

Red & Green

LOOK IN NEXT WEEK'S
ISSUE FOR STORIES ON ...



Homecoming pictures!

September 23, 2010 Vol. 92 No. 3

Minot State University, Minot, N.D. 58701

www.minotstateu.edu/redgreen



Photo by Jack Fowler

Jack Fowler stands in front of the coast on the shores of Plymouth, England.

'I'm in England, so read my bloody article'

Jack Fowler
Columnist

When I told everyone I'd be flying out of the country on Sept. 11, they responded, "ohhh..." The pitch and security in their voices dropped as much as my hopes for survival. However, I made it to England safely! The only delay I had was on my train from London Paddington station to the train station in Plymouth, where I will be going to school.

The delay appeared to be quite serious when the train manager spoke over the intercom. We were told the train hit and killed someone, and we couldn't continue our journey until the police came and gave us permission to leave. Forty-five minutes later, we were informed that "a silly bloke" tried to commit suicide by jumping in front of the train but, somehow, missed. No one was killed, and the silly bloke was arrested.

In only a few days, I've noticed the city and culture of Plymouth to be quite opposite of Minot. Plymouth is located on the southwestern coast of England. The university

here has 30,000 students, a number just shy of the population of Minot. Most students go to nightclubs regularly, which is something I am not used to since I am not 21 yet. However, the legal age is only 18 here. When I went to the store my first night here, I bought a sandwich and water. The guy working asked me if I'd like any alcohol with that. I thought that was a funny question. What if I wanted chocolate milk with it instead?

People notice my accent right away. A lot of people ask me if I'm from New York or Canada.

Most don't know where North Dakota is, so I say it's between New York City and Seattle. If that doesn't help, I try to give them a location compared to a city they do know. "It's just 4,000 miles west of London." I think that's the most helpful answer.

Each morning I wake up at about 6 a.m. to the seagulls shouting outside my window or a cargo ship blowing its horn. It has been difficult for me to get used to the time change. I

See Jack — Page 5



Photo by Nicole Bennett Spitzer

Yacin Abdessaied, left, holds the flag of his home country, France, and Khalifa Khalfan Al Badi, right, holds the flag of his home country of Oman. Both Fulbright scholars are teaching at MSU.

Fulbright program brings students to teach language

Cassandra Neuharth
Editor

A new semester brings new students and new international students to many campuses, including Minot State University. At MSU, Yacin Abdessaied and Khalifa Khalfan Al Badi are here in the United States learning to teach the language of their home countries. Abdessaied and Al Badi are a part of the Fulbright Scholar Program in the U.S., working, living and experiencing the

American culture.

Abdessaied, from Paris, France, recently received his bachelor's degree from Université de Paris-Est, à Marne-la-Vallée. He is working toward a master's degree from that institution. Abdessaied is a teaching assistant at MSU, teaching beginning French.

Al Badi is from Oman. He spent the past three years there teaching English. He received a bachelor's degree from Sultan

See Fulbright — Page 8

New botanist joins Biology Department

Cassandra Simonton
Comm 281

Alexey Shipunov, a field botanist from Moscow, Russia, with computer and molecular training, is a new Minot State University Department of Biology instructor this semester

Shipunov is teaching introductory biology and intro to concepts of biology. He plans to teach more classes next semester, such as advanced cell biology and entomology.

"It is my intention to teach students here and help them with the study of plants," Shipunov said.

The new instructor has a doctorate in biology and botany from Moscow University.

He said he had never been to North Dakota prior to his interview in July, but had taught in Idaho for two years. The many undocumented wild plants that grow here attracted him to

North Dakota.

He is involved in a project that is bar-coding plants according

to their DNA

sequence, allowing for quicker and more accurate identification. His goal is to provide barcodes for many ND plants.

Shipunov is also busy organizing his courses for next year, as well as teaching his classes for this semester.

He has been putting in longer than 12-hour days.

"I can not just take somebody else's course and teach it," he said, "so I am making my own, and that takes lots of time."

The science teacher said he is enjoying teaching, and hopes to stay in Minot for as long as possible.



Shipunov

When in 'Doubt'

By Emily Anderson
Comm 281

Ashley Nilsen will direct "Doubt," by John Patrick Shanley, as her senior project Sept. 30 through Oct. 2 in Hartnett Hall's Black Box Theater. Show time each night is 7:30 p.m.

"I hope to attract a wide variety of people, and would love to see new faces," the MSU student said. She hopes the movie version of the play will help draw in those new

faces.

"Doubt" takes place in a Catholic school in the 1960s. Sister Aloysius (Peg Morris) becomes doubtful of Fr. Flynn (Noah Files) and his intentions toward the newest student, who happens to be the school's first black student. Sister Aloysius shares her doubt with the boy's mother, Mrs. Miller (Angela Hernandez), and Sister James (Brittney Armstrong).

Northwest Art Center director and music instructor Avis Veikley plays the marimba. Veikley will present "That's Music to My Eyes: the Musical Score as Art," at the next NAC lecture series Sept. 28 at 7:30 p.m. in Aleshire Theater.

File photo



Music to my eyes — like Reese's, but better

Bekka Ryan
Staff Writer

Have you ever wondered what type of people take two goods, mix them all around and get one fantastic end result? In 1922, a man by the name of H. B. Reese decided to do just that — the end result being Reese's Peanut Butter Cups.

At Minot State University, we are lucky enough to have a teacher in our midst that is just as inventive and creative as the man who made Reese's. Avis Veikley, MSU Northwest Art Center director and music instructor, is that person.

"I decided to find a way to get the pendulum swinging from art to music and back again," Veikley said, "to design a musical notation which could also be appreciated as a work of art."

She combined her two loves during the summer of 2006 while she was working on her Master of Music Degree at Northern Illinois University.

The director will share her

project through the Northwest Art Center Lecture Series by presenting "That's Music to My Eyes: the Musical Score as Art," at 7 p.m. Tuesday at MSU's Aleshire Theater.

The work will be on display (visually speaking) and performed (musically) by the MSU Percussion Ensemble. A sneak peak of the musical art blew my mind. From a music major/art minor standpoint such as mine, this is a must-see presentation.

Veikley's art has heavy influences of African, Cuban and Native American visuals, while the music is a mix of Cuban, Brazilian and African-beat patterns.

"The music made rules (I) couldn't break in the art," Veikley said about the exact patterns of music in the art.

Seeing the progression of her artwork is an experience in itself. The evolution of her own understanding from piece one to piece five shows just how creative she has been with this

project. Watch for the differences in the pieces, including geometrics, subject matter and colors.

Veikley got started in her musical career by singing with her sister to their grandfather.

"He would pay us each a quarter for our performance," she said.

Veikley continued in music from the trumpet and piano into percussion. In high school, she was a band student of current MSU music instructor and director of bands, Joe Alme. Coming from the small high school in Glenburn, N.D., she was able to take art classes through a correspondence course.

Veikley became a part of MSU's teaching staff in 2002 when she was asked to teach a percussion methods class. She has been here ever since, bouncing between Old Main and Hartnett Hall, using her knack for the creative and love of sharing that with her students.

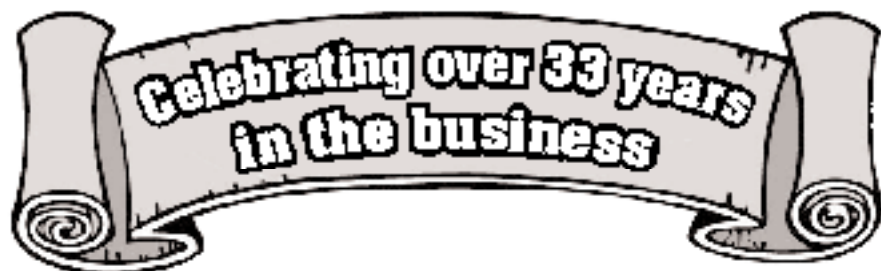
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Tech Talk

A column by Tanner Larson



DLC review 'Lair of the Shadow Broker' (Mass Effect 2)

If there is a story that captivated me more in pretty much any format, it's BioWare's "Mass Effect" series. The games are spectacular, the music is captivating and the books and comics do the side-stories a lot of justice. Speaking of the side-stories, BioWare has recently released a new add-on mission that was as good as their own "Bring Down the Sky" downloadable content (DLC) for Mass Effect. The newest addition to one of the best trilogies in gaming is quite a big one, coming in at almost 2 gigabytes (GB).

"Lair of the Shadow Broker" offers quite the challenge for the player, as there are five new achievements to earn, one of them beating the DLC on the "hardcore" or "insanity" difficulty.

Along with achievements, you'll also get to do another mission with Liara T'Soni, who became an information broker after Shepard died in the beginning of the second game. But if you pursued a romantic relationship with her in the first game, you get a chance to do so again with this DLC. How's that for ya, fanboys?

This DLC was not as difficult as "Overlord," which was released over the summer, but it still can catch you off-guard if you're not careful.

The mission starts off with you delivering a dossier to Liara that you received from Cerberus. She gets the information that her partner Feron is still alive after two years of being held captive by the Shadow Broker himself. She was plotting revenge on the Shadow Broker, but the mis-

sion is now a rescue.

One last thing that is new to the series is a skycar chase across Illium. The car chase's controls were a tad stiff for me to handle, but once you get a feel for it, it'll be pretty simple to get to the target. One thing you'll want to look out for, though, is oncoming traffic. Like any car chase, the target will try to go through oncoming traffic to avoid being captured.

Overall, if you own "Mass Effect 2," then this is one mission you do not want to pass up. This was well worth my \$10. The DLC is currently available for Xbox 360 and PC. The PS3 version of the game is going to be released soon, so expect it to hit PlayStation Network as soon as that version of the game is released in January, 2011.

Handling the stress of being a student

(Metro News Service) — In light of the country's economic downturn, few topics are as prevalent as stress. In the course of the last year, many families have suffered the loss of their income, and many more have even lost their homes.

The reality of a recession always illustrates the problem of stress. But for the nation's students, stress is a reality that, unlike economic woes, is more permanent than it is temporary.

Handling stress is a large part of being successful in the classroom, particularly as students advance through high school and into higher education. But handling stress is different for everyone, and there are myriad healthy ways in which students can cope with stress.

- Combine regular exercise with a healthy diet. Studies abound as to the mental benefits of exercise. Exercise not only improves a person's physical health, but also has a positive impact on mood, oftentimes making it easier to cope with stress. Part of that is

because exercise relieves muscle tension, which can build up greatly in individuals suffering from significant stress. In addition, the negative effects of stress can be weight gain and other damaging physical effects, making exercise especially important for those under constant stress.

While a healthy diet can be difficult for the nation's college students, that doesn't mean it isn't important. Recognizing that, many of the nation's universities have increased their efforts to provide students with healthier fare in dining halls or other campus eateries. Students should take advantage of this whenever and wherever possible. Eating well can also help reduce stress, as a balanced diet will provide both the energy and nutrients necessary to handle a full load.

- Learn to take a breather. Adults often take breaks when going through the daily grind, and students should make note and follow suit. Studying for too long without taking a

See Stress — Page 5

Red & Green

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... **Stress**
continued from page 4

break can be counterproductive, as concentration will begin to wane after too long, making it increasingly difficult to soak in studies.

Schedule breaks into each study session, whether it's to go for a walk, jog or simply fit in a healthy meal. But don't allow break time to become too big a distraction.

•Determine the root cause of the stress. Work is typically the root cause of adult stress, and school is often the cause for students. Many students stretch themselves too

thin, hoping to gain as much as they can from their high school or college experience and therefore filling their schedules. But students who feel as though they're being pulled in too many directions should drop an activity or two. For instance, playing a varsity sport while holding down a part-time job and having a full courseload is simply doing too much. If a class is getting to be too much to handle, students should consult a teacher and explain the situation.

•Don't be afraid to speak about stress. Many students find it healthy and rejuvenat-

ing to simply speak about their levels of stress. This helps to get things off their chest, and it also inadvertently gives them time away from studies.

Be it sharing experiences with stress among fellow students or simply talking to Mom and Dad, students should speak about stress in an effort to combat its ill effects.

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Jones Room, Student Center

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... **Jack**
continued from page 1

woke up at 3 a.m. the other night and thought it was 3 p.m. I was worried I overslept, so I started to get ready for the day before realizing it was the middle of the night. Then I attempted to sleep for another five hours, which was difficult.

I feel like I'm on a vacation.

It doesn't seem like I will be living here for a year. I can tell I'm really going to like studying here, but once my vacation-like feelings wear off I'm sure I will start to get homesick. But once I do, I'll just go hang out with the Queen in Buckingham Palace to keep my mind off it (or something equally exciting).

Cheers then, from your favorite American chap!

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Changes in services bring changes in name

Bekka Ryan
Staff Writer

Change happens daily. From the moment of waking to the time a head hits the pillow, massive changes occur. We change our clothes, hairstyles, boyfriends, ways of thinking... Change also happens around us, i.e. the weather, support systems, menu items, the next American Idol and our college. And change has come to Minot State University in the way of a new Student Success Center.

Formerly known as the Career Services office, the Student Success Center now offers a wider variety of student services. Director of the Student Success Center, Lynda Bertsch, said the rooms may be the same (located next to the ID office, right off of the Beaver Dam), but the opportunities have expanded.

As of the current freshman class, every incoming student will now be matched with a second adviser.

"This is to make sure that no student falls through the cracks," Bertsch said.

By having a second adviser, students are now able to truly explore their opportunities, with a guide funneling them along, Bertsch believes.

"Sometimes, getting a meeting set up with an adviser can be difficult," Bertsch explained. "Having a second advisor is more like a safety net."

The Student Success Center is offering seven workshops throughout the fall semester. Upcoming workshops are "Top 10 Tips for Terrific Test Taking, Oct. 5, "Stop the Insanity ... How to Mangle Your Stress," Oct. 13, "Notes That Rock!"

Oct. 25, and "What Do You Want to Be When You Grow Up?" Dec. 2. All events are free to students.

No important career services have been thrown to the wayside due to the changes. The Center will still help with questions like, "What should I major in?" "What skills are employers looking for in an interview?" "What jobs can I get with my major?" The office still offers career exploration, job search assistance, internship information, résumé and cover letter assistance, mock interviews and many more resources.

Bertsch is involved not only on campus, but around the Minot community also. She is a high school volleyball official, is on the zoo board and is involved with the Chamber of Commerce and the Rotary



Photo by Jonathan Dias

The Student Success Center, formerly known as Career Services, is on the second floor of the Student Center. It was renamed to correspond with the new services offered.

Club. Bertsch is an MSU alumna, who loves the campus and is glad to see more services available for students.

Take time to visit the newly renamed Student Success Center. Ask some questions, get some answers. It will be worth the trip!

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NAC gallery hosts Chuck Kimmerle's photo exhibition

Bryce Berginski
Staff Writer

It is something that students have probably seen driving or flying from home to get to Minot, and vice versa. That something is the subject of an upcoming Northwest Art Center gallery.

"The Unapologetic Landscape," a collection of photos by Chuck Kimmerle of Grand Forks, will be on display in the Gordon B. Olson Library gallery through Oct. 25.

Kimmerle specializes in photography around North Dakota and Minnesota. His photographs on exhibit are black and white, and prominently portray the landscape and its qualities. Some of the

photographs will hang in the gallery, and more may possibly hang in other spots in the library.

"It has a very definite sense of area and place, which makes it interesting," Avis Veikley, NAC director, said of Kimmerle's art.

The opening reception for the gallery takes place tonight from 6:30 p.m. to 8:30 p.m. The day after the reception, Kimmerle plans to talk to art students in an assembly at 9 a.m., and, later in the day, he may "talk shop" with photography students.

Because it is a traveling show, the exhibit will go on to other galleries around the state after its display time in the library has concluded.

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State Fairgrounds Flickertail Gardens

FRIDAY, SEPT. 24

11 a.m. – 2 p.m. Quad/Beaver Dam

Karaoke

Life Size Games

Free Food

8 p.m. Variety Game Show, Beaver Dam

SATURDAY, SEPT. 25

10:30 a.m. Homecoming Parade
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11 a.m. Tailgating/Free Food

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1:30 p.m. Football game vs. Valley City

Herb Parker Stadium

Join your fellow students as we celebrate MSU Homecoming!

Music major earns first place at international competition

By Amy Olson
Comm 281

Performance, competition, art, creation. That is music. And that is where Minot State University student Sally Podrebarac excels.

Podrebarac, a music performance major, earned first prize in the 28 years and younger category at the 2010 "International Women's Brass Conference Susan Slaughter Solo Brass Competition."

The contest, held in Toronto, attracts musicians from all over the globe. Podrebarac, a French horn player, took the title in the horn division and was also a top-ten finalist for the Grand Prize.

Podrebarac would like music to be a permanent part of her life and aspires to play



Podrebarac

professionally in an orchestra. The student said that her dream job would be performing for the Chicago Symphony, because it has one of the top

orchestras and top brass sections. She would also like to pass along her music knowledge through teaching music. The junior credits her music instructors, especially Mark Boren, MSU coordinator of brass studies, for having greatly helped her in her music achievements. She said she appreciates all that they do.

For 2011, the music major plans to compete at the summer "International Horn Society Symposium" in San Francisco, and the "WAMSO Solo Competition" with the Minnesota Symphony Orchestra in the fall.

Podrebarac is currently working on her repertoire for the competitions. She will begin recording for the first round in the coming weeks.

... Fulbright
continued from page 1

Qaboos University, in Muscat, Oman. Al Badi is teaching beginning Arabic. MSU is the only university in the state of North Dakota that offers a minor and major in Arabic.

Both Abdessaied and Al Badi are working closely with Scott Sigel and Amina Escalera in the foreign language department.

"We are fortunate to have two native speakers in the Arabic program," Sigel, coordinator of foreign languages and Spanish instructor, said. "I want to encourage any students in the new energy major to check us out for a possible minor in Arabic."

The foreign language program on the third floor of Hartnett Hall has expanded to fill the increasing needs of Minot State students. In addition to the two

Fulbrights, other student teaching interns, from France, Algeria and Canada offer both European Spanish and Latin-American Spanish practice sessions in the language lab. The department now offers European French and Canadian French sessions.

"I think it's fair to say that you would have to look far and wide to find a university our size that offers a similar variety and quality of foreign language instruction," Sigel said.

Sigel said having Abdessaied and Al Badi here brings to MSU students exposure to international views. Some students think they can have a more personal connection with their teachers, because they are closer in age. Studying with the international students encourages Minot students to go abroad and study and to experience another culture.

MSU promotes NFL Play 60

(MSU Sports Information) — Members of the Minot State University football team and coaching staff traveled to Stanley, N.D., to participate in the NFL Play 60 Campaign Tuesday.

The NFL launched the national youth health and fitness campaign more than three years ago featuring players throughout the league to participate in community service events. The program is aimed at tackling childhood obesity and brings together the NFL, multiple national partners, national PSAs, online programs and locally, as part

of the NFL's in-school, after-school and team-based programs.

Stanley school was one of seven finalists nationally for the NFL Play 60 and one of the requirements was a "Football Day" at their school. That is where MSU football became involved.

"We had a great time showing the elementary students how we did certain form running drills and core strengthening exercises," said MSU head football coach Paul Rudolph. "We got involved because of some hometown athletes and it being my home-

town and our proximity."

Members of the Beavers team and coaching staff lectured and demonstrated different activities to a packed house at Stanley Elementary School. The players worked out with selected students during the drills.

"It was an active setting," Rudolph said of the drills. "We got all grade levels involved."

The NFL Play 60 Campaign kicked off its 2010 season with a NFL Play 60 Youth Football Festival, part of the NFL's celebration to kick off the 2010 season that started in New Orleans last week.



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Photo by Jesse Kelly

Taylor Hart (No. 12) and Jenna Moffat (No. 8) watch Shari Dueck dive for the ball in the women's first home matches Sept. 16 against Briercrest College. The Beavers won, 3-0

Home crowd sparks win

By Eric Manlove
Staff Writer

After playing their first 12 games on the road, the Minot State University Beaver volleyball team was happy to be at home in front of an encouraging crowd. MSU hosted Briercrest College Thursday night in the Dome. The Lady Beavers swept the Clippers in three games (25-15, 25-16, 25-21).

"We needed this after the last couple of weeks," MSU head coach Johnna Torr, said. "We played some tough tournaments, so it was nice to get in front of our home crowd and play a good game."

The Beavers cruised to easy victories in the

first two sets, but the Clippers were able to push MSU a bit in game three. Minot State was able to get a lot of young players experience in the third game, with the 2-0 lead.

"We got some other players in the match and it might have taken them a little while to get going," Torr said. "But I thought they did a good job."

Minot State (2-12) opened conference play last weekend and will continue in the Dakota Athletic Conference schedule this weekend. The Beavers will host Black Hills State tomorrow and play South Dakota Mines Saturday. Both games will start at 7 p.m. in the MSU Dome.

Golf teams raise the 'par'

By Eric Manlove
Staff Writer

The Minot State University golf teams are both coming off Dakota Athletic Conference championships from a season ago. This usually means that they have great golfers and lose experience. That's true, as they lost three senior award winners from last year, but that doesn't have head coach Chipper Farrell worried.

"Our goal is to repeat as conference cham-

pions," Farrell said.

The men will be going for their fourth consecutive title in the DAC, while the women are trying for their second straight after winning their first-ever last season. Both Beaver squads will be on the young side, as they combine for only one senior, Ben Edwards, who they will look to for leadership.

"Ali Hilkewich and Ben Edwards will be the team captains, and they will have to bring

See Golf — Page 10



Photo by Jesse Kelly

Running back Nico Youngren scores for the Beavers Saturday against Mayville State University during the Beavers' Dakota Athletic Conference opener.

Beavers run wild

Eric Manlove
Staff Writer

Johnny Lester was the show for the Minot State University Beavers on Saturday, or at least until halftime. Lester led the Beavers to their first Dakota Athletic Conference victory catching four balls for 121 yards and returning his fifth career kickoff 71 yards for a touchdown. Minot State beat Mayville State 42-10.

"We got the ball moving," Lester said. "I thought we ran the ball well, and the line blocked pretty well. We just have to limit the turnovers."

On an overall positive day, three turnovers was the only negative that stood out on the

MSU stat sheet with two interceptions and a fumble.

"There were a few positive things, I guess," head coach Paul Rudolph said, "but I am someone who likes to be perfect and I don't know if we were close to perfect."

The Beavers were not quite perfect, but were close on most accounts.

Tyson Schatz, Nico Youngren and Logan Jones all ran for more than 50 yards on fewer than nine carries. Youngren also added his first two touchdowns of the year.

Layvester James and Andrew Torgerson both threw for more than a hundred

See Football — Page 10



Photo by Jesse Kelly

Linemen Kristopher Firey (No. 75) and Mitch Haugeberg (No. 69) and tight end Kirk Mason (No. 89) block for running back Tyson Schatz (No. 28) Saturday at Herb Parker Stadium. The Beavers beat Mayville State, 42-10.

**... Football
continued from page 9**

yards. Torgerson also connected on his first career touchdown, connecting in the fourth quarter with Blake Eggl on a 44-yard catch and run.

"I thought the defense really got after them," Rudolph said. "You could use the word 'dominate' other than the big pass."

Just under half of the Mayville State offense came on one play late in the fourth

quarter when Tanner Carpenter hit Taylor Elsenheimer in stride for a 52-yard completion. The Comets only totaled 121 yards.

The Beavers defense held the Comets to a season-low 10 points, six first downs, 22 yards rushing and 99 passing yards.

The Beavers (1-0 DAC, 1-2) play at home this Saturday at Herb Parker Stadium as part of homecoming week. Kickoff against Valley City State (0-1 DAC, 1-2) is set for 1:30 p.m.

**... Golf
continued from page 9**

a young team together so we can reach our goals," Farrell said.

Hilkewich and Edwards were both on the All-Conference team a year ago, along with now sophomore Casey Gleich.

Farrell believes that big things are to come from his young teams.

He said that big things can be expected from Michael DeLorme, Cody Duchscherer and Blair Anderson and from Kara Dietz and freshmen Mackenzie Nagel and Rebecca Heinitz on the women's side.

Minot State's lone home meet will take place Sept. 26 and 27. Sunday's round will start at noon at Souris Valley Golf Course. Tee-off time Monday will be at 9 a.m. at the Minot Country Club.

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