

Red & Green

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www.minotstateu.edu/redgreen/



Photo by Kevin Mehrer

MSU sophomore Trey Welstad (left) works at a computer in the Web site design business he owns. The business has expanded recently, resulting in a new location and a new employee, MSU sophomore Max Buchholtz.

Student 'in business for small business'

Kevin Mehrer
Comm 281

Trey Welstad, a Minot State University student, has started his own company, Ace Website Development. Welstad, a junior, is a business management and marketing major. He started Ace in May of 2008, and recently relocated just north of the MSU campus.

Ace Website development offers an array of services to its clients such as, Web site design, programming, graphic design, search engine marketing and much more.

"Our newly adopted slo-

gan is, 'In business for small business,'" Welstad said. "We try to keep prices low so small businesses can afford a great looking Web site and keep business operating. We usually are cheaper than other places, and we keep costs low so small businesses can afford us."

Although focusing on small businesses, Ace can brag about a large list of clients such as Minot public schools, Fiancée bridal, Wee Links and Minot Adult Learning Center.

Welstad has a passion for technology.

"I love creating something out of nothing," he said. "And it still amazes me to this day, how I can create a code, or a set of numbers, and it comes out as a great-looking Web site."

No novice to Web sites; Welstad has been creating codes for them since 2000. Along with relocating to a new place, Ace expanded with another employee, Max Buchholtz, also an MSU student. Welstad is excited about this growth.

"I'm glad that we have expanded," Welstad said. "I

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Wellness Fair



Photo by Bryce Berginski

Amber O'Brien, residence hall coordinator, shows an informational brochure to students Bryce Hollingshead (left) and Thomas Stuart-Dant during the Wellness Fair in the Student Center Atrium last week.

Minot State, Canadian students discuss issues

Cassandra Neuharth
Comm 281

The Minot State University Sociology and History Club traveled to the International Peace Gardens, known for beautiful gardens that run for kilometers, to attend the 57th annual Peace Garden Conference.

Beginning in 1952, the Peace Garden Conference has brought together students

from Brandon University, Brandon, Manitoba, and Minot State University once a year to discuss issues affecting both Canada and the United States. They exchange information and opinions on various national and international issues while learning about one another's concerns. Students, both American and Canadian, prepared papers to

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discuss in front of the group. Topics included new administrations and new policies of Canadian Prime Minister Stephen Harper and President Barack Obama.

After an opening coffee, the conference got under way with economic and border issues. Matthew Alli, Brandon University, presented "A Comparison of Canadian and Border Issues: development and underdevelopment." His paper stated that the United States government wants to view both its borders as the same. MSU junior John Schirado followed with his paper, "Closing the Iris: The economic crisis and internal focus." Students discussed the fact that, while many issues arise with the Mexican border, where people enter this country illegally, these problems are rare with the Canadian border.

In the afternoon session, the



Students from Brandon University and Minot State University discuss issues on both sides of the border during the 57th-annual Peace Garden Conference.

Submitted photo

students examined the topic of change and foreign policy. MSU senior Trina Cooper discussed "Change is coming: Reform during the Obama

Administration."

Bryton Moen, Brandon University, followed with his paper, "Afghanistan."

Health care was the final

topic. Melissa Elker, MSU sophomore, spoke on "The Future of Health Care," and Brandon University student, Stephen Montague spoke on

"Health Care: The fight for the right.

"The papers discussed the differences between the Canadian and the U.S. health care systems. One of the questions Elker asked was whether the health care system in the U.S. is sustainable and what is its future?

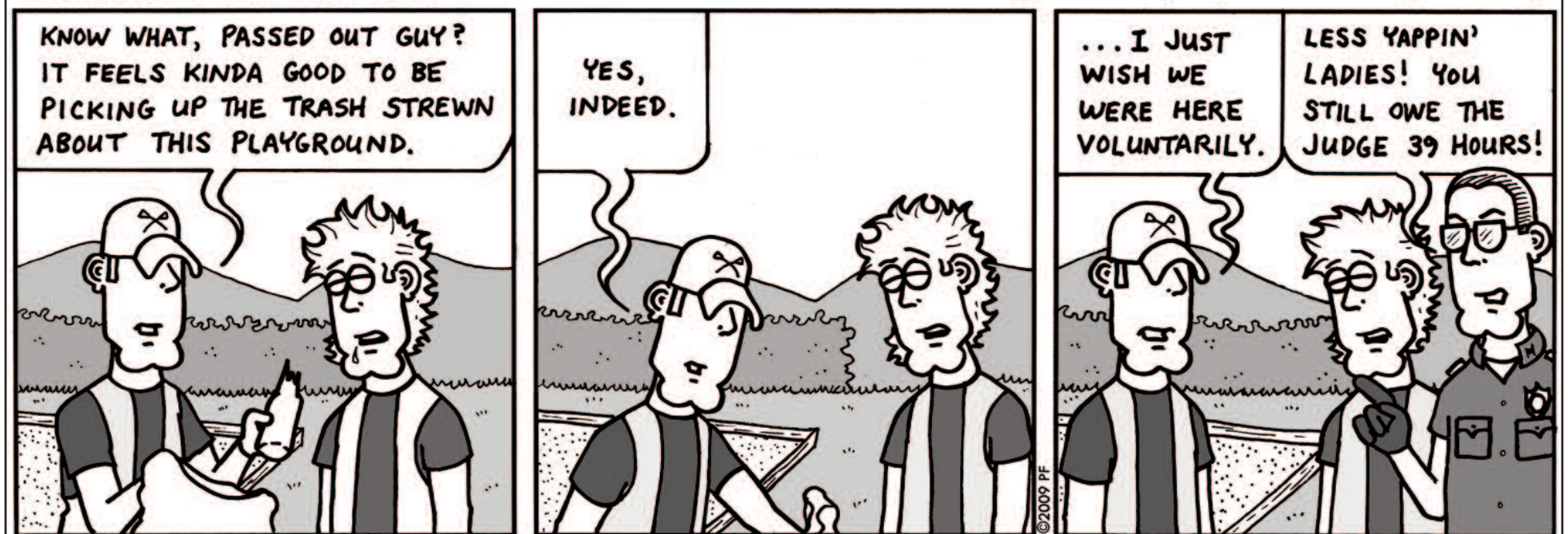
Students believed this conference was a good experience for all, and the study of all issues will be a learning exchange for many years to come.

Students attending the conference were: freshmen Laura Bakke, Belinda Blowers, Paige Gray, Caleb Karna, Jamie Larson, Brita Martin, Jordan Maurer, Nikki Nolden, Zachary Walls and Liz Warsocki; sophomore, Melissa Elker; juniors Joshua Brown, Aaron Gyles, McKenzie Sellie, Josh Stevens and Teddy Thorsgaard; seniors Trina Cooper and Nathen Shaw.

Faculty advisers Jynette Larshus and Ernst Pijning accompanied the group.

BLUNDERGRADS

by phil flickinger (www.blundergrads.com)



The effects of sleep deprivation

Lack of sleep may leave you more than just tired

Courtney Black

Senior Nursing Student

What is sleep deprivation and how can a college student avoid it? Sleep deprivation is defined as a lack of the necessary amount of sleep a person needs.

Sleep deprivation may occur even if just one hour of sleep is cut from a person's night. Sleep deprivation can affect a person's mood, performance, and has ultimately been linked to poor academic performance. Sleep deprivation is a problem for many students at Minot State University, but there are things students can do.

So just how much sleep should a person try to obtain? The hours vary from person to person. Some experts suggest people should try to get approximately eight hours of sleep every night. However, some people can be satisfied with as little as seven hours per night and some people may need up to nine hours a night. In short, the amount of sleep a person needs depends on the person.

A person's mood is the first thing that is affected by sleep deprivation. The correlation between a person's mood and amount of sleep they get is not yet fully understood. Research has shown people who do not receive an adequate amount of sleep are less happy than those who do receive the correct amount of sleep. They also may feel somewhat depressed and short-tempered. The only way to correct this is to obtain more sleep.

Cognitive functioning is the second thing that is affected by sleep deprivation, followed by impairments in motor skills. Being in a "bad" mood caused by lack of sleep comes with increased frustrations. Tired people cannot concentrate as well. They have an inability to focus on the task they are trying to accomplish. It is harder to remember particular events when tired. Also, more mistakes are made when trying to perform a task when sleep deprived. In 2008, a study concluded that staying awake for 24 consecutive hours could produce the same performance impairment equal to 0.10 percent blood alcohol content.

Based on this information provided, it can be concluded that school performance is affected by sleep deprivation. When college students lack sleep, they have cognitive and motor impairments. This can slow down reflexes when driving to work or performing simple lab experiments. It can make college students perform poorly on exams. Students can be moodier and can seem somewhat depressed.

Test scores can be affected greatly by lack of sleep due to the inability to concentrate and focus on the task at hand. Lack

of sleep can ultimately lower students' grade point averages which can lead to even more frustrations. The only way to correct these negatives is to get more sleep.

There are many things a person can do to improve their sleep schedule. First of all, fall asleep at the same time every night and wake up at the same time each morning. A person should keep their room or dorm dark and quiet at night when trying to sleep. A person should also avoid caffeine before going to bed and also avoid working out at least two hours before trying to go to sleep. It is recommended to take 30 minutes before going to sleep to initiate relaxation such as deep breathing exercises. If a person does obtain a proper amount of sleep, they should have few problems with moodiness and be able to concentrate and perform well in whatever they choose to do.

Most importantly, when college students get enough sleep, they perform better on tests. They feel better physically and psychologically and are more likely to make better judgments. Both cognitive and motor skills are better compared to sleep-deprived students.

Freeze with SSWO on Nov. 18

(MSU Public Information Office) — The Minot State University Student Social Work Organization is sponsoring "Freezin' for a Reason" at the Town & Country Center parking lot on Nov. 18 from noon to 9 p.m. "Freezin' for a Reason," which is an annual event, raises awareness of homelessness in the community and gathers food items for the Minot Area Homeless Coalition and local food pantries.


"The reason I got involved this year is because I wanted to be part of raising awareness of a population that is often overlooked. Many people, like me, initially are not aware that homeless people even exist in Minot," said Renelou Gonzalez, a senior social work major from San Francisco, Calif.

The participants stand in the cold and "freeze" to

receive a firsthand experience of what homelessness is like. You can be a part of the effort by dropping off food or monetary contributions at the parking lot or by "freezing" with the SSWO members.

The Minot Area Homeless Coalition and SSWO are holding the event as part of the National Hunger and Homeless Awareness Week, Nov. 15-21.

If someone from campus does not want to participate in the Nov. 18 event but wants to donate food or money, students will pick up grocery or monetary donations on campus until Nov. 19. For pick-up, contact Debra Dewitz, SSWO's faculty adviser and assistant professor of social work, at 858-4259 or debra.dewitz@minotstateu.edu or SSWO members at sswo@minotstateu.edu.



BLOOD PRESSURE SCREENING

9-10 a.m., Mondays, Nov. 23, Dec. 7 & 21
Student Center, 2nd floor by Beaver Dam

Weight Management Club

8:30 a.m., Mondays,
Nov. 23, Dec. 7, 21
Jones Room, Student Center

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More than energy in a drink

Some ingredients in a can could be dangerous to your health

Melissa Larsen

Senior Nursing Student

The other day, I was chatting with a fellow college student about nothing in particular. He eventually disclosed to me a secret habit that shocked me. He said he rarely goes a day without indulging in this "habit," in fact, he had even indulged more than once that day already. I asked him, "How many times a day do you normally indulge in this habit?" He replied casually, "I don't know...maybe five or six." I was appalled. Five or six! That's crazy—that can't be good for you! So I decided to do some research into the dangers of this "habit" that is rather common among young people. The habit? Energy drinks.

Most everyone has tried them. Some people like them, some don't. But for those of you who do choose to "indulge," there are a few things I think you should consider before partaking in this "habit."

According to E. Laskowski, energy drinks may pose some

serious health risks due to their caffeine content, sugar content and herbal stimulants.

Some of these health risks include:

•**Restlessness and irritability.** The caffeine in energy drinks can make you irritable, restless, and nervous. Excessive caffeine is also associated with headaches, tremors, nausea, and insomnia.

•**Increased blood pressure.** The caffeine in energy drinks can increase your blood pressure and make your heart beat faster. In some cases, this can trigger potentially dangerous changes in heart rhythm. Mixing energy drinks and alcohol compounds the effect, since alcohol also makes your heart beat faster.

•**Possible dehydration.** Some studies suggest that the caffeine in energy drinks may increase the risk of dehydration during exercise, but results are mixed. Other studies don't associate caffeine with dehydration.

•**Weight gain.** The sugar in most energy drinks can con-

tribute to weight gain, especially for people who don't exercise regularly and those who struggle with their weight.

In addition, excessive amounts of energy drinks have been associated with manic episodes, seizures, chest pain, heart attacks, and sudden cardiac death.

Energy drinks can contain as much caffeine as 14 cans of Coca-Cola, yet these amounts are usually unlabeled and don't incorporate warnings about caffeine intoxication and its associated risks.

Caffeine intoxication is a recognized clinical syndrome that causes symptoms including: nervousness, anxiety, restlessness, insomnia, gastrointestinal upset, tremors, rapid heartbeats (tachycardia), restlessness and pacing (psychomotor agitation) and, in rare cases, death.

I find it interesting that most companies market these energy drinks as dietary supplements which are regulated differently than food. This means

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Knowing better than not knowing

Effective disease prevention begins with early screening

Lana Deng

Senior Nursing Student

As a college student, one doesn't go to the doctor too often, or at least not unless it is absolutely necessary, whether it is because of time or finances. As a student myself, I inevitably found myself at the doctor's office one day. On the inside of the patient room door was a large sign stating preventative screening guidelines listed by recommended age.

I read down the list while waiting for the physician and found that I had not been meeting any of these recommendations, and I had a pretty good notion that many individuals in my age group, much less college students, were in the same boat, possibly even some that had completed school.

Being a person in his or her twenties, one usually thinks of preventative care for those that are in their forties or fifties, not necessarily

even for those in their thirties. I decided to research this, as I thought of myself as being pretty good as far as keeping up with current health information, but I really was not, and figured we all could use an awareness of the recommendations.

Olmsted Medical Center in 2009 listed numerous screening guidelines through both written and online resources. After age 18, one should have a height and weight done yearly, unless otherwise indicated. This is important to discover any possible indicators of osteoporosis or other elements of bone health. I couldn't even remember the last time my height was measured.

From ages 20-25, individuals should do a yearly fasting blood sugar level and blood pressure measurement. Blood sugar correlates with diabetic conditions, an unfortunate health problem

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Red & Green

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Common ways we waste fuel

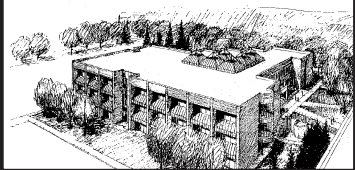
(Metro Services) — While everyone wants to conserve fuel, many drivers are still driving in ways that make it difficult to do. The following are some of the common mistakes vehicle owners make that could lead to unnecessary loss of fuel.

- **Idling.** Cars get zero miles per gallon when idling, so make sure the car isn't motionless when the engine is running.

- **Choice of tires.** Some tires promise high performance and deliver just that. However, such tires can require more energy to move on the road (which is known as rolling resistance) than regular tires, wasting fuel in the process.

- **Choice of fuel.** If the vehicle manual recommends using a higher octane fuel, use it. Using lower octane fuel might cost less at the pump, but that lower octane fuel will often force the engine to work harder to achieve the same performance. This isn't necessarily true of all makes and models, so owners should test it out themselves.

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on the rise among younger individuals. High blood pressure can mean numerous problems ranging from circulatory to heart disease; you may have heard it noted as the "silent killer."

Those in the 25-29 age bracket need to complete a full lipid panel and cholesterol measurement in addition to the previous numbers, also warning signs for future heart problems and strokes. Women should complete an initial pap smear after age 18 and repeat every 3 years upon obtaining a negative result, or as directed for a positive result; this simple test can improve outcomes for cervi-

cal cancer to a huge degree by early diagnosis and more successful treatment. They should also have a yearly clinical breast exam in addition to regular breast self-examination, which also improves treatment outcomes by detecting abnormalities at earlier stages.

Men should have a yearly testicular exam in addition to regular self-examination. The Center for Disease Control (CDC) reveals that individuals who do these tests before age 50 have a 40 percent less chance of death at an earlier age.

Current recommendations from the CDC correlate with those from Olmsted Medical Center with the exception of a varied recom-

mendation on cholesterol screening. Some pediatricians are beginning to recommend that even children have their cholesterol levels checked.

It may seem hard to believe that these are necessary numbers to obtain, even if one never experienced any problems with these levels. With increased incidence of health problems, it becomes extremely important to realize that one's single best defense could very well be promoting better health habits and monitoring to indicate a problem early. There are better, not to mention more, options when concerns are noted earlier.

Students have many reasons for not going to regu-

lar doctor visits. It is certainly not easy being a student. However, there can be even larger consequences for letting the smaller things go and then encountering serious health issues after school has been completed.

The Student Health Center on campus is a valuable place for students to fulfill a few of these recommendations, other than just when one is ill or needs a vaccination. It is advised that each and every student reviews these recommendations and obtains some good baseline data to ensure better health and proper care for his or her future, both before and after graduation.

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NATIONAL GUARD
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Social networking: making smart connections

Enjoy social networking sites like Facebook, MySpace, and Twitter without compromising your grades, relationships, or career prospects.

(Student Health 101) — When Seth Lutske, a fifth-year physics major at the University of California at San Diego, had nothing going on one Saturday night, he updated his Facebook status to say he was bored and wanted someone to go out with him to hear live music. He says he didn't necessarily expect anything to come of it, but within five minutes an old friend responded to his post, and within an hour he was grooving to jazz with, as he says, "a very cute girl."

Reconnecting with old friends, conveying messages to large numbers of people without the hassle of e-mail, planning events, organizing group academic projects, keeping tabs on the lives of causal acquaintances, broadcasting 140-characters-or-less witticisms, and clicking through photos, are just some of the reasons for the soaring popularity of social networking sites such as Facebook, MySpace, Twitter, and others.

Recently, Nielsen Online noted that people spend more time on Facebook than on other Web sites. In fact, a Student Health 101 survey of more than 800 students showed that 98% use Facebook.

But is all this social networking a positive thing?

Grades: Earning an 'A' in Social Networking It's no secret that the tempting pull of these sites can be a distraction.

About 96 percent of respondents to the Student Health 101 survey said the sites can be a big way to waste time or procrastinate.

"I find them to be just like a lot of things in life, whether it's video games, text messaging, e-mail, or surfing the Web," says Shawn DeVeau, dean of students at Merrimack College in North Andover, Massachusetts. "In small doses, it's a great thing, but it certainly can pull people in and create a big time-waster. It's up to the student to manage [his or her use]."

As for whether time spent on these sites has an effect on grades, a small study from Ohio State University in Columbus this past spring that linked Facebook usage with lower grades caused a big stir in the media. But a much larger study published a month later in the online journal *First Monday* criticized the original study's methodology and refuted its findings. The newer study showed no "robust negative relationship between Facebook use and grades. Indeed, if anything, Facebook use is more common among individuals with higher grades."

Still, some students struggle with avoiding the lure of the sites when it's time to focus on schoolwork.

"Social networking can be fun but also very distracting," says Ara Sarajian, a senior

marketing major at Merrimack. "It can be easy to lose focus and drift around online. I always try and avoid going online if I do not need to when I'm working. Sometimes I'll unplug my Internet cord and find a quiet place if I have a lot of work that needs to get done."

Relationships: Putting the 'Social' in 'Social Networking' Can online social networking affect one's offline interpersonal skills? In the Student Health 101 survey, 64 percent of students conceded that the sites can take away from face-to-face interaction with friends.

"At this point, social networking raises more questions than answers in the field of psychology," says Michael Kitchens, an assistant psychology professor at Lebanon Valley College in Annville, Penn. He notes that people with social anxiety have the benefit of maintaining contact with others without the anxiety that may accompany face-to-face conversations. Whether this substitute will have long-term consequences is unknown.

That said, some experts advise students to be sure to connect with others offline as well. Harlan Cohen, author of "The Naked Roommate: And 107 Other Issues You Might Run Into in College" and syndicated "Help Me Harlan" advice

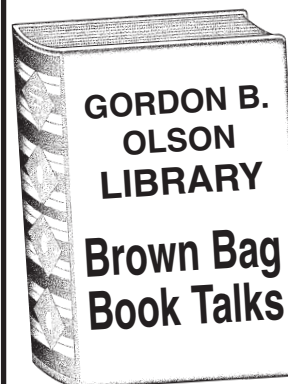
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Dia de los muertos



Photo by Sydney Ruest

Manuel Delgado performs during the "El día de los muertos" (Day of the Dead) celebration in the Multicultural Center. The event, sponsored by the MSU Spanish Club, included free food and music.



Brown Bag Book Talk

Featuring
Mark Timbrook,
Office of Instructional
Technology
discussing the book
"Meriwether Lewis"
by Danisi Thomas

Tuesday, Nov. 17

12-12:50 p.m., Study Room 2, Olson Library

Bring your lunch and learn about a book in the library's collection.
All students, faculty, staff are invited.

Timbrook to host discussion on explorer

Anthony Anderson
Staff Writer

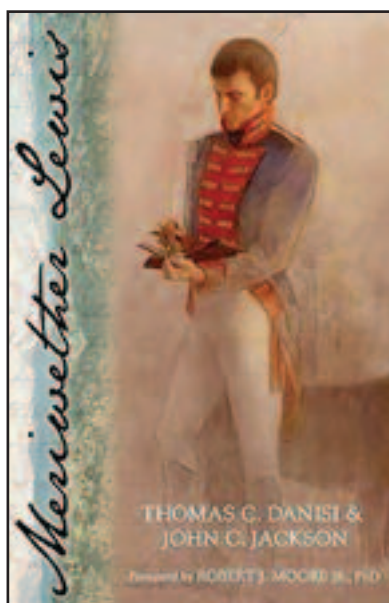
Mark Timbrook will discuss "Meriwether Lewis" by Thomas C. Danisi and John C. Jackson (Prometheus Books, 2009), at the next "Brown Bag Book Talk." The event starts at noon Tuesday, Nov. 17, in the lower level of the Minot State University Gordon B. Olson Library.

An avid historian, Timbrook has long been interested in the story of the Lewis & Clark Expedition. This book attracted his attention because of the in-depth look it takes at Lewis' mysterious death.

"I was unhappy for years with the attempts to explain the death of Meriwether Lewis," Timbrook said. Eventually, a friend exposed Timbrook to Meriwether Lewis.

"She said 'Mark, this is the ending you've been looking for.'"

The authors of the book



Submitted photo
"Meriwether Lewis," Mark Timbrook's book of choice, will be discussed on Nov. 17 as part of a Brown Bag Book Talk.

diagnose Lewis with "the ague." The book eventually reveals 'the ague' to be malaria, a relatively common condition. Most of the Corps of Discovery carried the ague.

Being mainly southern planters, they spent great amounts of time in swamps, where they easily contracted the disease.

Historians have also retroactively diagnosed William Clark and James Madison with malaria. In his papers, Thomas Jefferson speaks of his "sickly season" – spring, when the mosquitoes (the primary transmitters of malaria) were most active.

"By the end of the book, their intention is to show

that Meriwether Lewis had very little control of himself in his last days," says Timbrook. "The man has malaria and it took his life...It's a good ending (for Lewis). It fits."

Timbrook works in the Minot State Office of Instructional Technology. His duties include facilitating online classes, building courses with teachers and helping students with technology issues. He also teaches as an adjunct history instructor.

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the Food and Drug Administration does not approve or review the products before they are marketed, so really, you don't know what you are getting in each can, and whether or not it is actually good for you.

The bottom line is that medical professionals simply do not know the long-term effects of consuming energy drinks. It is known, however, that large amounts of sugar and caffeine are harmful to our bodies. So, if you choose to indulge, please do so in moderation. Take care of your health!

GLOBAL SIGHTS PHOTO CONTEST



In celebration of International Education Week, all MSU students, faculty, staff, retirees and alumni are invited to enter the Global Sights Photo Contest!

Submission Deadline is Monday, Nov. 16, at 4 p.m.

Prizes awarded and winners work enlarged and displayed in the International Programs lounge in the Student Center, Nov. 18-20.

For complete contest guidelines, visit www.minotstateu.edu/international



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Sobering statistics on holiday drinking and driving

(Metro Services) — This year, 1,200 people will lose their lives during the holiday season as a result of alcohol-related traffic accidents. The United States Department of Transportation reported that from 2001 to 2005, an average of 45 people died each day during the holiday season, with the largest number of drunk driving fatalities occurring during Thanksgiving.

According to Mothers Against Drunk Driving (MADD), deaths from drinking and driving spike around the holidays, with alcohol being blamed for about 52 percent of fatal collisions on

Christmas and 57 percent on New Years compared to a rate of 41 percent for the entire year. In addition to the more than 1,200 alcohol-related deaths that will occur on the road this holiday season, the Centers for Disease Control and Prevention (CDC) estimate that more than 25,000 people will be injured.

Some Good News And Some Bad News. The good news is that there has been a steady decline in the rate of alcohol-related deaths on the nation's highways during the holidays. Statistics gathered by the National Highway Traffic Safety Administration

(NHTSA) show that in 1982, there were more than 2,600 deaths due to drinking and driving -- accounting for 60 percent of all accident fatalities. Recent years, however, have witnessed about 1,200 fatalities, or roughly 40 percent.

The discouraging news, however, is that underage drinkers are responsible for between 10 and 20 percent of all alcohol consumed and that, during the holiday period, 21- to 24-year-olds repeatedly make up the highest percentage of impaired drivers. Another negative trend is that arrests for women driving

under the influence increased by 29 percent from 1998 to 2007, while DWI arrests for men fell by eight percent. However, the number of men arrested during that period was still four times that of women.

Take Steps To Protect Yourself And Others.

Even with the steady decline in fatalities, the number of drivers with DWI arrests is on the rise. It is estimated that there are as many as two million drunk drivers with three or more convictions and more than 400,000 with five or more DWI convictions still behind the

wheel. Here are five steps you can take to help avoid becoming a statistic:

1. If you drink, don't drive no matter how little you think you've had.

2. Don't let someone you know get behind the wheel if they've been drinking.

3. Avoid driving during early and late evening hours on holidays.

4. If you must drive, be cautious and watch for the erratic movements of drunken drivers.

5. Immediately report suspected drunk drivers to the police.

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columnist, suggests students not get trapped behind what he calls the "fifth wall of technology," where it becomes so easy to keep in touch with old friends and family, but new relationships struggle to develop.

"You get all these people who arrive on campus and wall themselves off," says Cohen. "They're there physically, but not emotionally, and really aren't engaging with their surroundings."

Cohen suggests getting out of your comfort zone. "Cut down your online social networking time with friends from home by at least half," he says. "Use the other half to connect with people on campus who you can also see in person. Make it a rule that if

you talk to someone more than three times on Facebook, you make a point to also talk to him or her face to face.

Careers: Putting the 'Networking' in 'Social Networking' While the jury may be out on exactly what kind of psychological and emotional toll all this online time might have on you, there is a clear potential impact—both positive and negative—on your job search.

Courtney Perlee, a senior English and media studies major at Sacred Heart University in Fairfield, Conn, recently reconnected with a favorite teacher from elementary school. Perlee, who is considering a career in media production or publishing, found out her teacher had worked in that field before entering education.

"She told me she might be

able to help me with connections and advice if I want," Perlee says.

On the flip side, students need to be aware that their social networking profiles may be evaluated by employers. According to a CareerBuilder.com survey, more than one in five employers search social networking sites to screen potential hires.

Safety: Protecting Yourself Common sense is probably the best defense when it comes to staying safe on social networking sites. Jeremy Miller, director of operations at Kroll Fraud Solutions, a division of Kroll, Inc., a risk consulting company, says a good rule of thumb is to never post any information you wouldn't give a stranger on the street. He also warns students to be careful about the bits and pieces of information they post over time that may add up to

trouble.

"You can post something run-of-the-mill, and it seems very innocent, but criminals can take that piece of information and link it to other information you've posted and create an identity," says Miller.

For instance, say there's a photo of you online wearing a "Class of 2010" T-shirt. Plus, there's a cluster of birthday wishes from friends on your newsfeed on October 4. A criminal could use that information to make a good guess of your birth date: October 4, 1988. If your full name is listed on your profile, the criminal has a head start on targeting your Social Security number. And, of course, that means your credit history could be seriously compromised.

Miller also reminds students that privacy settings

can only do so much. He cautions people not to assume others with bad intent can't get around those settings. "The social networking sites are so vast and have such a far reach," he says. "And you don't know the security practices of your friends and the privacy settings of your friends."

This all sounds so dire. Does it mean you need to phase out Facebook? Trash your Twitter account? Miller acknowledges that removing all details of your personal life from your profile pages could lead to a boring profile. Just be careful.

Ultimately, with a little smarts, Facebook and other sites can be a positive in your life and enhance your friendships and career.



Photo by Jesse Kelly

Neil Packineau (No. 22), Bojan Janjic (No. 10), and Nick Turner (No. 55) try to halt a University of Great Falls player's advance toward the hoop during Friday's game in the Dome. The Beavers beat the Argonauts, 87-78.

Beavers hold off close ones

Eric Manlove
Comm 281

The Minot State University Beaver men entered this past weekend looking to improve on their 1-1 record. With the weekend sweep over the University of Great Falls and Montana State University – Northern they did just that.

The men finished Friday against the Argonauts with four players in double figures. Junior transfers Nick Turner, with 20 and Nathaniel Packineau with 18, had their best night as Beavers thus far.

"We came out real strong," Coach Mike Hultz said. "We

had a lot of energy early."

That energy seemed to fade as the lead grew and Great Falls was able to get back in the game just before halftime. The Beavers led by just five at the break.

The Argos did not let up in the second half, but the Beavers' swarming defense was too much as they forced 29 turnovers. Minot State went on to an 87-78 win. Kenneth McCoy finished with a double-double for the Beavers with 14 points and 10 rebounds.

On Saturday, the Beavers cut down their turnovers and

capitalized on a MSU-Northern team with only seven players. Northern was able to stay with the Beavers throughout the game. In the second half, though, fatigue took over for the Lights as the Beavers were able to keep playing with their deep bench.

Northern started making costly fouls, which resulted in three Lights players fouling out. The Lights played the final eight seconds with only four players.

Senior guard Mister Carney led the Beavers in

Hockey club wins weekend games



Photo by Jesse Kelly

MSU's Steven Richmond (No. 14) and Patrick Cronin (No. 19) follow the puck during Saturday's game at the MAYSA arena. The men's hockey club defeated the University of Minnesota-Crookston, 8-3. They also won Friday's game, 8-1.

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MSU's MacKenzie Mack hugs the ball, while Caroline Folven looks on during Friday's game in the Dome. The Beavers won the game, 68-63.

Photo by Jesse Kelly

Ladies sweep weekend games

Eric Manlove
Comm 281

The Minot State University Lady Beavers basketball team was at home for two more contests last weekend. After a thrilling win just a week before against No. 1 ranked Morningside College, the women needed to scratch a little harder to pull out wins against the University of Great Falls and Montana State University - Northern. The women won on Friday 68-63.

MacKenzie Mack tied a career high in the win over the Lady Argo's with 32 points. Mack's 32

and Caroline Folven's 24 were just about enough offense for the Beavers. But MSU did have to withstand a second half push by Great Falls.

"I think it just shows that when it comes down to it, we can dig deep and finish the game," Mack said.

Saturday was close to the same story against the Skylights of Montana State University - Northern, but in just a bit different fashion. The Beavers didn't lead until seconds before the halftime buzzer sounded, when they took a 25 to 24 lead, thanks to a

Mack put back.

Again in the second half, the two teams played even, ending regulation in a 55-all tie. In overtime, the Beavers took control. They scored first and would never give up the lead, beating the Skylights, 64-61.

With the wins, the Beavers move to 3-0 on the season. The Ladies travel to Sioux City, Iowa where they take on Morningside College again on Sunday. The women are at home for the start of conference play on Dec. 4 with a matchup with the Valley City State Vikings.



Photo by Jesse Kelly

MSU's Mister Carney (No. 24) takes the ball to the hoop during Saturday's game in the Dome. Carney contributed 23 points to the 77-72 victory over Montana State University-Northern.

... Basketball
continued from page 9

scoring. His 23 points contributed to the Beavers' 77-72 victory.

Minot State (3-1) travels to Montana this weekend to

play the same two teams. The Beavers are at home next on Nov. 25 against the University of Montana - Western. The men open conference play on Dec. 4 at home with Valley City State.

Schall, Velasquez advance to cross country nationals

Minot State University freshman Breyette Schall and sophomore Brandon Velasquez earned bids to the NAIA national cross country championships by each placing in the top 10 at the Dakota Athletic Conference meet last week.

Schall finished fifth with a time of 20 minutes, 23.23 seconds. Velasquez finished seventh with a 28:04.48.

The men's team finished fifth with 118 points. Dakota State took first.



Schall



Velasquez

The MSU women also placed fifth with 102 points. Black Hills State won the women's title.

Schall and Velasquez will compete at the national championships Nov. 21 in Vancouver, Wash.

... Welstad continued from page 1

now can be focused on expanding our business, not just Web sites and programming. I can now grow the business and bring in new clients."

Bucholtz mainly focuses on Web site programming; Welstad is looking towards the future and expanding into bringing a video spe-

cialist into the business.

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 Wednesday Supper.....5:00 pm
 Wednesday School & Confirmation.....6:00 pm
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SUDOKU

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

Level: Intermediate

Fun By The Numbers

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

Here's How It Works:

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

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

ANSWER:



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