well, so take a moment to stop and smell the flowers.

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Personal Interview, Nanako Sato, March 30, 2016

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Submitted photo

Illustration work by artist Tom Fleming.

MSU welcomes artist Tom Fleming

By Rachel Alfaro
Assistant Editor

Fantasy artist Tom Fleming will visit Minot State University today to give a lecture spotlighting his career from 7 to 8 p.m. in the lecture auditorium of the Cyril Moore Science Center. All are welcome to this presentation.

Fleming's artwork is both beautiful and strange, and sure to intrigue both fantasy and art lovers with its powerful imagery and high level of skill. In addition to his lecture, Fleming will visit with different art classes on Monday to interact with students.

Fleming previously visited MSU in 2013 as a Darwin Day guest artist, and has connections to the campus through MSU art professor and artist, Bill Harbort. Harbort and Fleming went through art school together at Syracuse University, along with Dave DeVries. DeVries was previously an MSU NOTSTOCK guest, and will be active this year at the upcoming iMagicon event.

Fantasy fans will recognize Fleming's art. His work can be seen in major gaming companies such as World of Warcraft, Magic the Gathering, and White-Wolf Publishing.

What people may not know, however, is that he got his first big break working as a designer for the World Wrestling Foundation, now called WWE. He designed costumes for numerous characters during his time with them, including Shango, Adam Bomb, Razor Ramon and, most famously, Hulk Hogan.

Despite working with characters like these, corporate work was not cutting it for Fleming. He moved on to freelance in the gaming industry, winning numerous awards, along with four nominations for the Chelsey Award.

He also continued his work in 2000 by illustrating "The Dangerous Lives of Altar Boys," a film by Jodie Foster. From there, Fleming worked frequently with prop illustration and story boarding.

Asian Club plans Japanese fair event

By Nanako Sato
Comm 281

Minot State University's Asian Club's last event of the semester, on April 22, from 4 to 6 p.m. in Old Main 104, will feature free Japanese snacks and drinks provided by club members and a quiz session on interesting Japanese facts. Top winners will receive a prize. Everyone is encouraged to test their knowledge on all things about Japan at the quiz and enjoy the food.

The club also will hold its first election for new board members at that same event. Officer positions up for election include president, vice president, secretary, joint-secretary, treasurer (accountant), and technical officer. The club encourages MSU students to become being a part of the Asian Club and look for new faces!

The MSU Asian Club consists of seven international students. It was officially approved by MSU's Student Government

Association earlier in this semester.

Through the consecutive events designed and hosted by board members throughout this semester, the club has been introducing Japanese culture by answering questions about Japan and having fun meeting new people!

The Japanese Fair is free and open to the public. MSU students, faculty and staff are encouraged to attend.

iMagicon returns to Minot

By Gemma Biasetto
Comm 281

Back by popular demand, iMagicon will be in town this weekend, April 22-24 at the Holiday Inn (Riverside) with fansuits available. If you don't want the fun to stop when the day is done, you can book a fansuite right upstairs from the convention. This expansion pack event starts with showing off your XP (experience points).

The gaming world opens with "leisurely gaming," also known as free-for-all gaming. However, if intense competition is more your speed, there will be five tournaments to compete in. Minecraft and Smash Bros. are

just a couple to choose from.

As for cosplay costumes, they are always more than welcome. Which also means, any homemade costumes can be registered for competition. There's a catch though. The costume has to comply with the rules and regulations to be allowed in competition.

To keep the energy going, drawing competitions will be held every hour. This year, iMagicon has also created two groups to compete in – the adult competition and the kids' competition for anyone under age 12. Competitions are bracket style. The winner of each round will move on to the finalist round.

iMagicon even has special

guests coming to join the fun. Guests include Tom Fleming, Christopher Jones, Dave DeVries, Nick DiFabbio and Deanna "Beetlecat" Petro.

As stated on imagiconnd.com, "You may want to stock up on those energy drinks ... this year's iMagicon will extend well into the early a.m.'s of the morning with activities." The event runs from 10 a.m. to 3 a.m. Friday and Saturday, and from 10 a.m. to 6 p.m. Sunday.

If you're still unsure about the amount of fun to be had, the only way to find out for yourself, is to purchase a ticket.

Tickets are \$50 for a three-day pass or \$25 per day.

Students honored at Who's Who luncheon

Minot State University honored students who were selected to Who's Who Among Students in American Universities and Colleges at an award ceremony this week.

This year, 22 MSU juniors and seniors were selected for inclusion in the 2016 edition. A campus nominating committee and editors of the annual directory chose the students based on their academic achievement, service to the community, leadership in extracurricular activities and potential for continued success.

MSU students honored were

Kayla Barke, elementary education; Christina Beck, communication disorders; Alexander Buchholz, biology and chemistry; Kelsey MacNaughton Buchholz, accounting, marketing, international business and graphic design; Ashley Busch, communication and broadcasting; Joshua Bussard, biology and music; Danielle Foster, accounting; Molly Haagenon, special education; Ismail Hassan, clinical laboratory science; Savana Kingsbury, business education; Annika Kraft, chemistry and chemistry education; Meggan

Larsen, finance and marketing; Miranda Lessmeister, communication disorders; Teagan Loppe, special education; Chloe Ondracek, mathematics; Caley Nelson, athletic training and radiologic technology; Shelby Pederson, social work and Spanish; Bob Pond, athletic training; Vanessa Ramirez, nursing; Cassandra Stauffer, elementary education and art education; Christin-Ann Stoll, psychology; Reagan Van Teeling, communication disorders; and Keyona Walker, early childhood education.

Singing comedian comes to MSU



Photo by Koh En Chze (Ariel)

MSU students enjoy the singing comedian Brian O'Sullivan. MSU Life sponsored the event.

Michels to discuss effects of flood at NAC Lecture

By Erica Clark
Comm 281

The last Northwest Art Center lecture of the semester will take place Wednesday, April 27, at 7 p.m. in Aleshire Theater.

Guest speaker Vicki Michels, MSU professor of addiction studies, psychology and social work, will present "Minot's 2011 Flood: Couples' Growth and Coping."

"The 2011 flood was a big deal for the community," Avis Veikley, NAC director, said.

She spoke highly of Michels as she looks forward to her lecture, stating that Michels has done research on how the flood has affected the people of Minot.

Michels, along with Amy Canevello, interviewed 61 couples who lost their homes in the flood, to research how that tension effected their marriage. Michels found that couples who overcame this adversi-

See NAC — Page 11



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... News in Brief
continued from page 2

will be a door prize drawing for a gift card to a local restaurant supporter of the film series. The event is free and open to everyone. For more information, contact Scott Sigel at scott.sigel@

minotstateu.edu.

**'Daddy's Home'
showing April 26**

Join fellow MSU students in Aleshire Theater Tuesday at 9 p.m. to watch the movie, "Daddy's

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Tips and tricks when preparing for final exams

By Delee Sacker
Senior Nursing Student

School can be demanding on the mind and the body. It is both physically and mentally draining, and "cramming for exams" can make it worse. Our bodies are made to move, and sitting for hours on end can sometimes be more exhausting than actually moving. Our necks get sore from looking down at a book, our eyes are tired from staring at a computer screen, and we have usually been eating some kind of junk food to break up the monotony and stay awake.

Finals are rapidly approaching and, although you have been diligently studying all semester, you may still feel unprepared for the upcoming test of your knowledge. We are encouraged to treat our college classes as if they were a high-priority job. Indeed, on many forms we are able to list full-time student as our job title.

It is true that if you spend every day from 8 a.m. to 5 p.m. on your coursework, you will succeed in your field of choice. However, is that realistic for every college student? Other priorities compete to take the place of school. Some are worthy, some are not! Family, work, and activities are all worthy priorities. Partying, sleeping, vacationing, and YouTube videos may not be priority, but still take up their share of time. As much as you may regret some of your choices, the question becomes, "What can we do about it now?" As the deadline looms, here are a few facts to help you get the most out of your studying and still maintain your sanity and health at the end of the semester.

Take small little breaks throughout your study time to give your brain the ability to refocus on the content (Nauert, 2015). Walk, stretch, or get a drink, but do not check Facebook. Many study sessions have been thwarted by that black hole.

Eat food that fuels your body, but don't eat large meals when you are studying. Large amounts of food require your body to concentrate on digestion instead of on learning. Try healthy snacks throughout your

study time to provide consistent energy. Fruit, vegetables, nuts and cheese are all great snacking options. Chips and fast food do not provide the necessary vitamins and minerals to keep you healthy or awake (Harmer, 2013).

Stress wears down your immune system and makes it harder to have the energy to focus and study. Supplements can give you a boost. Vitamin A, Vitamin C, Vitamin D, and B-vitamin complex can help improve your immunity. These can help you stay healthy, but remember, more is not always better and be sure to take the recommended amount (Mora, Iwata, & von Andrian, 2008)

Use technology to your benefit. Does your instructor offer online lectures? Download them and listen while you are driving. If your publishers offer an oral version of your textbook, play it while you follow along in your book. If these options aren't available, read your textbooks out loud and record yourself. Use these resources to listen to your material while you are walking around. Not only will you be studying, but you will be making yourself healthier through exercise.

Choose a study spot without interruptions, but don't always pick the same place. Try to mix it up, because a different environment can improve retention by making the brain associate the same information with different places. Recall improves because the brain has different memories to get to the information (Carey, 2010).

If you like to study in a group, find friends who are more motivated to study than you are. This increases the chance you will actually study. Do not pick friends who are going to distract you. There will be time for them later. You need to use your time wisely to decrease mental stress. Remember to incorporate different leaning styles, such as using your class notes to make an outline, or flashcards. Take turns presenting information to each other. Once again, changing things up improves retention (Carey, 2010).

Studying is a mind game. Your

mental health is as important as your physical health. Focus on the positive instead of on the looming deadline. Build yourself up. Congratulate yourself for studying without checking Facebook. Even better, don't bring your phone along and prevent yourself from wasting precious time (Grohol, 2013).

Sleep is another important aspect of studying. It is hard to choose to sleep when you feel you need to be cramming information, but sleep allows your brain to function at an optimal level. You will study more efficiently and absorb the information faster because your brain is not worn out (Mercola, 2012).

Remember to drink water! You need to keep yourself hydrated to keep your body and brain functioning at their ideal level. (Gowin, 2012).

As you fit as much information in your brain in the healthiest way possible, remember this for now and next semester, and try to make weekly studying your priority.

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SUDOKU

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

Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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Silva paces Beavers at Blue Hawk Games

(MSU Sports Information) — MSU senior sprinter Dijah Silva captured titles in both the women's 200-meters and 400-meters Thursday to pace the Beavers at the Dickinson State University Blue Hawk Games.



Silva

Silva earned a personal-best time of 59.11 seconds in the 400 and won the shorter race in a time of 26.45. She was also a part of both Minot State relay teams, helping the Beavers to second in the 4x100 and third in the 4x400.

"It was really nice to see Dijah come through like that," MSU head coach Stu Melby said. "She has been looking to get back to her high school form in the 400 after breaking her leg as a junior in high school. She had a great meet."

The MSU women's and men's teams both had solid outings in Dickinson as the Beavers captured four events, earned nine personal

bests and six season bests.

"Overall, it was a good day. We are hoping to get some people back from injuries and illnesses, and we found out this meet was going to be moved up a day just 36 or so hours ago, so we are a little tired and sore from training," Melby said. "So it will be nice to get back to a regular schedule. We have 10 days until our next meet at NDSU, and should be able to get into a routine going forward."

Silva's time in the 400 moved her up to No. 4 all-time at Minot State. She, along with Erin Winterton (Fr.), Jamie Ayala (Jr.) and Randii Widmer (So.), helped the women's 4x100 relay team to a season-best time of 49.91, fractions of a second behind event winner Black Hills State.

"We jumbled the lineup a little there and did a good job," Melby said. "We didn't have one of the top runners and still ended with a season-best."

MSU also got a first from freshman sensation Amber Hunsaker in the javelin, as she won for the fourth straight meet. She finished

with a toss of 44.17 meters, just off her best throw last week. She also earned a PR in the hammer throw.

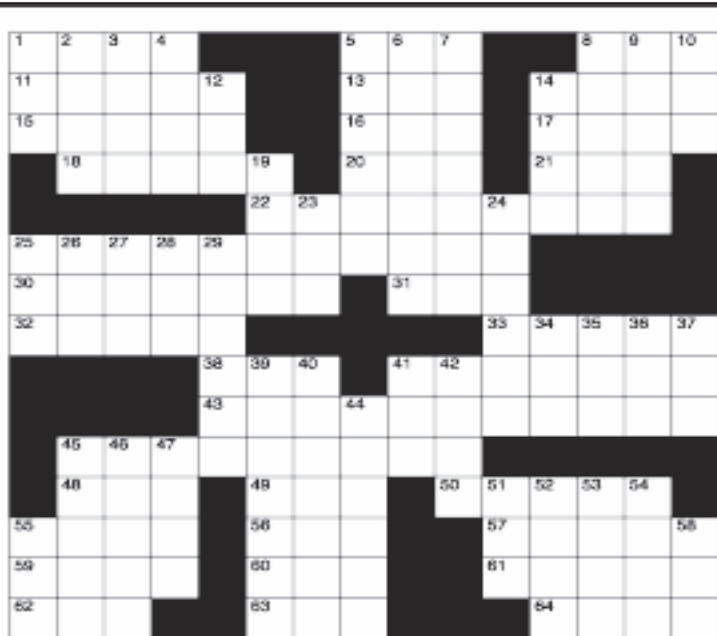
"Amber's javelin was just off her best last week, and was a pretty good throw," Melby added. "She has been very consistent."

The men's 4x100 relay team earned the Beavers an event win on the men's side. The team of sprinters Daniel Daffinrud (Fr.), Tyler Bates (Jr.), Lucas Leitner (Sr.) and Ademiluyi Aderoluwa (So.) traversed the oval in 43.56 seconds.

MSU also earned personal-bests from Devan Shumway (Fr., Distance) and Julio Romero (Jr., Distance) in the 1,500, Tanner Gust (So., Throws) in the hammer throw, Winterton in the 100 hurdles and 200, Ayala in the 200 and Widmer in the long jump.

"We had a number of people just outside season- and personal-bests, as well, so it was a good day overall," Melby said.

MSU travels to Fargo tomorrow and Saturday for the North Dakota State Bison Invitational.



CLUES ACROSS

- | | |
|--------------------------------|---|
| 1. Crooned | 38. Marsh elder |
| 5. Luck | 41. Blasts |
| 8. Cosecant function | 43. A discerning judge |
| 11. Rock bands play here | 45. Avenge for a wrong |
| 13. Surrounds the earth | 48. Doctors' group |
| 14. Jessica ___ | 49. Jerry's friend |
| 15. A type of clique | 50. Type of sword |
| 16. No seats available | 55. Swedish rock group |
| 17. Greek sophist | 56. Black tropical American cuckoo |
| 18. Stiff hair | 57. Blatted |
| 20. Recipe measurement (abbr.) | 59. Cain and ___ |
| 21. Legal periodical | 60. Strong liquor flavored with juniper berries |
| 22. Saloons | 61. Cocoa bean |
| 25. He tricks you | 62. Get free of |
| 30. Closing over | 63. Cardiograph |
| 31. Man's best friend is one | 64. A cargo (abbr.). |
| 32. Distinguish oneself | |
| 33. Immoralities | |

CLUES DOWN

- | | |
|---|-------------------------------------|
| 1. A baglike structure in a plant or animal | 29. Mineral |
| 2. Bird genus | 34. Vessel |
| 3. One point east of northeast | 35. Nigerian City |
| 4. A type of fly | 36. Romania |
| 5. Hurry | 37. Sirius Satellite Radio (abbr.) |
| 6. Lighter-than-air craft | 39. Potential difference |
| 7. Ask to marry | 40. A class of synthetic detergents |
| 8. Thick rope made of wire | 41. Drunkard |
| 9. Imposters | 42. Doesn't win or lose |
| 10. Central nervous system | 44. Appellative |
| 12. Pie ___ mode | 45. Spiritual leader |
| 14. Robert __, poet | 46. Implant |
| 19. Dwelt | 47. Language (Afrikaans) |
| 23. Firewood | 51. Basics |
| 24. Voices | 52. A one-time Giants center |
| 25. Water in the solid state | 53. Every one of two or more |
| 26. Superman's foe | 54. A way to gather |
| 27. Chris Paul's team (abbr.) | 55. Swiss river |
| 28. Employ | 58. Small spot |

MSU finishes 10th at Minnesota State Invite

(MSU Sports Information) — MSU Kayla Barke (Jr.) shot a 41 on the front 9 to finish with an 85 to pace the Beavers at the Minnesota State Invitational at Bunker Hills Golf Course in Coon Rapids, Minn., Saturday.

The Beavers struggled at times in Saturday's first round, finishing with 366 and 10th place overall. MSU had just one player in the 80s on the first day and trailed ninth-place Minnesota Crookston by four strokes.

"Kayla (Barke) played well all day, with the exception of a couple holes that really set her back," MSU head coach Spencer Hilde said.

Alexandria Bernier (Fr.) was second for the Beavers with a 91.

Host Minnesota State was lead-

ing the tournament with a 316.

Danielle Foster (Sr.) carded a 94 and was tied for 57th, while Kayla Barke (Sr.) finished with a 96 and was in 63rd after the first round.

Minot State University shot two strokes better than Minnesota Crookston in the final round of the invitational, but the Beavers couldn't pass the Golden Eagles, finishing 10th overall Sunday.

The Beavers finished with a 369 in round 2, three strokes off their first round pace of 366 for a 735 overall. They finished two shots



Barke

behind UMC, who shot a 733. Host Minnesota State won the event with a 626 overall.

Barke carded the best individual round for MSU in the tournament, bettering her 85 from the first round with an 83 in the second, and finished tied for 24th overall. She was the only MSU golfer to shoot in the 80s during the two-day event, and ended with a 168.

Bernier finished with a 187 overall, and was tied for 58, while Foster was 60th (188) and Palczewski was 63rd (192) overall.

The Beavers travel to Morton, Minn., next weekend for the Northern Sun Intercollegiate Conference Championships.



Photo by Vanessa Christiuk

Jordan Grant (left) beats out the throw at first base in a game against Minnesota State University Moorhead in Moorhead. MSU lost the first game, 1-7.



Photo by Vanessa Christiuk

Outfielder Tyler Holland fields the ball in a game against MSU Moorhead. Minot State lost the second game, 3-7.

Beavers sweep Concordia-St. Paul, split with U-Mary, lose to MSU Moorhead and Minnesota State

By Vanessa Christiuk
Sports Writer

On April 12, the Minot State University softball team hit the road to face Minnesota State University Moorhead.

In the first inning, Reese Ramirez doubled to right center to score Jordan Grant, but Moorhead came back in the bottom of the first to score four. The Beavers were hard pressed for runs the rest of the game, leaving four runners on base. With only three hits, the Beavers lost the first game, 7-1.

In the second matchup against Moorhead, the Beavers managed to rack up eight hits, Daniela Carbajal and Alyssa Cornejo both chipping in two apiece. However, Moorhead prevailed, 7-3.

A few days later, facing rival University of Mary at Herb Parker Stadium, the Beavers totaled 11 hits. Kyla Larson and Cornejo both had doubles, and Rachel Burdette left the yard once, but the Beavers lost, 8-4.

The second game of the day against U-Mary was a marathon. The Beavers scored first when Isis Cabral hit a two-run homerun in

the second inning. Again, the Beavers attacked in the third inning when Grant stole second, advanced to third on an overthrow from the catcher in an attempt to catch the speed demon, and then scored on an error by the center fielder. U-Mary tied the game in the top of the seventh inning, and the Beavers could not finish the game. Jenn Spencer rocked the circle for 12 innings. In the 12th inning, Lauren Cowden scored on a passed ball and Ashley Hill hit a walk-off single to right center that scored Ramirez from third. The Beavers won the game, 6-5.

On the road again this past weekend, the Beavers traveled to Minnesota State University, Mankato. The Beavers mustered up seven hits in the first game. Rachel Burdette, Larson and Cowden each hit a double. The Beavers lost the first game, 7-3, and the second one, 8-0.

The next day of the trip had the Beavers playing Concordia University, St. Paul. Ramirez started the game with a solo homerun in the bottom of the first to get the Beavers off on the right foot. In the

third inning, Larson left the yard to tie the game at 2-2. In the sixth, Larson left the yard for the second time with a three-run homerun to tie the game at 5-5. Later in the inning, Carbajal laid down a suicide bunt that resulted in Cabral scoring from third to put the Beavers ahead, 6-5. For good measure, in the seventh Larson singled, which scored Burdette from third. Larson had a total of five RBIs for the game. The Beavers won, 7-5.

Looking for the sweep in game two, Spencer headed for the circle. The Beavers put a four spot up on Concordia-St. Paul in the top of the first inning, then added more in the second and third innings, bringing the Beavers to a 10-1 lead after three. Concordia-St. Paul started to chip away, scoring five

in the third. The Beavers added one more in the fourth, and then three more in the seventh to take the win, 14-7.

The Beavers' last games of the

season are at home against Minnesota Duluth at Herb Parker Saturday at 1 p.m. and 3 p.m., and then St. Cloud State University on Sunday at noon and 2 p.m.

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

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... NAC
continued from page 7

ty had a new light of strength through commitment in their relationship.

Michels will give the results of her research and answer questions at the lecture.

Michels received her doctorate degree from the University of Wyoming in clinical psychology. She is the chair of the Department of Addiction Studies, Psychology and Social Work at MSU.

"The lecture series gives the faculty a means to present their research or their scholarship to the general community," Veikley said. "It's an interesting opportunity for the community, because it's something that is connected with the community, it's something we all went through and now we have a little time and space to look back and see what the effect was."



INSIDE/OUT

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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, contact the MSU Financial Aid Office at 701-858-3375.

NOTICES

STUDENT GOVERNMENT ASSOCIATION. (SGA) meets Monday, May 2, Westlie Room, third floor, Student Center, at 7 p.m. Meetings are open to all students. For more information on SGA, visit MinotStateU.edu/sga.

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