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Photo by Kaleiah Murchison

Newly re-elected SGA president Alex Buchholz sits at a desk in the SGA office.

Students re-elect President Buchholz

By Kaleiah Murchison
Comm 281

Alex Buchholz was re-elected Student Government Association president last week at Minot State University. He ran unopposed in the election.

Returning with him are re-elected Kelsey Buchholz, vice president of finance; Kevin Gilgallon, vice president of state affairs, and Joel Cartwright, vice president of student outreach.

New to the office is Logan Gunderson, who beat out current vice president of

internal affairs, Alex Westman.

Buchholz is pleased to serve as SGA president for another year.

"I'm really looking forward to this upcoming year," Buchholz said. "It will be a legislative year, which means we will have a lot of lengthy discussions on bills and pass resolutions to help guide legislative decisions in ways that are best for Minot State students. I would also like to increase SGA's outreach so that more students are informed and involved with

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2016-17 Student Government Election Results



Vice President of Finance
Kelsey Buchholz



Vice President of State Affairs
Kevin Gilgallon



Vice President of Internal Affairs
Logan Gunderson



Vice President of Student Outreach
Joel Cartwright

SGA senators 2016-17

College of Arts and Sciences

Annika Kraft
Bikalpa Ghimire
Ryan Bent
Vacant
Vacant
Vacant

College of Education and Health Sciences

Alex Cundiff
Gunner Flynn
Jordan Foley
Kaitlin Walker
Vacant
Vacant

College of Business

Aaron Richard
Alex Osvold
Levy Cabatingan
Queenie Lim

General studies

Morgan Matejcek

Freshmen senators, on-campus senators, off-campus senators, a Graduate School senator and an athletics senator are elected in the fall.

News in Brief

Build a bear tonight

Don't you hate it when you try to make a critter at Build-a-Bear, and the little kids took all the stuffing ...? Us, too! But don't worry. At our build-a-bear event, it's college kids only! Bring some friends, and come to make your own new friend tonight from 8 to 9:30 p.m. in the Beaver Dam. MSU Life sponsors this event.

Music Class 299 to perform minimalist concert March 22

Hear the new music ensemble, comprised of MSU students in the MUSIC 299 class and directed by assistant professor James Fusik, in a concert featuring music from the minimalist genre March 22 at 7 p.m. in the Beaver Dam. The concert is intended to inform both the performers and the audience. It is the second of three performances for the ensemble this semester, with each to focus on a new aesthetic trend in the modern period. Admission is free. For more information, contact James Fusik at james.fusik@minotstateu.edu.

Participate in the Easter egg dash March 22

Hippity Hoppity! The Easter Bunny came and dropped ALL of his eggs on the football field! Put your running shoes on, and grab as many eggs as you can, to find out what prizes the bunny had in his basket! This event will be held in Herb Parker Stadium March 22 from 8 to 9 p.m. MSU Life sponsors this event.

Faculty art on display through March 31

Minot State University's Northwest Art Center is hosting the MSU Art Faculty's Biennial Art Exhibition in Hartnett Hall Gallery through March 31. The exhibit features the work of several faculty members. The gallery is open

Monday through Friday, 8 a.m. to 4:30 p.m., and by special arrangement. It is closed on holidays. The exhibit is free and open to the public.

Today in History

1862: The U.S. issues its first paper money (\$5, \$10, \$20, \$50, \$100, \$500 and \$1000).

1893: New Mexico State University cancels its first graduation ceremony. Its only graduate, Sam Steele, was robbed and killed the night before.

1933: Nevada becomes the first U.S. state to regulate narcotics.

1969: James Earl Ray pleads guilty in the murder of Martin Luther King, Jr.

1971: Senate approves amendment lowering the voting age to 18.

1975: "The Rocky Horror Show" opens at Belasco Theater, New York City, for 45 performances.

1990: The fourth American Comedy Award goes to the movie, "When Harry Met Sally."

2014: The world's largest banana company is created as the Irish fruit company, Fyffes, merges with U.S. company, Chiquita; the new company, ChiquitaFyffes, will trade on the New York Stock Exchange.

(Courtesy of Brainyhistory.com)



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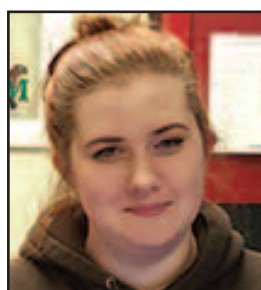
Voices on Campus

"What are your plans for Spring Break?"

Charles Wollschlager
Comm 281



Leif Bakken
Production Broadcast
"My plans are to go to Chicago with the Lutheran Campus Ministry group to stay at the Lutheran seminary, go to a Blackhawk game and tour Chicago."



Sheridan King
Communication Disorders
"I am going home to Preeceville in Canada for three days, and then going to celebrate my best friend's birthday in Estevan, Canada."



Branden Evans
Theatre
"I am traveling to Minneapolis to see the musical, 'If/Then.'"



Layn Sarsten
Broadcasting
"I am going to the Twin Cities in Minnesota for Spring Break to enjoy some rock climbing".



Inga Dudley
Math Education
"I am seeing 'Beauty and the Beast' live at Chanhassen Dinner Theatres in Minnesota."



Rachel Baker
Athletic Training
"I am going to the Edgewater Resort at Panama City Beach in Florida for Spring Break!"

... Elections

continued from page 1
important campus and legislative issues."

Buchholz has plans to continue MSU's sustainability projects.

"I would like to improve upon our sustainability efforts. The water bottle attachments installed earlier in the fall semester are saving on the number of water bottles used, and I think we can continue

to become more sustainable with increased recycling availability and education."

Elected senators are Annika Kraft, Bikalpa Ghimire and Ryan Bent from the College of Arts and Sciences. Alex Cundiff, Gunner Flynn, Jordan Foley and Kaitlin Walker will represent the College of Education and Health Sciences. Morgan Matejcek is general studies senator and Aaron Richard,

Alex Osvold, Levy Cabatingan and Queenie Lim will represent the College of Business.

Voter turnout was the largest in four years with 357 students voting (approximately 10 percent).

Students are welcome to stop by the SGA office, attend biweekly meetings or email SGA@minotstateu.edu to share thoughts and concerns.



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STUDENT NEWSPAPER



On Movies



'Triple 9'

by Alex Nelson
Staff Writer

Nothing is what it seems, and the thin line between black and gray is about to crack.

"Triple 9" stars Casey Affleck, Chiwetel Ejiofor, Anthony Mackie, Aaron Paul, Norman Reedus, Clifton Collins Jr., Gal Gadot, Woody Harrelson and Kate Winslet. It is directed by John Hillcoat and rated "R" for strong language, sexual content and strong violence.

In the city of Atlanta, a group of criminals, Michael (Ejiofor), Marcus (Mackie), Russell (Reedus), Gabe (Paul) and Franco (Collins Jr.), are tasked by Russian mobster Irina (Winslet) to steal some

important data from a highly secured building. The robbers know that heavy police activity will be inevitable if they storm the building. A plan is then set in motion to perform a 999, which is a police code for an officer down. The 999 in turn will alert every police officer to the call, therefore making the heist easy to perform.

There are misgivings in the idea, but Michael has a connection with Irina and her sister Elena (Gadot), and decides to go through with the plan. Marcus, a corrupt cop, is charged with performing the deed on rookie Chris (Affleck), the cousin of Detective Jeffery Allen (Harrelson).

While the plan is set, nothing is easy as suspicions and violence come crashing down on everyone. "Triple 9" is, in some ways, a fusion between classic heist film,

"Heat," and crime thriller, "Training Day." Some may believe that they have seen enough of those types of movies to know what is going to happen. "Triple 9," however, still manages to impress.

The acting was very well performed by the cast. Each character in my opinion had a different personality that defined who they were. The morality of this movie is very black and gray, to say the least, especially with its characters. The robbers themselves you want to get caught, yet some of them have doubts about performing a killing, and some only care about looking out for one another rather than looking to get rich.

At the same time, you feel that they have to go down. With Harrelson as the lead detective searching for these robbers, you

can tell that you want him as an ally who watches your back, but he is someone that you might hesitate to be friends with. Kate Winslet, who plays the mobster, is terrifying and a far cry from the love interest she played in "Titanic." While there may be some debate on the Russian accent she uses, there is no doubt that she can play a character who really cares for children, yet at the same time would not hesitate to gut you if you step out of line.

The only character that is morally good would be Affleck's character, who is not looking for money or recognition, but to help people and make a difference. It is scary to see that his character is unknowingly part of this bigger plan.

Some of the shootouts featured in the film are interesting to

watch, though I should be clear that it isn't an action film. "Triple 9" is a thriller, as the main focus of the movie is like a giant game of cat and mouse with our characters.

The movie kept me on my feet, as there were plenty of times I thought I knew what was going to happen, when all of a sudden, something unexpected occurred. I didn't have any issues with this film, though I thought that, near the end, the film was a bit rushed. Not ruined or anything like that, but just a bit rushed. Overall though, the film's cast and its intense scenes kept me watching and interested in seeing what was going to happen next.

I personally rate "Triple 9" 4 out of 5 Beavers.



International Celebrations

Maslenitsa

By Alina Kireeva
Staff Writer

Everyone has heard of Fat Tuesday or Pancake Day. In England, it's called Shrove tide; in Southern Europe, Carnival; in the U.S., Mardi Gras; and finally in Slavic countries, Maslenitsa.

Unlike most of the Christian world, the Eastern Orthodox Church uses the Gregorian calendar, which shifts the annual calculation

of Easter Day. Easter Day affects the start day of the Great Lent and the variously named celebration that precedes it. The Great Lent is meant to prepare one's spirit for celebration of the Resurrection; to make the character of the believer uplifted and strengthened.

In Orthodox Christianity, one of the strictest Christian denominations, Lent has very strict rules which exclude all foods of an animal source, and encourages prayer

time, a modest lifestyle and actions of goodwill. Therefore, the celebration taking place before Lent starts is meant to be the last treat before the time for exercising will and restricting daily pleasures. This celebration is special in some way to every country, incorporating some type of local traditions. However, interestingly, Slavic Maslenitsa is rather more pagan than Christian in its essence.

The tradition of this week-long

festival dates its origin as early as the second century A.D. in the region of Russia, Ukraine and Belarus. The origin and meaning of the holiday is disputed by historians and mythologists; the celebration itself was evolving and collecting attributes of local specifics and, finally, adopted by Christianity.

The rites are complex and have elements of pagan beliefs, Slavic mythology and Orthodox Christianity. Maslenitsa started as a

celebration of the beginning of the farming season, the end of winter and remembering late family members and ancestors. Some historians believe the holiday was associated with the spring equinox, worship of the sun and recognition of gods who were the patrons of farming, cattle and crops. Farmers were paying a lot of attention to land which had to be nourished as the season was about to start.

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

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... Maslenitsa continued from page 4

The oldest and most persistent tradition in Maslenitsa is in the burning of a dummy, made of old dead tea branches and hay, and dressed in bright holiday clothes. The ashes were traditionally spread over the fields with the wish of good crops for the year.

The process of burning an effigy symbolizes life through death, a mystical creature that is reborn through burning itself, as well as the end of winter and start of spring with flames that symbolize the sun and its vital energy.

The importance of Maslenitsa as a memorial week was significant for pagans. They believed that the souls of their ancestors were both in heaven and on earth with them, so they would always ask for their help with crops. The feasts, which are an inseparable part of Maslenitsa, originally came from the memorial dinners which were held in memory of the fallen warriors and late relatives.

Every day of the Maslenitsa week has a special meaning. After being adapted to Christian traditions and officially recognized by the Orthodox Church as a 'Cheese Week' which precedes the Great Lent, Maslenitsa gained special meaning as the last festive winter fun.

Maslenitsa opens on Monday, which is called Meeting Day, when the in-laws send their daughter-in-law to spend the day with her parents, and then visit them in the evening. Tuesday is Matchmaking Day, when young people are invited to each other's houses and introduced. Wednesday is the Feast Day, when the mothers-in-law invite their sons-in-law and other guests for a feast at home. Thursday is Festival Day, when the celebrations peak. On that day everyone goes to a fair and plays games and outdoor activities, like snowball fights.

Friday is a day for a mother-in-law to visit her son-in-law in response to Monday's visit. On that day, the daughter is baking crepes. Saturday is a sisters-in-law invitation, when a husband's relatives come over to celebrate. Sunday has several meanings and names; the two most common are Forgiving Sunday and Farewell Sunday.

On the final day, people ask their relatives and friends to forgive their wrongdoings for the previous year so they can start out the Great Lent in peace with a light heart. People visit cemeteries to give respect to their ancestors, clean up their houses after the celebration and finally burn a dummy at a festival on the very last day.

This year Maslenitsa starts on March 7 and goes until March 12. Schools in Russia, Belarus and Ukraine will have special events and activities for students throughout the week. Various public festivals are held outdoors, offering the most traditional Maslenitsa treat — Russian crepes. The tradition of serving them for this specific festival is rooted in the memorial tradition of this holiday. For centuries, crepes were the most common food offered at memorial services.

Crepes can be served with anything from meat and caviar to honey, jam and chocolate. This makes them a universal treat for the whole week.

Wine is another inseparable part of the gastronomic festivity. Since most of the celebrations take place outside, mulled wine, along with warm mead and sweet homemade liquors are very common.

The most loved and traditional way to serve crepes is with thick, fatty sour cream and honey. Since fresh fruits and berries were not available during winter, all kinds of processed fruits from jams and syrups are traditional for the dessert crepes.

Maslenitsa is a family celebration that brings everyone together. Even if they do not observe Lent, Maslenitsa is special, nevertheless.



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by Frankie Jean-Pierre
Staff Writer

I would like to take the time to talk about professions and professionalism. I was recently informed that some people, including professors at colleges such as Minot State, think that a criminal justice degree is a "non-professional" degree. The only apparent exclusions from this are lawyers (who don't require a criminal justice degree). Needless to say, I was pretty offended that people would think my major, into which I've invested thousands of dollars and years of work, is not a "professional" degree.

First off, let's define what a profession is and the subsequent professional. A profession is defined as a vocation that requires knowledge in a specific field or science. Thus, a professional is someone with the aforementioned knowledge who additionally has made a career or livelihood out of said profession. The only argument that exists to say that law enforcement or the degree of criminal justice is not a professional degree, is to point out that for a person to become a police officer or, say a correctional officer in a jail or prison, you do not need to have a higher degree of education.

However, that's as far as your career will advance in the field. Not to say that's a bad thing,

because both positions are noble and can earn a person a fair living, with benefits.

The reason criminal justice is a profession, though, is because there is a science behind understanding law and learning how to enforce laws both on the streets and in the courtroom. Furthermore, to get any federal law enforcement job, such as with the FBI, CIA, U.S. Marshals, etc., a person will need several years' of experience and a four-year degree from a university, like a degree in criminal justice.

Even at the lower levels of the criminal justice field, a four-year degree will be required in order to promote above the rank of sergeant. To become a probation officer, a person needs three years' of experience working in social work, corrections or law enforcement, and a four-year degree before even being considered for an interview to be a probation officer.

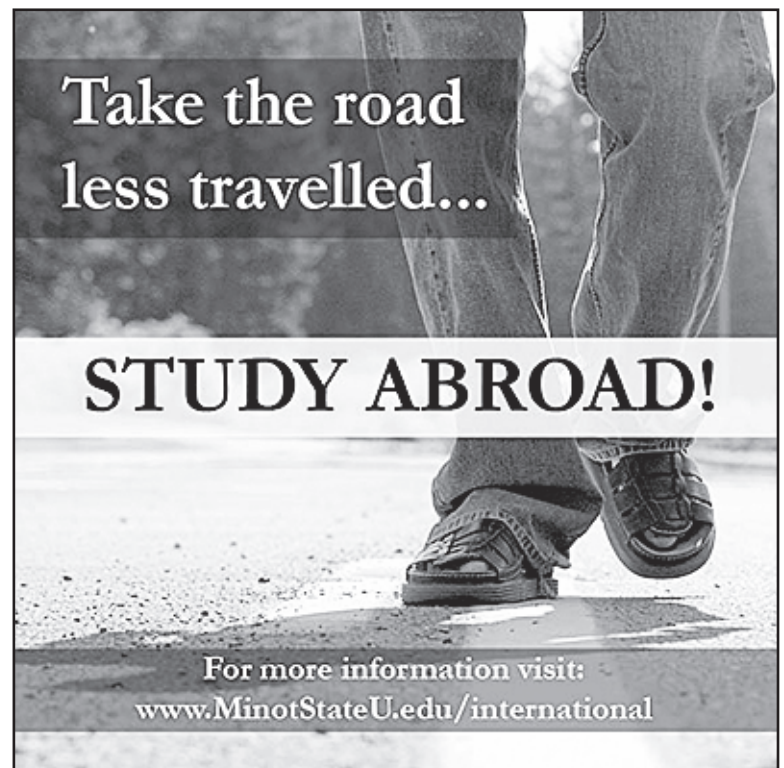
With some variations depending on the jail or prisons and whether



they are state or privately owned, a person will again need a degree in order to work in higher positions of that facility. The list goes on and on, and a vast majority of the criminal justice field requires higher education in order to see success and advancement to higher positions.

To look at the criminal justice field as simply a field where anyone can do it, and as a field that requires no professionalism, is foolish and highly offensive to students like myself who are working into the field, and to those officers of all levels, both state and federal, who work hard studying the many facets of criminal justice and, as a whole, conduct themselves professionally.

If criminal justice wasn't a pro-
See Justice — Page 6



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www.MinotStateU.edu/international

... Justice
continued from page 5

fession, a degree wouldn't exist for it; if it wasn't a profession, then anyone could become a police or correctional officer and that would be the end of it. Allow me to inform you that not anyone can pass the requirements to join this field or handle the decisions that must be made as a patrol officer, as the chief of police or in the courtroom as a lawyer. There's a serious amount of education that goes into this field, and it's in no way less of a profession than being a doctor, a business owner or professor.

So, before someone assumes that a career field or a degree is "non-professional," do some homework and learn exactly what is required to do the job, because if anyone thinks people studying criminal justice are a bunch of meatheads looking to be cops and wear a cool uniform, think again.

We are far more professional than that.

MSU graduate shows nighttime's beauty in artwork

By Charles Wollschlager
Comm 281

"Art is something to everyone. Art is a way for me to relax, to learn, to express and to concentrate. The process of creating art is as important as the final product."

This is part of the artist statement of Minot State University graduate, Monica Tininenko, who is displaying her photographic work at the Gordon B. Olson Library Gallery through April 7.

An avid photographer since before she started attending Minot State, her exhibit consists of her latest project, photos she took during a trip to London in March, 2014.

"Photography is my most common way of capturing things I feel are important to share, and

how I express my love of life," Tininenko said. "The fact that there are so many photographers today can be discouraging to a beginning artist, but that hasn't stopped me from creating images and sharing them with whoever is willing to look."

Tininenko has been working with photography since 2011, when she was given her first digital camera, and started her career by taking photos around the state of North Dakota. Those images of the state's people and scenery made up her first show, titled "Prairie Trails."

That led to her being a part of an historical asylum preservation and documentation project known as Project Kirkbride. This involved more than 40 photographers and videographers who sought to document the now-

closed Fergus Falls Regional Treatment Center in Fergus Falls, Minn., and allowed her to work with photographers from all over the country.

Even though she seemed to be doing a great job in photography on her own, she started studying digital photography in the campus art department at Minot State. She graduated in May, 2014, with a bachelor's degree in marketing and a minor in art.

"I studied 35mm black and white film photography and development, and digital photography at Minot State University. The rest of my time behind the camera has been largely experimental and incredibly fun," Tininenko said.

In this new exhibit, "Night Life," each of the photos show her work with nighttime photog-

raphy, where photographers focus on taking photos of certain surroundings between dusk and dawn.

"The exhibit portrays the places that we see during the day, but might not recognize or take the time to appreciate after the sun sets," Tininenko said. "Night is something that affects all parts of the world, and can also be so beautifully unique to everybody."

Everyone is invited to come and see what the world looks like at night through this photographer's eyes.

The gallery is open during regular library hours. For hours, call 858-3200. It is closed holidays. Admission is free.

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When life hits you hardest

By Regina Miller
Nursing Student

As college students, stress is usually a constant companion. Our stress may come from varying class schedules, demanding assignments, late-night studying/cramming in preparation for exams, keeping up (or trying to keep up) with our social life, being consumed with latest fashions and events on campus, or striving to excel at everything we do.

For many of us, our nutrition is the last thing we are concerned about, exercise isn't an option (we don't have time), and we believe that "we can sleep when we're dead." Although some stress can be beneficial by "[pushing] you just to the level of optimal alertness, behavioral and cognitive performance," as cited in Sanders, 2013, stress becomes extremely harmful to the body if it is present day after day. Research is clear that constant stress is associated with not only heart disease, diabetes, obesity, high blood pressure, and major depression, but also with fatigue, unreasonable irritability, chronic headaches, unrestful sleep, and a poor immune system. Since many college students can relate to several of these common side effects of stress, it is essential that we learn how to implement ways to reduce stress.

In 2013, the American Psychological Association (APA) designed a stress fact sheet listing several things that can be done to reduce stress. For example, one should identify what is causing the stress and write these things down in order to develop a plan for addressing the stress. As college students, sometimes it may be hard to eliminate stress associated with our classes. However, if we need more time to complete an assignment, it never hurts to ask the instructor for an extended due date. It is important to "list all your commitments, assess your priorities and then eliminate any tasks that are not absolutely essential" (APA, 2013).

Another recommendation by the APA (2013) on addressing stress is to

build strong relationships. Although certain types of relationships can be a source of stress, strong and authentic, genuine, supportive relationships can "serve as stress buffers." When close family members or friends know about the tough times we are going through, "they may be able to offer practical assistance and support, useful ideas or just a fresh perspective as you begin to tackle whatever's causing your stress."

As stress levels increase, it is very easy to buckle under the pressure and lose our temper. The APA recommends that we walk away from a situation when we feel ourselves getting angry. It is important to take a moment, calm ourselves, and just breathe for several seconds. Along with walking away from a tense situation, physical activity or exercise "increases the production of endorphins, your body's natural mood-booster." Although it may be nearly impossible to find the time to do a workout, a simple walk from one end of the campus to the other gives us fresh air and may be a small step that makes a difference in our stress level.

Another strategy by the APA to reduce stress is to rest the mind. Surprisingly, "stress keeps more than 40 percent of adults lying awake at night!" It may be difficult to turn off the TV, close the laptop, turn off the cell phone, or cut back on caffeine, but setting a bedtime routine which limits these distractions can help a person relax and get those much-needed seven to eight hours of sleep. "Relaxation exercises not only help reduce stress, but also boost immune functioning."

Lastly, the APA explains that when we continue to feel overwhelmed, we should get help. This may mean setting up a free appointment to talk with someone from Counseling Services at the Student Health and Development Center in the lower level of Lura Manor.

"The goal of Counseling Services is to help students develop effective solutions and decision-making capabilities in order

to return to their normal functioning as soon as possible" (Minot State University, 2016).

Besides the five different strategies listed by the APA to reduce stress, there are many other things that can be done to release stress. For example, listening to or playing music, taking a long shower, coloring or drawing, reading funny jokes, reflecting on one's blessings, or eating healthy, nutritional meals can do amazing things to combat stress. As a personal favorite, I absolutely love the stress-relieving effects of drinking Ionix Supreme, a well-researched, nutrient-rich drink that "contains a carefully selected combination of Adaptogens" (Isagenix International, 2015).

As a senior in college, I pray that you find ways to reduce/relieve your stress, in order to live a more whole, healthy and rewarding life as a college student.

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CORRECTION

In the Jan. 28, 2016, issue of the Red & Green, the lady in the above photo was misidentified. The caption should have read:

MSU Football player Chase Kimble poses with a longtime friend from church at the Institute for Rehabilitation and Research in Houston. Kimble was injured in the last football game of the 2015 season.

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How to have a safe Spring Break experience

By Metro Creative

Each spring millions of students from high school and college embark on a pilgrimage to a vacation locale of their choice and proceed to kick up their heels and relax. For some students, the vacation is really a chance to unwind from months of study and is duly deserved. Other students use Spring Break as an excuse to participate in reckless behavior, including overconsumption of alcohol.

Most parents are worried about what their children might do while on Spring Break. Statistics indicate that 80 percent of parents are worried about their kids drinking, and almost the same amount are worried about unprotected sex fueled by alcohol consumption. On average, spring breakers consume 10 drinks per day.

Some resort towns are the more popular — not to mention notorious — for Spring Break revelry and frenzy. These include Daytona Beach, Fla.; Cancun, Mexico; Panama City, Fla.; South Padre Island, Texas; and New Orleans, La.

News stations often report incidents that occur during Spring Break festivities that have gotten out of control. In April 2010, Matt James, a football recruit for the

University of Notre Dame, was killed during his senior year of high school after he fell from a hotel balcony while on a Spring Break vacation. Alcohol was to blame.

Spring Break needn't end in a tragic story. There are safety tips every student can heed to help make their trip fun and safe.

- Avoid theft. Spring Break draws big crowds every year. Keep your belongings and money safe by always locking doors and windows when leaving the hotel. Try to go to the ATM machine with friends in groups during daylight hours and always be aware of who is watching while you withdraw cash. If you feel unsafe, go to another machine.
- Be cautious in the car. Be especially careful while driving. Many spring-breakers drink excessively and then get behind the wheel, making for dangerous driving. Always be on the lookout for reckless driving and steer clear of danger. If driving to your vacation location, take turns sharing time behind the wheel with others to avoid growing tired on the road.
- Drink responsibly. Most spring-breakers drink to some extent while on vacation. It is OK to have fun if you are of the legal age, but pace yourself and don't

make daily intoxication your goal. Alcohol poisoning is more common than many students know. In addition, the sun can increase the effects of alcohol, so keep this in mind if you're spending ample time on the beach. Also, remember that being drunk makes you an easier target for theft, assault and even sexual abuse.

- Swim safely. When heading to the beach, always choose a spot on the sand with a lifeguard on duty nearby. Even a very experienced swimmer can be swept up in a rip current.
- Always have a buddy system. Whenever going out, be sure you do so with friends and be certain to come home with friends. You can collectively watch out for one another and make sure no trouble ensues.
- Recognize not everyone is overindulging. Overindulgence might seem the norm at spring break, but not everyone is engaging in excessive or risky behavior. You never have to do something that makes you feel uncomfortable. Again, this is where the buddy system can help protect you in certain situations.
- Be especially careful abroad. When traveling overseas, it's important to realize that not all of the rules and regulations you're used to will be the same. Some

countries have very strict drug and alcohol laws, and zero tolerance for smuggling. Don't let your Spring Break trip turn into a legal nightmare by doing something foolish. Also, do your homework before traveling to any foreign destination. Be aware that there

are also native residents who know vacationers can be easy scam targets.

Spring Break has the potential to make positive memories that last a lifetime if revelers act responsibly.

SUDOKU

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

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!

COFFEE BUZZ WORD SEARCH

O G E O B E V E R A G E W P C X G A I S
U E A E M A T H T O H A O D P I R D R H
N Y G F W A R M X S P X Y T E C I Y P X
E T N A U F Z A N H X S P X Y T E C I Y P X
M O C H A A O I X B A R I C E H X X I G A B
F X L N E A R O C V P N M C A F F E I N E
N Z P O U A S N V P N M C A F F E I N E
Z R B C R B C U I P B U O H Y Y V F D
Z Y N C O X I T M G C A C B L E N D E G R Z
U O M T U C X W C A C B L E N D E G R Z
B A S T Y A S S D E Y R U C D A N S N E E
D E M I T A S S E R L O P U O A P Z M T
D K F G E X O T E I C F Y H P L M R B A Z
L L I F E N C H F R E T T I B Y A S E C E I
I F R E N C H F R E T T I B Y A S E C E I
E T A L O C R E P W S O X L C W S S C Z
B B A R I S T A T A E W V U F G G M O X V N
K L I M I S L R A T A R O A S T E R S N S
M Z C O I T B M L K M N A N U V E N B H
B M I L K G S F S N A E B V M E L L O W

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

WORDS

ACIDITY
ARABICA
AROMA
BAG
BARISTA
BATCH
BEANS
BEVERAGE
BITTER
BLEND
BREW
BUZZ
CAFFEINE
CAPPUCCINO
COFFEE
CREAMER
DEMITASSE
DRIP
ESPRESSO
EXOTIC
FLAVOR
FRENCH PRESS
FROTH
ICED
MELLOW
MILK
MOCHA
MUG
PERCOLATE
POT
REFILL
ROASTER
STIR
SUGAR
VARIETAL
WARMTH



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Living and coping with ADHD

By Kasey Rademacher
Nursing Student

Attention Deficit Hyper Disorder, also known as ADHD, is a chronic condition marked by persistent inattention, hyperactivity and sometimes impulsivity (Bhandari, 2015). ADHD is a disorder in which a person is unable to control behavior due to difficulty in focusing, and is accompanied by an extremely high level of physical activity. Townsend (2014) defines hyperactivity as "excessive psychomotor activity that may be purposeless or aimless, accompanied by physical movements and verbal utterances that are usually more rapid than normal. Inattention and distractibility are common with hyperactive behavior."

When dealing with ADHD, it is important to find coping mechanisms to manage every-day symptoms. Establishing coping mechanisms will allow an individual to overcome the struggle of daily distractions, the lack of organizational skills and becoming overwhelmed. Since ADHD is not something that just goes away through the years, many adults that struggle with ADHD throughout their lives have developed systems that allow them to make it through the battle of each day with these symptoms.

Concentration is a hard task to grasp with ADHD. Distractions should be minimized. One main coping skill is to take breaks. Becoming overstimulated can happen very quickly with ADHD, and can often lead to meltdowns. In order to take breaks, it's important to recognize when one is beginning to feel overwhelmed. Being self-aware and taking breaks from the stimuli will eventually lead to feelings of complete control.

A great way to deal with excessive noise is to utilize earplugs. Eliminating excess noise allows for uninterrupted concentration and will increase the ability to focus on specific tasks. This increased focus, in turn, increases and lengthens attention spans. With ADHD and effective coping systems, you are capable of focusing, even when you

feel as if you cannot. To prevent restlessness and fidgeting, allow yourself to move around at appropriate times to help regain focus by not letting yourself get bored with certain situations.

Time management is a challenging concept for those that struggle with ADHD. People with ADHD often have a different perception of how much time it will take to complete a task. A clock is the simplest way of managing the challenge of time perception. When starting a task, ADHD sufferers should track their time, since it can be hard to estimate how long something will take. When planning daily routines and tasks, it is important to allow for extra time. Obsessively checking and rechecking is a main symptom that comes with ADHD. Having everything written down or planned answers the fear of being unprepared. This can be done easily with a planner and thinking ahead in case unplanned things may happen. Using a calendar will help plan out every day and make sure important things are not forgotten.

The lack of impulse control is another symptom that can accompany ADHD. It can be easy to jump from one thought to the next before completing the last thought. It is helpful to prioritize

functions in order to avoid getting sidetracked. Creating lists and prioritizing tasks allows for better focus on what is most important. In turn, you can take one thing at a time until each task is complete.

These are all great coping skills when it comes to dealing with ADHD. You may also contact the MSU student development and health center or seek assistance from your primary care provider for more ways to cope with ADHD. In reality, living with ADHD can be as difficult or as easy as you make it. With appropriate coping skills, it is possible to get focused and stay calm. By taking advantage of the described techniques, you can become more productive, organized, and feel like you have more control of your life. This all will improve your self-worth and help you live each day to its fullest.

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Bhandari, S. (2015). Understanding the basics of ADHD. WebMD. Retrieved from <http://www.webmd.com/add-adhd/childhood-adhd/understanding-adhd-basics>.

Townsend, Mary, C. (2014). Essentials of psychiatric mental health nursing: Concepts of Care in evidenced-based practice. (6th ed). Philadelphia, PA: F.A. Davis Company.



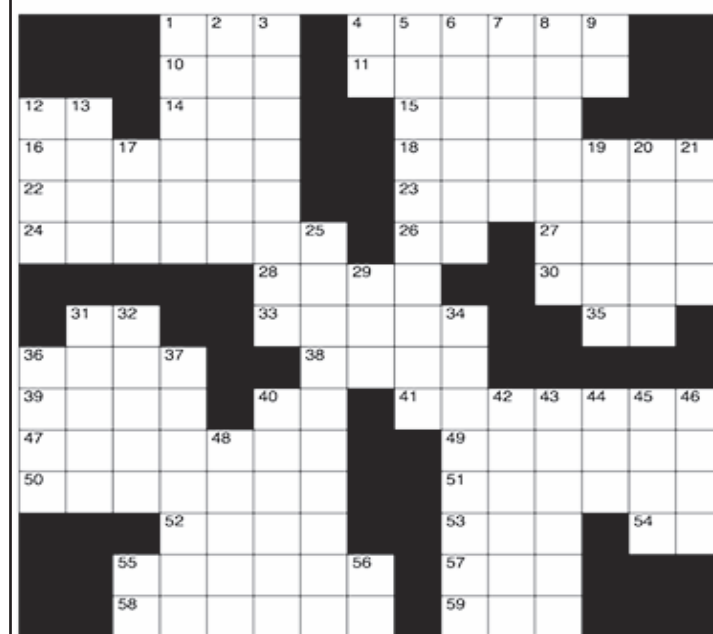
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CLUES ACROSS

- | | |
|-------------------------------------|---|
| 1. Exclamation that denotes disgust | 36. Contains iron (Brit.) |
| 4. Climbed over | 38. Sees what the future holds |
| 10. Has 50 states | 39. The extended location of something |
| 11. Able to move | 40. Cobalt |
| 12. Prime Minister (abbr.) | 41. Dwells |
| 14. Cotangent (abbr.) | 47. Reprimand |
| 15. Particle | 49. Agree to a demand |
| 16. Fastened | 50. Talented in or devoted to music |
| 18. Wonders | 51. Gospels |
| 22. Surpassing all others | 52. European defense organization (abbr.) |
| 23. Provides basement access | 53. Edge of a cloth |
| 24. Daily | 54. Equally |
| 26. North Dakota | 55. Experience again |
| 27. Related to gulls | 57. Female sheep |
| 28. Provoke | 58. Made vanish |
| 30. Lake __, one of the Great | 59. Unit of force (abbr.) |
| 31. Police department | |
| 33. Throat illness | |
| 35. South Dakota. | |

CLUES DOWN

- | | |
|---|-------------------------------|
| 1. __ up | 25. Term of affection |
| 2. Rear of (nautical) | 29. They __ |
| 3. Purses | 31. Polynesian wrapped skirt |
| 4. Samarium | 32. Far down areas in the sea |
| 5. A way to take forcibly | 34. Delivered a sermon |
| 6. On or into | 36. Any physical damage |
| 7. Metric capacity unit (Brit.) | 37. A Seattle ballplayer |
| 8. Assign to a higher position | 40. Raccoonlike animals |
| 9. Delaware | 42. Odd |
| 12. Post-traumatic stress disorder | 43. Delivery boys |
| 13. Island | 44. Billy __ Williams |
| 17. Central processing unit | 45. Icelandic poems |
| 19. Pitchers | 46. A Scottish tax |
| 20. Long-winged member of the gull family | 48. Central Florida city |
| 21. Auld lang __, good old days | 55. Rhenium |
| | 56. __, denotes past |



Photo courtesy of Kristopher Morken

Jeremy Johnson (No. 11) and goalie Connor Beauchamp defend the goal at the ACHA National Tournament in Bensonville, Ill. The Beavers defeated Arizona, 5-0, before losing to Iowa State in the quarterfinals, 2-0.

Heart-breaking quarterfinals loss for Beavers at ACHA tournament

By Keith Ailes
Sports Writer

The No. 1-ranked Minot State University hockey team began its run at the American Collegiate Hockey Association National Tournament on a high note against the University of Arizona. Cole Olson led the charge, starting the Beavers off with the first goal of the game with an assist from Brett McNevin. MSU also received goals from Sam Briscoe, Brett Nespor, Jeremy Johnson and Kyle Lipinski. Both Nespor and Briscoe ended the game with one goal and one assist. Between the bars, Minot's goalie, Connor Beauchamp, had 29 saves and held Arizona scoreless. MSU ended the game with 45 shots on goal and came away with the 5-0 win.

Moving on to the quarterfinals, MSU took on the Iowa State Cyclones, the team that the Beavers split with back in January. Iowa State would strike first in the first period, making the score 1-0. Jeremy Johnson tried to respond with his own goal, but the puck hit the crossbar. MSU had solid chances, putting pressure on Iowa State with shots on goal, but no pucks could beat the



Briscoe



Johnson



Lipinski



Nespor

Iowa State goalkeeper. ISU would go on to score again in the third period, closing off the Beavers' season, 2-0.

MSU ended the season with a 34-5 record. The Minot State hockey team will say goodbye to seniors Rikard Lundin, Cote Dickerson, Kyle Volk, Brett Nespor, Bob Pond, Ryan Curzon and Nick Zern.



Olson

Men and women do well at indoor track and field conference meet

(MSU Sports Information)—Minot State University's Erica Clark (Sr., Mid-Distance) broke her own school record in the prelims of the women's 800-meters with a time of 2 minutes, 19.22 seconds at the 2016 Northern Sun Intercollegiate Conference Indoor Track & Field Championships at Mankato, Minn., Feb. 26.

"It was really good for Erica," MSU head coach Stu Melby said. "She had a great year her first year, finishing fourth, and then last year just missed the finals."

Joining Clark in lowering her school record, senior DelRay Audet raced to a 9.16 in the 60-meter hurdles. Unfortunately Audet finished 12th overall and did not make the finals in the 60 hurdles. She was also 12th in the women's 400 with a personal best, 59.24.

Freshman Erin Winterton turned in three PRs in the 60-meter dash, the 60 hurdles and the 200. She ran the school's sixth fastest time in the 60 hurdles with a 9.69. She ran the school's eighth fastest time in the 60-meter dash, turning in an 8.29 and finishing with a 27.69 in the 200.

Joining that group with PRs were

Shayla Christensen (So.) who finished 16th in the women's weight throw (14.09-meters), Dijah Silva (Sr.) in the 200 (26.81) and Randii Widmer (Jr.), who upped her PR twice in the long jump (15-feet-4). The women's distance medley relay team of Samantha Huether (Jr.), Allison Klein (Fr.), Emily Westlake (So.) and Audet lowered the team's season-best time by 45 seconds and finished 10th overall with a time of 13:15.33.

On the men's side, the Beavers had eight PRs including two student-athletes who finished with two apiece.

Tanner Gust (So., Throws) moved up to No. 3 all-time in MSU school history with a heave of 14.22-meters to finish 18th overall in the men's weight throw. Kevin Hodges (So.) went 13.11-meters in the event to finish No. 21 and Jacob Hatfield (Fr.) tossed a PR with a 13.08-meters to end in 22nd.

Tyler Bates (Jr., Sprints) was 16th in the men's 400-meters, running a 51.66 and placed 17th overall in the 200 with a 23.13. Kaleb Kirby (So.) was the highest finisher for the Beavers on Friday as he placed 11th overall in the pole vault with a leap of 13-feet-7¼. Dylan Harvey (Jr., Hurdles) was 12th in the 600 with a 1:29.25.

Chiti Nkhuwa (Fr.) and Daniel Daffinrud (Fr.) picked two PRs each as Nkhuwa ran his best in the 200 and 400, while Daffinrud set his all-time best times in the 60 and 200. Josh Drew (So.) and Julio Romero (Jr.) set PRs in the 600 and

3,000 respectively.

The following day, sophomore Kira Gilbreath (Throws) kept setting personal bests – all the way to the finals. Gilbreath moved into fifth all-time at MSU in the shot put, finishing seventh overall to pace the Beavers on the final day of the championships.

Gilbreath and Clark both finished on the podium for the Beavers women's team as Clark was eighth in the 800-meters, finishing with a time of 2 minutes 20.00 seconds. Clark made the podium twice as she helped the MSU 4x400-meter relay team – along with Silva, Winterton and Audet – finish seventh with a season best 4:01.91.

The MSU men's 4x400 relay also lowered their season-best time, finishing ninth overall with a 3:28.95. The team consisted of Bates, Nkhuwa, Harvey and Farai Madungwe (Sr.).

Madungwe was 14th in the triple jump with a 13.41-meters effort.

"Farai was hoping for more in his last indoor meet of his career," Melby said. "The guys ran a great race and were just outside eighth. All four legs were strong, we ran eight seconds under our best time this year. It's hard to finish just a half second out (of placing), but they moved up and that's all you can ask."

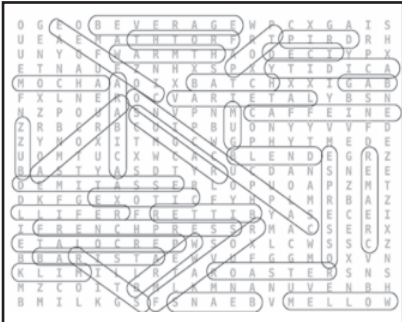
The women's team finished in a tie for 12th place with Wayne State College.



Clark



Gilbreath



NOTICES

MSU students returning fall 2016 should file the 2016-2017 Free Application for Federal Student Aid, FAFSA, by April 8 in order for MSU to receive results by the priority funding deadline of April 15. Use FAFSA's official website, www.fafsa.gov, to submit your application electronically. Applications received after the April 15 deadline will still be accepted. For more information, please contact the MSU Financial Aid Office at 701-858-3375.

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

RED & GREEN

Publication Dates

March 2016	April 2016
S M T W T F S	S M T W T F S
1 2 3 4 5	1 2
6 7 8 9 10 11 12	3 4 5 6 7 8 9
13 14 15 16 17 18 19	10 11 12 13 14 15 16
20 21 22 23 24 25 26	17 18 19 20 21 22 23
27 28 29 30 31	24 25 26 27 28 29 30

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