

THE NORTHERN STUDENT

Vol. 126, October 2018

THREE THINGS TO
DO IN BEMIDJI AT
THREE PRICE POINTS

STAYING SAFE
WHILE SLIDING
INTO THOSE DM'S

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Cover photo by Stacey Kaslon

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HOROSCOPES



LIBRA
9/23-10/22

You're feeling full of energy to achieve all of your career goals this month. Try to spend more time outside to keep you fresh and energetic.



SCORPIO
10/23-11/21

Stay stubborn and determined in reaching your goals. Also, try to work on your time management, so you spend some time making money and have enough time left for friends and family.



SAGITTARIUS
11/22-12/21

It's a perfect time for big changes and taking risks. Whatever decisions you make, you're going to be a winner. Be unpredictable with your ideas, everyone will be inspired by your enthusiasm and creativity.



CAPRICORN
12/22-1/19

When making decisions, try to rely on a plan and rationality rather than feelings and emotions. It's a good month to see old friends and family members you don't get to see a lot.



AQUARIUS
1/20-2/18

You'll be reaching your goals without any competition, and your career growth is going to be really impressive. This month is perfect for investing your savings in learning new skills and visiting new places.



PISCES
2/19-3/20

You're definitely having a date this month, maybe even more than one! Also, try not to stay up too late studying, working, or watching movies, get some good rest before getting productive.



ARIES
3/21-4/19

"Stay calm" is your main motto this month. You might feel kind of sensitive about things people say. Also, the fall season is going to make you feel full of energy for competition and reaching your goals.



TAURUS
4/20-5/20

This month, you might have to make a choice whether to focus on a career and stay an extra hour in the office, or spend more time with your loved ones. Try not to spend much time alone and don't stress over any doubts in your head. Get out there and have fun!



GEMINI
5/21-6/21

This month, you're going to meet a lot of new people, and the new connections will bring benefits for your career. Your love life is full of harmony and romance, so try to spend more time with your partner.



CANCER
6/22-7/22

Don't stress about how much work you still have to do, focusing on self-care is your main key to feel happy this month.



LEO
7/23-8/22

Don't be afraid to propose your ideas and express your opinions about different work projects. Whatever plan you offer is going to work best and be extremely beneficial for you and others.



VIRGO
8/23-9/22

Spend more time with your loved ones and focus on all the positive things life brings. You might feel like all the hard work you've done doesn't pay off, but let some time pass - you'll be surprised how appreciated your efforts will be!

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FLU SHOT & VACCINATION CLINIC

FUN
INTERACTIVE BOOTHS **NETWORKING**
TAKE AWAYS

Students, Faculty & Staff Welcome

Health Fair

Wednesday
OCT. 10
8 a.m. - 1 p.m.
Beaux Arts Ballroom

Door Prizes!

- Student Flu shots on the stage are \$45. **STUDENTS** please bring your medical insurance card so we can submit to insurance.
- Public Health will have the following vaccinations free while supplies last; Tdap/Td, Meningitis, Pneumonia, HPV, Hepatitis A & B.
- No appointment necessary.



Win a BSU Custom Cornhole Set - GRAND PRIZE -

Students & Staff can enter to win at Health Fair



If you need an accommodation for this event, please contact the Accessibility Services Office at Decker Hall at 218-755-3883. If an interpreter is needed, two weeks' notice is requested. A member of the Minnesota State, Bemidji State University and Northwest Technical College are affirmative action, equal opportunity educator and employer.

Three Fall Activities at Three Different Price Points

By Kendra Hacker

With the leaves turning from their summery green colors to crisp autumn shades, it's the perfect time to get outside and enjoy nature before winter arrives. Here are a few activities that you can do to make the most of the short-lived fall season.

Have a Campfire \$

You don't always have to do a lot or go very far to have a good time. One classic thing that people can do in the Fall with their friends is to have a bonfire. Whether you just sit around and warm up or roast s'mores and cook dinner over the fire, a bonfire is an easy way to relax and chill with your friends.



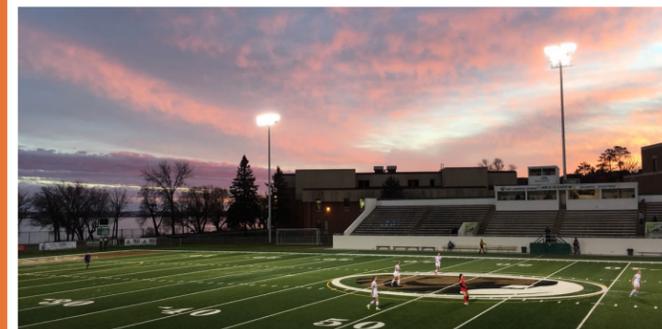
Go on a Hike/Bike Ride \$\$\$

Hiking and biking along the lake or through any of the local state parks is an easy way to talk with friends and get your exercise in. State park passes can be purchased at the entrance of any park either \$7 for one day or \$35 for year round fun. The Sustainability Office on campus also offers Bucky's Bikes Rental Program where students have the chance to rent a bike for \$40 a semester and even get \$20 back if they return their bike on time. Not only would you be able to get to class quicker when you're running behind schedule, because it's bound to happen to everyone at least once throughout their time at college, but it also would make exploring Bemidji easier and on a more personal level than driving in a vehicle. Whether it be biking around downtown to look at local shops and grabbing a bite to eat at one of the many eating venues available, or testing your fitness with a bike trip around Lake Bemidji, there's no telling what you can do.



Go to Sporting Events \$\$

If sports are more your thing, there are many sporting events that are taking place. There are several volleyball, ice hockey and soccer games to fulfill your sporting needs this month, so rally your friends and support the Beavers. Football, volleyball and soccer games are free with a valid student ID, so why not go to them? Free is definitely in a college student's budget. Though most of the sporting events are free, hockey is not. Students have the opportunity to purchase single-game tickets for \$5 in advance prior to each game or they can get an all-season hockey pass, excluding the playoffs, for \$50 from the Hobson Memorial Union Information Desk while availability lasts.



The Fall season always feels like it's fleeting, so make the most of the time that you have and fill it with fun and easy events with your friends. Whether it be going out and exploring the town or sitting around a campfire, there's always something to do.

Photos by Stacey Kaslon and Christa Benson



IT TAKES MORE THAN ONE

BEAVER TO BUILD A DAM

Photo of Faithlyn VanBruggen

By Rebecca Carvell

Whether you have been somewhere three months or three years, you can make an impact on the people around you.

Faithlyn VanBruggen did just that. In her freshman year, VanBruggen was involved in a number of things, including symphonic band, being a student worker at the Hobson Memorial Union information desk, Oak Hall Council and she was going to become a football cheerleader for the 2018 season. She also held a job off campus at Lighthouse Lodge.

However this summer VanBruggen unexpectedly passed away.

The number of posts and comments on Facebook showed just how strong of a reach that one person can make on campus in such a small amount of time. Every moment a person spends in a place, they make an impact whether it be on the area or on the people that they are around.

A small smile or gesture can make a

huge difference on someone's day. You never know exactly what is going on in someone's life, so even a small comment could make their day better without even knowing it.

Through her research, Forbes writer Kathy Caprino found nine core behaviors of people who positively impacted the world:

- 1) They dedicate themselves to what gives their life meaning and purpose
- 2) They commit to continually bettering themselves
- 3) They engage with people in open, mutually beneficial ways
- 4) They invest time and energy not in what is, but what can be
- 5) They embrace critique
- 6) They spread what they know
- 7) They uplift others as they ascend
- 8) They view the journey as the goal
- 9) They use their power and influence well

None of these behaviors are outrageous or unobtainable for any of us. Some of them

we may be doing without even noticing it. So, why aren't we all following in VanBruggen's example?

To quote author Marianne Williamson, "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine as children do. It's not just in some of us; it is in everyone. And as we let our own lights shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

Though Faithlyn was at BSU for a brief period of time, she made an impact that rippled across campus touching more beavers than she could have ever imagined.



YES

BSU Says Yes Means Yes, But What Does that Mean for Us?

By Makayla Griswold

This last April, BSU was one of seven Minnesota State Colleges and Universities (MNSCU) to unanimously vote for Affirmative Consent.

Students United (the organization that represents all MNSCU students), Student Senate, as well as BSU administration decided to implement the change into the student handbook to go into affect this academic year.

"We believe this is a very important issue which needs to be addressed," said former BSU Student Senate President Ash Ullah at the policy unveiling to student leaders last spring. "Students should be educated and what better way to educate our student body than educating their student leaders."

We've all heard of "No means no," but, what exactly does "Yes means yes" mean?

According to USA Today, the first time this slogan was introduced to United States campuses was in 2014 when legislation in California stated that a college campus requiring state funding must learn and enforce the "Yes means yes" criteria. This rewrote the guidelines for what is and is not considered legitimate consent. Instead of saying that only a verbalized "no"

gives criteria for sexual assault, affirmative consent must be given.



Anything as simple as sexily asking, "can I touch this?" or "do you like that?" is considered asking for consent. Giving consent can be nodding, speaking in affirmation, or moving towards the person and committing acts of your own. Silence is no longer considered consent under "Yes means yes," nor is previous sexual acts committed. Even if both parties have a history with the other person(s), that does not mean that they give consent for every future time.

Consent to a sexual act cannot be given in certain circumstances, but that can be a gray area. What if one person was drunk and they wanted to have sex with a sober person, and they did? Because that person was inebriated, they could not give consent and thus the sober person has committed a crime. If a person is not conscious, because of substances

or pure exhaustion, they cannot give consent.

Think of it this way, as John Oliver said, "Because sex is like boxing. If both people did not fully agree to participate, one of them is committing a crime." He's not wrong. In fact, that's one of the easiest ways to think about consent. If a person is passed out, then boxing with them isn't boxing, it's beating them up, and it is assault. If a person is drunk, they can't logically say yes to fighting. If a person says no to boxing, and you swing anyway, that is assault.

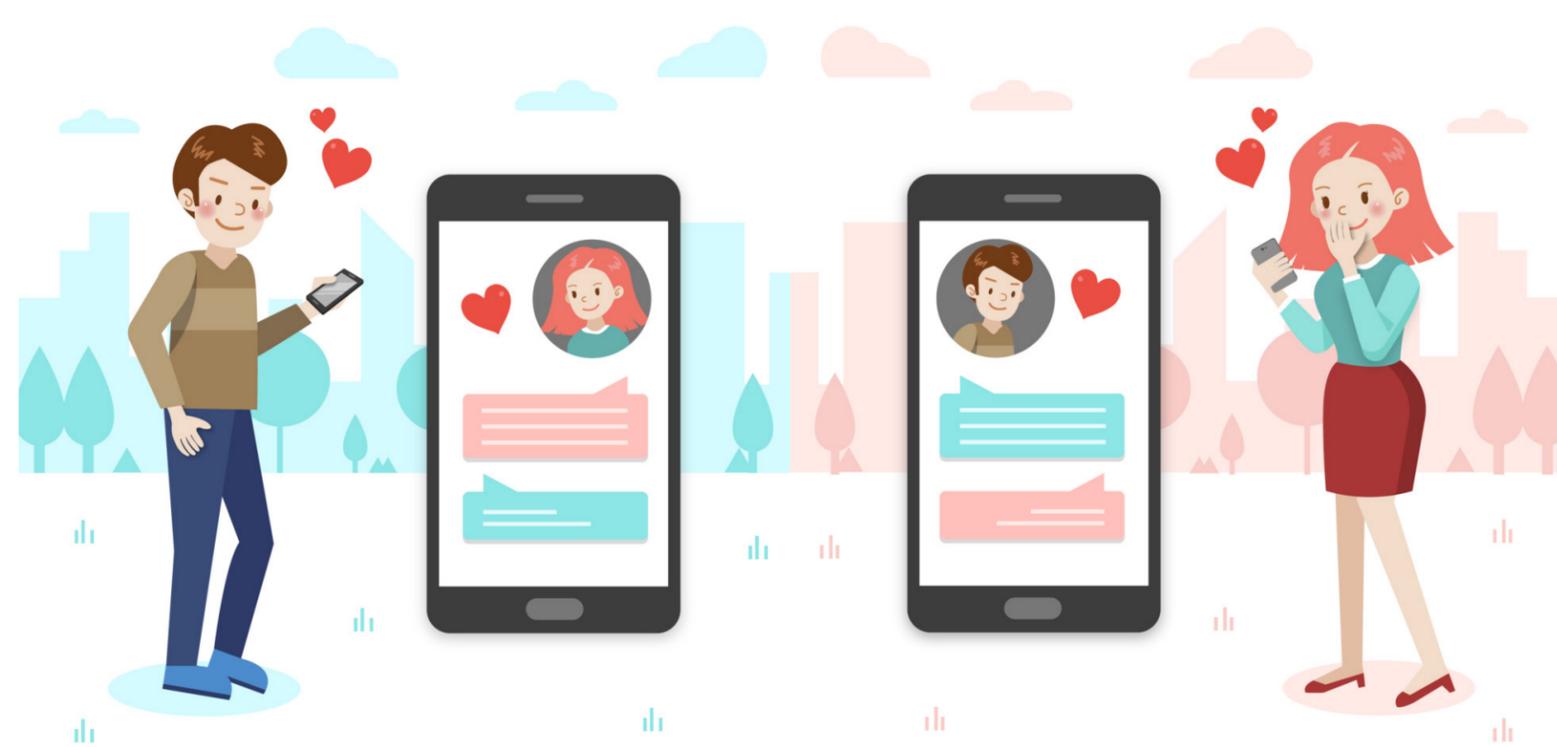
"Yes means yes" teaches about affirmative consent and when it can and can't be given while taking the responsibility of consent off of the victim and spreading it between the two (or more) partners.

The addition of this program to BSU hopes to clearly define consent within the conduct system and to further educate students about consent.

Photo Caption: Student Senate is passing out bracelets spreading awareness about the policy change that say, "Ask for My Yes #WeAreBemidjiState" Photo Credit: Student Senate

Staying Safe While Sliding Into Those DM's

By Rebecca Carvell



SOCIAL MEDIA IS EVERYWHERE THESE DAYS.

It can keep people in your life closer whether they are across the street or the continent. It can even foster new connections between complete strangers. That isn't a bad thing, but "with great power comes great responsibility."

Dating apps have become more and more popular, whether your app of choice be Tinder, Badoo, Bumble and other dating apps, or maybe even Facebook or Instagram. All of these allow you to reach out and contact other people. Unfortunately, messaging back and forth can lead to things lost in translation, and that is where it gets a little risky.

Being online gives people a certain sense of comfort that allows them to be more open and trusting to whoever they are talking to.

In the US, the FBI reports romance fraud and online sexual exploitation, but data about physical assault linked to dating sites is almost nonexistent. The National Intimate Partner and Sexual Violence Survey, conducted by the US government was last conducted in 2011 and will publish an update sometime this year, but it doesn't ask any questions about online dating.

However, statistics from the United Kingdom's National Crime Agency show that the percentage of sexual assaults from online dating encounters went up by 600% from 2009 to 2014 as online dating grows in popularity. Female victims

are not alone in this. The number of males is on the rise, as well.

Talking online seems to speed up the process of getting to know each other compared to in-person. Because of this sudden sense of intimacy between people, they are more likely to forgo the usual precautions and less likely to notice red flags than they would on a typical first dates.

Most of these apps have a section to report people that are causing issues, but it does not always get followed through by the app creators so don't be afraid to report them in different means or blocking them from your account.

When on these apps, there are a few general tips to staying safe while going out with someone from online:

1. Take time to look them up online. Doing this allows you to find out if you have any mutual friends and it's pretty easy to tell if the profile is real or not.
 2. Drive yourself. Having your own way out adds to a sense of security. Being able to drive yourself doesn't put you at the mercy of your date.
 3. Go out during the day. Not only are there generally more people out and about, but it is a lot easier to say that you have to be somewhere for an easy exit, if the date is going south.
 4. Keep your meetings public. Do not go home with your date or bring him or her to your home. Keeping the date public keeps the chances of unwanted things happening.
 5. Tell your friends your plans. This insures that somebody knows where you are and will know if something has happened. You can also schedule a check in call with a friend to insure that things are okay and can give you a way out if necessary. Maybe even have a friend at the location of the date.
 6. Don't overshare personal information. Oversharing can to people being able to possibly answer security questions. If someone gets your name, birth place, first car and other obvious security questions, they can start trying to gain access to different accounts they think you might have.
 7. Don't give out a phone number or other ways to contact right away. Stick to the app for awhile as removing them from there is much easier than if you let them into your life.
 8. Block people that make you uncomfortable. Do not feel the need to keep talking to people who make you uncomfortable.
 9. Have a good time but keep your wits about you. Keep your drink limit to two.
- These tips aren't intended to make you tremble every time you swipe right, but rather to see beyond the rose colored glasses that often mislead our judgment when we are in a new relationship.



BSU Takes Over Nice Ride Bikes

Buck's Bikes by Anna Haynes

BSU Sustainability Office took over the Nice Ride bike rental service this summer after the parent company, Minnesota Nice Ride, chose to withdraw the program from the Bemidji community.

The program will be run the same except for the name change to Bucky's Bikes. This means a semester bike rental is \$40 with \$20 returned to the renter at the end of the semester when they return the bike. As the bikes are now owned by the school, all the revenue will stay with BSU and go into the student Green Fee.

The Twin Cities-based, nonprofit company Nice Ride Minnesota brought their bike rental program to BSU

in fall of 2013 and opened to the Bemidji community in spring of 2014 with over 100 bikes for rent. Since then, the program offered students and community members bikes for recreation and transportation purposes.

According to the Twin Cities Pioneer Press, the bike rental company, Nice Ride Minnesota, was bought out this July by Motivate, the top bike-sharing company in North America. Shortly after this acquisition, Lyft bought out Motivate.

As a result, the car rental company cut the cord with their satellite operations, donating all of the bikes and accessories to the campuses and communities they were within. According to the Bemidji Pioneer, some of the bikes will stay within the community such as at the Bemidji State Park, but most of the bikes came to BSU over the summer.

If interested in renting a bike or learning more, contact the Sustainability Office at (218) 755-2560 or email BSUniceride@bemidjistate.edu

Dear Bucky, What should I do?

by Carli-Rae Manjorin



Anonymous @anonymous • 5h

@DearBucky I'm really missing my family and my dog. How do I stop feeling so homesick? #HomesickandHurtingBeaver

2 replies, 1 heart

Bucky @BSU_StudentNews • 4h

@HomesickandHurtingBeaver, Homesickness can happen to anyone. Whether you're from Beijing or Bagley, it affects all of us in different ways. Keep focused on your goals and remember why you made the move to Bemidji. Get involved in your campus family with clubs or make plans with friends. If your homesickness persists, remember that it's okay to talk about how you're feeling with someone.

232 replies, 2K retweets, 9K hearts

Bucky @BSU_StudentNews • 4h

To ask Bucky your questions, private message The Northern Student on Facebook @thenorthernstudent or on Twitter @BSU_StudentNews

10 replies, 554 retweets, 8K hearts

Anonymous @anonymous • 7h

@DearBucky I know it's only midterms, but I'm already stressing over my grades. How can I get straight A's this semester? #DreamingofA's

1 reply, 5 hearts

Bucky @BSU_StudentNews • 6h

@DreamingofA's, It can be hard to stay focused when studying so it's important to find a place where you feel distraction-free. It is also important to pay attention in class, and sometimes that means choosing a seat near the front or sitting away from friends. Going to class everyday is necessary for success, too. Even when you're tired and don't want to get out of bed, still go to class. If you feel like you're struggling in a class, be sure to reach out for help. Resources like the Math Help Room, Writing Resource Room, Accessibility Services and the Advising Success Center are all here to help.

584 replies, 1.8K retweets, 2K hearts

THE BSU FILES

The Truth is Out There

By Abbie Edman

Bemidji State University is 100 years old. Thousands of people have walked these halls and stayed in the dormitories. Is it possible that some people from the past have stuck around? Could echoes from the past come back to haunt the present?

Many students on campus have experienced strange events on campus. Whether it be hearing strange noises, seeing shadows out of the corner of their eye, or even just getting the feeling that they are being watched. These are things that could be easily explained. It could just be the mind playing tricks. But, is it possible that it could be something more? Is there something supernatural going on at BSU?

BSU student Bailey Tiawna said her friend had a pretty frightening experience in the tunnels a couple years back. "One of my friends was walking on campus at night and she swore that someone was following her, so she started running and could hear someone chasing her in the tunnels. Then she went to Public Safety and they looked over the videos and there was nobody there."

Alex Tindell, another BSU student, experienced something strange in

her dorm room on the 12th floor of Tamarack Hall. Tindell said she could hear strange noises in her walls. She had her bed up against one wall, and her friend in the room next to her had her bed against the same wall.

"We could hear something moving through the wall, but neither of us made it," said Tindell.

Other students said they too, have experienced strange things in Tamarack Hall. One student said the people on her floor could sometimes hear their kitchen door slamming shut by itself. They would also sometimes hear talking and laughing when no one was around.

Megan Gallagher, another former resident of Tamarack Hall, also had a strange experience in her dorm room.

"I suddenly felt a firm hand on my shoulder and it forced me to turn around. I thought it was my friend next door but no one was there. In fact, I was the only one on the floor at the time," Gallagher said.

Members of campus Public Safety said even they have experienced strange things on campus.

Livia DeSylvester, a Public Safety officer said, "In Bangsberg the pianos play at night."

Public Safety is a presence on campus at all times of the day. Sometimes they go through empty buildings on campus at night.

"It was in the middle of the night, when nobody should have been in there," DeSylvester said.

When strange things happen, sometimes it helps to be a little more skeptical. Associate Professor Dr. Janet Heuer of the Criminal Justice Department said she has experienced some odd things on campus, but she likes to keep an open mind because there could be multiple explanations for it.

Dr. Heuer said, "I've heard doors closing and weird stuff. But it could be any number of reasons. Someone actually went through the door, and I didn't see them or someone else was in the building and I didn't know it."

Have you ever had experiences like these on campus? Maybe there are reasonable explanations for these strange occurrences. Maybe it is just the mind playing tricks. But, could it be possible that it is something more? Send us your BSU supernatural stories on Facebook @thenorthernstudent.

Photo By Stacy Kaslon

Ways to Help IMPROVE YOUR MENTAL HEALTH

By Makayla Griswold

Disclaimer: This article is about managing and helping depression, not about cures or stating that therapy or medication are invalid. Please, follow the advice and instructions of qualified professionals such as your therapist and doctor.

First things first: a body cannot run efficiently on fuel that it has a hard time processing or that gums up the system. A better diet will go a long way to increasing your mental state, simply because your body and brain have the correct fuel.

As stated in Psychology Today, a diet consisting of selenium, vitamin D, Omega 3's, antioxidants, b vitamins, zinc, and proteins improve the function of the body and mind. A diet full of caffeine, alcohol, refined/processed foods, and processed oils, as most diets in America are, can be detrimental to a person's health. Sadly, as college students, our funds and time are limited, and this can lead to trouble.

Cheap foods tend to be processed foods. Luckily, we do have our meal plan available. Perhaps shoot for a healthier option at Lakeside, rather than just a pizza, and try to stay away from caffeine city every day.

Diet is not the only way to improve the function of your body. Vitamin D is what our body makes after we are exposed to

the sun. Vitamin D deficiency has been linked to mental health problems such as Seasonal Affective Depression Disorder (SADD) and dysthymia. This is because of the vitamin D receptors in the brain that help regulate emotion and behavior.

Deficiency of vitamin D and depression tend to go hand and hand. According to Sonal Pathak, MD, an endocrinologist researching the effects of vitamin D deficiency on depression, "People who have depression are at high risk for vitamin D deficiency because they stay indoors, don't exercise too much, and are likely not eating a healthy diet."

While getting up and moving outside can be especially taxing for people with mental health problems, even an hour or two a day of doing something (or nothing) outside can benefit an ill brain.

As mentioned above, lack of exercise is common in people with depression. However, the reason that this is important is not only to keep your body in shape, but also to increase the body's levels of feel-good chemicals (such as neurotransmitters and endorphins).

Doing something as little as going for a walk, or running all those errands you must run, can raise your feel-good chemicals and increase the functionality of your brain. The Outdoor Program Center

has many activities on its calendar for Bemidji State University students that allow you to be exercising while still having a good time.

PsychCentral advises you to try to give your activity of choice more than one motivation. For example: *I haven't had the motivation to do these chores all week, and I haven't wanted to exercise either. But if I do my chores, then I can be exercising at the same time and reward myself with that frozen yogurt I wanted. Tiny steps, right?*

These three changes can increase your quality of life and mental/physical functionality by a mile but doing these three things can be challenging and scary compared to the safety of staying in bed and eating junk food. Everything is a process. Try just switching out a few of your comfort foods to a healthier alternative. Maybe switch your napping spot from your bed with the blinds closed to a spot with windows that let the sun shine in; channel your inner cat for a catnap in Bensen under all those big windows.

Small changes grow into big changes and big changes make the world go around. If you want to see a change in your quality of life, whether you have depression or not, try out these changes and see what they can do for you.

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\$3.00 discount on a medium pizza.

\$4.50 discount on a large pizza.

JAKE'S
Pizza

FALL FILM FORECAST

by Dakota Drobnicki

These next few months will be filled with an interesting array of films beyond the Disney and Marvel fare you'll inevitably get way too many ads for. I'll do my best to guess which of these movies will and won't be at the Bemidji theater, but it'll be a total crapshoot with some of these. Keep in mind that some of these release dates might get pushed back or forward by the time this article hits your eyeballs.

OCTOBER

***A Star Is Born* (October 5th)** - Bradley Cooper directs a musical with an all-star cast including himself, Lady Gaga, Sam Elliott, Dave Chapp-**DAVE CHAPPELLE'S IN THIS?** Hm. Welp, I'm definitely seeing this one.

***Venom* (October 5th)** - This new "not really but still kinda in the MCU" Marvel film with Eddie Brock and his symbiote companion is at least guaranteed not to contain any cringy dancing from Peter Parker.

***Halloween* (October 19th)** - To open up yet another confusing timeline in the *Halloween* franchise, this reboot has been pitched as a sequel to only the original 1978 film... but if it had ended differently. Of course I'll see it, but this will likely be an odd one to take in.

NOVEMBER

***Bohemian Rhapsody* (November 2nd)** - The Queen movie has just escaped years of development hell and production troubles to hit our screens. I can only hope it's a movie that does justice to Freddie Mercury's legendary status.

***Fantastic Beasts: The Crimes of Grindelwald* (November 16th)** - The first *Fantastic Beasts* surprised me in that it could still be enjoyable even if a viewer wholly divorced it from *Harry Potter* lore. While this movie connects it more explicitly by adding in Dumbledore, it looks like it will keep this franchise going strong on its own legs.

***Creed II* (November 21st)** - With Ivan Drago and his son popping in, there's a part of me that hopes this movie keeps the same silly tone as *Rocky IV*, but another that doesn't want to see such wild tonal whiplash from the first movie.

***Ralph Breaks The Internet: Wreck-It Ralph 2* (November 21st)** - As new trailers continue to release for Disney Animation Studios' newest film, I've gotten increasingly worried that Disney set out to make their own equivalent to *The Emoji Movie* from last year. I would assume this film won't sink to the depths that one did, but it's possible it won't be all that much better. Fingers crossed!

***Robin Hood* (November 21st)** - I thought they cancelled the sequels to *King Arthur: Legend of the Bored*, but I guess not! Ugh. The trailers are bland and instantly forgettable.

DECEMBER

***Spider-Man: Into the Spider-Verse* (December 14th)** - I wanna be excited for the big-screen debut of Miles Morales, but... you know how DC has been consistently making bad live-action films, but their animated output has usually been great? Marvel used to be the opposite when they still bothered with animated movies. We must hope this one breaks that trend.

Our Artist's Outlet

A space for the creative work of BSU students - fiction, poetry, photographs, and art. To submit work, please email northern.student@gmail.com

Seth Larson: Smudging the Line of Perception

By Stacey Kaslon

Seth Larson is a senior design major with an emphasis in studio arts, but he began drawing when he was just three years old and has been refining his craft ever since.

"I'm lucky in the fact that I figured out what I loved to do when I was a toddler, but if you discover later in life it doesn't mean that you can't be great at what you do," said Larson. "The harder you work at it the better you'll do."

Pulling inspiration from HR Giger and fantasy artwork like *Magic: the Gathering*, he prefers to create expressive portraits by mixing a variety of mediums.

"I like charcoal the most because it's a freer medium to work with," said Larson. "You can actually draw with charcoal and simulate painting."

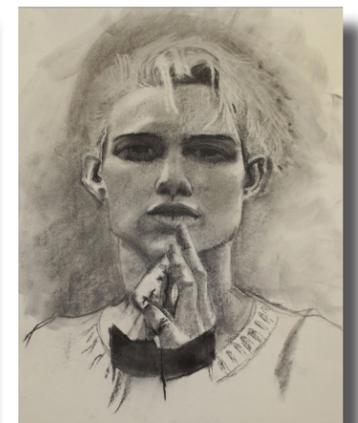
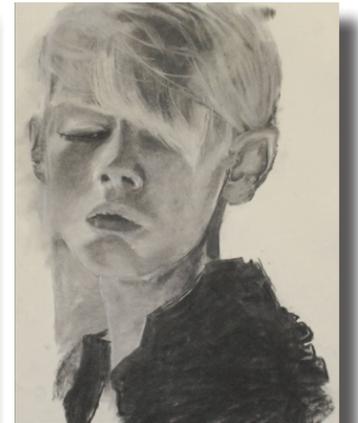
Including a great deal of charcoal, his gallery show titled "The View of Perception" is on display in the Wild Hare Cafe in Bemidji for the month of October. The series features complementary-colored and colorless portraits done in charcoal, chalk, color pencil and oil paint.

"All of the models in it are androgenous. I think people are afraid of it a little bit, and I'm just an average person so I wanted to step into the boundary of something," said Larson. "I like art that takes risks, even if it's minor."

Capturing more than just the subject's physical features, Larson tries to express the emotion of the subject through embracing the imperfections within his pieces.

"Don't worry about making something perfect. Try to have fun with what you are doing," said Larson. "The imperfections that you are creating in that portrait is your mark on that."

He has noticed in his years at BSU that more and more students are taking an interest in studio arts than before offering encouragement to artists of all skill levels. "Don't be scared of it. You'll have bad days, but you'll have great days," said Larson. "It should be about growth."



EVENTS

OCT 1

HOMECOMING WEEK
(Oct. 1-7)

**CORONATION & MR
BEAVER PAGEANT**
Gillett Wellness Gym, 8 p.m.

OCT 2

MASS & A MEAL
St. Philip's Catholic Church
Every Tuesday, 6:30-7:30 p.m.

OCT 3

BLOOD DRIVE
Crying Wolf Room, HMU
(Oct. 3 & 4)

OCT 4

ASK AN ADVISOR
Lakeside, 12 p.m.

OCT 6

HOMECOMING PARADE
Downtown Bemidji, 11 a.m.

**BEAVER BASH PRE-GAME
TAILGATING**

Chet Anderson Stadium, 12 p.m.

**HOMECOMING FOOTBALL
GAME VS UNIVERSITY
OF SIOUX FALLS**

Chet Anderson Stadium, 2 p.m.

**BEAVER BLOCK PARTY
STREET DANCE**

Between 3rd and 4th Street on
Beltrami Ave, 8:30 p.m.-12:30 a.m.

OCT 7

**CARL O. THOMPSON
MEMORIAL CONCERT**
Thompson Recital Hall, 3 p.m.

OCT 8

INDIGENOUS PEOPLES DAY
AIRC, All Day

OCT 10

HEALTH FAIR
Beaux Arts Ballroom, HMU
8 a.m.-1 p.m.

OCT 11

**ONE MORE LIGHT
MUSIC FESTIVAL**
Lakeside, 7 p.m.

OCT 15

PRACTICE INTERVIEWS
For all majors (Oct. 15-16)
(pre-register on Connect2Careers)
Decker Hall 202, All Day 15th

OCT 16

**QUESTION, PERSUADE, REFER
GATEKEEPER TRAINING FOR
SUICIDE PREVENTION**
Crying Wolf Room, HMU,
3-4:30 p.m.

PINTEREST NIGHT
Lakeside, 8-9 p.m.

OCT 17

**DIVERSITY VIRTUAL
CAREER FAIR**
Online, 10 a.m.-4 p.m.

OCT 24

STRAIGHT TALK
AIRC, 7 p.m.

OCT 25

SEAN BOTT (MENTALIST)
Beaux Arts Ballroom, HMU, 8 p.m.

OCT 27

**ANNUAL COUNCIL OF INDIAN
STUDENTS POWWOW**
Gillett Wellness Gym, 1:30 p.m.

OCT 30

HANNAH'S STORY
Hagg-Sauer 100, 7 p.m.

OCT 31

**TRICK-OR-TREATING IN
THE RESIDENCE HALLS**
Residence Halls, 5-7 p.m.



ILLUSTRATION BY MICHELLE HOLBECK