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Geoparty tour time

MSU students (from the left) BreAnne Etier, Leinya Crawford, Zac Cunha, Jacob Decoteau, Casey Feldner, Kali Walsh, Mason Schmidt, Emily Anderson and Benjamin Brainard compete against one another during the Geoparty. The students answered questions about North America by standing on the location of the answer on National Geographic’s giant 26 feet x 35 feet traveling map of North America. Mason Schmidt won this year’s event. MSU’s Division of Social Sciences sponsored the event.

Dinner and a movie

Students enjoy a meal in the Beaver Dam while watching “22 Jump Street.” MSU Life sponsored the event.

Mu Sigma Tau members cheer on soccer team

MSU students (from the left) Kevin Gilgallon, Casey Feldner, Jared French, Greg Groesbeck and Roger Herrmann watch the MSU soccer team take on Minnesota State University-Mankato.

Photo by Courtney Holman
Voices on Campus
“What are your plans for Halloween?”
Jay Lurvey
Comm 281

Anne Palmer
Art Education
“I work at Kalix, and I’m going to be doing different planned activities at my work, maybe a little trick-or-treating.”

Braden Hodenfield
Mechanical Engineer
“Probably go trick-or-treating with my little cousin.”

Shelby McCabe
Special Education
“My boyfriend and I are dressing up together and we are going trick-or-treating with my family”

Wyatt Clark
Athletic Training
“My plan is to straighten my hair which is already very long, obviously, and then I’m going to go as Thor.”

Gunner Flynn
Athletic Training
“Fighting the ghouls and monsters of the night in my Superman costume.”

Hye Ji Lee
Biology/Chemistry
“We’re in Biology Club so we’ll just be at the dome, and then after that just gather with our friends.”

Minot State received a $1 million grant from the Department of North Dakota Trust Lands, which funded the blue lights. The N.D. State Legislature appropriated the funds.

Halloween dance Oct. 24
Wear your best costume and get ready to dance at the Halloween dance Oct. 24 at 10 p.m. at the North Dakota State Fair Center. It is free with MSU student ID and $5 to bring a guest. MSU Life sponsors the event.

Tailgating Oct. 25
Join Minot State Athletics in the Dome parking lot for live music, food and games Oct. 25 at 11:30 a.m. before the MSU football game. MSU takes on University of Minnesota, Crookston at 1:30 p.m.

The film, “The Intouchables,” shown Oct. 27
The Northern Lights Film Series continues with the 2011 French film, “The Intouchables,” Oct. 27 at 6:30 p.m. in Aleshire Theater. After he becomes a quadriplegic from a paragliding accident, an aristocrat hires a young man from the projects to be his caretaker. This film series will be a community event, not simply an extension of the classroom. Attendees will experience other points of view through seeing and discussing movies from many different countries and cultures. The MSU Foreign Language Program and the North Dakota Humanities Council sponsor the event. Contact Scott Sigel at 701-858-4265.

Guggenheim award winner to speak Oct. 29
Guggenheim award winner Daniel Heyman will present “Bearing Witness: Human Rights and Art” Oct. 29 at 7 p.m in Aleshire Theater. Heyman will speak about the relationship between human rights and his artwork with the Abu Ghraib detainees. Heyman’s prints will be available for viewing following the presentation. The Northwest Art Center sponsors the lecture. It is free and open to everyone.
**Concert Choir and Women’s Chorus to perform Monday**

*by Anthony Jones
Comm 281*

On Monday, Oct. 27, the Minot State University Concert Choir and Women’s Chorus will present a fall concert at 7:30 p.m. in Ann Nicole Nelson Hall.

Kenneth Bowles, professor of music, directs the concert choir, and Lukas Graf, assistant professor of music, will direct the women’s chorus.

Much of the music comes from the curriculum studied by the MSU music students.

The concert choir, with both male and female voices, will sing a Russian piece by Sergei Rachmaninoff titled “Hail Mary,” a Catholic liturgical piece written for the Russian Orthodox Church. They will follow with a simple folk song, “Wondrous Cool, Thou Woodland Quiet,” written by Johannes Brahms. Also included in the repertoire is the spiritual, “Earth Song,” a work song full of heart and culture, and “Little Man in a Hurry” by Eric Whitacre, an upbeat and crazy style of song that paints a picture which asks, “Why do that?” Another piece is “Festive Today,” a song by Benjamin Britten on the organ.

“The music suits Nelson Hall well, suits our students well,” Bowles said, “and hopefully it suits our audience as well.”

The women’s chorus, made up of about 25 students, will perform three early English madrigals: “Come Away, Come Sweet Love,” “Weep No More” and “The Nightingale.” They will also include music from Randall Thomas titled, “Now I Lay Me Down to Sleep” and John Milford Rutter’s, “Tomorrow Shall Be My Dancing Day.”

“This music was chosen to show the different types of madrigal music and how it has progressed in time,” Graf said.

The concert is free and open to everyone.

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Foods that hate me

Editor’s note: The following health-related article was written by an MSU nursing student as part of Mary Smith’s and Niki Roed’s nursing 473 class, Nursing Leadership and Management.

by Rachelle Brown
Senior Nursing student

According to Harvard Health (2011), food allergies have been steadily increasing over the past 10 years, with 5 percent of children and 4 percent of teens and adults affected. Although, 170 foods have been linked to allergic reactions, 90% of allergies involve milk, soy, eggs, peanuts, tree nuts, fish, shellfish, or wheat (N.D., 2011).

Here are a few misconceptions about food allergies:

1. A tiny taste won’t hurt. Some people react to a single bite, or even an inhaled food particle.

2. Problem foods are less likely to cause allergic reactions if they are cooked. Food proteins are the allergens, and most proteins are not altered by cooking.

3. Adults do not develop allergies. Although allergies usually begin in infancy, adults can develop them too—especially fish and shellfish allergies.

4. Allergic reactions become increasingly severe after each exposure to the problem food. The severity and symptoms are unpredictable. A food product may produce a mild rash one time and a full-blown anaphylaxis at another time (before or after). Anaphylaxis is a life-threatening, whole-body reaction, in which airways constrict and blood pressure drops, resulting in shock, loss of consciousness and sometimes death. (Food Allergies and Intolerances, 2011, p 4.)

You do not have to live in fear however, it is important to understand the difference between food allergy and food intolerance, the symptoms of these, and how to live with your allergy. A food allergy causes a reaction that involves more than one organ system, such as respiratory, cardiac, and digestive. Symptoms can range from severe to life threatening, and it only takes a small amount of the food to cause a reaction and sometimes just breathing in its aroma. Symptoms can include lightheadedness or headaches; itching, hives, or a rash; swelling of the lips and throat (N.A., 2011). Food intolerance will cause symptoms related to the digestive system, such as gas, bloating, nausea, and diarrhea, all of which tend to manifest themselves slowly, and most times you can tolerate a small amount of the food without difficulty (N.A., 2011; Li, 2011).

If you completely avoid your allergen you will not have a reaction, right? Wrong, you can still have a reaction through what is called cross-contact. Cross-contact occurs when the proteins from one food come into contact with another food. An example of this would be going to lunch and ordering a hamburger, but this particular burger is cooked on the same grill where eggs and French toast were prepared earlier that day. This grill now contains egg, milk, and wheat proteins unless properly cleaned prior. It is very important to call a restaurant ahead of time. Make sure a restaurant can accommodate your allergy, prepare your food in a separate location with sterilized utensils, properly sanitize the table and label the meal as an allergen-free meal, so that it won’t be confused with other orders (Schaefer, 2011).

Having a food allergy/intolerance sometimes means giving up your once favorite foods, but thankfully there are several replacement options available! For those with peanut allergies there is soy and sunflower butter one can use instead of peanut butter. There are now more options than ever for those with a wheat allergy that make your favorites with rice, corn, or potato instead of wheat. Many dairy products are now available using coconut, almond, or soy (Eating With Food Allergies, 2013).

In conclusion a food allergy can be a life-threatening reaction, whereas food intolerances cause vague, bothersome symptoms. Eating out is still an option as long as you take the proper precautions make your allergy known. If you have any sort of reaction to food it is important to get tested. Identifying your trigger food(s) can alleviate gastrointestinal problems, prevent possible anaphylaxis, and aide in a better eating experience.

References:


N.A. (2011). Food allergies and food intolerances: both are on the rise – and it’s important to know the difference. Harvard Women’s Health Watch, 18(9), 4-6.


Red & Green faculty on campus

New Business Administration

By Liz Clemmons
Comm 281

Minot State University has several new faculty members this year.

Hung Vu Thanh and Mehdi Hossain are additions to the Business Administration Department.

Vu Thanh is teaching fundamental management, fundamentals of business and strategic management. He is originally from Vietnam, where he taught business management at the National Economics University in Hanoi, Vietnam, for more than 20 years. MSU is his first school in the United States.

He is married and has 2 sons. His wife, who is still home in Vietnam, is also a teacher.

Vu Thanh came to Minot State to gain international experience. When he came across an opening for a visiting teaching position, he came for a visit, enjoyed the community and decided to take the position.

Vu Thanh said that although he has a language barrier, the students and staff have been very welcoming.

Mehdi Hossain, another fresh face in the department, is in his first semester as a professor and is teaching marketing strategy, consumer behaviors and International marketing communication.

Originally from Bangladesh, Hossain received his PhD in marketing at the University of Texas-Arlington. He had several offers, but took the offer for assistant professor at MSU because he liked the environment better than the other schools he was considering.

Hossain is married, but does not have children yet. When asked about how he is enjoying Minot State so far, he said he is enjoying it.

“I would love to continue teaching here,” he said. “I hope to stay for some time.”
Weekly on-campus meetings help with weight management

By Anthony Jones  
Comm 281

Minot State University’s Student Health Center hosts weight management meetings every Tuesday for all MSU students, faculty and staff. The purpose is to promote healthy lifestyle choices along with tips and motivation for successful weight loss.

Caren Barnett, a registered nurse and director of the MSU Student Health Center, leads the meetings.

“The group is a mixture of both male and female,” Barnett said. “Right now we average six in attendance, but we have seen as many as 18 in the past.”

Discussions vary from week to week and have included topics on portion size, reading food labels and healthy eating habits.

Paul Brekke, coordinator of the MSU Student Wellness Center, has demonstrated at the meetings different techniques for managing weight.

“The weight management meetings are a good thing,” Brekke said. “It is like a support group. Sometimes they talk about different recipes they have tried or share workouts with the group.”

For discussion information, Barnett draws information from two books. The first is “The Mayo Clinic Diet.” The second is “101 Brain Boosters” written by Terry Eckmann, MSU professor of physical education.

“I am very focused on prevention, so if people follow the instructions in the book they will live a better and healthier lifestyle,” Eckmann said. “It will improve learning and if practiced well it will make a person more active and conscious of their food choices.”

The meetings are free and are held Tuesdays at 3:30 p.m. in the Student Health Center in Lura Manor, lower level, south entrance.

MSU offers workshops to benefit students’ success at school

By Marissa Choiniere  
Comm 281

The Minot State University Student Success Center and POWER Center are sponsoring nine workshops for students next week.

On Oct. 28, Lynda Bertsch will present “Major Confusion” at 10 a.m. in the Westlie Room.

The POWER Center Staff will present the next workshop, “Using a Different Mirror: Adjusting your perception of others and yourself,” at noon in Main 214.

The final workshop of the day is “Make Your Time Count!” It will discuss making the most of your day, dodging distractions and avoiding procrastination. Aaron Hughes, student activities, and Camilla Van Dyke, housing, will present it at 1 p.m. in Main 104.

On Oct. 29, Bertsch will offer the “Major Confusion” workshop again at 1 p.m. in Main 216 for those who were unable to attend the previous presentation.

On Oct. 30, the “Make Your Time Count!” presentation will be offered again at 11 a.m. in Main 106B.

The POWER Center will also present “Seven Habits of Highly Effective Students” at 1 p.m. in Main 106A, followed by a workshop called “Did Your Mid-Term Grades Scare You?” at 2 p.m. in Main 213.

POWER Center staff will present “Using a Different Mirror” Oct. 31 at 10 a.m. in Hartnett Hall 303E. Attendees will learn to adjust their perception of others and themselves.

The last workshop of the week is a repeat of “Did Your Mid-Term Grades Scare You?” It begins at 11 a.m. on Oct. 31 in Main 213.

All workshops are approximately 50 minutes long and are free to all MSU students.

Questions? Please call the Student Success Center, 701-858-3362, or visit the office located on the second floor of the Student Center.

O’Keefe to discuss the drug Metformin at next Math Talk

By Emmanuel Okone  
Comm 281

Kowan O’Keefe, Minot State University mathematics and chemistry major, will present “Identification Problem in Pharmacokinetic Model for the Treatment of Type II Diabetes Mellitus Using Metformin” Thursday, Oct. 30, at 5 p.m. in Model Hall 330.

This research is a joint work by Kowan, another student, Michal Gudejko and Narayan Thapa, assistant professor of mathematics.

“For this research, we took 500 mg of Metformin and calculated the rate at which the drug moves from one compartment, e.g., GI lumen, to another, i.e., the liver,” Narayan said.

This research is part of the undergraduate research in applied mathematics. Thapa encourages students to present a research lecture every month, so that they can develop confidence and learn how to present to a larger audience.

O’Keefe has been involved in undergraduate research in applied mathematics with Thapa since April 2013. After graduation, he plans to pursue a doctorate in organic chemistry.

For more information about this event, contact Thapa at narayan.thapa@minotstateu.edu or 701-858-3087.

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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!

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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!
Vote on Measure 3, Question your degree

MSU students (standing from the left) Jen Gravos and Codi Thomas receive information on Measure 3 from students Kyle Combs, Jenelle Williams and Mercedes Drechsel. Measure 3 will appear on the N.D. ballot in November. If approved, it replaces the current part-time eight-member board and chancellor with a full-time three-member board appointed by the governor to oversee public higher education in the state. Members of the SOC 280 Social Movements and Human Rights class sponsored the booth.

Comedian fills room with laughter during live performance in Beaver Dam

Comedian Roy Wood Jr. entertains students during his performance in the Beaver Dam. MSU Life sponsored the event Oct. 14.

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‘It Was Rape!’ shown on campus

Lisa Dooley, Keep U Safe Program coordinator, speaks to audience members during the screening of “It Was Rape!” Other speakers were (from the left) Nancy Mickelson, campus counselor, Diane Harmon from the Domestic Violence Crisis Center, Sgt. Darren Dyke from the Minot Police Department and Kristin Plessas from North Dakota Department of Corrections and Rehabilitation. The documentary by Jennifer Baumgardner was shown earlier this month in the Beaver Dam. It featured eight women telling their diverse personal stories of sexual assault, from a Midwestern teenager trying alcohol for the first time to a Native American woman gradually coming to terms with her abusive childhood.
Cornerback Randall Barber forces a University of Mary wide receiver out of bounds in NSIC play at Herb Parker Stadium.

MSU looks for its first win

By Jamie Council
Sports Editor

The Minot State football team is still searching for a “W” with a record of 0-7 and four games remaining in the season. Most recently, the Beavers lost 17-31 in the Battle of the Beavers against the Bemidji Beavers in Minnesota. The weekend prior, MSU dropped a heartbreaking 29-31 loss to rival University of Mary Marauders at Herb Parker Stadium.

The Beavers were unable to pull off the win against Mary despite a 4:3 first down ratio to UM, just over 140 passing yards more than UM, and outscoring Mary 29-17 the second half. Minot State was two points behind with less than a minute left in the game and it was first and goal at the 5-yard line when junior quarterback Zac Cunha was hit from behind and dropped the ball. The Marauders recovered the fumble to end MSU’s hopes of a comeback victory.

Mary chipped away at the game the first half, converting a touchdown a quarter for a 14-0 lead at half. However, with 22 points in the third quarter, MSU took its first second half lead this season with the first pick six of the season. Bryce Broome ran in a 29-yard interception with the two-point conversion rush by Dalton Houghton with just under seven minutes left in the third.

WR Leon LaDeaux scored his second touchdown less than 10 seconds earlier on a 13-yard pass from Cunha. LaDeaux was also on the end of a 51-yard pass from Cunha for the first Beaver touchdown of the game.

However, Mary’s two touchdowns and a 26-yard field goal sandwiched between Broome’s pick six and a 3-yard run from Glyn Borel with four minutes left in the game put the Beavers in a position they were unable to recover from to fall short, 29-31.

The Beavers look for their first win this weekend against the University of Minnesota at Crookston. Kickoff is at 1:30 P.M. at Herb Parker Stadium on the Minot State University campus.

For more information, visit the Beaver football webpage on the MSU Athletic website at msubeavers.com.

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Junior Kristin Long (No. 12) keeps the ball away from two Minnesota State University-Mankato players at Herb Parker Stadium.

**Soccer on 3-game winning streak**

*by Kurt Miller*

*Sports Writer*

Minnesota State University proved to be the No. 2 team in the country Saturday afternoon, Oct. 11, as they defeated Minot State University 3-1 at Herb Parker Stadium.

The Mavericks jumped out to a 1-0 lead after holding possession in the Beavers’ end early on in the first half. Emily Morris hit a powerful shot from the top of the 18 that was just out of the reach of Beavers’ goalkeeper Celene Johnson (Jr.) in the 25th minute of play.

Minot State didn’t back down though. The Beavers earned a free kick from 40 yards out on the right side of the field that led to a goal, tying the match up at 1-1. Jamie MacFarlane (Sr., F,) settled the flighted ball played in by Emilie Rebelo (Jr., D), and served the ball across the penalty area to Kristin Long (Jr., M). Long placed the ball past a diving Minnesota State goalkeeper with one touch and sent the Beavers to halftime all-square.

The Beavers started the first 25 minutes of the second half with a strong defensive effort, but the Mavericks broke the tie in the 73rd minute when Rebecca Pederson slotted a ball low into the side netting making the score 2-1.

The Mavericks tacked on an insurance goal after chaos in the box resulted in an own goal for Minot State in the 78th minute.

Minot State recorded one shot on goal in the match while Minnesota State placed 10 shots on frame. Johnson was credited with six saves.

The Beavers prepared to take on the visitors from Concordia-St. Paul on Sunday, Oct. 12, at 1 p.m.

According to head coach Jason See Soccer — Page 12
Disappointing home losses for Beavers

By Kurt Miller
Sports Writer

The momentum from the Oct. 4 win against Sioux Falls didn’t carry into the first game of the weekend (Oct. 10) for the Minot State University volleyball team. The Beavers dropped Friday night’s match to No. 19 ranked Augustana by a score of 3-0.

“I’m disappointed in how we played tonight,” head coach Travis Ward said. “That’s not us and I don’t think that we played with very much passion.”

The Beavers came out in the first set and trailed early, but fought back to bring the score to 20-19 in favor of the Vikings late in the set. The Vikings, though, went on to win the set 25-20 and that was the closest it got for Minot State for the rest of the night.

The Beavers kept the second set close early on, but a span of three straight points by Augustana brought the score to 8-4 and they never looked back. They took the second set 25-18.

The final set proved to be more of the same as the Vikings put their foot down and ended the match with a 25-16 set.

Jen Dixon (Sr., OH) was the only Beaver to end up with double-digit kills in the match. She finished with 10. Mallory Sall (Jr., OH) finished the match with 9 kills, while Cindy Pelo (Jr., L) led the way defensively with 10 digs.

Tahlyr Banks did impressive work for the Vikings recording 20 digs in the three-set match.

Ward said his team needs to be more focused when they take the court.

“You’ve got to plug in,” he said. “You play unplugged or you go low energy, it’s tough to be invested. Whatever you’ve got to do to put your heart on the line where this matters right now, that’s so key in athletics.”

The Minot State University volleyball team wasn’t able to salvage its weekend Saturday afternoon (Oct. 11) in the MSU Dome as they dropped their second of two matches on the weekend to the visiting No. 13 Wayne State College Wildcats. The Wildcats won the match in straight sets, 3-0.

“Wayne played a great match tonight,” said. “We pushed them a little bit in set two and played a really nice opening start to the third, but just couldn’t seem to get any of those rallies to fall our way.”

After starting the match slow in the first set, dropping it 25-12, the Beavers showed more life in the second set as they fell 25-20. The Beavers cut into the lead and got as close as three points from tying it up late in the match at 21-18, but the Wildcats pulled away to take the set.

The final set started off close with the teams tied at two apiece, but the Wildcats won four consecutive points, all on long rallies, and got a strong grip of the final set.

“That was obviously deflating,” Ward said. “I think it was like 15-6 at the end of [their run]. We played a lot of really good rallies in that stretch, though, and we needed to get a couple of them and unfortunately we didn’t.”

Wayne State went on to win the final set 25-12.

Dixon led the way for the Beavers with 12 kills. She recorded eight kills in the second set and was the only Beaver to finish with a hitting percentage above .100.

Sall ended the evening with nine kills while Lauren Dunkle (So., OH) ended with five and Tarah Dabovich (Jr., MH) and Shaunessy Dauwalder (So., OH) each had two kills.

Elizabeth Gebhardt recorded a team-high 13 kills for Wayne State.

The Beavers moved to 4-14 on the season and 2-8 in the Northern Sun. Wayne State improved to 9-1 in the conference and 16-2 overall.

Minot State was back at home on Tuesday, Oct. 14, to welcome the No. 24 ranked Northern State Wolves to the Minot State Dome.

They came within points of a win, falling in five sets to the Wolves, 3-2.

Minot State got off to a hot start in the first set getting out to a 4-0 lead and the Beavers never looked back. The Beavers took the first set 25-19.

Northern State came back strong in the second set, though, getting out to an early 9-3 lead themselves. They went on to win the set comfortably, 25-14.

The teams went on to trade the third and fourth set, setting up a pivotal final set which saw Northern State jump out to an early 5-1 lead. The Beavers fought back though, leveling the score at 11-11 and taking the lead 12-11. But the Wolves never quit, and they eventually took the game and match, 15-13.

“I’m sad for my kids,” Ward said afterwards. “They’ve earned a lot of matches. It’s disappointing to not see them get one. I think I’ve said that too many times this year.”

Sall led the charge for the Beavers, recording 22 kills in the contest while Dixon, Rachel Fagerburg (Fr., OH) and Dabovich all ended up with double-digit kills.

Kelsey Chambers recorded a game-high 23 kills for Northern State.

With the loss, Minot State falls to 4-15 on the season and 2-9 in the NSIC. The Wolves of Northern State improve to 13-6 and 6-5 in the Northern Sun.

The Beavers were on the road for two NSIC contests beginning with a match at St. Cloud State on Friday. The Beavers defeated the Huskies 3-0. On Saturday, MSU lost to the University of Minnesota, Duluth, 0-3.

They were back home on Tuesday for a non-conference game against Dickinson. Results were not available at press time.

The next three games are also at home with Bemidji State on Friday and the University of Minnesota, Crookston on Saturday. The Beavers will host the University of Mary on Tuesday.
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Hockey Team Wins Four Games in a Row

By Jamie Council
Sports Editor

The Minot State men’s hockey team (4-2-1-0) has won four straight games in two series over the past two weekends for the home fans at the Mayas Arena. Still sitting at sixth in the ACHA Men’s Division 1 rankings, the Beavers defeated the number eight Liberty University Flames 6-5 (SO) and 4-2, and beat the unranked University of Colorado Buffs 4-1 and 4-0 respectively.

The wins’ closest game came in the exciting shootout victory in the first game of the Liberty series. Both teams put up a battle where a majority of the goals came from second efforts, and Minot’s success built upon individual efforts that led to an unstoppable team effort on home ice.

“It’s good to get a character win like that,” forward Dwight Lee said of how the team came together at the end.

The game started pretty even with a goal a side in the first period. Nespor put the Beavers in a win like that,” forward Dwight Lee said of how the team came together at the end.

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**Women’s Golf heads into spring season in 11th**

By Jamie Council  
*Sports Editor*

The Minot State women’s golf team concluded the fall portion of its season with an 11th place finish at the NSIC US Bank Women’s Fall Championships at Madden’s Resort Classic Golf Club in Brainerd, Minn. The team moved up after the 12th place first day finish by cutting 26 strokes off in the second day to finish with a sub 400 for a 798 total.

The Beavers entered the fall with a nine-place finish in 11th at Minnesota Crookston in 10th. Sophomore Kayla Barke led the Lady Beavers, tied for 29th place overall with a plus-38 182 (96, 86). Junior Danielle Foster cut 9 strokes off of day two for a 29th place overall finish with a 189 (99, 90). Junior Kayla Palczerski finished with a 211 (107, 104) for 56th overall while freshman Jade Teske finished 211 (107, 104) for 56th overall.

Just out of scoring position was Samantha Cottingham, who finished one place and two strokes behind Teske for 59th with a 219 (110, 109).

The Minot State Women’s golf team is finished with competition until the spring. For more information, visit the women’s golf webpage on the MSU Athletic website (msubeavers.com).

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**Women’s cross country sets pace for season**

By Jamie Council  
*Sports Editor*

The Minot State University women’s cross country team has just one race remaining before the 2014 Northern Sun Championships at Wayne State in Nebraska. Ranked 10th in the pre-season poll, the team has been making strides down the stretch of the season.

Most recently, Coach Stu Melby’s Beavers placed fourth of four at the Division 1 University of North Dakota Ron Pynn Invite in Grand Forks. Catie LeDesma led the team with a seventh place overall finish (sixth in scoring) with a PR 18:08.25 finish in the 5k event. Allison Windish also had a PR in the course, finishing 16th overall (15th in scoring) with a time of 19:07.02 while Samantha Huether finished 28th overall (23rd in scoring) with a 19:55.78 finish.

The weekend prior, MSU placed third of seven teams at the University of Jamestown Jimmie Invite. Again, the top three finishers for the Beavers went LeDesma (sixth overall), Windish (17th overall) and Huether (20th overall), but this was the best finish for the team as a whole. Erica Clark and Patience Albertson also scored for MSU placing 34th and 39th respectively.

At the end of September, the Lady Beavers finished 24th of 35 overall team, but eighth of 12 NSIC schools at the 29th Roy Griak Invitational 6k event and started out the season placing fourth of nine teams at the University of Minnesota-Moorhead Randy Smith Invitational on Sept. 12.

The MSU women’s cross country team travels to Bismarck for the University of Mary Mike Thorson Invite this weekend, before the Nov. 8 championships. For more information, visit the MSU athletic page at msubeavers.com.

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...Hockey continued from page 12

The Beavers managed to come out unscathed, but after all is said and done, a bitter-sweet feeling is at the forefront of the effort. The defense let in five goals, the offense failed to convert on eight power plays, including two five-on-three advantages, and the effort level was inconsistent.

“What we did the last five minutes, we need to do that for the whole game,” Beauchamp said. “We dictated the pace.”

This win started the momentum, both as a team and individually. Hengen strung the next two games together for solid wins, while Beauchamp secured the first team shutout while guarding the pipes in the last game of the Colorado series. Johnson tallied all four goals in that game, pacing the Beavers at 14 points (8 goals, 6 assists) in eight games.

Herauf had just one point in the first four games of the season, but now sits on Johnson’s heels with 12 points (4 goals, 8 assists) in seven games. He also leads the Beavers with 24 PIMS. The final man on the dominant line is playmaker Olson, who sits behind Herauf with 10 points (0 goals, 10 assists).

The Beavers have put themselves in a good position heading into a four-game road trip in a double two-game series between the University of Oklahoma and University of Central Oklahoma. The first game is tonight at 7:30.

Follow the action on Twitter @minotstate. For more information, visit the Beaver webpage at msubeavershockey.com.
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