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MSU students propose offering college courses to prisoners in Bismarck via IVN technology.

Students work to offer classes for inmates in state penitentiary

By Tu Tong
Comm 281

Five Minot State students with their professors and university administrators are working toward a program to offer MSU classes for inmates in the state penitentiary in Bismarck.

Braden Jenks, a Minot native and MSU senior, came up with the idea.

"I started working in October on the idea of putting MSU classes into the correctional facilities throughout the state. Hopefully in spring 2019, a pilot program will be available to people in the state penitentiary in Bismarck. The first semester will start small with one class, or maybe a couple," Jenks said.

One of Jenks' biggest interests of study is the world and drugs and how society treats addiction because he's currently in the

addition studies program.

"In America, we have a super, over-populated prison system — about 2.3 million people in prison. Educational programs in prison are not the answer to getting rid of the massive prisoner number but they can play a significant role in reducing that," Jenks said.

Jordan Pasley, a senior in addiction studies at MSU from Colorado Spring, Colo., is also involved with the pilot program. He believes offering education to prisoners is the humane thing to do — people in correctional facilities should be treated as human beings and given chances to do other things with their lives.

"There are no North Dakota prisons that have college classes in them, and we want to be pioneers for that in our state," Pasley said. "I personally feel that it's

really sad in our society that we put people who made a mistake in a prison and treat them less than human. I think it will be far more beneficial to our society if instead of punishing them we allow insight and knowledge to enlighten them so they can have a way to better their lives instead of just sitting in the cell and not being able to do anything."

"This program will help them earn a degree," Jenks said. "By the time they leave the correctional facility, they will leave with a degree instead of leaving with just a shirt on their back."

Last semester, Jenks wrote a paper for his social work class about this issue and how to fix it. Since then, he has received support from students, professors, and administrators at MSU.

"I'm working with two MSU
See Prisoners — Page 2

Students prepare to speak at commencement

By Kellie Sink
Comm 281

Minot State University chose students Juria Wiechmann and Jordan Torgunrud to speak at this year's commencement.

Wiechmann is a graduate student earning a master's degree in education with a concentration in curriculum design and instruction.



Wiechmann

Wiechmann, who intends to take a short break after graduation before returning to teaching, was involved with research on multi-age educational settings in Uganda and presented these findings in an academic paper at the North Dakota Association of Colleges for Teacher Education (NDACTE) conference and then at the American Association for Teachers and Curriculum (AATC) national conference. The paper was co-authored by faculty members Dan Conn and Leslee Thorpe. It will be published in the journal, *The Qualitative Report*.

"Currently, I am a stay-at-home mom. I took the semester off to spend time with my new baby girl; however, I plan to return to the classroom," Wiechmann stated. "Throughout my time in the graduate program, I have learned a great deal of valuable information that has the power to transform the learning environment and help students be successful. I want to put all of this information to use in my classroom. Eventually, I would

love to teach at the college level."

Torgunrud in an undergraduate student earning a bachelor's degree in chemistry and mathematics.

"I'm very honored to have been chosen by the commencement committee and to have had Dr. Crackel feel that I would be a good enough choice to nominate me," Torgunrud said.



Torgunrud

"I'm very excited to do it — I haven't told anyone, and my parents don't keep up with MSU news, so it's going to be a total surprise for them. Of course, I'm more than a little nervous — mostly about actually writing the speech but also just a tish of stage fright."

Outside of academics Torgunrud has held numerous president, vice president, and secretary positions in the American Chemical Society, Honor Society, Science Club, and Geology Club, along with conducting chemistry and math research resulting in numerous awards while also peer tutoring and mentoring for the clubs.

Torgunrud plans to continue her education pursuing a graduate degree in chemistry at the University of Florida in Gainesville.

Wiechmann and Torgunrud were nominated by faculty in their areas of study and chosen by the graduation committee. Commencement is May 11 at 10 a.m. in the Dome.

News in Brief

Students honored with leadership and engagement award

Minot State University honored students who were selected to receive the Student Leadership and Engagement Award, previously recognized as the Who's Who Among Students in American Universities and Colleges accolade.

Students were chosen based on their academic achievement, service to Minot State University and to the greater Minot community, participation and leadership in academic and extracurricular activities, as well as potential for continued success.

MSU honored McKinley Bender, biology; Michaela Brost, history; Shyla Carr, biology; Zhi Yang Chan, energy economics and finance; Ryan Fila, finance; Larisa Johnson, communication disorders; Taylor Jundt, biology; Jessica Klassen, history education; Haddie Lucy, finance; Aaron Richard, management information systems; Hailey Richards, communication disorders; Katelynn Schettler, communication disorders; Stephanie Sundhagen, chem-

istry education; Jade Teske, corporate fitness; Jordan Torgunrud, chemistry; Kaitlin Walker, mathematics education; and Shelby Zahn, elementary education.

Students present at MSU Nursing Scholarship Day May 4

MSU students will present their work from the spring semester at Nursing Scholarship Day May 4 from 9 a.m. to noon in Ann Nicole Nelson Hall. Everyone is invited to attend the various presentations. Admission is free.

C. Moore Day to celebrate 100th anniversary of Cyril Moore's birth

Minot State University invites everyone to celebrate the 100th anniversary of Cyril Moore's birthday with a C. Moore Science Day Saturday, April 28, at the Cyril Moore Science Center.

Moore was an associate professor of chemistry at Minot State from 1943 to 1962 and the chair of

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MSU provides 24-hour security despite budget cuts

By Tu Tong
Comm 281

In the Sept. 14, 2017, issue, the Red & Green reported that Minot State University made personnel cuts to the Office of Safety and Security due to state-mandated budget cuts. The elimination revoked 24-hour security coverage on campus, but since then, MSU has been able to again provide 24-hour security. In addition, it has increased the number of security cameras on campus.

"We completed camera upgrades, so we have more than 100 additional cameras in interior buildings as well as exterior area parking lots. Cameras are silent security and we have better coverage now," Gary Orluck, director of safety and security, said.

Due to the budget cuts, MSU campus security was down to five officers, which eliminated 24-hour coverage on campus. However, MSU and Orluck found a solution

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Sustainability efforts resume

By Jerusalem Tukura
Editor

According to the United Nations, sustainability is defined as "meeting the needs of the present without compromising the ability of future generations to meet their own needs."

In 2007, a group of like-minded individuals comprised of Minot State University faculty and staff initiated the Sustainability Committee at MSU as a platform to, according to the committee's mission statement, "facilitate the ability of faculty, staff and students to reduce the campus ecological footprint, pro-

vide community leadership in sustainability issues, and to educate both the campus and community about sustainability issues."

In 2007, upon request from the Sustainability Committee, former MSU president David Fuller joined the American College and University Presidents' Climate Commitment (ACUPCC) and signed a document supporting a commitment to carbon neutrality.



Several recycling bins line the east end of the Administration Building, first floor.

"It started as an informal gathering of like-minded people who were concerned about sustain-

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... Prisoners continued from page 1

vice presidents, Kevin Harmon and Laurie Geller, and three professors, Maria Buchholz-Kerzmann from criminal justice, and Vicki Michels and Rebecca Daigneault from addiction studies, psychology, and social work," Jenks said. "We are also collaborating closely with the North Dakota Department of Correction and Rehabilitation. They are really excited about this program. If we could get this program there tomorrow, they would let us."

There are many complexities to create the program and the biggest one organizers are facing is how to fund it.

"Grants are still out there to apply for, but the difficulty is how to sustain it because prisoners typically don't have money, and tuition fees are expensive," Vicki Michels, chair of MSU Department of Addiction Studies, Psychology, and Social Work and director of Addiction Studies, said. "The immediate source could be a grant, but we still need to find long-term funding. If we can demonstrate to the legislators that the pilots program is successful, they are more likely to provide funding for this."

Another goal is to come up with the administration process

details.

"At this moment, we're trying to decide how the administration process works and what the criteria will be for the people we admit," Jenks said. "We anticipate the inmate students in Bismarck will submit an application and go through the admission process. It'll be difficult to go through the process and narrow it down to 20 people for the first semester."

Jenks also ensured that inmates who earn degrees will be treated like other students who graduate from MSU.

"They are expected to put exactly the same quality of program into the correctional facilities as we provide for students at MSU," Jenks said. "One barrier is that inmates don't have regular access to the internet like college students do. We need to give them resources and the help they need, but ultimately the quality of classes and degrees are the same."

The idea of putting a class into correctional facilities in North Dakota has been offered off and on in the past, but no one has consistently and successfully done it according to Michels. One of the key things the MSU team is doing differently from previous people is offering the class through

Interactive Video Network (IVN) technology.

"Typically, students don't do well with correspondence courses because they take more self-discipline. It's even more difficult for people in prison who don't have access to necessary materials or someone to explain things. Through IVN, we will provide them more opportunities to interact with faculty," Michels said.

Beside Jenks and Pasley, MSU students Timothy Borden-King-Jones, Michael Chappo, and Brittney Eisenzimmer are helping with the pilot program.

"If anyone would like to get involved and help, they are free to reach out to us. We can see the benefit of this program to almost anyone involved. In large scale, this program will have many benefits for the entire community," Jenks said.

"When the prisoners come out with an education, it helps them with employment opportunities, gives them hope, gives them something to focus on," Michels said. "It may reduce the recidivism rates. Lower recidivism is a benefit to society because we will have people who are out there working, helping their families and people around them. It cost us a lot less to not have people in prison."

Voices on Campus

'What is your greatest accomplishment?'



Michaela Brost
History

"My greatest accomplishment to date is being selected as an intern for senator Heitkamp's office this summer."



Bryan Cox
History Education

"My greatest achievement is that I recently started a website with one of my friends. My website is stateofcollege.com and it is for students to chat."



Shelby Gillies
Communication Disorders

"My greatest accomplishment is winning the 2010 and 2013 Canadian championship titles. 2010 was for pole-bending and 2013 was for team-roping, and those are both rodeo championships."



DeAndra Miller
English Education

"My greatest accomplishment is being able to excel in school with three kids. I have been able to be busy, do extracurricular activities, and win awards for my writing."



Joel Ramnath
Physical Education

"I think my greatest accomplishment so far is going to Minot State and playing football here. When people were being recruited in high school in Canada, I didn't think I was going anywhere in the U.S."



Taylor Rizzari
Broadcasting

"My greatest accomplishment is learning to be comfortable presenting myself in front of people, developing relationships with them, and getting comfortable expressing my opinions instead of just keeping them to myself."



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R&G Editorial

This editorial may not necessarily reflect the views of MSU.

Time to face the world

Graduating is a milestone that is worth recognition. You're in college, so you know it's hard — all the hours spent studying and putting projects together, money invested that could otherwise be spent on trips to Hawaii, and sanity lost at times. Regardless, we come here because we are convinced that it would result in a huge payout in the form of an ideal job.

Now that this chapter is coming to a close, we are riddled with fear of the unknown — “Am I going to find a job?” “Will I get accepted into grad school?” “Will mom and dad keep paying my bills?” We are being plunged into the real world; however, we have been preparing for this. College has offered us the platform to practice meeting deadlines, working in groups, conducting research, and asking questions (yes, we don't know everything).

Life will be very different from what we have known. For those entering the workforce, life will no longer be compartmentalized into increments of four to six years. Hereon is a seemingly never-ending stretch with fewer home runs to look forward to. But, people make this transition all the time. We will find success, and now is the time to celebrate what we've already accomplished.

Many departments on campus host a graduation party or meet and greet for family members of graduating students and MSU faculty to celebrate the students. Look for events within your clubs and majors, like the upcoming powwow honor parade, and take the time to celebrate with the graduates and their families.



Between the Lines

Millionaire millennials

By Dan Fagan
Staff Writer

With graduation just around the corner, many of us are pondering our future prospects and trying to come up with a plan to answer that all too common question that keeps getting asked of us, “What will you do after you graduate?”

Such a question tends to narrow our focus on the short term — where do I want to move to? What jobs do I apply for? Is grad school for me?

While these short-term questions are important, there are some long term considerations that are worth pondering as well. One consideration that comes to mind is compound interest.

Compound interest, also called interest-on-interest, is what happens when you invest money in the stock market, then reinvest the money you make and allow it to accumulate. It is essentially one of the best wealth generating tools available to you, and the earlier you get started the quicker you will be on your way to being a millionaire.

For millennials, becoming a millionaire isn't as grand of an aspiration as it was for previous generations. For

one reason, the value of the U.S. dollar will be worth less in the future than it is now due to inflation. Secondly, social security most likely won't be as dependable for millennials as it was for those who came before. The onus will be on us to make sure we have enough to secure a comfortable retirement. In other words, becoming a millionaire is a reasonable and necessary goal.

The good news is compound interest is a reliable tool to help achieve this goal even if you don't have a millionaire's salary. In fact, \$100 a month is all it takes if you are in your early twenties.

Consider the numbers — a 22-year-old recent college graduate invests \$100 a month in the stock market earning roughly a 10 percent return per year. At age 67, this individual will have generated \$1,066,234.

While \$1,200 a year is a lot of money, the calculation above demonstrates that budgeting \$100 a month for investing is well worth it in the long run.

Whatever your future plans are — whether they be grad school, starting a family, or a new job — don't forget about the value of compound interest.

Letter to the Editor

A response to Sodexo contract renewal

Minot State University has announced it is renewing the dining services contract of Sodexo with just the formality of paperwork remaining. I am of the firm belief that Minot State should not renew this contract. I would've been shocked at myself to say those words just a couple weeks ago. The truth is, I've dined in the Beaver Creek Cafe about twice a week this semester. The omelet station and yogurt bar grew to be favorites of mine. I have always considered the staff to be friendly and the dining room to be well-run.

Recently though, while reading a book about prisons, I was surprised to see Sodexo's name appear. It turns out, Sodexo's business model encompasses more than campus dining services.

As stated by Sodexo's website, they own 87 for-profit prisons in five countries, producing an annual revenue of \$822 million. I have my own thoughts regarding the ethics and effectiveness of prisons in general, but for-profit prisons are an example of capitalism gone wrong. Companies profit by imprisoning human beings. These facilities operate like hotels, where filling beds is incentivized because empty beds equal zero income.

Because of the questionable ethics of this business practice, in the early 2000s, students at about 50 universities held protests about Sodexo being on their campus. Following this, Sodexo withdrew from operating prisons in the United States. Still, Sodexo operates 87 international for-profit prisons, and I think Minot State should choose to not associate with them.

Braden Jenks, senior, addiction studies

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the Division of Science and Mathematics from 1959 to 1962. Moore passed away in 1964 and Minot State named its science building after him in 1976.

The event is scheduled to run from 2 to 5 p.m. with an

open house at the Cyril Moore Science Center. Refreshments and tours of the building with current MSU faculty and students are scheduled from 2 to 3:30 p.m. MSU professor Christopher Heth will give a presentation about Moore at 3:30 p.m., and various science

demonstration will run from 4 to 5 p.m.

Red & Green staff positions filled

The Student Media Board announced its selection for Red & Green staff for the 2018-19

year.

It selected DeAndra Miller, editor; Hunter Andes, sports editor; Alyson Heisler, Yun Ji Nam, and Martina Kranz, assistant editors; Kayce Francis, online editor; and Ann Godwin, circulation manager.

Red & Green

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Letter Policy: Letters to the editor must bear the writer's name, email 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 emailed to redgreen@minotstateu.edu.

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

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Photo by Mykal Drosdal

Jerusalem Tukura poses for a picture by her desk as she works on the MSU student newspaper.

Student Spotlight ...

Jerusalem Tukura

By Mykal Drosdal
Comm 281

Originally from Nigeria, West Africa, Jerusalem Tukura, a senior psychology major and Red & Green student-editor, will graduate from Minot State University in May. After being at MSU for more than four years, Tukura still vividly remembers the shift from leaving her home country to study at MSU.

"I remember going through culture shock when I first came here in January of 2014. The language was different, and of course the first thing to hit me was the weather. The people here are friendly and approachable, which is different when you're coming from a big city," Tukura said.

Tukura has worked at the Red & Green since her freshmen year. Initially a sports editor for the paper for two years, Tukura eventually became editor of the Red & Green the following year and has held the position for two years.

"I definitely learned leadership skills — how to interact with people in the workplace and how to balance personal and professional relations with the people I work with. I end up building a strong connection and we end up becoming friends. A lot also goes into the newspaper issues we make, so I had to learn how to manage my time accordingly, so I had to organize that into my class schedule," Tukura said.

In addition to being the editor,

Tukura has been a psychopharmacological researcher in MSU's psychology department since her junior year.

"Psychology is an interest of mine, and it's a good experience to have because I'm planning to go to medical school," Tukura said.

After medical school, Tukura intends to go back to Nigeria to use her degree to help people.

"The reason why I chose my degree in the first place was because, in my country, there's a huge lack of interest in and knowledge of psychology. No one really sees it as a disability or something that needs medical attention, so my intention is to go back home and educate people on it," Tukura said.

Student Spotlight ...

Dan Fagan

By Aylin Ergin
Comm 281

Minot State senior Dan Fagan has been working for the Red & Green as a staff writer since 2016. This semester he is graduating with a bachelor's degree in finance and looks back at his time with the paper fondly.

"I had a great time at the Red & Green. What I really loved about working at the Red & Green was that when I started I was given a lot of liberty to kind of write on my own terms. I think the first thing I started writing on was the column 'Between the Lines.' I really enjoyed that I was allowed to kind of pursue my own angles and stories," Fagan said.

Fagan started the column "Between the Lines" to try to take a unique angle on certain issues and look at them in a way that wasn't necessarily being portrayed in the media.

"I decided to become a staff writer for the Red & Green because I've always loved writing. I worked on my high school newspaper and then

when I went to community college, I started my own journal called "The Voice" and it was a social justice journal. There was a group of students who wrote on various social justice topics, so I've always loved writing, and 'Between the Lines' was a chance to kind of continue writing about issues that I felt were important," Fagan explained.

Fagan has been writing for the Red & Green for two years and has also gained experience writing for the MSU Office of University Communications.

"Writing for any publication is a very rewarding experience because, for one thing, it helps

See Fagan — Page 11



Photo by Aylin Ergin

Minot State senior Dan Fagan has been a staff writer for the Red & Green newspaper for the past two years and has also acted in several MSU plays.

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Powwow through the eyes of a traditional dancer

By Mykal Drosdal
Comm 281

This year's annual Minot State University Spring Honor Dance and Powwow Celebration is set for April 27-28 in the MSU Dome.

"A powwow is a celebration of life," Annette Mennem, MSU Native American Center director and Native American club adviser, said. "There are two kinds of powwows usually. There is a traditional or there is a competition, which will be the type for the MSU Spring Honor Dance and Celebration."

The three dance competition categories for the MSU powwow are Traditional, Fancy Shawl, and Jingle Dress. The age groups are the golden age (ages 56 and older), adults, teens, juniors, and tiny tots.

One of the dancers, New Town High School senior Vonica LaPlante, has been dancing for a large part of her life at powwow competitions.

"It's like my home away from home, and I get to reunite with my family and friends like everyone's gathering for that one large family reunion. It's a part of my life and culture, so I don't know what I'd do without it," LaPlante said.

Between traveling and participating at powwows over the years, LaPlante developed a close connection with people from all over the country and learned more about herself.

"I continue dancing at powwows because over the course of dancing I have come to know so many people on the trail who have taken me in, and called me their family," LaPlante said. "I love dancing because it gives me a sense of healing and the overall ability to get away from my every-

day life for just a couple moments."

LaPlante has won money, blankets, and other types of gifts through powwow competitions and plans to continue dancing when the powwow season starts back up later this month. Events begin with dancer and drum group registration at 10 a.m., the food booth opening at 11 a.m., and the Grand Entry (parade of dancers) at 1 and 7 p.m. each day. On Saturday, there is a free buffalo supper at 5 p.m. in the Student Center, and at 8 p.m. all graduates will be honored in an honor parade in the Dome.

Admission is \$3 for ages 12-55. The powwow is free for MSU students, faculty, and staff with MSU ID.

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ability issues," Heidi Super, Sustainability Committee chair, said. "We were pretty active with our commitment through the committee. We maintained the criteria that were in place for carbon neutrality and that included recording data of our recycling efforts, having some recycling contests. Paul Lepp, (professor) in Biology, was really instrumental in figuring out our carbon output/footprint for the university."

The committee's primary focus was to establish a formal recycling program on campus. Xcel Energy provided a \$20,000 grant to start the program in the fall of 2008.

During the transition of the presidency in 2014, the Sustainability Committee was suspended; however, its recent revitalization was facilitated by President Shirley after Aaron Richard, SGA president, reached out to him about the inactivity of the committee.

"Sustainability has always been of interest to me," Richard said. "I used to live in Minnesota and so we had recycling and

other common things that you think everywhere would. In Minot, we don't have any of that. There is a little bit of recycling on campus, but it's not a huge deal right now."

A portion of MSU parking fees goes toward Sustainability Committee funding. Currently, the committee's budget is \$59,300.

"I reached out to President Shirley to try to get the committee going again," Richard said. "We had some funding that was unused for the last few years — about \$60,000 — that we could use for different projects."

The committee is also planning a bike share which is projected to commence in August. MSU is working with the City of Minot, the Minot Area Community Foundation and the Minot Area Team Wellness to facilitate the bike share program. There will be a docking station on the MSU campus and downtown Minot. The city of Minot hopes to expand the docking stations to locations at parks like Oak Park and Roosevelt Park in the future as well. The purpose of the bike share is not only convenience and

transportation but also reduction of our carbon footprint.

In addition, the committee implemented an audit which began the week of April 9 and is set to take place periodically over the course of six weeks. The audit entails an engineer assessing the campus for the areas that generate the most waste. This assessment will aid in making decisions to help maintain sustainability on campus.

Recycling remains a concern for the Sustainability Committee. Despite signs posted at recycling areas, waste is still found in campus recycling bins. The consensus is that the MSU community lacks education on how to recycle and the importance of recycling. The Sustainability Committee hopes to make a change by hosting events in conjunction with new student orientation to educate people about recycling. The committee also plans to make its website, www.minotstateu.edu/sustain, more informative.

"The focus has been on recycling, but definitely just being good stewards of our little piece of the planet here, trying not to waste energy," Super said.

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MSU renews Sodexo's food contract

By Mia Lupo
Comm 281

Big changes are coming to MSU's food services, but the current provider, Sodexo, will likely remain for the coming years as they have entered negotiations for another contract according to Kevin Harmon, vice president for student affairs.

According to Aaron Richard, Student Government Association president, students have not been satisfied with Sodexo's services the last few years.

"I think people will be a little taken aback that it's Sodexo, so I think Sodexo as a company at Minot State has to set the bar high next year, and they'll really have to wow and impress everyone at the beginning and then keep it up," Richard said.

"There are two areas that we are trying to address," Harmon said. "Number one (is) quality; the quality of food and the quality of the experience. Number two (is) making dining services more available to students. We'll be open until 1 a.m. every day. The

main food line will be open until 10 p.m. everyday."

Harmon could not speak as to exactly how the food quality would improve because negotiations are still underway to figure that out.

According to Brent Winiger, vice president for administration and finance, there have been a couple mishaps recently with Sodexo serving a molded grilled cheese and uncooked chicken to a couple students in the cafeteria.

"They're working really hard to change some of their processes to make sure none of those things happen again," Winiger said.

As they make these changes, they are also making changes to their hours of operation.

"Accessibility has always been an issue," Harmon said. "Students have found it hard to use our services because they close early or don't have the full complimentary of choices. Going forward, that is going to be a significant change. You'll see improvements in the off season. During the summer time, if the university is open, we'll

have dining available to us. Same thing between breaks."

Additional changes to come include closing Buckshots on the first floor of the Student Center and moving all dining services to the second floor. With this will come a "grab and go" service offered in the Beaver Dam where students can buy smaller meal items with their meal plan or regular money.

"Part of the philosophy we've been using is called social architecture and that means we're trying to make this

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... Security continued from page 2

to ensure that MSU campus still has around-the-clock coverage.

"We do have 24-hour coverage on campus," Orluck said. "We completed that by hiring a contract security company (Century Security) to cover parts of the 24-hour coverage, so we are able to run normally."

Beside five full-time officers, the Office of Safety and Security will have three part-time personnel. Outsourcing security allowed the university to cover hours and keep within the budget and still provide security for sporting events and other events as well.

"Hiring a contract security com-

pany is an affordable solution because we don't have to pay them for 40 hours a week plus benefits. Also, it's good for us to be able to pay high enough rate to attract and maintain good people," Orluck said.

The outsourced security required the necessary training to provide the same level of security as MSU-employed security guards.

"We had to integrate with that company, get the officers to know what our expectations are. My expectations of the contract company are the same as my officers — professionalism, treating people right, quick response to calls, and taking the calls seriously," Orluck said.



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Hosted by MSU's Native American Cultural Awareness Club



SCHEDULE OF EVENTS

FRIDAY, APRIL 27

10 a.m. — Dancers & Drum Group Registration opens
11 a.m. — Food Booth opens
1 and 7 p.m. — Grand Entry (Parade of Dancers)

Wylie Hammond Memorial Bingo
during supper breaks on Friday and Saturday
and at 10:30 a.m. Saturday.

SATURDAY, APRIL 28

10 a.m. — Dancers & Drum Group Registration opens
11 a.m. — Food Booth opens
12:30 p.m. — Dancers & Drum Group Registration closes
1 p.m. — Grand Entry (Parade of Dancers)
5 p.m. — Free Buffalo Supper, MSU Student Center
7 p.m. — Grand Entry (Parade of Dancers)
8 p.m. — Honor Parade for MSU 2018 Graduating Class

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Sports Editorial

This editorial may not necessarily reflect the views of MSU.

Don't let summer break you down

During the semester there is structure — class schedules, lunch breaks, study breaks, Wellness Center hours.

When summer hits and most of us leave campus, when we don't have the Wellness Center, when we don't have friends pushing us to eat healthier, work out more, and stress less, we may forget to keep taking care of ourselves first. During the summer, I become lax. I don't keep to my regular schedule. I sleep a little later, move a little less, and eat a bit more freely.

I have found the following tips have helped me maintain fitness during the academic off-season.

Keep the same sleep schedule. Even if you don't have that 8 a.m. class, get up anyway. Keeping your body on a good sleep schedule helps to keep your body running at peak performance. Try to maintain healthy eating — though summer is the time for barbecues, cookouts, family get-togethers, and celebrations, maintaining a regularly healthy diet will excuse the times you get to go all out and cheat a little. Find time to for exercise; summer brings longer days and more time outside, but finding time for organized exercise and a few routines helps to stay motivated.

Summer is a time for relaxation but staying on track makes the fall semester that much easier to jump back into. Set goals, survive finals, and have a great, wellness-filled summer.



Submitted Photo
Miriam Dumes hits an approach shot.

Golf drives Dumes into the future

Mykal Drosdal
Comm 281

Minot State University golfer Miriam Dumes has been golfing since she was 7 years old.

"I like the peacefulness of golfing and how you're always challenged by the sport — one day you can be up and the next day you can be down. It definitely keeps you on your toes and teaches you who's boss, there's always more to be learned," Dumes said. "You also learn about respect and dedication because golf

can tear you down, but you have to keep going. Persistence and confidence are key because if you go in with a negative mindset you can't learn anything from it."

Besides golfing, Dumes is studying at Minot State to earn a

bachelor's degree in international business with a minor in management information system in hopes of following a career in the golf industry.

"I volunteered for some golf tournaments and I loved the inner workings of how everything was organized," Dumes

"Persistence and confidence are key because if you go in with a negative mindset you can't learn anything from it."

— Miriam Dumes



Dumes



File Photo
MSU junior Jacob Hatfield competes in the weight throw at the NDSU Bison Open in February.

Hatfield breaks MSU record in weight throw

Destond Hall
Comm 281

Minot State junior Jacob Hatfield has had a season to remember by breaking the Minot State record in the weight throw.

Hatfield started competing in track and field his junior year of high school. In his senior year of high school, he wasn't able to make it to the state finals because of a UCL injury that sidelined him for the rest of his season. While Hatfield was never recruited by a college for track and field, by having conversations with his dad, he stayed motivated and determined to go on to college and continue competing.

"Conversations with my dad kind of made him my main influence in coming here to Minot State and walking on," Hatfield said.

Since walking on at MSU in 2015, Hatfield has competed each year.

"My freshman year we were lucky to get Roman Waldera, my throwing coach, who just came from the University of North Dakota where he used to throw," Hatfield said. "He had a great experience as a UND thrower."

Hatfield broke the Minot State school record for the 35-pound

indoor throw this season in a conference meet at Minnesota State University Mankato. Hatfield posted a throw of 59-00.00 (17.98m) and finished fourth at the conference meet. With the throw, Hatfield surpassed former Minot State holder Ade Sobande, who threw 58-6.75 in 2014.

"I think I was 8 centimeters shy of the record two meets before at a meet at NDSU but didn't quite get to punch my ticket to Nationals," Hatfield said.

Hatfield says that he tries to influence others whether it's the guys he started with his freshman year or the newcomers that joined the team this year.

"Tanner Gust is a senior and having him as a role model and leader of the team, along with Kevin Hodges and Victor Abonyi, is a huge factor," Hatfield said.

"Being the upper classmen, we all try to be good influences. We work hard and push each other every day to create that atmosphere where we all build on each other's energy. Everybody pushes each other to be better and it's great to have a team like that because you could definitely see the results later on."

Beavers fall to Warriors



Photo by DeAndrea Miller

Julia Suchan bats against Winona State University Saturday at the South Hill Softball Complex. The Beavers lost the doubleheader, 5-11 and 0-8. On Sunday, MSU swept Upper Iowa, 6-3 and 6-5.



Junior Kylie Patrick pitches against Winona State University Saturday at the South Hill Softball Complex. The Beavers will complete the regular season Saturday and Sunday with doubleheaders at Minnesota State University and Concordia University, St. Paul.

Photo by DeAndrea Miller

Doll finds success at the plate

Destond Hall
COMM 281

Darrel Doll, the 5'11, 195 pound junior transfer from Yuba College in California majoring in mathematics, has been a great addition to the Minot State University baseball team as a utility player. Doll was named Northern Sun Intercollegiate Conference Player of the Week in March by putting together quality at bats and helping his team.



Doll

"My dad started me young. I just remember baseballs laying around the house, so it was like one of those feelings when you pick up a ball and never want to put it down," Doll said. "I always wanted to go outside and play catch, swing a bat, and just do something outdoors."

As of Monday, Doll is tied for first in the NSIC with six home runs and is leading the MSU team with 34 RBIs.



Photo by DeAndrea Miller

Darrel Doll prepares to bat in game against University of Sioux Falls Saturday at Corbett Field.

"I came up pretty big for the team in our Winona series and that was pretty exciting. I've never experienced such a feeling like

that before," Doll said. "We just want people to know that Minot State baseball is here to play."

See Doll — Page 11

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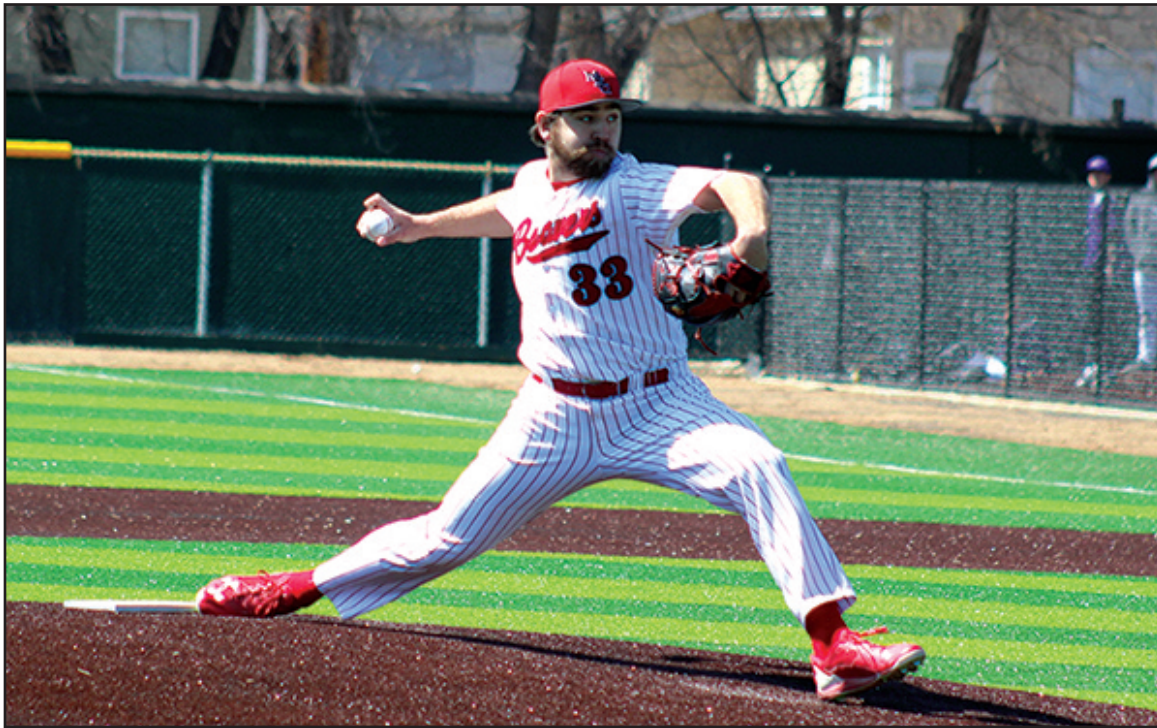


Photo by DeAndra Miller

Junior Andres Hackman pitches against the University of Sioux Falls at Corbett Field. On Saturday, the Beavers won, 3-0, and lost, 2-4, and on Sunday, swept the series, 8-1 and 16-7.



Photo by DeAndra Miller

Junior Dustin Wilcox runs up the base line at Corbett Field in conference play with the University of Sioux Falls.



Senior Kyle Williamson bats against Univeristy of Sioux Falls Saturday at Corbett Field. The Beavers host Upper Iowa University at Corbett Field Saturday at 1 and 3 p.m. and Sunday at noon and 2 p.m.

Photo by DeAndra Miller

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... Fagan
continued from page 5

you develop your writing skills. You also learn a lot. You learn about the stories you are covering. If you are writing a column, you're forming an opinion about an issue and then you are conveying that opinion to other people," Fagan said.

Fagan isn't sure what will come after Minot State, but he has lived many places and is looking forward to what the future holds.

"I'm exploring various opportunities after this. I grew up in Wyoming, I've lived in California, I've lived abroad, and I like going to new places, so I'm not exactly sure what my next job will be. I can say I'm about 90 percent sure that it'll be in another place and probably in a city somewhere," Fagan said.

... Sodexo
continued from page 7

a premier destination on campus. We're trying to marry dining services with the use of the Student Center so that this is the go-to place," Harmon said.

The plan with the changes in social architecture is to make the second floor of the Student Center a better place to hangout.

"We want this place to feel like a home," Winiger said, "I think the students are going to be really excited about what's coming this fall."

... Doll
continued from page 9

Minot State baseball has been playing well in its conference games, with a 23-12 record in NSIC play.

"Our hard work started in the fall. We all just really mesh together. Justin Demary and Jeremy Sylvester, our two team captains, have done a very good job of keeping everyone together," Doll said. "Really, everyone just feeds off each other. No one is really that guy we depend on. Everyone has the ability to get their job done and we all have faith in each other."



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