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Annual Cultural Celebration on campus



ABOVE: Amina Greenaway gets a henna tattoo drawn by Furqan Binamjad at Pakistan's booth during Cultural Day. The event took place in the Student Center last month. The MSU Diversity Committee sponsored the event as part of International Education Week. Students shared different aspects of their home country or native culture through colorful displays, photos, cuisine and music.

LEFT: Faith Babadi serves Egusi (melon seed) soup at Nigeria's booth during Cultural Day.

Photos by Jerusalem Tukura

'Alice in Wonderland' plays through Saturday



Submitted Photo

MSU students (from the left) Madison Curtiss as the Queen of Hearts, Annika Kraft as Alice, Rhianna Costiloe as the Red Queen, and Amanda Kraft as the White Queen, rehearse for their performance in "Alice in Wonderland." The play, a fundraiser for Campus Players, runs tonight and tomorrow at 7:30 p.m. and Saturday at 2 p.m. in Aleshire Theater.

A chance to explore Spain and Portugal

Andrea Donovan, MSU associate professor of art and humanities, is organizing a short-term study abroad program to Spain and Portugal for June 4-14. This study program will take participants to the cities of Lisbon, Portugal, and Seville and Madrid, Spain. An optional excursion to Barcelona can be added, as well.

Students, as well as community members, are invited to join the program and re-live the Age of Discovery, when explorers brought treasures from around the world – now on display in Portuguese palaces and



Spanish cathedrals. The group will encounter Roman ruins throughout the region and learn to recognize the Moorish influences in the exotic region of Andalusia. When the hands-on history lesson is complete, students will

See Spain — Page 3

News in Brief

Football player Chase Kimble injured in game

MSU football player and business student Chase Kimble sustained an injury in MSU's season finale at Minnesota Duluth.

Kimble, who has been treated in a Duluth hospital since being taken off the field Nov. 14, is now recovering at a hospital near his home in Houston.

He suffered a spinal cord injury that left him with limited mobility in his arms and legs, mainly due to swelling in the area.

Finals breakfast on Monday includes ugly sweater contest

If your brains are fried from all of your studying, take a break and eat some fried food instead! Like bacon! Besides, breakfast is the most important meal of the day! The breakfast is Monday from 9 to 10 p.m. in the Beaver Creek Cafe, second floor, Student Center.

An ugly sweater contest will take place during the breakfast so come up with your ugliest sweater and join the contest fun!! The prize for the winner is a pair of Beats

headphones worth \$150. The breakfast is free for ALL MSU students and \$6.40 for the public.

Sodexo and MSU Life sponsor the event.

Brent Winiger is new Vice President for Administration and Finance

Minot State University President Steven Shirley announced last week that Brent Winiger has accepted the position of Vice President for Administration and Finance at MSU.

He currently is the VPAF at River University in Nashua, New Hampshire. Prior to River, he was the VP for Financial Affairs at the University of Mary in Bismarck.

Winiger is tentatively scheduled to begin his new role at MSU on Jan. 19.

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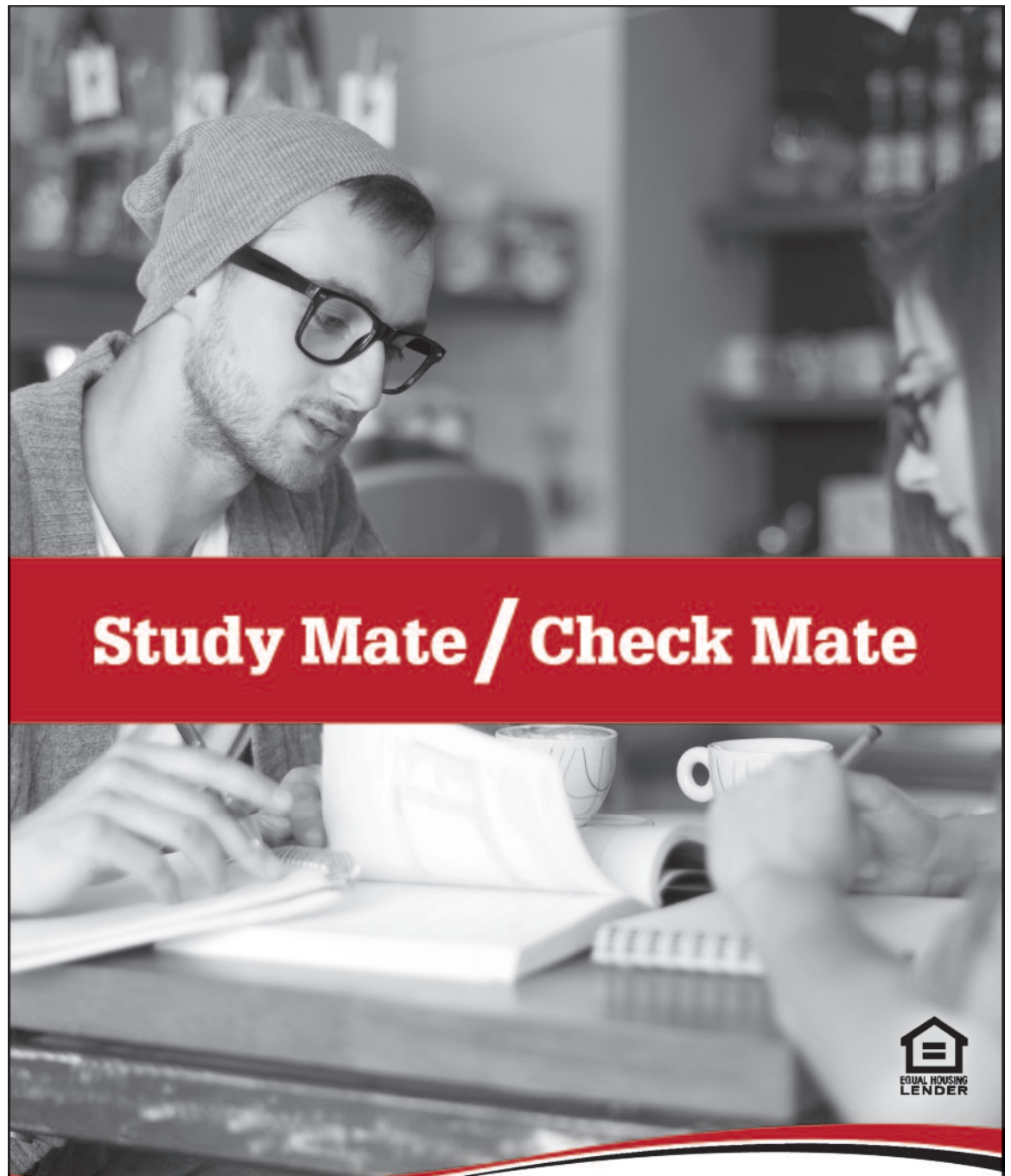
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fast-forward to the present day to experience the mix of cultural treasures that range from the distinctive food and city life of the bigger cities to the quaint towns that provide a chance to discover the roots of the people, culture and food that make

these regions unique.

The deadline to sign up for the program is Friday, Dec. 18.

For more information, visit: www.minotstateu.edu/international/pages/faculty_led/2016-spain_portugal.shtml or contact Andrea Donovan at Andrea.Donovan@minotstateu.edu.

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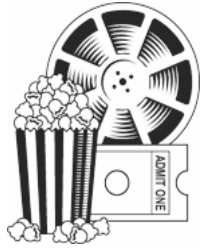
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On Movies



Holiday break movies

By Alex Nelson
Staff Writer

Hello fellow readers. Next week being finals week means that this semester is coming to a close. With that in mind, there are a few movies out there that many of you might want to see after finals.

Let the final Hunger Games

begin. "The Hunger Games: Mockingjay Part 2," starring Jennifer Lawrence, Josh Hutcherson, Liam Hemsworth and Woody Harrelson is the final film of the series based on the books by Suzanne Collins. The war of Panem is at its breaking point as the fighting reaches the Capitol where Katniss Everdeen hopes to end the capitol's reign and President Snow's tyranny at the same time.

The Rocky Balboa series contin-

ues with "Creed" starring Michael B. Jordan and Sylvester Stallone. Years after retirement, Rocky is approached by Adonis Creed, the son of the late Apollo Creed, who wants Rocky to train him to become a great fighter.

Santa Claus is coming to town as well as his helper, the "Krampus." When a dysfunctional family's squabbling becomes too much, an ancient creature known only as the Krampus comes to punish the

wicked.

While these movies are still showing, be on the lookout for future films released during the holiday break.

On Dec. 25, get ready for the ultimate rush in the remake of "Point Break" starring Edgar Ramirez and Luke Bracey. F.B.I agent Johnny Utah goes undercover to tail a group of thieves led by Bodhi who participate in extreme sports.

On Dec. 18, may the force be

with you in "Star Wars: the Force Awakens," starring Harrison Ford, Carrie Fisher and Mark Hamill. Years after the fall of the Empire, a new threat has risen and a new group of heroes must band together to save the galaxy.

These are only a few films that are coming out during the break and, hopefully, many of you will enjoy the time off of school. With that said, I wish you all good luck on finals and happy holidays.



Adventures Abroad

From Minot to Morgedal

By Else-Marie Nelson
Staff Writer

This week, for my Norwegian Perspectives on Outdoor Education class, we drove to Morgedal to visit the Ski Museum. Morgedal is the home of Sondre Norheim, the father

of modern skiing. Morgedal is known as the "Cradle of Skiing" as it is often said that Norwegians are born with skis on their feet!

We arrived at the museum in the morning and, once our group was assembled, we began our tour. After our guide introduced herself, she asked us each where we were from,

as we are an international, and therefore, very diverse group. The guide was excited to learn that I am from North Dakota and specifically from Minot, as Sondre lived near Minot when he immigrated to the United States.

The first thing we learned was how old the concept of skiing actu-

ally is. People have been strapping planks of wood to their feet to travel over snow for over 4,000 years. Skiing was a practical and functional activity long before it was done for leisure. It was easier to glide over snow than to trudge through it. Sondre Norheim played a key part in changing the role that skiing had

in people's lives, as well as in evolving the design of skis themselves.

We saw a replica of the house that Sondre was born in and learned about his early years. Our guide also shared with us how skis were constructed at that time and the alterations that Sondre made to his

See Abroad — Page 7

How to reduce stress during finals week

By Caitlin Dupras
Comm 281

As finals approach, it is incredibly important to remember to reduce stress. Students need to work on finding a balance between finishing their class assignments and self care. Most students feel as if they are stretched too thin during this time, and it is important to remember to make your health a priority and

ask for help when you need it.

Students can do many things to help reduce their stress levels. Diet can help. Some healthy foods to stock up on are leafy green vegetables, turkey breasts, oatmeal, yogurt, salmon, blueberries, pistachios, dark chocolate, milk, avocado and cashews.

There are also hundreds of coping mechanisms that can help students relax. Some of the more pop-

ular coping mechanisms are deep breathing, taking a bath, meditation, laughing, listening to music and exercise.

Decompression can also be helpful. Students can accomplish this by wrapping a warm cloth around their shoulders.

Students can also help reduce their stress levels by distracting themselves from their tasks. Obviously, school work is

extremely important at this time in the semester, but if you're feeling overwhelmed, it is okay to take a few minutes to work on something else. Adult coloring books, knitting, playing sports, or watching a few YouTube videos can be just enough of a distraction to help students get back on track.

Sophomore Katherine Ragsdale said her favorite way to relax is to go out to eat with friends.

"It helps me calm down and center myself," the social work major said. "I get to laugh and relax and, by the time I am done, I'm able to refocus on my school work."

Take care of yourselves during the next few weeks. Spend time with friends, take deep breaths and don't forget to embrace the chaos. The semester is almost over.

Red & Green

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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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All adults need a Tdap vaccination

By Melissa Fettig

Director of Student Health Center

North Dakota has recently seen an increase in pertussis (whooping cough) cases, with three reported cases in Ward County. You may be asking yourself, "What is the big deal? Three cases are not a lot. Why should we worry about three cases?"

The concern is that pertussis is highly contagious and can be deadly to infants. Parents, siblings and other caregivers of infants are often the ones who unknowingly spread pertussis to babies. In fact, researchers have found that when a source was identified, in up to 80 percent of infant pertussis cases, babies caught the disease from a family member, primarily a parent.

Pertussis is spread by direct contact with mucus or droplets from the nose or throat of an infected individual, primarily when they cough. In general, pertussis starts off like a common cold, including runny nose, low-grade fever, tiredness and mild or occasional cough. Over time, the coughing may become more severe.

Symptoms of pertussis in adults

may include prolonged, severe coughing fits, followed by gasping for breath, vomiting and exhaustion. The classic "whoop," a high-pitched wheezing sound made when a person gasps for breath, may be absent in adults. Scientific studies suggest that up to one-third of adults with a cough that lasts for more than two or three weeks may have pertussis.

That's why the Centers for Disease Control and Prevention (CDC) recommends that adults and adolescents, especially those in close contact with an infant, receive a single dose of Tdap (tetanus, diphtheria, and acellular pertussis) vaccine.

Pertussis Facts:

- Coughing fits due to pertussis infection can last for up to 10 weeks or more; this disease is sometimes known as the "100-day cough."
- Pertussis can cause serious illness in babies, children, teens and adults and can even be life-threatening, especially in babies.
- Vaccination of pregnant women with Tdap is especially important to help protect babies.
- Vaccinated children and adults can become infected with and spread pertussis; however, the disease is typically much less serious in vaccinated people.
- Pertussis is generally treated with antibiotics, which are used to

control the symptoms and to prevent infected people from spreading the disease.

•Worldwide, there are an estimated 16 million cases of pertussis and about 195,000 deaths per year.

•In 2012, the most recent peak year, 48,277 cases of pertussis were reported in the United States, but many more go undiagnosed and unreported. This is the largest number of cases reported in the United

States since 1955, when 62,786 cases were reported.

MSU students can get their Tdap vaccination by scheduling an appointment at the Student Health Center, 858-3371.

Faculty, staff and their family members can be vaccinated by scheduling an appointment with their primary care provider or local public health.

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Who's Who Among Students in American Universities and Colleges

Minot State University believes there are many deserving students on campus who are eligible for nomination to "Who's Who Among Students in American Universities and Colleges." For more than 70 years, this national program has honored outstanding campus leaders annually for their scholastic achievements and community activities.

Selection for this award is based on the following criteria:

- Student must have attended MSU full-time for four consecutive terms, including the current fall term (excluding summer sessions)
- Student must be a university junior or senior
- Student must have a cumulative GPA of 3.0 or better
- Student must not have received Who's Who recognition in the past
- Student must not have received a previous degree

If you feel you meet all of the above criteria, pick up a nomination form to nominate yourself at the Student Affairs Office, Admin. 164, or at the Student Activities Office on the second floor of the Student Center. Nomination forms should be turned in at the Student Affairs Office by Jan. 15, 2016, or may be mailed to:

Who's Who Nominations
MSU Student Affairs Office
500 University Ave. W.
Minot ND 58707

KMSU raises money with auction



Photo by Ashley Busch

Broadcasting students (from the left) Keith Ailes and Leif Bakken auction off a package during the 17th-annual KMSU Auction. The auction last week raised more than \$10,000 for the broadcasting program, with 10 percent of the proceeds donated to local charity. This year's charities are Backpack Buddies and Project Ignite Light.

Comedian Adam Grabowski entertains



Photo by Jerusalem Tukura

Comedian Adam Grabowski makes students laugh at a comedy show hosted by MSU Life. The show took place at the Beaver Dam last month.

Senior creates video gaming YouTube channel

By Caitlin Dupras
Comm 281

Elizabeth Hamm, a Minot State University senior, has created a YouTube channel titled "Probably Gaming," which is, as she describes it, a "female-centric video game news channel." Her show has also been featured on MSU Inside Out.

Because of her viewpoint as a woman, Hamm says she is able to provide a unique perspective on feminism in the video game industry, as well as feminism in the video game journalism. She has written her Honors thesis on this subject as well. Her research has inspired her to make future segments for "Probably Gaming."

"Over the past few years, I've really gotten into playing video games," Hamm said, "especially with my friends and through the video game community that I've become involved with. I noticed a huge complaint was there were not a lot of women talking about video games or writing about video games professionally."

In conjunction with a broadcasting degree, she knew she was going to have to create a senior project, and chose to combine her knowl-



Hamm

edge of a need in the video game industry and her degree requirements to create the channel, "Probably Gaming."

Hamm hopes to get more people, specifically women, involved with video games and video game journalism. She is also hoping that her channel shows that it is a completely feasible goal to combine your passions and your career.

Hamm will graduate in a few weeks with a degree in multimedia studies and a second degree in broadcasting, with concentrations in marketing, graphic design and Honors. She describes herself as a Native North Dakotan who was

See Hamm — Page 10



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own skis. His designs and ski methods were questioned and even mocked early on, but as time went on, people understood and even began to change the way they skied in response.

Sondre was fearless on skis and was known for jumping off the roof of his family's cottage, as well as other daring feats. The mountains of Morgedal provided the perfect playground for the ski enthusiast.

But the late 1800s were challenging times in Norway. Poverty caused many people to emigrate to the United States in hopes of a better life. The Norheims left Norway in 1884 and, after spending some time in Minnesota, settled near Denbigh, North Dakota, which is about 40 minutes east of Minot. Sondre lived there until his death in 1897.

After learning about Sondre's life, our guide shared with us how

his legacy shaped future generations. Olav Bjaaland, who was influenced by Sondre's methods, went on to be a part of the Norwegian expedition that was the first to reach the South Pole. Many of the contributions that Sondre made to ski design are still admired and even used today. We watched a few short films and ate our lunches. Then we hiked to Øverbø – the actual birthplace and childhood home of Sondre Norheim. I loved seeing the museum and his home and really enjoyed the trip.

There are so many connections between North Dakota and Telemark. That's one of my favorite parts about being here – connecting my new experiences to the place that I know so well. Many years ago, Sondre Norheim traveled from Morgedal to the Minot area, and over the past semester, I've had the chance to travel from Minot to Morgedal - and beyond!

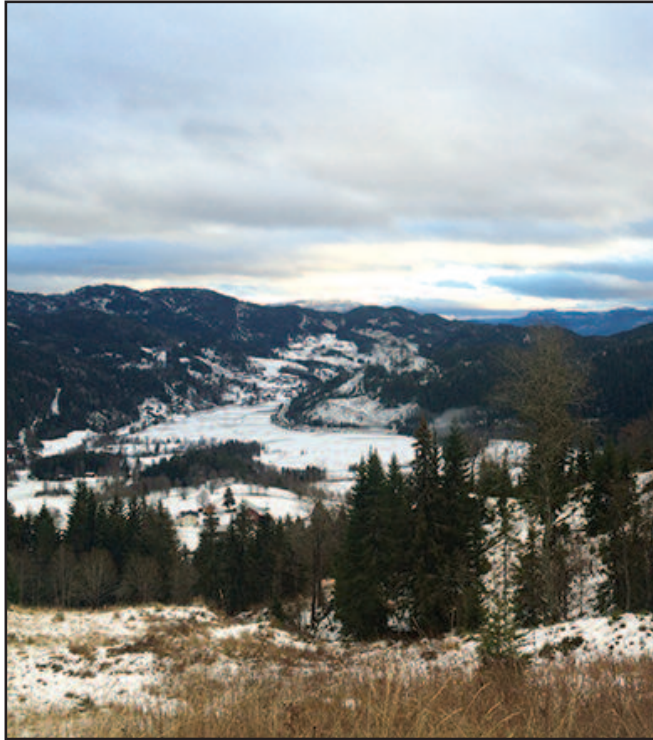


Photo by Else-Marie Nelson
 A view of Øverbø, the birthplace of Sondre Norheim in Morgedal, Telemark, Norway.

Swabathon



Photo by Koh En Chze (Ariel)
 MSU student Anna Barlet swabs her cheek during MSU's Swabathon. Students in MSU's Cancer Biology class hosted a Delete Bone Cancer Swabathon Bone Marrow Registration Drive on campus last month. Registration required a simple questionnaire and a swab of the cheek.

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Beavers defeat Northern State after OT loss to Moorhead

Coach Green Gerding gets 350th win

By Jerusalem Tukura
Sports Editor

The Minot State University Beavers women's basketball team came back from a tough overtime loss to Minnesota State University Moorhead to defeat the Northern State Wolves on Saturday, 69-61. MSU's victory can be attributed to the stunning defense, which the Wolves could not shake



Green Gerding

In the first quarter, Minot State was down by six, but by the final quarter, they dominated the game with a 10-point lead of 25-15. Sarah Lester (Sr., G.) led the Beavers with 11 field goals and four three-pointers.

"The win feels great," Lester said, "especially after being picked so low in the standings preseason. I feel like these two games this weekend were a really big statement for us, and having to go in overtime yesterday and then winning tonight was awesome for us."

Major contributors to the game were Savana Kingsbury (Sr., F.) with 15 points and two rebounds; Alex Haley (Jr., G.) with 11 points worth of field goals and three three-pointers, and Kori Eurich (Jr., G.) with seven points.

In other great news, this win marked 350 wins for Sheila Green Gerding who has been the MSU head women's basketball coach since 1995.

"Realistically, it just means I'm old and I've been around for a long time," Green Gerding joked, "but it also is a complement to the players that have been in the program. You win with players and these kids definitely have a chance to be pret-

ty good. We've had a lot of great teams in the past. It's been fun."

Prior to Saturday's win, the Beavers took on the Minnesota Moorhead Dragons Friday at the MSU Dome and lost 72-81 in overtime.

The Beavers played hard, forcing an overtime, but were unable to escape defeat due to multiple fouls which enabled the Dragons to make 16 points out of 20. Nonetheless, Minot State put up a good fight against a team which is yet to be defeated in the NSIC.

"Bottom line is, I'm proud of them for showing so much heart and battling," Green Gerding said. "For a while, it wasn't looking good in the first half. Our defense, I thought, was really scrappy, and we had to continue to be scrappy. We just needed to start making some plays offensively and execute a little bit better."

Despite the loss, Haley had a great night as she made 23 field goals. She was on a roll and made three shots back-to-back, leading the Beavers from 48-55 to 52-57 dur-

ing the second half.

"In the first half, we had problems getting stops," Haley said. "We looked a little tired. In the second half, we buckled down and knew that we had to get up in their faces and try to create more stops. I think our stops on defense really led to an offense and really got us going. I think that we can show that we can really battle. We were down, but we fought. We fought back and we made it a game."

Prior to these weekend games, the Beavers had three wins and one loss. They defeated Presentation College, 90-71, on Nov. 17; lost to Dickinson State University, 84-98, on Nov 18; defeated Lake Superior State University, 67-46, on Nov 21; and defeated Northern Michigan University, 59-51, on Nov 22.

The Beavers will be on the road for a game against University of Sioux Falls tomorrow, and at Southwest Minnesota State University Saturday. The next home game is Wednesday, Dec. 16, against University of Mary.



Photo by Jerusalem Tukura

MSU junior Kaneshia Woods dribbles the ball in a game with MSU Moorhead Friday in the Dome. Moorhead defeated Minot State, 81-72 in overtime.



Photo by Jerusalem Tukura

Senior guard Amanda Sansaver shoots in a Northern Sun Intercollegiate Conference game with Northern State Saturday at the Dome. The Beavers defeated Northern, 69-61.

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Photo by Jerusalem Tukura

MSU junior Nathan Mertens (No. 14) protects the ball from Northern State University's defense. Northern defeated MSU, 87-80, in the Dome Saturday.

Weak defense leads to 2 losses

By Jerusalem Tukura
Sports Editor

The MSU Beavers' men's basketball team lost to Minnesota State University Moorhead, 75-63, on Friday. The game started on a good note as Chris Davis (Sr., G.) hit the scoreboard with two three-pointers back-to-back, giving the Beavers a head start of 6-0. Sadly, the Beavers could not keep up the pace as the Dragons stole the lead, which the Beavers could not regain until six minutes left in the first half.

Minot State had a shooting percentage of 40 in the first half, but dropped to 34.4 in the second half.

"I thought we had some good

shots in the second half as well," Head Men's Basketball Coach Matt Murken said. "We just didn't shoot as high of a percentage as we did the first half. We missed some of the shots we made, but there was a stretch where we had a lot of good shots at the basket that we missed or didn't finish, especially in those last 10 minutes of the game. We've got to finish those against our ranked opponents. We can't let those opportunities get away."

Davis scored the most points for the Beavers with 23 points worth of field goals and seven three-pointers.

"Chris had a great week of

See Men's bball — Page 10

Four football players earn All-NSIC

(MSU Sports Information) — Minot State University placed four players on the NSIC North Division All-Conference football team, the Northern Sun Intercollegiate Conference announced.

Defensive players Aaron James (Sr., LB) and Maurice Talley (Sr., DB) were joined by offensive standout Porter Sturm (Sr., WR) and punter Aaron La Deaux (Jr., P/K). The foursome was joined by Randel Barber (Sr., DB) and Trevin Swensen (Jr., LB) as honorable mention selections.

James paced MSU with a career-high 99 tackles. He finished with 3.5 sacks and 8.5 tackles for a loss on the season. For his career, James finished with 200 tackles, including 19.0 tackles for a loss.

Talley made an immediate impact on the Beavers' defensive backfield, finishing with two interceptions and 52 tackles. He had 2.0 sacks and had seven pass breakups in 2015.

Sturm did a little bit of everything for MSU as he led the Beavers with 41 catches for 639 yards and six TDs — both career highs. He had 640 yards in kick returns and another 63 punt



James



Talley



Sturm



La Deaux

return yards. For his career, Sturm caught 154 passes for 2,125 yards and 17 TDs.

La Deaux was again one of the top punters in the conference, earning his third All-NSIC honor in his career. In 2015, La Deaux had a 40.58 per-punt average with a long of 72 yards. He had eight punts cover 50 yards or more and killed 14 inside the opponents 20.

Ramirez and Rebelo named to NSCAA All-Central teams

Two MSU soccer players were named to 2015 NSCAA NCAA Division II Women's All-Central Region teams by the National Soccer Coaches Association of America.

Ninfa Ramirez (F, Jr.), an offensive standout in her debut season with MSU, was named to the All-Central second team while Emilie Rebelo (D, Sr.) was named to the third team after a successful transition to the defensive end of the field.

Ramirez broke the single season record for the Beavers with 16 goals and 36 total points. Rebelo, despite

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Ramirez



Rebelo

Soccer's Hatfield earns CoSIDA Academic All-American honors

(MSU Sports Information) — Minot State University senior Breanne

Hatfield was recently named to the College Sports Information Directors of America (CoSIDA) Academic All-America® first team, the organization announced. Hatfield, a triple major in biology, mathematics and chemistry, is a perfect 4.0 GPA student.

On the field, Hatfield finished with a career-high three assists and three points on 14 shots. She and her defensive unit limited teams to a .77 goals against average on just 77 shots on goal.



Hatfield



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Scholarship deadline for the 2016-17 academic year is Feb. 16, 2016.

If you have any questions, please contact the Alumni Office at 858-3234.

**... Men's bball
continued from page 9**

practice," Murken said. "I thought he was really prepared to have a good game and he did. He played with a lot of confidence; he played the way he's capable of, and he made a lot of shots for us tonight. I'd love to see him keep playing that way."

Tyler Rudolph (So., F.) followed with 21 points; Winston Williams (Sr., F.) with seven points and Luis Ricci Maia (So., G.) with four points.

The following day, on Saturday, MSU played against Northern State University, and once again, the second half was tough on the Beavers. They started out strong and played a good offense, but weren't as strong defensively. Although they had a high lead of 12 points with scores at 20-8 in the first half, the Wolves caught up and were able to take the lead and maintain it by the second half. The game ended at 87-80 in favor of Northern State.

Prior to these weekend games, the Beavers had four games which resulted in three wins and one loss. MSU defeated Dickinson State University by a close 76-74; Mayville State University, 77-59; and University of Jamestown, 75-69. Minot State lost to University of Mary, 66-78.

The Beavers will be on the road for games against University of Sioux Falls tomorrow, Southwest Minnesota State University on Saturday, and University of Mary in Bismark on Friday, Dec. 18. The next home game is Dec. 19 against Crossroads College at the MSU Dome.

**... Soccer
continued from page 9**

playing of the defensive side of the ball, was able to score four goals of her own and total 10 points.

Both helped MSU reach the NCAA tournament and secure the team's first ever tournament win.

Ramirez was also named to the 2015 Division II Conference Commissioners Association Women's Soccer All-Central Region Second Team as voted on by the region's Sports Information Directors.

Women's hockey



Photo by Vanessa Christiuk
MSU sophomore Vanessa Grimstad takes the puck up the ice. MSU women's hockey team played the Assiniboine Community College Cougars of Brandon Saturday and Sunday. Assiniboine Community won both games, 4-0.

**... Hamm
continued from page 6**

born in California. Hamm has accepted a full-time position at Minot advertising agency, Results Unlimited.

Hamm's hobbies include writing, graphic design, and creating

book covers. She hopes to one day be published and continue to create videos for "Probably Gaming."

Hamm will present her Senior Project Monday, Dec. 14, at 2 p.m. in Aleshire Theater. The presentation is free and open to the public.

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NOTICES

STUDENT GOVERNMENT ASSOCIATION. (SGA) meets Mondays, Jan. 25; Feb. 8, 29; March 7, 21; April 4, 18 and May 2, Westlie Room, third floor, Student Center, at 7 p.m. Meetings are open to all students.

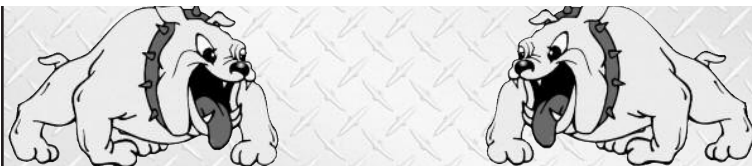
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