

# Red and Green

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Minot State University

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## On-campus tax preparation available through VITA

By Cameron Adam  
COMM 281

Most people don't look forward to doing taxes. Fortunately, there is an easy way to get them filed on the Minot State campus with the help of accounting students and volunteers.

Volunteer Income Tax Assistance (VITA), which was instituted by the IRS, is a free tax preparation option

for individuals earning less than \$55,000 a year, military members, elderly, and small business owners who meet certain guidelines, according to a Minot State press release.

This would easily qualify the majority of MSU students, as well as most single-income staff members. April 15 is the last day to file tax forms so if

there are still some who have procrastinated or have just been too busy, there is still time to utilize the VITA program.

"Last season, we helped more than 100 clients," said Dana Cluever, a Minot State student and returning volunteer of the VITA program.

VITA offers the same choices that any other tax preparation

business does, such as e-filing or physically mailing tax forms and choosing between direct deposit or physical checks for tax returns.

"We have one person prepare them and another person review them, so we double check everything," Cluever said of the seven volunteers helping with this

year's program.

Every volunteer must take classes and be certified by the IRS before being able to participate. As an added benefit to student volunteers, this program counts as an internship credit under the Accounting 497 course.

**See Taxes — Page 11**



Photo by Benjamin Miller, courtesy of Free Stock Photos

# MSU revamps recruitment and enrollment plan

By Shalom Baer  
COMM 281

Minot State's current recruitment and enrollment plan expires at the end of 2020. The university's strategic plan calls for a revamping of the tactics surrounding recruitment and enrollment. According to Kevin Harmon, the vice president for student affairs, President Shirley has charged former Minot State Vice President of Academic Affairs Gary Rabe and him to co-chair a Recruit and Enroll Committee. In light of projected demographic changes that predict fewer high school graduates and decreases in college enrollment nationally, Rabe said the committee will be focusing on attracting more students and meeting job market needs with its programs.

"All the prognosticators and demographers are saying that the next five to 10 years or so, demography, in terms of students coming to college, is going to fall off a cliff. There are schools that won't survive," said Rabe, who is now a professor and chair of criminal justice at Minot State. "We've certainly had enrollment challenges, but never a thing that's nationwide into that impact. We really need to figure out where those numbers are and how we can capture those numbers."

In the past, the recruitment and enrollment plan was based primarily on external information gathered by a research company called Ruffalo Noel Levitz. The committee is still using that information in its planning this year, but Rabe said that they will also focus on researching and working with internal departments at Minot State.

"I'm planning to meet with all the departments to look at how they can assist in recruiting and enrolling students. Are their programs and curriculum aligned to meet the new emerging market demands of

students' skill sets that are needed? If not, how do we align with that? We've never done that before," Rabe said.

Enrollment at the university is not only tied to how many tuition dollars the university gathers, but it is also tied to the state funding it receives. North Dakota's funding model relies heavily on the number of students enrolled at a university. The number of students enrolled is used in a formula that is multiplied by a dollar amount. Aside from an increase of 64 student in 2015, fall enrollment at Minot State has declined since 2010.

"With the demographic changes, if schools choose to ignore this, it's at their own peril," Rabe said.

Members of the Recruit and Enroll Committee will work on combating these challenges. Currently, the group includes 24 members, ranging from students and staff, to faculty and administrators.

"The more people at the table offering input, understanding the problem and helping come up with solutions, that's what we're after," Rabe said.

The committee will meet two to three times a month from February to August and weekly in individual working groups focused on topics from design of promotional materials to institutional peer reviews. The working groups will also be responsible for gathering data, analyzing data, and writing an executive summary to be published in the plan. Rabe said the university intends to roll out the plan at convocation in August after it is approved by President Shirley with input from Faculty Senate and student government.

The new plan will run from 2021 through 2025.

## Suspect on MSU campus

On Tuesday, Feb. 18 at 3:20 p.m., a male suspect was observed in Model Hall acting suspiciously. The suspect was not a student or employee of Minot State and left when approached by a faculty member. Later that evening, the same male suspect was observed in Crane Hall, again acting suspiciously. He fled the building when MSU Security was contacted.

As of Friday, Feb. 21, the suspect was in custody for criminal activity unrelated to Minot State University.

## Hartnett Hall Gallery presents 'Abstract: What Does it Mean?'

"Abstract: What Does it Mean?" is a collection of two-dimensional and three-dimensional artworks that provide a variety of abstract art styles. The works in the gallery are created by 20 artists from the Minot community.

"Abstract" displays the unique perspective each artist contributes when approaching the theme of abstract art. Each artwork comes together to create an exhibition that displays the range of mediums, styles, and emotions that can be conveyed through abstract art and allows the viewer to examine each piece and ponder what it means.

The gallery is located on the second level of Hartnett Hall and is open 10 a.m. to 5 p.m. weekdays.

## Minot Zero Waste Week

The Environmentally Minded People of Minot group has created Zero Waste Week in Minot to raise awareness about small things people can do to reduce their waste and reuse plastic in their lives. Zero Waste week is Feb. 23-29.

Participants can be involved in the following ways: use a reusable travel mug or cup at Broadway Bean and Bagel any time during the week and 25 cents of your purchase will be donated to three local charities; receive a 20% discount at Dakota Boys and Girls Ranch Thrift Store when you mention Zero Waste Week; and share photos of zero waste efforts on social media with the hashtags

# News in Brief

#nobodysperfect, #givingitatriyanyway, and #zerowasteweekminot to be entered to win a prize.

The group will also host a repair fair on Saturday at the Minot Public Library from 10 a.m.-2 p.m. Individuals can bring broken small appliances, casual jewelry, and knick-knacks and let their repair wizards see if they can fix the items. No items larger than a bread box and no gasoline, oil, or chemicals will be accepted; repairs are not guaranteed.

## Black Box Theatre presents 'Gruesome Playground Injuries'

"Gruesome Playground Injuries" is a dark comedy drama about the love and unfading connection between two best friends. The story follows Kayleen and Doug from the age of 8 all the way up to age 38, with the same two actors becoming the characters at various ages. The play format bounces back and forth in time

throughout these 30 years. Again and again, Kayleen and Doug are brought together by injury, heartbreak, and their own self-destructive tendencies.

The production will take place in the Black Box Theatre, located inside Hartnett Hall. The productions will run tonight through Saturday at 7:30 p.m. each night and again on Sunday at 2 p.m. The box office will open 30 minutes prior to showtime. General admission is \$10 and free for Minot State faculty, staff, and students with current ID.

## NSSE survey due

Minot State freshmen and seniors received a campus email from the National Survey of Student Engagement (NSSE) on Feb. 11. Results will help guide important decisions involving student experiences in and outside the classroom and will change the future of Minot State.

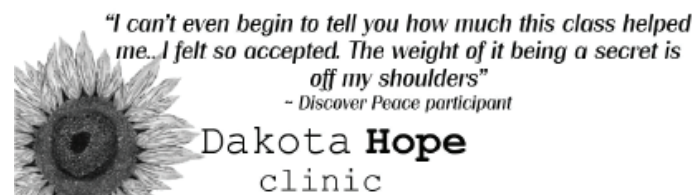


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# Student-podcaster talks local sports

By Praise Okunbor  
Staff Writer

Cole Clementich, owner of “The Minot Sports Podcast,” is a freshman at Minot State University. The broadcasting and professional communication major began his journey in August 2019 and founded “The Minot Sports Podcast” in January 2020.

“I opened my podcast accounts on Jan. 7, just a week before school opened,” Clementich said. “I originally started with anchor episodes, and I basically talked about a brief summary of the events I went to.”

When Clementich decided to come to Minot State, he was still undecided on his major. With help from his advisor, Advising Coordinator Heather Martin, he explored his interests. Through this, he found broadcasting.

“I saw something on multimedia studies, and I talked to my advisor about it. She said, ‘How about I just put you in this class, Introduction to Broadcasting; it’s related to multimedia studies.’ I decided to give it a shot. I really loved the class,” Clementich said.

Sports has been his passion for a while. The Minot High School graduate attends many sporting events, and that is why he chose to start a podcast on sports.

“It could be anything and you’ll see me there,” Clementich explained. “I realized you can’t make a career by just going to sporting events so I decided to make a production out of it.”

Through the podcast, he talks about a range of sports.

“I do talk about Minot State. I also talk about high school events because I know the athletes there. For Class B schools like Bishop Ryan, I’m not familiar with a lot of people there. I think I’m going to start trying to let people know that there are Class B events going on,” Clementich said.

It has been a month since the podcast started, and Clementich has received support from his

family, faculty, and outside resources.

“When we got back into school on the 14th, Neil Roberts (Minot State broadcasting and professional communication associate professor) showed me around the department. He showed me the radio production room. Once I figured out how to do all that, I was able to take the ball and just run with it. I live with my dad and my sister, and they both follow the podcast on Instagram and on Twitter. They have been very supportive about this. I also got in contact with Jimmy Lafakis, who is a sports reporter at the Minot Daily News, and he’s actually helped me out a bit,” Clementich said.

Clementich’s only challenge with the podcast is having enough content to relay to listeners. He wants to reach double digits on each of his updates.

“I think my shortest was like three minutes. There are certain days where there’s not much to talk about, and I think that’s been kind of a challenge for me. I do my posting of highlights on Instagram. Take hockey, as an example. I report the starting lineup for the specified Minot team, and I write down the players’ names, numbers, and positions. I’ll try to get a video of them scoring. I’ll say this person assisted by this person coming at this time of the period, and I do that for the three periods. I report on when the period begins and ends and the final score at the end of the game,” Clementich said.

With a passion for sports and an interest in broadcasting, Clementich hopes to create a name for himself in the sports world. He aspires to work for anything sports-related, from multimedia or social media to daily updates on the podcast. Links to his podcast handles can be found @theminotspodcast on Instagram and @minotpodcast on Twitter.



Broadcasting and professional communication student Cole Clementich records his podcast, “The Minot Sports Podcast,” in the audio booth in the broadcasting department.



# Listening in: 'Decoder Ring'

By Alyson Heisler  
Features Editor

As an extreme observer of the world, I often find myself wondering why things are the way they are or how some unusually common occurrences came to be. Some of these include — how did useless decorative pillows become so popular? why was that strange product created? and many other questions every day.

The answers to these questions often require deep obscure research. One solution to this predicament that I've found is listening to a podcast to find the answers. Trust me, there's a podcast about any topic you can imagine if you look hard enough.

The most recent podcast I've added to my listening rotation is "Decoder Ring" — a documentary podcast that focuses on cracking cultural mysteries similar to the questions asked above. The purpose of "Decoder Ring" is to unpack cultural questions, habits, and ideas

to figure out what they mean and why they matter. Topics discussed on the podcast include the infamous viral-rise of "Baby Shark," where the negative connotation of clowns came from, and how TruckNutz came to be invented.

The podcast is hosted by Willa Paskin, the television critic for Slate magazine. Paskin has also written for Vulture.com. Her experience in critiquing television creates a conversational, entertaining tone, as Paskin educates the listener on very particular topics.

Paskin interviews experts and individuals who have experience with the subject of the episode. The content of each episode is well-researched and organized to be weaved smoothly together for a high-quality listening experience. Paskin has an inquisitive and imaginative tone that adds to the exploratory nature of the podcast.

Though the episodes are intensely

researched, "Decoder Ring" does not have a scripted feeling; conversely, it feels as if you are a part of the conversation between the host and topic expert.

My favorite episodes thus far have been about the terrible thing that is hotel artwork and a well-informed conversation about decorative throw pillows. The ability to learn about such mundane, often unnoticed topics is refreshing, and I only wish that people were more willing to talk about those mundane observations more outwardly. Next time you think about something commonplace for a bit too long or simply want to know why something became a traditional practice, feel free to ask someone about it or see if there's a podcast about it.

New episodes of "Decoder Ring" are released monthly and are available to stream and download on Apple podcasts, Spotify, and wherever podcasts are available.



'Decoder Ring' logo, courtesy of Slate  
'Decoder Ring' is a documentary-style podcast that focuses on explaining cultural questions, habits, and ideas.

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## National Eating Disorder Awareness and Screening Week

By Carly Sedevie  
Minot State nursing student

Imagine this: you have just moved to a new city to attend college. You are anxious about the freshman 15 that everyone jokes about, grades, money, and making new friends. Life has never been more stressful. You've always been a perfectionist, and it has helped you pass tests and allowed you to go to the college you wanted to attend. Halfway through the semester, you find yourself looking in the mirror more and hating the way you look. You want to feel a sense of control in your life, because as you look around, everything is changing in your life.

This can be a turning point in people's lives, where their eating disorder story begins. For some, they lose their life

to the disorder. In the United States, there are over 30 million people who are currently battling an eating disorder. Tragically, every 62 minutes someone loses their battle as a result of their eating disorder, according to the National Association of Anorexia Nervosa and Associated Disorders.

National Eating Disorder Awareness and Screening Week is Feb. 24 – March 1. Although this disorder can affect people of any age, the most at-risk group of people are ages 14-25 and are under stress. This puts college students at a high risk for developing an eating disorder.

Eating disorders don't look the same for everyone who struggles with

them. To understand eating disorders, you must first recognize the two main types, because each have different symptoms. People who struggle with eating disorders are often very good at hiding it from their friends and family. It is important to know the signs to look for, even though they may not seem like they are related to the illness.

### Anorexia nervosa

Anorexia nervosa is defined as restricting energy intake which leads to a low body weight. People who suffer from anorexia have an intense fear of gaining weight and a disturbed image of what their body looks like. They may be

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# Beaver bites: Steak out

By Layn Sarsten  
Staff Writer

It is time to stop with the pizza rolls and mac n' cheese — Kraft for the Canadians — dinners. It is time to learn how to cook. One of the easiest and most forgiving meals to learn is a steak dinner. There are a handful of ways to prepare the culinary icon, many of them depending on the cut. For the sake of brevity, we will focus on the New York strip steak.

With a solid amount of fat and great tenderness, this steak is easily identified by the line of fat running down one side. If you're not a big fan of the fat strip, it can be easily trimmed off. The local Marketplace Foods grocery stores price the cut between \$6 and \$11, with thick cuts being priced closer to \$11. When learning to cook in a pan only, normal cuts are best to start with. It can be a bit tricky cooking through a thick cut properly in a pan without having to finish it off in an oven.

Proper prep work goes a long way for a good steak. First, do not freeze the steak. Buy it with the intent to cook within the next two days. Once

you're ready, pull the steak out of the refrigerator and let it sit between 15-30 minutes, bringing the steak closer to room temperature. Next, dry the steak off with a paper towel and season it liberally with salt and pepper right before putting it on the pan. If you're feeling a little extra, add garlic powder and a small amount of brown sugar to the mix as well. Ultimately, each choice is made to help the steak retain moisture, juices, and flavor while cooking.

For pan cooking, you can use either a cast iron skillet or a normal nonstick. Really, whatever you have on hand will work; the point here is to learn to cook without having to buy a ton of hardware. Use a small amount of olive oil — just enough to coat the bottom on the pan — and bring it up to medium heat. The key to a good sear, the beautiful crust on the outside, is having the pan nice and hot. You can check if the pan is hot enough by placing your hand 1-2 inches over the bottom. When you can no longer keep it there for five

seconds, it's ready to go.

Give the New York strip about five to six minutes on each side, and it's as easy as that. Keeping it in the pan longer on each side will affect the doneness. This steak should never be more than medium. The easiest way to tell the doneness of the cut is by using your own hands and comparing them to the steak. When touching the tip of your index finger to the tip of your thumb, poke the muscle at the base of your thumb. That is what a rare steak should feel like when you poke it. Your middle finger is medium rare. Your ring finger equals medium and your pinky is medium-well, but we will not be encouraging the use of pinky fingers. Ideally, you want something between the ring and middle finger. Poke your hand and then poke your steak to compare.

Once done, let your steak rest five minutes off the heat and on a plate. Do not cut into it until after waiting, or you'll risk losing the delicious juices. Bon appetit, Beavers!



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# Life hacks for living well

By Tyler Luban  
COMM 281



Students listen to Terry Eckmann, Minot State professor, at her Life Hacks for Living Well presentation.



## Freshmen and Seniors



Answer the NSSE (National Survey of Student Engagement) and make a difference for Minot State. Your response will guide important decisions and change the future of MSU.

The Minot State Staff Senate sponsored a talk by Professor and Chair of Teacher Education and Kinesiology Terry Eckmann on Feb. 11 in the Minot State Conference Center. Eckmann addressed students, faculty, and staff and centered around life hacks to live a healthier and stress-free life. Eckmann is an internationally-known speaker and recently provided a TEDx Talk in Bismarck about the power of simple choices.

Eckmann began the speech in an unconventional way by having a follow-along dance with the audience. She stressed the importance of movement and being active. Eckmann spent most of her talk emphasizing the significance of attitude change and

its correlation to changing bad habits into healthy ones.

Minot State junior cooperate fitness major Garret Nicholson attended the event and connected with some of Eckmann's key points.

"I really felt like everyone can take something away from a talk like that," Nicholson said. "For me, I was surprised about how much physical activity affects the mind, especially as we get older."

Attitude was one of Eckmann's main messages as she stressed the importance of a positive mind. She said people have about 50 to 70 thousand internal thoughts a day and, by turning those thoughts into positive ones, people can begin to see

major changes in their daily lives. In a world where many people are rushed and stressed, Eckmann said to slow down and enjoy the moment along with the opportunities in front of you. She argued that how one looks at a situation determines how the person will react.

Eckmann stressed the importance of changing habits that we fall into and noted that changing small habits first makes conquering more difficult ones easier. Her ending message was to pass along happiness and be grateful for the positives in life.

Eckmann's Tedx Talk, "The Power of Simple Choices," can be found on YouTube.



# 2020 winter unusually mild so far

By Calli Delsman  
COMM 281

North Dakota weather is known for its drastic change in climate and extremely cold winters. According to [www.weather-us.com](http://www.weather-us.com), temperatures drop below 0°F for an average of 40 to 70 days statewide per year. North Dakota has a history of snowfall in all months except for July and August. Average snowfall in the coldest winter months — December through February — is 51” and strong high winds are consistent throughout the winter; however, this

winter has been warmer than usual with several above-freezing days.

Sophie Wedar, a Minot State student from Minot, said that she notices the difference.

“This winter compared to other winters has been very mild. It hasn’t been as cold or snowy as it typically is. It’s been super nice this winter and I haven’t even brought out a thick winter coat,” Wedar said. “The average winter in Minot is normally freezing with a lot

of snow.”

She said her worst winter in Minot was in 2016, which was far colder than the past few months.

“Bismarck got 16 inches and Minot 24 over the span of two days. We were snowed in at my cousin’s house for three days, and we couldn’t leave the house. It started snowing really bad on Christmas Day. My parents were planning on leaving for Florida, but their flight was delayed and eventually the airport was

closed,” Wedar said.

Since Wedar grew up in Minot, she is used to the area’s weather. Many students at Minot State don’t come from North Dakota or the United States. Beth Theodore, a first-year transfer student originally from Melbourne, Australia, had her first experience of winter these past few months. The average temperature in Melbourne usually doesn’t drop below 50°F.

“I expected it to be very cold. I had

never experienced snow before so I wasn’t sure how cold it would actually be. I think it was exactly what I expected it to be like because it hasn’t been too cold this winter, so I have been able to ease into the cold a little more,” Theodore said. “I prepared by buying a big warm jacket, but that was probably the only thing that I prepared with. I got other things like gloves, hats, and boots when I arrived on campus and it got super cold because I realized that I needed them.”



Snow melts on the west side of Old Main.

Photo by Shalom Baer



# RG Editorial

## Houston Astros players should be disciplined for sign-stealing scandal

By Philip Green  
Sports Editor

Every day it seems more news and comments break out about the Houston Astros' sign-stealing scandal. Over the past few seasons, the Astros have been using a cameraman in the outfield of home games to steal signs and relay what pitches are about to be thrown to the batter.

Knowing what pitch is coming gives the hitter a huge advantage at the plate, allowing batters to have really good timing. For anyone who has played baseball at a high level, being able to accurately time the pitch is a major part of being successful in the box.

Despite the Astros sign-stealing scandal, Major League Baseball has failed to punish the players involved. The Astros were given a \$5 million fine, lost draft picks, and had coaches

and personnel suspended for a year, but no players involved in the scandal are facing any discipline.

When former professional baseball player and manager Pete Rose was caught for gambling on his team while playing and coaching, he was given a lifetime suspension and prevented from joining the Hall of Fame. When a player is caught cheating by taking steroids, they can get up to a season-long suspension. Astros players broke the rules in ways that many believe are far worse than what Rose and steroid-taking players did, yet they have received no discipline. Major League Baseball and Commissioner of Baseball Rob Manfred need to stick with the consistency of the past and suspend the players involved in the scandal.

**\*This editorial may not reflect the views of Minot State University.**

## Minot State women's hockey wrapping up conference play

By Monica Rivera  
Staff Writer

Minot State's women's hockey team is at the end of their successful conference season. The women are ranked second in the American Collegiate Hockey Association with a record of 17 wins, four losses, and one tie.

Recently, captain Sami Jo Henry earned the Women's Midwest College Hockey Player of the Month award as a forward and Jordan Ivanco received the Rookie of the Month honor; both awards were for their play in January.

"The games we have after conference are the national tournament games, and I am very excited to play in those. We have worked so hard all season and this is what we have been preparing for. Motivation will be easy for us, knowing we have lost the previous two championships. Going in with that on our backs, I think

that will help even more. Knowing it is coming up very soon is exciting, as well," Henry said.

Ivanco agreed with Henry.

"After the conference, I am most looking forward to nationals. This will be the time when we show how we play under pressure and how situations will be handled at a high level of competition. It is a great opportunity with how far we have come. We've worked so hard to get here," Ivanco said.

With the Beavers sweep this past weekend, they stay second going into tournament play.

"The best thing I noticed this season is how our team clicks on and off the ice, allowing us to become more successful playing-wise and giving us the opportunity to be where we are today," Ivanco said.

Henry expressed that the Beavers are a team that meshes well.

"Something I would not change is the group of girls we have on this team. We all get along very well and have been through the ups and downs of a season together. We have pushed very strong in this second half and look to come out with a title together. I think that would be a pretty special moment," Henry said.

The Lady Beavers defeated the University of Minnesota on Feb. 22 2-0 and again on Feb. 23 with a score of 7-1. The team will have exhibition games on Friday and Saturday. As of the printing of this publication, the teams that the Beavers will play had not been announced. Visit [www.msbeavers.com](http://www.msbeavers.com) for schedule information.



Senior Shelby Tornato guards the goal at Maysa Arena.

Photo by Joshua Strong

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# MSU track & field is making strides in the record book

By Philip Green  
Sports Editor



Photo by Devin Shumway

**Nina Arias competes as a long distance runner for the Beavers.**

Every weekend it seems like Minot State's track & field team announces that a new school record has been broken. Both the men's and women's teams have had multiple athletes break records over the last two seasons. Distance and hurdle runners set new record times and athletes in throwing reached record-breaking distances.

Success has come in both the indoor and outdoor track seasons. During the

weekend of Feb. 14, the Beavers broke six records, which is the most head coach Mark Del Monaco has experienced in a weekend during his tenure at Minot State. In the 5K, the school record was broken twice in less than an hour. Lauren Reeves set a new school record running 18:03.91, and 40 minutes later, her teammate Ashley Franco ran 17:43.88 to surpass the newly-broken record.

Logan Krueger, a thrower who

continues to break his own records, weighed in on what has led to Minot State's success.

"I think it has a lot to do with how hard we work at practice. Coach always pushes us every day," Krueger explained. "The team as a whole has had a lot of success this year from distance, to sprints and jumps, and to the throws group; we have all been working to get better."

Nina Arias, who transferred to Minot

State this past fall and is a distance runner, credits the success of the Beavers to the internal support within the program.

"The training is a big part, but I could go out there with the best training and have zero confidence. My teammates make me smile and I'm incredibly grateful for them," Arias said.

The Beavers' successful meets have come on the road. Minot State cannot

host at-home track meets, which means the athletes on the track & field team are gone virtually every weekend during the spring semester.

"It isn't easy having all away meets. We would love it if we had the facilities to have a meet at home so the Minot community could see us compete. Until then, we just have to be road warriors and be prepared for six to 10-hour bus

**See Strides — Page 10**



... strides  
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rides some weekends,” Krueger said. Arias believes the constant travel makes it difficult to get in a flow of things and carry momentum, but that hasn’t affected the team’s approach towards success.

“It makes it very difficult to get into a rhythm and most of the time, you feel pretty tired. Again, as I said, my teammates and I make the best of it,” Arias said.

Despite the many challenges the track athletes face — like missing class in order to travel — the team is constantly overcoming adversity and making

strides every week in the record books. With all their recent success, the Minot State track & field team looks to achieve something the program hasn’t in a long time.

“Team goals would be to have as many people at the conference meets as possible, to try to score more points, and to have a shot at placing for the first time in a while,” said Krueger.

In their efforts to place at the conference this year, the Beavers look to continue to make strides on the track as indoor season wraps up and outdoor season approaches, with March meets in Las Vegas, Nevada; Birmingham, Alabama; and Billings, Montana.



Photo By Devin Shumway  
Logan Krueger competes in shotput as a thrower for the Beavers.

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**... awareness  
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extremely underweight but when they look in the mirror, they see a much larger person looking back at them, as stated in American Family Physician.

**Bulimia nervosa**

When thinking about eating disorders, many recognize anorexia but may not have a full understanding of bulimia. This disorder includes binge eating, which is eating a large amount of food in a short amount of time, and then purging via vomiting, using laxatives, diuretics, or enemas. Not unlike anorexia, people suffering from bulimia have a distorted image of what their body actually looks like. Although people with this disorder purge the foods that they eat, they typically do not lose as much weight as someone with anorexia nervosa. An individual suffering from bulimia nervosa can be at a normal weight or overweight.

**Know the signs**

Anorexia and bulimia wreak havoc on the human body. Symptoms associated with anorexia include brittle hair and nails, thickening of the skin, swelling of the face, dizziness upon standing, feeling cold all of the time, and an abundant amount of peach fuzz covering the body. Symptoms of bulimia include dental cavities, reddening of gums from gum disease, edema, swelling of the jaw directly below the ear, fluctuations in weight, and scars or calluses on fingers and hands from self-induced vomiting, according to American Family Physician.

Behavioral signs can vary from person-to-person, but many individuals with any form of eating disorder may not enjoy eating around others and it can cause immense anxiety for them. They may also dress in layers to hide their weight loss or to keep warm because their body cannot regulate heat as it should. Many individuals who suffer from an eating disorder also have a perfectionist tendency. It is important to know the signs so that you can help those struggling with these potentially life-threatening disorders.

Eating disorders can be life threatening and should be taken seriously. If you suspect someone is struggling, there are many steps that the National Eating Disorder Association (NEDA) gives to help you talk to a loved one.

It is best to educate yourself as much as you can about eating disorders, rehearse what you want to say, talk in private, and be honest with them. You should also use "I" statements, avoid "you" statements, be caring yet firm, and prepare yourself for negative reactions.

If you are struggling with an eating disorder or are concerned about someone else, refer to health services such as a primary care provider.

The Minot State Student Health Clinic is available to students who may

need physical or mental health care related to eating disorders. Another option is the NEDA hotline. They offer help via phone calls and text messaging. Call 800-931-2237 or text NEDA to 741741 to be connected to a volunteer specially trained to help those struggling with eating disorders.



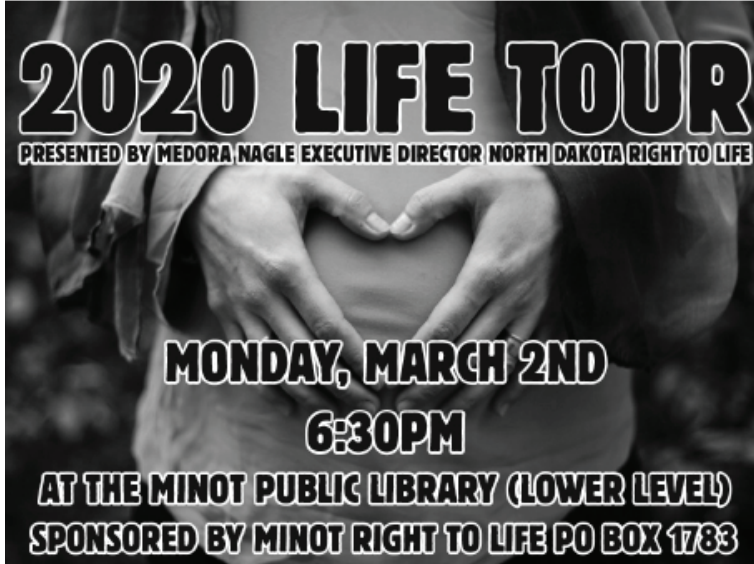
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**... taxes  
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The VITA program accepts appointments on Tuesdays and Thursdays from 4-7:30pm. To make an appointment, call 701-858-3122 or fill out an appointment

form online at <https://form.jotform.com/90245603550147>.

Appointments can be made up to April 7. Tax filers must bring IDs for themselves and all dependents who will be claimed on tax forms. This includes a photo ID and a social security card.



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### **ADDICTION COUNSELOR:**

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### **OFFICE ASSISTANT:**

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### **COOK:**

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