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Scoop on the flu and how it affects you

by Vanessa Bridgeford
Comm 281

Influenza, also known as the flu, is an illness caused by a virus that infects the respiratory system. Flu symptoms are usually more severe than those of the common cold and more likely to affect other parts of the body. Flu also tends to come on suddenly, while colds can take a while to develop.

Flu is very contagious, spreading easily from one person to the next. The Minot State University Student Health Center started this flu season prepared to fight influenza.

Caren Barnett, Student Health Center director, typically orders the vaccine in early fall and receives the supply in late August or early September.

"I believe that she bases her order on how many doses we gave the year before," Heidi Peterson, physician assistant at the MSU Center, said.

"On the CDC website, they are saying the flu vaccine is about 62 percent effective, overall," Peterson said. "There absolutely is a benefit from this vaccine. The percentage is essentially saying that you are 62 percent less likely to have to be seen at a clinic or a hospital for the flu. There is even a small amount of research that said that if you get the flu vaccine, you may still get the flu, but you may not get as sick. The best way to protect yourself from the flu is to get an annual vaccine (flu shot)."

She said the intranasal mist is inhaled through the nose. Fewer people can receive this kind of flu prevention, depending on their health history. Peterson emphasized that people with asthma have contra-indications for the flu mist. Those with an upper respiratory



Submitted photo

MSU Student Health Center staff (from the left) Lisa Eriksmoen, Nancy Mickelson, Caren Barnett, Evelyn Klimpel, Melanie Moore, Cathy Anderson, Kathie Eslinger and Heidi Peterson.

problem should have the injection instead.

As of now, the health center has no vaccine left of the two hundred doses purchased for this year.

"We are referring people over to the First District Public Health Unit here in Minot," Peterson said. "District Health is offering both the flu mist and the flu injection."

"Right now there are about 1,600 cases in North Dakota," she said.

There have not been any reported cases on campus.

"Basically we diagnose based on clinical symptoms," Peterson said.

Flu testing is done through referral at Trinity Hospital or Sanford Clinic.

Faculty, staff and students can go to the Student Health Center every year for flu vaccine. According to Peterson, the center has to purchase the vaccines so there is a charge, normally \$10 for students and \$20 for faculty and staff.

"As far as I know most of the faculty and staff members are insured through the university system, so their vaccines are covered by insurance at 100 percent," Peterson said.

For more information about Student Health Center services visit their web page at:
<http://www.minotstateu.edu/health/>.

Spring 2013 Club Fair - January 24



MSU sophomore Jaymes Stanley visits with MSU nursing students at the club fair last week in the Student Center.

Photo by Michelle Holman

Members of the Sigma Tau Delta fraternity (from the left) Grayson McCrary, Rhett Pederson and Greg Groesbeck work at a booth welcoming young men into their organization during the club fair last week.

Photo by Zac DeMers



Reiten funeral service on campus



The funeral service for Chester Reiten was held on campus Tuesday in Ann Nicole Nelson Hall.

Reiten came to Minot in 1956 and became an early broadcasting pioneer with the purchase of KXMC-TV. Reiten Broadcasting grew to include radio and television stations in Bismarck, Williston and Dickinson.

His lifelong commitment to Minot and the surrounding area was evident in his civic engagement with the Minot Area Chamber of Commerce, Trinity Medical Center board, lengthy service as Minot mayor, state senate representative and Norsk Høstfest founder.

Voices on Campus

“If you could live one day over and over again for the rest of your life, like in the movie ‘Groundhog Day,’ which day would it be?”

Emily Medalen
Comm 281



Aaron Kasper
Business Education
“Definitely the KISS and Motley Crue concert. It was insane.”



Marcel Brinson
Broadcasting
“The game against U Mary. It was a night game and it was close the whole time, and we pulled it off at the end. Best feeling ever.”



Trey Jacobson
Energy Economics and Finance
“The day we won state football my sophomore year in high school.”



Kasey Rademacher
Nursing
“Luke Bryan’s concert. I’d shake it for him ANY day!”



Krissi Lesmann
Education
“Last Saturday, when Emily and I drove to Grand Forks at 11 p.m. and stayed up for about 72 hours straight hanging out with people we didn’t know.”



Aundrey Livingston
Broadcasting
“In seventh grade when I scored a touchdown and it was the only game we won that year. That was the only touchdown I’ve ever scored; I cried. It was amazing.”

News in Brief

President's open forums Jan. 31

Two open forums will be led by MSU President David Fuller to discuss current issues, including the budget, enrollment, our legislative presentation, our progress on Pathways to Student Success and retention and graduation rates. The forums occur from 9:30 to 10:30 a.m., and then from 12:30 to 1:30 p.m., in the Conference Center on the third floor of the Student Center. Contact Deb Wentz for more information.

Art Department open studio: ceramics

Linda Olson, chair of MSU Division of Humanities, will teach basic techniques and skills on Jan. 31 from 6 p.m. to 9 p.m. The open studio will be given again Feb. 7, 14, 21, 28 and March 7. Each

evening is a separate event. The ceramic open studio can be accessed through the back door of Pioneer Hall. Cost is \$20 for registration and supplies per evening.. Limited to the first 15 registered. To register, visit https://epayment.ndus.nodak.edu/C22800_ustores/web/index.jsp For more information, visit <http://www.minotstateu.edu/cel/OpenArtStudioClasses.shtml>.

Faculty music recital Feb. 3, 3 p.m.

Music instructor and violinist Jon Rumney will give a recital of French music with pianist and colleague Dianna Anderson Sunday in Minot State University’s Ann Nicole Nelson Hall. Featuring Erik Anderson on the harpsichord and cello, the presentation celebrates diversity in MSU’s thriving music culture. The event is free

and open to the public. For more information, contact Cheryl Kremer at 858-3185 or cheryl.kremer@minotstateu.edu.

M-Life: Super Bowl Party! Feb. 3

Watch the All-American sport live Sunday at 5 p.m. on the big screen in the Beaver Dam – free food included! Free for all MSU students with an MSU ID. For more information, contact Aaron Hughes at 858-3987 or aaron.hughes@minotstateu.edu.

M-Life: Six Appeal Feb. 5, 7 p.m.

Six Appeal, a six-member a cappella group, will sing their way into Minot’s heart Tuesday in Ann Nicole Nelson Hall. Featuring vocal dexterity and adventurous song selection, the

2012 National Harmony Sweepstakes Champions will explore all genres to captivate any audience. The concert is free and open to the public; parking is unrestricted. For more information, contact Aaron Hughes: aaron.hughes@minotstateu.edu.

“How to Read a Textbook” Student Success Workshop

Overwhelmed by your textbook’s size? Do you highlight too often? Learn about strategies and techniques for efficiently reading a textbook with Lesley Magnus, associate communication disorders professor, Wednesday, Feb. 5, from 2 to 2:50 p.m. in Old Main 104. The workshop is free and open to all MSU students. For more information, contact the Student Success Workshop, 858-3362.

Today in History

- 1950:** U.S. President Truman approves building of hydrogen bomb.
 - 1964:** U.S. report "Smoking and Health" connects smoking to lung cancer.
 - 1976:** The song, "Love Rollercoaster," by Ohio Players hits #1 on the billboard.
 - 1981:** Pop singer Justin Timberlake is born.
 - 2011:** Burma (Myanmar) opens new parliament.
- (Courtesy of Brainyhistory.com)

Red & Green



Going Back in
MSU History

The following picture and article appeared 40 years ago in the Feb. 2, 1973 Red & Green, Vol. 52, No. 12. It features then Minot State College student Kevin Neuharth, now associate communication arts professor at Minot State.

MSC Drama
Department pres-
ents short comedies

The Minot State College Drama Department's winter production "You Know I Can't Hear You When The Water's Running" will open Feb. 14 in McFarland Auditorium.

"One of the most successful

comedies in Broadway history. The topic is sex, in all its mysterious and fascinating manifestations, and the treatment of this is so skillful, tasteful, and explosively funny, that the plays are not only captivating and touching, but universal in appeal." — Dramatics Play Service, Inc.

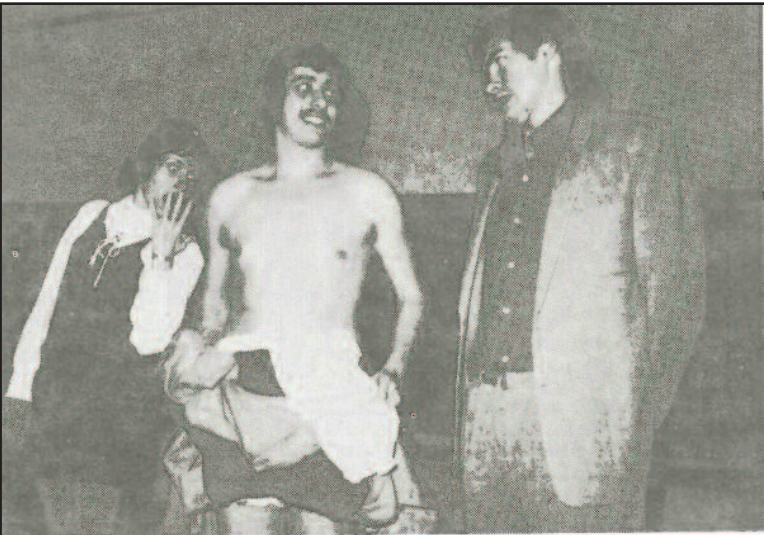
There is a smack of humor and a tinge of social comment in these four short plays.

"Shock of Recognition" concerns a playwright named Jack Barnstable played by Eric Hagen, who wants to bring something new to the American Stage. His producer Herb Miller (Mike Utgaard) feels that Jack's idea is too risqué, and urges him to omit the one embarrassing scene. Jack will not give up the idea that people are ready for a "shock of recognition" and brings in his eager but naïve sec-

retary (Paula Nielson) to prove it. The real action starts when an actor (Kevin Neuharth) comes in the office to try out for the lead role.

"The Footsteps of Doves" finds a couple who have been married 25 years discussing divorce in a furniture store. George Porter (Lanny Moore) feels that the distance between twin beds is as "wide as the Persian Gulf." His wife does not agree, and the fight is on. The salesman (Roger Larson) and an attractive divorcee (Cherie Klungtvedt) provide a refreshing background for this furniture store marriage-go-round

"I'll Be Home For Christmas" is a bit more sentimental. Edith and Chuck, played by Mary Muhlbradt and Bix Palkovick, are concerned about the sex problems of their chil-



Paula Nielson, Kevin Neuharth and Eric Hagen star in the production of "You Know I Can't Hear You When the Water's Running."

dren, but cannot agree. Chuck demands that there be meaning in his life, but Edith looks for an easy 20th century answer to everything. The drama is heightened with the entrance of their daughter Clarisse (Cindy Black).

"I'm Herbert" is a ridiculously confusing dialogue between Herbert (Dave Badgley) and his wife Muriel (Pat Ness). Reminiscing about younger days

causes many disagreements for this elderly couple. A humorous and touching attempt to remember which wife was which, and what husband went where ends with the question of which of the two is the more confused.

Written by Robert Anderson and directed by Tom Turner, the play will run February 14-17. All students with college IDs will be admitted free.



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On Movies

‘Zero DarkThirty’



by Alex Nelson
Staff Writer

On Sept. 11, 2001, two commercial airplanes hit the World Trade Center, killing thousands of civilians. The perpetrator behind the attack was Osama Bin Laden. For 10 years he had been hunted. On May 2, 2011, he was finally found and killed.

“Zero Dark Thirty,” directed by Kathryn Bigelow, stars Jessica Chastain, Jason Clark and Joel Edgerton. The film is rated “R” for strong violence, disturbing images and language. The story centers on the hunt for Osama Bin Laden and the people who tried to

find him.

Maya (Chastain) is a C.I.A. operative who is given the task, along with fellow C.I.A. operative Dan (Clark). Together with other operatives, they interrogate terrorist detainees that have connections to Bin Laden. In the process, Dan uses extreme measures to get answers, while Maya works constantly with only one goal in mind. Though it takes many days and years, it finally pays off as they find a possible location where Bin Laden might be hiding. SEAL Team 6 is sent in to take him. Among the SEALs is fellow Navy SEAL member Patrick (Edgerton) who is a leader of one of their squadrons. This marks the end of one of the greatest man-hunts in human history.

I will not lie; this is most likely

my most difficult review to write. I already knew how it was going to end, but I was curious to see the beginning and the middle. The acting was impressive to me as we got interested in the characters of Jessica Chastain and Jason Clark as the C.I.A. operatives. Joel Edgerton was only featured for a little bit; however, he still managed to impress me with his role as one of the SEALs. I was disturbed at a few scenes, mostly the first torture scene (there are a few torture scenes). One person next to me told me that he deserved it. I always had thoughts of doing something terrible to somebody like that, but after seeing Clark’s character doing it, well, it just made me wonder if I could actually do something like that.

Later in the film, I could see

how that affected his character; I could see that he was disturbed later on about doing it. We can all say what we would do or won’t do, but in the end we will never know until we are in the situation. I won’t say the torturing was worth it or not to get information.

Speaking of which, that is another matter that needs to be discussed. How much of it was real? How much was false? I can’t say for certain. The only people that might know what happened would be the people that actually did it. There is not much action and there is a lot of talking. So if you are expecting a shoot ‘em up like “Rambo” or “Commando,” look somewhere else. However, there is a lot of tension in the film, as we see how the search takes its toll on the characters.

Overall, Bigelow’s directing was very well done, like her work in “The Hurt Locker.” The story could have mentioned what happens to the characters after the successful raid. I could see in the film how Maya was obsessed with finding Bin Laden and how Dan felt he was losing his humanity with the torturing, but they could have dug a little deeper into the development of these traits that grew with the characters.

In the end, I enjoyed the film. The rating can vary with this one; it could be either a 3 out of 5 Beavers or a 4 out of 5 Beavers. You might have your own rating of the film; I will leave it up to you.



On Horticulture

The Stinging Nettle: ‘The Naughty Man’s Plaything’



by Bryan Lynch
Staff Writer

Back in my senior year of high school, while hiking in a coulee on the outskirts of town, I noticed this tall, strange-looking weed with green stringy flowers and jagged, pointed-toothed leaves. For some reason, I had the odd feeling that I shouldn’t touch it.

Later on I found out that maybe my little voice in my head was right about me not touching it, because I found out the plant was stinging nettle (Urtica) of the nettle family.

The plant, as its name suggests, has tiny hair-sized stingers all over its leaves and stems. The plant is also called “Naughty Man’s Plaything,” because it has been associated with the Devil in old folklore. When a person touches the plant, a chemical sim-

ilar to that in ant bites gets injected beneath the skin and causes a lot of pain!

When I’ve been stung, sometimes the stingers leave marks on my arms and hands that last about a week. This can be avoided by wearing gloves when handling the plants, but generally I don’t bother, since most of the time North Dakota nettles are not that powerful (stings from some tropical nettles have been reported to have killed people). Generally, the

stings take the form of tiny, fluid-filled blisters and are often very itchy.

The plant makes a great vegetable, though! After the plant is boiled, the irritating chemicals are deactivated, and it can be enjoyed as a cooked vegetable. Only young plants that haven’t flowered yet should be used for food. Once the plants get older and flowers, the leaves develop small particles called cystoliths that can cause kidney damage.

As a medicine, the nettle is used as a urinary tract medication, and the root is used to treat prostate problems in men. The plants leaves are smoked for asthma troubles. It is also said that people with arthritis benefit from being stung with the nettle, because the stings can loosen up stiff joints by allowing blood to circulate more freely through them. Roman soldiers were rumored to have used the nettle’s

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Red & Green

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Political Corner

Inaugural Address

by **Zac DeMers**
Assistant Editor

On Jan. 21, President Barack Obama had his second inaugural address (technically third). It coincided with Martin Luther King, Jr. Day. Since it was a holiday, most people had work off and could watch at their leisure.

I remember the president's last inaugural address: I was sixteen. In a different light, I was still in high school and back then I could

not watch the address at my leisure. I distinctly remember our teachers letting us watch the address during certain parts of the school day, but it still was not the same. We could not watch the event in its entirety.

I like these kinds of festivities. I know some people may want to break away from tradition. But if we broke away from tradition, we may forget where we came from. We may forget fundamental values of our nation's history.

I think, during these festivities, we get to see the lighter side of the president and his family. Even though their day was jam-packed, their smiles persisted. I liked that the family got a little bit of a break from the cameras during the luncheon. For this stretch of time, I'm sure Michelle and Barrack took this opportunity to relax their facial muscles from the constant smiling and to enjoy their meal.

The parade was a good event. I thought the whole inauguration

was about unity. The first lady and the president took time to greet bystanders as they walked down Pennsylvania Avenue. Walking for part of the parade showed that the president could connect with the American public.

I was completely mesmerized when Beyoncé sang. At the time, I thought her singing was absolutely brilliant. Even though Beyoncé is accused of lip-synching, I think it would be hard to lip-synch the way she sang the National

Anthem. It seemed like there were a lot of fluctuations in her voice during the anthem. I guess it was possible for her to lip-synch, but it was still an astounding performance by the former Destiny's Child lead singer.

Anyone who watched the address or the festivities witnessed history. Hopefully Obama will have a successful term.



On Music



iTunes Top 10 chart

by **Ward Lamon**
Staff Writer

Well, well, well; it looks like another semester of classes brings yet another entirely different juxtaposition to iTunes Top Singles chart. Also, there won't be one listed chart at the end this time, but each artist and song title will be referenced in their respective paragraph(s).

To start things off, we have Phillip Phillips, the winner of "American Idol Season 11." To address the most relevant underlying point in that last sentence, "American Idol" is still around?! I guess so. Phillips' hit single, "Home," topped numerous charts and became the best selling of all Idol coronation songs to date.

Moving on, Maroon 5 takes the ninth spot with "Daylight." I was nearly going to go off on a rant about artists re-releasing singles that have already been out for five months with a video and all, but that changed two Thursdays ago [1/17/13] when Maroon 5 took me by complete surprise. They teamed up with Playing For

Change and did a rather impressive job with it.

For the eighth position, Justin Timberlake brings "SexyBack"... again. He is back in the studio making his next album, "The 20/20 Experience," due out March 19 this year. His first single from the album, "Suit & Tie," brought mixed reactions, but I think it succeeded in its purpose: to make us all want to hear more of what he's been up to all this time.

Bruno Mars takes the next spot with his single, "Locked Out Of Heaven." Mars worked heavily with Philadelphia-based producer Diplo on this album, and it was great to see Diplo use his alter ego, Major Lazer, to work his magic on this track specifically for a remix. Honestly, after hearing Major Lazer's remix of the single, I haven't listened to the original single since.

The next spot goes to the famous DJ trio known as Swedish House Mafia. I heard early clips of this song, "Don't You Worry Child," as they surfaced a long while ago, and it was amazing to watch the song blow up to where it is today. In a

world where nearly every pop artist is trying to cash in on their "piece" of the EDM [Electronic Dance Music] scene, it's good to see some actual EDM faces up on the charts.

Taking a 180-degree turn in sound, in the fifth position is The Lumineers and their single, "Ho Hey." Regardless of my hatred for country music, I do enjoy The Lumineers [which, you're right, aren't even country in the first place] and their folk-inspired sound. It'll be neat to see how they do in the Best New Artist category they got nominated for in the upcoming 2013 Grammy Awards.

Coming to number four, we have Will.I.Am's latest single "Scream & Shout" off his album which, if it isn't delayed again, should be coming out tomorrow [2/1/2013]. The song's chart strength seems to stem from the same source as its greatest fault: Britney Spears. Not that Britney is of herself bad, it's just that Will can't properly put his Black Eyed Peas-pop days behind him with collaborations like that.

In third place, we have Taylor

See Top 10 — Page 6



Dear Mandy



by **Mandy Redfern**
Staff Writer

Dear Mandy,

My roommate and I get along, but lately our room has exploded. There is trash, old food and dirty laundry everywhere! And when I try to say something to him he takes it badly or just ignores me. He is a nice guy; he just doesn't know the boundaries. How do I establish the boundaries with him without hurting his feelings?
(Not So) Messy in McCulloch

Dear (Not So) Messy,

First off, I commend you for trying to keep tidy in the freshmen men's residence hall! It must be a

task. Anyway, my advice for you is to set up a cleaning schedule and take it week by week. Set yourself as the first week for taking out the trash, vacuuming and other general clean up. Then make sure to remind him the next week when it is his turn. If worst comes to worst, you can always ask your RA to help you get through to him. I'm sure you have tried to set a good example, but some people have never had to clean up after themselves. Try to keep a positive outlook and DON'T go the passive-aggressive route. Oh, and invest in some Febreze. Makes everything better!
Until next time, Mandy

If you have a question for Mandy, email askredgreen@yahoo.com. Must

Join Arabic conversation classes

Minot State University's Arabic Club invites anyone interested (no prior experience in Arabic needed) to free and fun Arabic conversation classes with Islam Farag, Fulbright language teaching assistant from Egypt and MSU Arabic

instructor, each Thursday from 3 to 4 p.m. in the Language Learning Center, Hartnett 328.

Learn how to speak basic Arabic with an Egyptian instructor.

For more information, contact

... Top 10
Continued from page 5

Swift's "I Knew You Were Trouble." Taylor, as a fan of dubstep, please don't do dubstep again. Taylor swift is just too easy to make jokes about anymore. For starters, I knew she was trouble when she walked into dubstep, so shame on me for thinking she could pull it off. I mean - a bass drop?! The only thing she knows how to drop are her numerous boyfriends.

In the second spot, Lil Wayne enters the list with his song "Love Me." The song features label-mate Drake, and also Future on the hook while Weezy takes the verses

by himself. With all the rumors floating around him, I'm a little surprised to see him still putting new material out, but nonetheless he keeps pushing on.

Rounding off the list is Macklemore & Ryan Lewis' hit "Thrift Shop." Featuring Wanz, you'd wonder how a song about shopping at a thrift shop could become so wildly popular [like 64 million YouTube views popular], but the thing is that the song just works; it's catchy enough to where it's in your head for the remainder of the day, and it's something that can be easily related to. If you've only got \$20 in your pocket, well then you're good to go! Don't even pretend you're sick of this song

... Stinging Nettle
Continued from page 4

sting to keep warm when in cold areas, because the style of armor they wore left their legs exposed.

The plant has even been used as an aphrodisiac (sexual stimulant) and treatment for erectile dysfunction (ED). If a man was having problems with his manhood, he would whip himself in the affected area to increase blood flow, though it probably hurt too much to use after that, but I guess in certain situations a "man's gotta do what a man's gotta do."

Aside from being a crude ED remedy, stinging nettle is also just considered to be a sexually stimulating herb in general. With a name like "Naughty Man's Plaything," how could it not be?

But aside from being a nutri-

tious food and nature's Viagra, stinging nettle also has some noteworthy industrial uses. Its stems can be used to make course cloth, ropes, and paper. Nettle fiber also has been mentioned in folklore and stories. In a fairy tale by Hans Christian Andersen, "The Wild Swans," a princess was forced to weave coats out of nettle fiber in order to get rid of a spell that was put on her brothers.

During World War I, the German army made their uniforms out of nettles, because they had poor access to cotton. In America, nettles were also used by Native Americans to make cordage.

So, whether it is used as a food, aphrodisiac, or fiber plant, stinging nettle is more than just a vile and disgusting weed.

Spring 2013 Club Fair - January 24



Many interested students engage in conversation with representatives from campus clubs and organizations on the second floor of the Student Center. Most of the groups offered free treats and prizes.
Photo by Michelle Holman



Red & Green
on stands across campus
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Attention MSU
If your club or organization has an upcoming event and you would like an article about it in the Red & Green, contact us at SU 304 or 858-3354.

SUDOKU

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Student Spotlight ...

Diogo Craveiro

by **Jamie Council**
Staff Writer

Not many students or faculty know this, but people calling Minot State University's general number are speaking directly to the university post office in the Student Center. In a certain sense, the post office workers are the outside world's first impression of Minot State, a voice of MSU.

One of these voices is that of Diogo Craveiro. Pronounced "Joe-Go," he goes by "Joe" as well. In our conversation, we mostly spoke of soccer, but it is plain to see he had a lot more to talk about. The voice has an accent, but his English is pretty good.

Craveiro recently had to leave 90-degree weather to come back to the North Dakota winter. He is from Amparo, Brazil, a small town in Sao Paulo City State where Portuguese is the native language. He went to law school in Brazil for two years, starting when he was 17. Lawyers run in his family, so when choosing a future, going to law school seemed like the safe, logical decision. He didn't know English, but his dream was to learn to speak it.

When he was 19, he quit law school and moved to America to fulfill his dream. One of his friends from Brazil went to Marshalltown Community

College on a soccer scholarship. He decided to join his friend in Iowa to start a new chapter in his life.

"I'm really proud of myself," Craveiro said. "When I lived in Brazil, I didn't know any English."

Craveiro elected not to play

soccer in Iowa, but instead served as the assistant coach. The junior college won regionals and finished third in Nationals in those years.

After Iowa, Craveiro decided to remain in the US and finish his degree. Minot State University came up through a friend in Brazil who had been a Beaver, and it also came up on his international honors society list of colleges.

In the fall of 2011, he started school at MSU and also took the job at the campus post office. He found it very easy to make friends, but not so easy to get used to the northern winters.

"I like people in Minot," he said. "I have really good friends. I just don't like the weather."

Craveiro feels that he has transitioned into an adult here at MSU.

This spring, Craveiro will finish his degree in international

"I like people in Minot. I have really good friends. I just don't like the weather."

— *Diogo Craveiro*



Photo by Jamie Council
Diogo Craveiro points to his home country, Brazil, on the globe.

Table Talk!

Join us for great conversation with spectacular people.
Thursdays, 12–1 p.m., in Admin. 158. Bring your own lunch and come to make new friends, talk about issues of the day, about faith and about life. No basic knowledge needed, just the desire to listen, to think and to engage.



Wednesday Night Alive!

Wednesday Nights
Administration 158
8:30 p.m.
(worship and Bible study)

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Bread & Conversation

Free soup lunch for MSU students

Every Tuesday
11:30 a.m. – 1:30 p.m.
Administration 158

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Student Government Association minutes

From the Dec. 3, 2012, meeting

President Lindsey Nelson moved to start the meeting.

Roll was taken.

Excused: Barbara Barron, Laura Bakke.

Minutes from the Nov. 19, 2012, meeting were reviewed. President Lindsey Nelson asked if there were any additions or corrections to the minutes. With none, the minutes were approved.

OFFICER REPORTS

Secretary Tess Foley had nothing new to report.

Co-Directors of Intramurals Jared Schumaier and Josh Sandy reported on a welcome back event that will take place next semester. Basketball and volleyball will start in January.

Director of State Affairs Rebecca Ryan reported that she will inform us on the lobbying goals for NDSA. The next NDSA meeting will take place in January.

Director of Public Relations Kelsey Ramos said thank you to everyone who has been helping keep the boards clean.

Co-Directors of Entertainment Breanna Benson and Marley Kotylak reported that there will be Karaoke on Wednesday. Tie blankets will be on Wednesday at 9 p.m. Finals breakfast will be next Monday at 9 p.m. They will send out a poll for the next movie in January. There will not be an MSU Life meeting until January.

Vice President of Finance Kelsey MacNaughton reported that the Student Government Association account has \$24,305.28, Student Activities account has \$7,063.61. Intramurals currently has -\$950.77.

President Lindsey Nelson reminded everyone to keep the office clean this week.

Adviser Leon Perzinski reminded everyone to use their dining dollars by the end of the semester.

Adviser Aaron Hughes reported that over break she will be working on a logo for Student Government. She will also be looking into electronic elections.

Faculty Senate representative Jean-Francois Mondon reported about the classes that will be

dropped because of low enrollment. He also spoke on moving all majors down to 120 credit hours.

Staff Senate Representative Linda Benson reported that the next staff senate meeting will be Dec. 19.

COMMITTEE REPORTS

Bekka Ryan reported that Faculty Senate met.

Marley Kotylak reported that MSU Life met.

Kylie Gamas reported that the Parking Committee met.

Tanya Brown reported that the General Education committee met.

Breanna Benson reported that the Constitution committee and Student Welfare and University Affairs committee met.

Bekka Ryan reported that NDSA head delegates met.

UNFINISHED BUSINESS

The political action committee spoke about the Pathways to success proposal.

Derek Van Dyke moved to approve the new Student Government Constitution. Kaylin Salwei seconded it. Motion passed.

NEW BUSINESS

Bekka Ryan discussed the changes that have been made to the Pathways to Student Success proposal. Emily Anderson moved to lobby to NDSA for a 15 credit cap on tuition. Kaylin Salwei seconded it. Motion passed. Kylie Gamas moved to lobby to NDSA that remedial courses should be included in the Pathways to Success proposal at Minot State. Kelsey MacNaughton seconded it. Motion passed. Tess Foley moved to lobby to NDSA to take military waivers outside of the five percent cap. Codi Thomas seconded it. Motion passed.

Nominations for November Senator of the Month are Kylie Gamas and Emily Anderson. Senator of the month is Kylie Gamas.

ANNOUNCEMENTS

No other announcements besides what was reported on the agenda.

ADJORNMENT

Without any further business President Lindsey Nelson adjourned the meeting.

Respectfully Submitted,
Tess Foley
SGA Secretary

Men defeat Minnesota-Duluth

(MSU Sports Information Office — The Beavers defense made the difference much of the second half.

Anthony Enriquez (Sr., G), E.J. Williams (Jr., G) and Dominique McDonald (Fr., G) all hit key shots late in the game and MSU's defense held another opponent to less than 60 points as the Beavers held off Minnesota Duluth 62-58 in Northern Sun Intercollegiate Conference men's basketball Saturday at the Minot State Dome.

"Lately we have been in a lot of close basketball games and we're starting to get to that point where if it's close down the stretch, we expect to win," MSU head coach Matt Murken said. "Our guys just believe they are going to make plays. Tonight it was tied with about two minutes to go and we made enough plays."

The trio scored the Beavers' final 12 points. After a 3-pointer from Adam Randall (So., G) tied the game at 50, the three went to work. McDonald hit a driving layup to tie the game at 52 and Williams, who led the Beavers with 18 points, gave MSU a 54-52 lead on an offensive rebound putback with 3:43 to play. Following a free throw by UMD, Williams scored again on a layup and Enriquez answered a UMD basket with a short jumper at 2:01.

The final two baskets were the two biggest, however. After the Bulldogs' Reece Zoelle tied the game at 58 with a 3-pointer, McDonald put MSU up for good with a jumper at 1:04. Williams then sealed the win with a runner in the lane to finish the scoring.

"We talked earlier about when we get the ball moving and it doesn't stay in one spot, then we are pretty hard to guard," Murken said. "Dominique, E.J., and Anthony all did a great job of playing with the pace of the game and I thought that made them successful tonight."

Minot State had to overcome a big night from Jake Hottenstine, who scored a game-high 23 points and added seven rebounds, two assists and



Photo by William Russell
MSU guard Anthony Enriquez (No. 11) looks to pass in NSIC play against University of Minnesota-Duluth Saturday. The Beavers won, 62-58.

two steals for UMD (5-13, 3-11). Brett Ervin added 13 points and four rebounds in the loss.

The Beavers defense limited the Bulldogs to just 10 second-half field goals and held UMD to 43 percent shooting after a 14 for 26 effort in the first half. It was the fifth time this season Minot State held a team to less than 60 points and the second time the Beavers held UMD to under 60.

Along with Williams, Enriquez (12 points) and McDonald (11 points) both reached double figures. McDonald added three assists, while Enriquez pulled down a team-high seven rebounds. Kelvin Fraser (Sr., F) added eight points, three rebounds and two blocks for Minot State.

On Friday, the Beavers hosted St. Cloud State University. Earlier in the season, the Beavers defeated St. Cloud while on the road and now the Huskies were out for revenge. St. Cloud had the lead from the beginning and kept it, winning, 65-51.

MSU junior Chris East led the Beavers in scoring with a career high 18 points.

The Beavers are back in action at the MSU Dome Friday and Saturday with Concordia University, St. Paul and Minnesota State.

Beavers fall at home to MSU Moorhead



Photo courtesy of MSU Sports Information
MSU sophomore Bobby Bartz (right) grapples with his opponent from Upper Iowa University on Jan. 24. Iowa won, 40-11.

by Jamin Heller
Staff Writer

The Minot State University Wrestling team finally returned to the Dome floor last Thursday for an NSIC dual against the Minnesota State University-Moorhead Dragons. Coming off a pair of tough road losses, the Beavers hoped to get their season back on track in their first home match of 2013.

Although the dual featured many close matches, the Dragons proved too much for Minot to handle as Moorhead convincingly defeated the Beavers 41-6.

From the start Minot knew it would be at a competitive disadvantage. A depleted roster meant that the Beavers were forced to forfeit the 125 and 184-pound weight classes, costing them 12 points.

Wrestling in front of a respectable-sized crowd, a trio of Beaver sophomores was unable to gain any traction through the first three matches. Joshua Douglas fell 9-3, Matt Ruby was pinned at the 6:30 mark, and Donovan Williams lost by technical fall.

Marcus Polak then grabbed the Beaver’s first win of the evening, continuing a string of strong recent performances. He earned a hard-fought 4-2 decision over

opponent Mariano Portillo.

The Beavers were unable to feed off any momentum from Polak’s performance, however, as they dropped the next three matches, including two by pins.

With a team win out of reach, fan favorite Bobby Bartz brought the crowd to its feet to close out the match. After a tentative start, he overpowered Moorhead’s Gerald Fugleberg and won a 7-2 decision. Chants of “Bobby, Bobby!” echoed throughout the Dome as the heavyweight sophomore evened his season record to 7-7.

Head coach Robin Ersland praised Bartz’s performance after the match.

“It was pretty neat to see two former North Dakota State Champions out there,” Ersland told MSU Sports Information. “It was a good match and a really nice win because Fugleberg has beat some good people. Bobby did a nice job tonight.”

Earlier in the week, MSU suffered two lopsided road defeats. The Beavers began the weekend by falling 54-0 to the ninth ranked Minnesota State Mavericks. Injuries and illness contributed to the fall of the Beavers, who saw six of their eight wrestlers pinned

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Hockey wows all with weekend wins

by Jamie Council
Staff Writer

For the first time this year, the Beaver Hockey men’s club team competed on the ice at home. The Beavers faced the Dakota College of Bottineau Lumberjacks on Saturday, Jan. 26, at the Maysa Arena.

Minot crushed the lumberjacks in a 10-0 shutout victory. Sophomore Mike Jordan scored a hat trick as well as assisted three goals and sophomore Logan Herauf scored two goals and assisted two goals in the blowout.

Minot’s quick and physical play took its toll on the

Lumberjacks late in the game. NCB had just 12 skaters compared to Minot’s 18.

Sophomore goaltender Riley Hengen protected the net and made 26 saves in the shutout victory.

The Beavers were back at it against Bottineau before the weekend was over. This time, MSU traveled to Bottineau. On Sunday night, the Beavers spanked the Lumberjacks 15-0.

That win brings their record to 21-4-0. The team is undefeated at home and also hasn’t lost a game since November 2012.

February will put Minot to the test. Both the University of



Arizona and Arizona State travel to Minot to take a crack at the Beavers. The Beavers play University of Arizona Feb. 8 and 9 at 7:30 p.m. and Arizona State Feb. 15 at 8 p.m. and Feb. 16 at 7:30 p.m. All games are at the MAYSA arena.

Friday’s game, Feb. 1, with Dakota College at Bottineau is canceled.

Track and Field off and running

by Michelle Holman
Editor

Two meets into the Spring 2013 indoor track and field season and Minot State University is already dishing out personal records (PRs) and first-place scores across the board.



The Bemidji State University Beavers hosted the Super 8 meet on Jan. 19, and witnessed their Beaver counterparts win five events, both women's and men's titles, in the pole vault and 5000-meter run, and the men's title in the 600.

The competitive day began with two victories in the 5000. Cassandra Sayler (Sr.) earned a tight win with her time of 19:44.67. Separated by a mere tenth of a second, University of Minnesota Duluth’s Kara Thul gave Sayler a run for her money. Freshman Joel Cartwright did impressively well in the men’s 5000 with a time of 16:20.

Abbey Aide (Jr.) pole vaulted

to new heights for MSU by being the first member of the team to make an NCAA Division II provisional national qualifying mark. With her personal best of 12 feet and 0.75 inches, Aide beat the rest of the competition by two feet and became 10th in the nation of all NCAA Division II women's pole vaulters.

Sophomore Tyler Flatland won the men’s 600 with a time of 1:26.26. In the triple jump, Josh Sandy (So.) took second place with a mark of 41 feet 3.25 inches.

The Beavers next traveled to Black Hills State for the Dave Little Invite Jan. 26 in Spearfish, S.D. There, MSU athletes won seven events and set 20 PRs.

To start off the meet on the right foot, Kamilah Vanterpool (Jr.) claimed first place in the weight throw with a PR of 45 feet 1.75 inches. Vanterpool overcame the runner-up by almost a full half meter.

Allie Helterbran (Jr.) placed second in the 60 meter dash with a PR time of 8.27 seconds. Later, Helterbran earned first place in the women’s long jump with a distance of 17 feet 2 inches.

Mid-distance runner Kara Kuntz (So.) left the rest of the pack in the dust as she won the 1,000 meter with a time of 3 minutes and 17 seconds.

Aide beat the rest of the women’s pole vaulters with a height of 11 and .02 inches.

Kirk Capedeville (So.) took the men’s title with a final vault of 14/7.

Sprinter Sienna Dailey (So.) won the 200 meter dash in 27.45, and later placed second overall in the 400 with a time of 1:02.69. Freshman DelRay Audet took the 60 meter hurdles – the first win of her college career – with a time of 9.85 seconds.

Multi-event athlete Farai Madungwe (Fr.) made the MSU men’s team proud after placing first in the triple jump with his final leap, 46 feet and six inches, and a second-place finish overall in the 200 meter dash with a time of 23.17 seconds.

The Beavers next travel to Superior, Wis. for the University of Wisconsin-Superior Border Battle this Saturday.



Photo by William Russell
MSU senior Francesca DeAngelis (right) handles the ball Saturday in the Dome. MSU defeated University of Minnesota-Duluth, 52-51.

Beavers win over UM-Duluth

(MSU Sports Information Office) — Minot State University's Carly Boag (Jr., F) and Sacarra Molina (Sr., G, Hinsdale, Mont.) have been go-to players for the Beavers the entire season.

Saturday was no exception as the duo combined to score 46 of the team's 52 points. And, the Beavers needed every point.

Boag scored 24 points and grabbed 18 rebounds, Molina chipped in with 22 points and the Beavers needed a last-second shot by the University of Minnesota Duluth to fall off to secure a 52-51 Northern Sun Intercollegiate Conference women's basketball win Saturday at the Minot State Dome.

"I think that both teams looked really tired and neither team was shooting the ball really well," MSU head coach Sheila Green Gerding said. "It just kind of came down to kids making some plays and we did a pretty good job getting the ball where we needed it to be."

The win snapped a four-game losing skid for MSU (9-9 overall, 5-9 NSIC) and upped the Beavers

home record to 8-3 in their first season in the Northern Sun.

Boag was again impressive as she notched her fifth straight double-double, her ninth double-double of the season and – maybe most impressively – her fifth straight game where she has hit double figures in rebounds on the defensive side alone.

"Carly did a great job on the defensive boards for us in the second half," Green Gerding said. "She took that over down the stretch."

The Beavers erased a five-point halftime deficit with a combination of stingy defense, holding the Bulldogs to just 26.9 percent shooting in the second half, and slowing the overall pace with a soft three-quarter court zone press.

"By us putting in that press, it took a lot of time off their shot clock," Green Gerding said. "UMD was very patient with the press but we just waited for them to make their mistakes. When they have to take time to get up the court, they have less time to set up

See Women's BBall — Page 12



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Jamestown College is seeking accreditation of a new physical therapist education program from CAPTE. The program will submit an Application for Candidacy, which is the formal application required in the pre-accreditation stage. Submission of this document does not assure that the program will be granted Candidate for Accreditation status. Achievement of Candidate for Accreditation status is required prior to implementation of the professional phase of the program; therefore, no students may be enrolled in professional courses until Candidate for Accreditation status has been achieved. Further, though achievement of Candidate for Accreditation status signifies satisfactory progress toward accreditation, it does not assure that the program will be granted accreditation.

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Women’s club hockey
ranked 4th

The MSU Women’s Club Hockey team is currently ranked fourth in the country with North Dakota State ranked fifth. The team will play NDSU Saturday at 7 p.m. and Sunday at 11 a.m. in the All Seasons Arena.

... Wrestling
Continued from page 9

by opponents. Ricard Avakovs, a freshman from Riga, Latvia, came closest to scoring a victory, narrowly falling to the Maverick’s Sawyer Hoffman by a 4-2 margin.

The Beavers bounced back with a determined effort against the fifth ranked Upper Iowa University Peacocks the next day. While it wasn’t enough to secure a victory, the Beavers showed improvement in a 40-11 defeat. Bartz continued his strong season by pinning UIU’s Jeremy Brazil at the 4:13 mark. Avakovs built on an encouraging weekend by picking up his second win of the season, a 19-2 technical fall victory over Duane Richardson. Polak and Douglas also competed hard against tough opponents, falling 8-5 and 7-3 respectively.

The Beavers hit the road for an NSIC dual against Northern State University tomorrow, and return home to the Dome Sunday against 19th ranked Augustana College. The dual starts at 2 p.m.

... Women’s BBall
Continued from page 10

their offense and that worked well for us tonight.”

MSU didn’t shoot the ball much better, but warmed up a bit in the second half, turning a 22.6 percent first half into a 34.6 percent second half. Where the Beavers did some damage was at the foul line. MSU outscored UMD 20-11 by going 20-30. Boag and Molina combined to hit 18 free throws.

Francesca DeAngelis (Sr., G) and Alisha Jones (Jr., G) hit the Beavers only other field goals in the win. Sarah Lester (Fr., G) added a single point on a free throw and pulled down four rebounds in the win.

On Friday, the Beavers hosted St. Cloud State. The Huskies defeated the Beavers, 77-71.

Minot is back at it against Concordia University, St. Paul Friday and nationally ranked Minnesota State Saturday.

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