

MINOT STATE UNIVERSITY Red & Green



from the staff at the
Red & Green
MSU Student Newspaper

Volume 97, Number 22 April 28, 2016
Minot, N.D. 58701 minotstateu.edu/redgreen

Athletic teams battle it out to raise money for Chase Kimble



The MSU Men's Basketball team performs at the Lip Sync Battle. Eight varsity sports teams competed for votes from the audience. Voting was done by donating money. Proceeds from the contest went to help Chase Kimble and his family as Kimble recovers from an injury suffered in an MSU football game last fall. The Lip Sync Battle was held in Ann Nicole Nelson Hall last week.

Submitted Photo



The MSU Baseball team performs at the Lip Sync Battle. The team won the event, raising more than \$400, while the teams overall raised more than \$1,500. The Student Athlete Advisory Committee (SAAC) sponsored the event. Earlier in the month, SAAC members teamed up with Minot's Papa John's Pizza and raised more than \$1,000 for the Make-A-Wish Foundation.

Submitted Photo



File Photo

Buckshot celebrates Halloween by dressing up as a super hero for an MSU football game last semester.

Buckshot's birthday bash set for today

By Marissa Choiniere
Comm 281

Come one, come all, and help Buckshot celebrate his 11th birthday today!

MSU Life will serve free food starting at 11:30 a.m. in the quad (weather permitting) and Jason Lavasseur will provide live music. Party favors and cupcakes will be given out. Buckshot will open birthday presents at 12:30 p.m.

Josh Sandy, director for sports marketing and promotions, described the event.

"Buckshot is very excited about this blowout birthday party," he said. "The entire campus has been working hard to make it a special day for him. Buckshot is always cheering us on, so it's time to return the favor. I hope everyone will come out, enjoy a beautiful day on campus, and celebrate our loyal mascot!"

All students, faculty and staff are invited attend.

MSU athletics, student activities and marketing sponsor the event.

News in Brief

Several honored for First-Year Experience service

The Outstanding First-Year Student Advocate award recipients and Peer Mentor of the Year recipient were recognized at the annual First Year Experience dessert reception last week. Those honored have gone above and beyond to ensure student success for undergraduate first-year students. The Mentor of the Year award recognizes and encourages outstanding achievement by peer mentors working with FYE learning community students.

Student advocates honored were Sarah Aleshire, Stephen Banister, Alex Buchholz, Kelsey Buchholz, Devin McCall, Deb Olson, Sharon Reynolds, Jesse Watson, and the Registrar's Office staff.

Jennifer Poth received the Peer Mentor of the Year award.

Red & Green positions filled

The Student Media Board announced its selections for Red and Green staff for the 2016-17 year.

Jerusalem Tukura was named editor, Charles Wollschlager and Eyeiessa Darville were named assistant editors, Josh Jones as online editor, and Stephanie Awoosagie as circulation manager.

Shane Keller to present at today's Math Talk

Minot State University sophomore mathematics major Shane Keller will present at a Math Talk April 28 at 5 p.m. in Model 330.

Keller will discuss his research on the Weierstrass function along with trigonometric and hyperbolic identities. Karl Weierstrass' philosophy of mathematics has inspired Keller to analyze two elementary trigonometric series. In particular, Keller will discuss the theorems

and conjectures that pertain to the field of real analysis.

The MSU Math Club sponsors the event. It is free and open to everyone.

Research Poster Session in Atrium Friday

Minot State University students and faculty will showcase their research and scholarly work from the past year at a poster session Friday from 11 a.m. to 1 p.m. in the Student Center Atrium. The event is open to everyone.

May the 4th be with you this Star Wars Day

"Star Wars: The Force Awakens" will be shown in Aleshire Theater at 9 p.m. May 4, the unofficial Star Wars Day. Watch as Finn and Rey take on the First Order. This event is open to all students, and is free with a student ID. MSU Life sponsors the event.

Juried student art exhibit on display until May 5

Minot State University's Northwest Art Center is hosting the MSU Juried Student Art Show with guest juror Justin Sorensen of Williston, until May 5 in Hartnett Hall Gallery. The art displays variety of styles, media and skills. The gallery is open Monday through Friday, 8 a.m. to 4:30 p.m. It is free and open to the public.

Relax with a finals breakfast and pajama contest May 9

If your brains are fried from studying, take a break and eat some fried food instead; like bacon! Besides, breakfast is the most important meal of the day! Wear your favorite PJs for the pajama contest. Prizes awarded for first, second and third place.

See News in Brief — Page 3



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Voices on Campus

"What are your plans for summer break?"

Marissa Choiniere
Comm 281



Edelbis Ortiz
Marketing

"I plan to find a summer internship and try to save up money to move to D.C. in the fall."



Emmie Stach
Nursing

"I am going to go to the lake with my family, take some online classes, and work at my beloved job at American Eagle."



Evan Hunt
Criminal Justice

"I plan to ride my motorcycle a lot and also go to summer school."



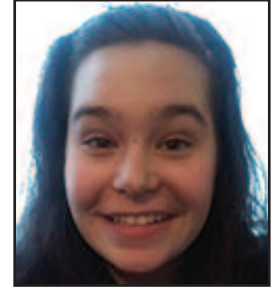
Kellie Piazza
Corporate Fitness

"I am going back home to California. I am also going to train youth soccer. Then I am coming back for the North Dakota State Fair!"



Nicky Selmi
Business Management

"I am going to go back home to Nevada and work"



Skyler Niebuhr
Early Childhood Education

"This summer I plan to go to Lake Metigoshe every weekend. I also plan to work and take summer classes."

... News in Brief continued from page 2

This event is from 9 to 10 p.m. May 9 in the Beaver Creek Cafe. For more information, check the Minot State Dining Facebook page or contact the Sodexo office.

Justin Stevenson presents 'Archetypes' on May 11

Justin Stevenson, an MSU senior art student, will present "Archetypes" May 11 through June 9 in the Hartnett Hall Gallery.

Stevenson's exhibit features enormous, stunning charcoal drawings of different people. There will be an opening reception with Stevenson Thursday, May 12, from 6:30 to 8 p.m. in the gallery. The gallery is open Monday through Friday, 8 a.m. to 4:30 p.m. It is closed holidays. The exhibit is free and open to the public.



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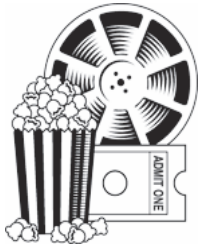
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On Movies



'Jungle Book'

By Alex Nelson
Staff Writer

"It's a jungle out there."

"The Jungle Book" stars Bill Murray, Ben Kingsley, Idris Elba, Lupita Nyong'o, Scarlett Johansson, Giancarlo Esposito, Christopher Walken and Neel Sethi. Jon Favreau directs this movie based on the stories by Rudyard Kipling. It is rated PG for scary scenes and violence.

In the vast jungles of India, a young man-cub named Mowgli (Sethi) has been raised by a wolf pack, which includes his mother, Raksha (Nyong'o), and the pack leader Akela (Esposito). Living in the jungle is all that Mowgli knows, but he is now threatened by the merciless tiger, Shere Khan

(Elba), who swears to kill the man-cub and all who defend him.

Fearing for the safety of his family, Mowgli decides to leave the pack. The wise panther Bagheera (Kingsley) knows very well that the only place Mowgli would be safe would be the man village. However, Shere Khan will stop at nothing until he has Mowgli within his grasp. As Mowgli continues his journey of escaping Shere Khan, he will gain friends such as the laid-back bear, Baloo (Murray), and he will also cross paths with other dangerous animals, such as the king of the monkeys, Louie (Walken), and the deadly snake, Kaa (Johansson).

I remember watching the original 1967 version of "The Jungle Book" when I was little and then, years later, I read the original stories by Rudyard Kipling. Therefore, I was very excited and

nervous to see this movie, excited due to the fact that "The Jungle Book" is my favorite story and nervous because I didn't know what to expect.

In the end, I was very impressed at what I saw. The special effects and the style that were used to make the animals were done very, like how they made Rocket Raccoon from "Guardians of the Galaxy" look real. The details on the animals were very interesting to look at. The scenery of jungle was also done very well and looked very realistic.

This cast was very well-chosen, as each actor performed his or her role beautifully. I also admit that I was impressed with newcomer Neel Sethi, who gave a great performance as pretty much the main human cast member within the group.

One thing I found impressive

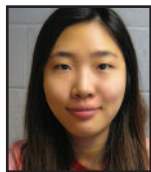
about this movie was that it combined parts from the old 1967 cartoon and the original Kipling stories and made it work well. I didn't find a dull moment within the movie, and it kept me paying attention and interested throughout the whole film. It was also fun to see the little mythology cameos that were shown in the movie. One interesting detail I noticed in the movie is how many of the characters were upgraded in a sense. Bagheera is shown to be a friend of Mowgli and a fierce protector. Baloo is similar to his animated counterpart, but he can be a powerful ally when he needs to be. Shere Khan, King Louie and Kaa are no longer funny, bumbling, hammy villains, but are deadly creatures that can pose an actual threat. Finally the Wolves are shown to be an important part of Mowgli's life where, in the car-

toon, they were forgotten really easily.

I should note, since the movie is rated PG, that there are a few dark moments in the film that might scare younger children. Children can still see this movie, but parents or guardians should be aware that this "Jungle Book" is a little more serious compared to the original animated movie. Overall, while the movie can be scary for younger children, the scenery, special effects, the story and more importantly, the cast and their portrayals, make this movie worth watching.

I personally give "The Jungle Book" 5 out of 5 Beavers.

I wish you all luck in these final few weeks, including finals, and I hope many of you enjoy a good summer break.



Book Review

Mitch Albom's 'Tuesdays with Morrie'

By Yun Ji Nam
Staff Writer

Albom goes back and forth, to the past, then he quickly comes back to reality beside Morrie's sick bed. Albom, once a young man in the story, bustling with life that does not quite resemble the kind he expected in college, was unaware for a long time that his favorite teacher began to suffer from ALS. It

was not until a TV show covered Morrie's story that Albom decided to visit his old friend and professor. They meet on Tuesdays, and the topics are wide in range: family, emotion, marriage, love, money, forgiveness and death. Mitch Albom, now a middle-aged man, becomes the student again to try to digest all these lessons.

I've been wondering why "Tuesdays with Morrie" still is

being talked about by many people. The memoir was released in 1997, yet people talk about the important values the book contains even today: love, happiness and acceptance. Many stories with similar themes receive backlash that they are all too tear-jerking. However, "Tuesdays with Morrie" sticks out among them as it is not afraid to tell the story as it is - floods of emotion. And not just sorrow and emptiness

come from discussions with Albom's dying professor.

The most profound emotion appearing in the story is love. Albom replays the memory with Morrie, like he is reopening an old photo book in order to tell this very honest feeling towards the man. They were stored in the farthest corner in his heart, pushed away long ago, but never were forgotten. To tell us how delightful Morrie was,

Albom simply chooses a particular event with the man.

"Sometimes we eat together in the cafeteria. Morrie talks instead of chewing, laughs with his mouth open, delivers a passionate thought through a mouthful of egg salad, the little yellow pieces spewing from his teeth. The whole time I know him, I have two overwhelming desires: to hug him and to give

See Albom — Page 5

Red & Green

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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@minotstate.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.

Miles for Smiles walk set for Saturday

By Erica Clark
Comm 281

The Minot State University annual Miles for Smiles walk will begin Saturday at Oak Park Shelter #9 at 10:30 a.m. The cost is \$25 per walker, and registration begins at 10 a.m. MSU's National Student Speech Language Hearing Association is sponsoring the walk.

"This is the first year that NSSLHA is also doing a silent auction for the fundraiser; the community helped out a lot this year," Danae Burke said.

Miles for Smiles is a community fundraising event for the Operation Smiles charity, a non-profit organization that helps with cleft lip and cleft palate surgeries.

Cleft palate is a birth condition that can happen alone or as part of a genetic condition or syndrome. Symptoms come from the opening in the mouth and also include difficulties speaking and feeding. Surgery restores normal function.

... Alбом
continued from page 4

him a napkin."

There lies an honesty in Alбом's story which other stories lack. The beautiful part about real memories is that they are truthful. Especially if a memory is precipitated by love, it can be recalled effortlessly.

The fun part about "Tuesdays With Morrie," is that every page of Alбом's memories with Morrie are romanticized, yet at the same time, they are not melodramatic. Alбом's memoir is different, because his intention is not to stir up our emotions with forced filler material. "Tuesdays with Morrie" does not have unnecessary plot points. Alбом simply wishes the reader to be present when he recalls his meaningful memories of the man. Here, tears in "Tuesdays With Morrie" are not fillers, but become natural outcomes.

I hope those who fear failure would be able to draw inspiration from Alбом and Morrie, who overcome their fears at the end, beautifully, in the classic memoir, "Tuesdays With Morrie."

Clefting appears when there is not enough tissue in the mouth or lip area, and the tissue that is available does not come together properly.

Operation Smile, a group of medical professionals, provide safe and effective reconstructive surgery for children in low income families in different countries. It also provides all the care and medical therapies needed after the surgery. A single surgery can cost \$240.

"I am so excited," Burke said. "Last year we had about 100 walkers, and had a lot of dona-

tions. We made \$3,015 dollars, which equates to 12.6 surgeries, and I hope to surpass last year's outcome. This year we did more advertising, as far as getting the word out and promoting the event to the community. We did a great job last year, and hopefully this year we have a bigger turnout," she said.

Registration forms are on the MSU Communications Disorders webpage. Put them in the NSSLHA mailbox on campus or register at the event.

For more information, email miles4smileswalk@gmail.com.

SUDOKU

		3	5	4	7			
		5		1	2	4		
							8	
				9			2	6
				5				1
1						7		
5							1	7
		7	9			3	6	
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Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

ANSWER:

MSU to confer degrees May 13

Minot State University commencement for graduate and undergraduate students is May 13 at 10 a.m. in the Dome.

Commencement student speakers are senior management information systems major Jacques Stanley and special education graduate student Nichole DeSautel.

Kristen Baesler, superintendent of the North Dakota Department of Public Instruction, will also address the graduates. Baesler earned a bachelor's degree from



Stanley



DeSautel

Minot State and a master's degree from Valley City State.

More than 600 undergraduate and graduate students are eligible to walk through commencement this year.

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Music to fill MSU halls

By Marissa Choiniere
Comm 281

There are many exciting music events yet to come before the end of the spring semester.

Tonight, the MSU Concert Band will perform at 7:30 p.m. under the direction of David Rolandson, assistant professor of music.

On Sunday at 3 p.m., the MSU Singers, under the direction of Jennifer McQuade, music instructor, and the Concert Choir, under the direction of Kenneth Bowles, music professor, will perform. A senior recital by Josh Bussard, vio-

linist, will follow at 7:30 p.m..

On Monday at 7:30 p.m., MSU percussionists will present their spring concert. The program will feature selections by the Percussion Ensemble, Marimba Ensemble and various soloists. Avis Veikley, music instructor, is the director.

On Tuesday, the MSU jazz ensemble, led by David Rolandson, assistant professor of music, will perform at 7:30 p.m.

All music events will take place in Ann Nicole Nelson Hall in Old Main and are free and open to the public.

MSU students vs. employees softball game

By Marissa Choiniere
Comm 281

Minot State University students, staff, friends and family are all invited to an exciting softball game between MSU students and school employees at Herb Parker Stadium at 3 p.m. Sunday. MSU President Steven Shirley will throw out the first pitch.

"This will be a fun spring event to get people outside and enjoying our campus," Josh Sandy, director for sports marketing and promotions, said.

"Students will have the chance to strike out their favorite professor, coach, or staff member, so the pressure is on."

He encourages everyone to bring softball equipment to the stadium. Hotdogs will be available while supplies last.

"MSU Life is providing food" he said. "We'll have the Red Vision video board running, and family members are welcome to come enjoy the stadium. This will be a fun event for the university."

Employment: The next step after graduation

By Metro Creative Service

Graduation is an exciting time in the lives of students. After years in the classroom preparing for life after school, graduation marks a time when students are finally ready to enter the "real world" and land their first professional job.

The U.S. Bureau of Labor Statistics advises that earning a college degree can greatly improve a person's chance of landing a job. The more education a person receives, the lower his or her prospects of being unemployed become. The BLS said that, as of 2014, individuals with a bachelor's degree could earn on average \$1,101 per week, compared to \$668 for persons with high school diplomas. Those with bachelor's degrees had a 3.5 percent unemployment rate compared to 6 percent for those with only high school diplomas.

The National Center for Education Statistics estimates that roughly two million students earn bachelor's degrees each year. Many others will go on to earn master's or doctorates before entering the workforce.

As the economy continues to improve, job prospects follow suit. According to a job outlook



from the National Association of Colleges and Employers, employers had plans to hire 8.3 percent more new college graduates in 2015 than in 2014. The

growth of businesses and the rising rate of retiring Baby Boomers has spurred employment prospects.

Landing a job post-graduation requires diligence on the part of new grads, and the following are a handful of ways to make those pursuits more successful.

Hit the ground running. It's tempting for recent grads to take the summer off and have a lax approach to job hunting after all of the hard work they put into their education. But recent grads can get a head start on their competition by beginning their searches immediately-

See Graduation — Page 8



Finals Breakfast

Monday, May 9th | 9-10 PM
at the Beaver Creek Cafe

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RESTAURANT

MSU Honor Dance and Powwow set for May 6 and 7

Event celebrates accomplishments

(MSU Public Information Office) — Minot State University's Dome will come alive with tradition, color and movement. Native American dancers and drum groups from throughout North Dakota and neighboring states and provinces will compete during the 27th annual Native American Spring Honor Dance and Powwow Celebration May 6-7.

"Graduations and powwows have a lot of similarities. Both recognize accomplishments, dedication and hard work. We will celebrate the Class of 2016 and wish its members good luck in their future endeavors."

— Annette Mennem



One thousand to 1,500 people attend annually; the event includes the acknowledgement of achievements, competitive dancing, vendor and information booths and food. The powwow is one of the largest student activities on campus.

This event, sponsored by the Native American Cultural Awareness Club, the Native American Center and the university, will honor all 2016 graduates. Typically, an average of 19 Native American students graduate from MSU each year.

"Graduations and powwows have a lot of similarities. Both recognize accomplishments, dedication and hard work," Annette Mennem, Native American Center director and NACAC advisor said. "We will celebrate the Class of 2016 May 6 and 7 and wish its members good luck in their future endeavors."

Activities start both days at 10 a.m. and feature dance competitions and the sale of Native American arts, crafts and food. Two "Grand Entries," the time when all of the dancers enter the arena, are scheduled for 1 and 7 p.m. each day. Charles Moran, Mandaree, will be the emcee, while Donovan Abbey will be the arena director with Western Dakota as the host drum group.

Following the 7 p.m. Grand Entry on May 6, the Stevenson family will host a Crow "push dance" special honoring Clifford Klimpel. This May, Klimpel will graduate with a Bachelor of Science in Nursing from MSU. Delvin Driver, Sr., is the announcer with Little Shell as the host drum for this honoring.

To honor the graduates and their families, a buffalo



File Photo

MSU student Marina Carrillo dances at last year's Honor Dance and Powwow Celebration. This year's event takes place May 6 and 7 at the MSU Dome. Admission is free for students.

meal will be served May 7 in the Student Center at 5 p.m. The Mandan Hidatsa Arikara Tribal Ranch/Buffalo Project donated the buffalo.

After the 7 p.m. Grand Entry on May 7, a memorial special will honor Wylie Hammond, past Native American Center director, with men's traditional dancing. Hammond died April 18, 2015, at the age of 68. His joy and passion were working with Native American students, especially at Minot State for 18 years.

The "Honor Parade," in which all 2016 MSU graduates are invited to participate, follows the memorial special on May 7 at 8 p.m.

Dance competitions will be held for elders, men, women, teens, juniors and "tiny tots." The competition for men includes traditional, grass and fancy dancing. Women's dance competitions include traditional, fancy and jingle styles. Cash prizes will be awarded.

Admission to the Spring Honor Dance and Powwow Celebration is \$3 for ages 12-55; it is free to children under 12, elders and MSU students, faculty and staff.

In addition to MSU, the Three Affiliated Tribes provided support for the event.

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



Submitted Photo

MSU students (from the left) Koh En Chze (Ariel) and Frankie Jean-Pierre hold certificates they earned in this year's North Dakota Professional Communicators College Contest. Not pictured: Krys Zorbaugh.

Red & Green staffers place in contest

Three members of the Red & Green newspaper staff at Minot State University won awards in the North Dakota Professional Communicators 2016 College Communications Contest.

Koh En Chze (Ariel) took second place in the Single Feature Photo category, tied for second in the Single Sports Photo category, and took third place in the Single News Photo category.

Frankie Jean-Pierre earned second place in the Personal Column category for his articles "The Vent: The hallmarks of racism," "The Vent: Legacy" and "The Vent: No respect."

Krys Zorbaugh placed third in the Personality Profile for her student spotlight article, "Joel Collins: MSU senior publishes first in fantasy series."

NDPC honored the students at a luncheon in Fargo earlier this month.

Five schools, North Dakota State University, University of North Dakota, University of Jamestown, Minnesota State University Moorhead, and Minot State University, participated in the contest.

Stress and its effects on students

Brenna Coffey

Senior Nursing Student

University life and responsibilities can be a very stressful life transition for many students no matter what age one is. It's a time where new high school graduates move away from the home and family they have lived with for 17+ years. University schedules consist of substantial class commitments, which can be stressful, along with living away from family and being in a new environment.

Being stressed can cause the body to be in distress, (extreme anxiety, sorrow or pain) and experience underlying issues that are not seen by the naked eye. What can be done to help decrease all this stress university students experience?

First, to know ways to decrease stress, one needs to understand what stress does to the body. Being stressed can impact your thoughts, feelings and behavior. Common stress symptoms many people in general experience include headaches, muscle tension or pain, chest pain, sleeping issues, upset stomach and fatigue. These symptoms are all common to the majority of people when experiencing stress. However, when these symptoms all happen at the same time and are constant, steps need to be taken before they increase and lead to health problems that can put one's health in jeopardy. Stress can affect your behavior as well, which can be as simple as just not being yourself, experiencing increased anxiety, lack of motivation to learn or study, which can lead to poor grades and, potentially, behavior changes such as anger.

People tend to hide or control stress by overeating or under-eating, angry outbursts, alcohol or drug use (to help mask the stress), and social withdrawal. But do these actions work? For the time being perhaps, but the long term stress that is affecting your body is still there. Also, one will experience negative consequences of

these unhealthy, risky behaviors. If one doesn't deal with the stress they are feeling in a positive manner, the stress will never disappear and the effect it has on the body will continue to increase. Without dealing with the stress they are feeling in a positive manner, the stress will never disappear and the effect it has on the body will continue to increase.

An activity that has been proven to decrease stress in a healthy and positive way is exercising. When one exercises it effects every part of your body. One obvious area that exercise benefits is the body's muscles, "which use glucose and Adenosine triphosphate (ATP) for contraction and movement. To create more ATP, your body needs extra oxygen, so breathing increases and your heart starts pumping more blood to your muscles" (Mercola, 2013).

Lungs are affected due to the increased demand in oxygen while you exercise, increasing the muscles around the lungs. As you exercise your heart rate increases, which supplies more oxygenated blood to your working muscles.

The brain, which every college student needs to be at peak performance, benefits because, "the increased blood flow also benefits your brain, allowing it to almost immediately function better. As a result, you tend to feel more focused after a workout. Furthermore, exercising regularly will promote the growth of new brain cells" (Mercola, 2013). Last but not least, Medline Plus (2014) states, by adulthood, peak bone mass has been acquired, but as we age that bone mass begins to decline, which can result in osteoarthritis. Exercising may slow down the degeneration of bone mass. Exercising will also increase all of these body functions and can also decrease stress because, as stated, after working out you feel more focused and are able to get work, homework or whatever it may be, started or done.

A study was done to determine if a 12-month exercise intervention decreases stress symptoms in working adults. In the study by Kettunen (2015), for 212 women and 126 men, after 12 months of exercising, stress symptoms decreased by 26 percent, mental resources increased by eight percent and cardiorespiratory increased by seven percent.

"Physical exercise intervention has decreased stress symptoms and improved mental resources."

Minot State University has a Wellness Center on Campus that is accessible to the students, that provides classes such as yoga, body pump, Zumba, core circuit and many others to help relieve the stress that students experience.

One doesn't have to work out like a training athlete for hours on end. By working out for 30-60 minutes a day you can tremendously help your body and your mind and, most of all, your stress! Exercising one's body will help you feel better overall; your mind will be ready to take on those difficult university courses, you will be more awake during the day and, most of all, will be able to live a happy and healthy lifestyle to take on any challenge that comes your way.

Reference:

12-month exercise intervention decreased stress symptoms and increased mental resources among working adults - Results perceived after a 12-month follow-up. (2015). International Journal of Occupational Medicine & Environmental Health, 28(1), 157-168 12p.
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... Graduation continued from page 6

ly after earning their degrees. Create a list of a few target companies you have your eye on, and then tap into your network to find a contact at each company and reach out to that contact directly.

Focus on a career path. Prospective employers prefer that applicants have some certainty regarding the types of jobs they are looking for. Take a career assessment test or work with a career counselor to narrow down the fields and positions that speak to you. Avoid the "I'm willing to do or learn anything" approach to job applications. Employers may see that as desperation.

Don't rely entirely on the Internet. Oftentimes, landing a good job requires reaching out to people in person. In a MonsterCollege survey, 78 percent of job-seekers said networking was a factor in their job searches. Standing out from the crowd may involve physically standing out. Attend conferences or speeches from people who work at the companies you're investigating. Don't be afraid to shake some hands and introduce yourself to others.

Think about what you can offer to prospective employ-

ers. Narrow down your specific skills and customize your resume or cover letters to the specific talents you can offer each potential employer. Use examples that illustrate these skills from past school courses, volunteerism or part-time jobs. Your "quirks," like being the most punctual person in your group of friends, may turn out to be the skill an employer admires the most. Consider developing a career portfolio that highlights your past achievements.

Do your homework before an interview or networking opportunity. Always be prepared before an interview or when meeting with someone you are soliciting for job help. Research the company and know its background so you have an idea of how the company runs. Keep a list of questions at the ready. A knowledge of the company can help you stand out from other applicants.

The next step for many after graduation is to find a job that fits with graduates' career goals.

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MSU finishes 12th at NSIC Championships

(MSU Sports Information)

— Minot State University finished with its lowest score of the tournament, shooting a 384 in the final round to finish 12th overall at the 2016 Northern Sun Intercollegiate Conference Championships Sunday at Dacotah Ridge in Morton, Minn.

The Beavers shot a stroke lower Sunday than they did Saturday to finish the tournament on a high note. MSU finished with a 1,553 over four rounds.

Steady was the key for MSU individuals as Kayla Barke (Jr.), finished with her third straight 86 to go along with a first-round 88 to end with a 346 overall. Barke tied with Upper Iowa's Megan Joerger for 26th overall.

Minot State senior Kayla Palczewski shaved eight strokes off her third round score, to finish with the lowest round outside of Barke's four sub-90s, shooting a 92 Sunday to move up to 44th place overall (391).

Danielle Foster (Sr.) shot a 105 to end with a 393 overall and a tie for 45th place, while Samantha Cottingham (Jr.) and Alexandria Bernier (Fr.) rounded out MSU's five-some in a tie for 51st and 52nd respectively.

The final round of the NSIC Championships marks the final round for the team in 2016.



Barke



Foster



Cottingham

Golfers finish second at Cougar Cup to end season

(MSU Sports Information) — Minot State University got wins from Matthew Kreutz (Fr.) and senior Nicholas Liebel and halved one match as Augustana University got by the Beavers, 6.5-2.5, at the 2016 Cougar Cup on April 18.

The event featured four teams, MSU, AU, host University of Sioux Falls and Concordia-St. Paul in a match play format. Each team had six individual matches along with three two-man teams. The Beavers won two of the six individual matchups, but lost two of three in the two-man team events.

Liebel had the best all-around day for MSU as he topped his opponent 1 up and then teamed with Karson O'Keefe (Jr.) to finish all square in the team. Liebel took an early two-hole lead in his match, but it evened out from there. The back-and-forth match had Liebel go up by one on Nos. 11, 15 and finally for the final time on 18.

Kreutz also finished 1 up in the individual portion, going all square on the 16th hole and then firing a birdie on No. 17 to take the one-hole lead.

The Beavers rolled to an 8-1 win over the University of Sioux Falls and then scored enough points against Concordia-St. Paul to hold second place at the 2016 Cougar Cup April 19.

Liebel was instrumental in the Beavers' surge to second as he finished 3-0-1 on the day and was 4-0-2 in the tournament.

"Nick had a great finish to his senior season," MSU head coach Randy Westby said. "We really played well this spring season as a team. Now we need to be ready for the fall. I will



Kreutz



Liebel



O'Keefe



Kelly

miss my seniors, but I look forward to the next year with some real quality recruits. The future looks bright for MSU golf."

Minot State finished with 14 total points, holding off CSP, who finished third with 11.5. Host USF ended with 8.5 and was fourth, while Augustana University scored 20 points to win the event.

MSU got individual wins from O'Keefe, who won, 3&2, Jersey Kelly (So.), who rolled to a 7&6 win in his match, Kreutz, who won 5&4, Aaron Ogrodnick (Fr.), who won 3&2 and Liebel, who won 1up.

Kelly and Ogrodnick each won key matchups in the individual portion of the match against Concordia-St. Paul to seal second place for MSU. Liebel earned a half point going all square in the individual end and then finished off the day with another win as he and Ogrodnick teamed up for a 2&1 win. Ogrodnick went 4-0 on the day for MSU.

The Cougar Cup was the final event for MSU men's golf team in the 2015-16 season.

Beavers claim three runners-up at NDSU

(MSU Sports Information) — Minot State University freshman Amber Hunsaker had her four-meet win streak in the javelin snapped, but it took an NCAA Division I thrower to do so.

Hunsaker finished second to North Dakota State's Keywana Larson in the women's javelin by less than two feet as she powered a toss of 135-feet-6 at the Lyle Hokanson Classic Saturday at North Dakota State University.

"It was a good day overall, considering the weather," MSU head coach Stu Melby said. "We were a little up and down at times. We saw some good things, especially with improved technique and some consistency."

MSU's Samantha Huether (Jr., Mid-Distance) joined Hunsaker as an individual runner-up at the meet consisting of NCAA Division I, II and III teams. Huether finished second in the women's steeplechase with a season-best time of 11 minutes, 33.84 seconds. Hunsaker also got in the personal-best mix with a PR in the hammer throw Friday, heaving it 38.38 meters.

MSU's men's team was paced by a second-place finish by its 4x100-meter relay team. The group of Daniel Daffinrud (Fr.), Tyler Bates (Jr.), Lucas Leitner (Sr.) and Farai Madungwe (Sr.) finished with a season-best time of 43.01.

"We had 11 personal bests and 10 season bests, including both of our 4x100 relays, who did a good job," Melby said. "I think we are a little beat up as we have been training and maybe it's been weather related - letting little things get to us - but we have next

week off to get rested up."

The women's 4x100 team of Erin Winterton (Fr.), DelRay Audet (Sr.), Chloe Melton (Jr.) and Dijah Silva (Sr.) finished fourth with a time of 49.20. The women's 4x400 team of Silva, Winterton, Allison Klein (Fr.) and Audet knocked 15 seconds off of its season-best time, finishing sixth with a 4:20.56.

Audet had a solid day as she added a fourth-place finish in the women's 400-hurdles to her two relays. She ran a season-best 1:03.78 for fourth place.

Emily Westlake (So.) placed third in the 5,000 meters with a 19:53.75 as MSU's other women's place winner.

Bates and Kaleb Kirby (So.) were the highest individual place winners for the MSU men's team as they each finished fourth in their respective events. Bates turned in a season-best 51.09 in the 400 meters, while Kirby just missed his PR in the pole vault, clearing 14-5½. Melby was pleased with his pole vault team as freshman Christopher Tom (Fr.), who finished tied for 10th, just missed at clearing his PR.

"Those two did some good things for us today," Melby said.

Dylan Harvey (Jr.) rounded out the men's place winners with a seventh place finish in the 400 hurdles, ending in a time of 58.92.

MSU has the weekend off before traveling to MSU Moorhead's Ron Masanz Open May 7 in Moorhead, Minn. The Beavers will compete in the NSIC Outdoor Track & Field Championships May 13 and 14 in Sioux Falls, S.D.

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Photo by Vanessa Christiuk

Reese Ramirez pitches in Saturday's game against the University of Minnesota Duluth. MSU won, 5-3.

Last road games of season

By Vanessa Christiuk
Sports Writer

The Minot State softball team hit the road to Bemidji, Minn., for their last road games of the season April 20. Jenn Spencer started in the circle for the first game of the doubleheader. She pitched five scoreless innings, but Bemidji managed to score four runs in the third inning to put them ahead of the Minot Beavers. In the fourth inning, Rachel Burdette got back one run with a solo homerun. It wasn't until the sixth that the Beavers scored again. Ashley Hill hit a double to score Jordan Grant. With a total of three hits in the game, from Grant, Burdette and Hill, Minot couldn't manage to come out on top and lost the first game to Bemidji, 4-2.

Minot found the bats in the

second game. Racking up six hits from the middle of the lineup, the Beavers started the scoring. Alyssa Cornejo homered in the third to give the Beavers a 1-0 lead. Bemidji came back, scoring two. In the fourth, Daniela Carbajal singled to score Kyla Larson and Hill. Later, Isis Cabral crossed the plate on a fielding error. Bemidji then scored three in the seventh, to get the win, 5-4.

At home this weekend against Duluth, pitcher Reese Ramirez kept the Bulldogs to three runs, while the Beavers pushed across five in Saturday's first game. All the Beaver runs came from the fourth inning. Burdette started the scoring with a solo homerun to right center. Carbajal singled to score Taylor Rizzari, pinch runner for

See Softball — Page 11



Photo by Courtney Holman

MSU catcher and first baseman Celestino Rodriguez hits a home run against Bemidji State University.



Photo by Courtney Holman

Kendal Daniels pitches to rival Bemidji State University in NSIC play at Corbett Field.

MSU errors lead to unearned runs

By Isaac Hunt
Sports Writer

A total of 11 errors resulted in Northern State scoring 14 unearned runs in two games against the MSU baseball team on Friday.

The Wolves beat the Beavers twice with scores of 13-2 and 12-2 in games one and two, respectively.

With dominant pitching in game one, Nick Hoffard was on the mound for all seven innings, allowing just three hits. MSU scored two unearned runs of its own. In game two, the Wolves' starting pitcher lasted another seven innings, with relief coming in for one inning, as the game lasted just eight innings.

Celestino Rodriguez (1B, Fr.) led the Beavers with a total of three hits and one RBI between the two games. Rodriguez hit one of four doubles for MSU in the second game while also recording the first stolen base of his career at MSU.

Junior Jordan Schulz (OF) and

sophomore Caleb Fornshell (2B) recorded two hits apiece. Schulz recorded one hit in each game while Fornshell went 2-for-3 in his lone game played.

In Saturday's games, Tanner Alexander pitched a full game for the Beavers to stop a 15-game losing streak and earn his first win of the season.

Northern State was only able to get four hits off Alexander (Jr.) in the seven-inning game, while also earning one walk. The southpaw faced 25 batters, striking out five.

"Tanner came up with some confidence and threw a high percentage of strikes to get ahead of batters all day," head coach Brock Weppler said. "I thought he did a great job not giving up in several at-bats. Guys were fouling off balls and he just continued to challenge them. He did a great job, obviously, for us on the mound."

Alexander pitched with a one-run lead all game as the Beavers

scored one run in the first inning, which resulted in the final 1-0 score. Rodriguez drove in the game's lone run off a fielder's choice, while leadoff hitter Kyle Williamson (OF, So.) scored the run.

Rodriguez also batted in a Williamson run in the first inning of the second game, but this time with a single to the right side. He would add another RBI to his stats to total three on the day.

The Wolves came back from a two-run deficit in game two and went on to win it, 9-4. It was yet another error-filled game for the Beavers at NSU as they committed seven on the day to allow four unearned runs.

Paul Vogelsang (C, Jr.) led the Beavers in game two, recording three hits in four at-bats.

Earlier in the week, the Beavers hosted the Beavers of Bemidji State University. Despite hitting six home runs, MSU lost, 2-4 and 13-18.

... Softball
continued from page 10

Hill who had hit a hard line drive off the fence. Grant followed with a single to left field, scoring Carbajal and Cornejo. With the bases loaded, and Burdette up to bat for the second time in the inning, the late rally continued. Burdette drew a walk which then scored Lauren Cowden. The Beavers defeated the Bulldogs, 5-4.

In game two, Spencer pitched five scoreless innings. In the sixth and the seventh, the Bulldogs scored two apiece. Grant had two hits in the game for the Beavers, and Hill had one. With the Beaver bats cooling off, the Bulldogs took the second game, 4-0.

On Monday, the Beavers hosted St. Cloud State in a doubleheader.

The Huskies won the first game, overcoming a 1-0 MSU lead with two in the sixth and another in the seventh to keep its playoff hopes alive with a 3-1 win.

In game two, a pair of walks with the bases loaded in the 11th inning helped Minot State finish the season on a high note, taking a 3-2 win, bouncing St. Cloud State from the Northern Sun Intercollegiate Conference tournament.

INSIDE/OUT

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NOTICES

Minot State 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 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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