

THE NORTHERN STUDENT

Vol. 128, Jan. 2019

**AUDIOBOOKS ON
THE RISE**

F L U S H I N E Q U A L I T Y

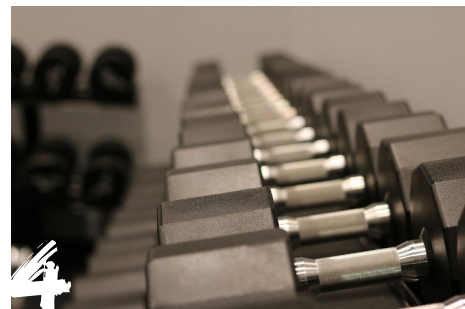
**BSU SPEAKS OUT
ABOUT GENDER
NEUTRAL BATHROOMS**

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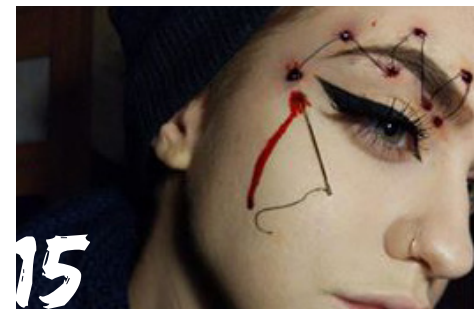
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HOROSCOPES



CAPRICORN
12/22-1/19

Try not to be too critical when you don't agree with someone's opinion. Big chance to be offered a new job, which would make you move to a different city, but it'll be totally worth it.



AQUARIUS
1/20-2/18

This month is filled with love and romance for you. Also, be ready to expect job promotion and growth in your finances.



PISCES
2/19-3/20

Persistence and ambitions will lead you to reaching your goals. You might feel restless looking at all the assignments you still need to get done but stay optimistic and keep going!



ARIES
3/21-4/19

A lot of important tasks have to be done this month. Your partner might feel like you spend more time at work than with them, so try to manage your time and find the right balance.



TAURUS
4/20-5/20

Don't hide your emotions. Say out loud about how you really feel. Try to save up some money as you might need to make some big purchases soon.



GEMINI
5/21-6/21

This month is flowing smoothly for you. Spend more time on your hobby as it might not only be something you like doing, but also bring your finances up.



CANCER
6/22-7/22

You're highly likely to fall in love this month. Don't be afraid to use all your charming skills to get your crush's attention. Good month to go on a trip you were thinking about for so long.



LEO
7/23-8/22

You're going to get a lot of exciting surprises this month, especially from your loved ones. You might feel like you're working more than others, but guess who's getting promoted for their effort? You are!



VIRGO
8/23-9/22

You might be willing to help everyone around you, but don't forget to focus on yourself as well. Good chance to make friends with someone whose views and opinions will be very similar with yours.



LIBRA
9/23-10/22

Try to get work done by yourself, even if someone is willing to help, and you'll discover the way to boost your finances. While making money, don't forget to spend time with friends.



SCORPIO
10/23-11/21

You can feel a little nostalgic once all the holiday fun has passed, but this month is bringing you a lot of adventures and job prospects, so don't feel down for too long. Fun is coming your way!



SAGITTARIUS
11/22-12/21

Don't underestimate yourself when you're facing obstacles, and don't be afraid to keep asking for help. Once you get through them, a lot of great changes will come.

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Staying Active During the Off-Season



By Elise Sikes

It can be hard, as an athlete, to find ways to exercise during the long periods of time between your sport's season. Speaking from experience, I usually get bored with the routine workout schedule.

A good start to the off-season is pinpointing what you need to improve upon for the next season and focus your workouts around that. Try to have a minimum of three goals, otherwise workouts will be rather monotonous and you could end up working one part of your body far harder than it can handle. Another thing to remember is that you do not have to work out every single day. According to Bodybuilder.com, one can maintain their fitness level with three-times-a-week cardio and strength training two-three times a week.

It is always helpful to have a buddy when working out so as not to lose motivation. Of course it doesn't have to be a teammate, but it may help. Make sure that whomever you choose as a workout buddy has the same motivations and intentions to keep up with a workout schedule throughout your off-season.

If scheduled workouts aren't your thing but you still want to stay active with friends, there are a plethora of intramural sports you can join on campus (football, basketball and volleyball, to name a few). This is a fun way to stay active, spend time with friends and be involved on campus.

Another nice break from the traditional workout is watching film. Whether it is your own or the professionals, you can learn a lot about game play and techniques.

The most important thing to remember, in addition to staying active, is receiving an adequate amount of sleep. The National Sleep Foundation recommends younger adults aged 18-25 sleep seven-nine hours a night or an amount where you feel energized

when you wake up. Getting enough shut-eye will boost your energy and help you keep up with your off-season workouts.

Healthy eating shouldn't take a back seat, either. Athletes should make sure they're eating a full three meals a day (including breakfast, the most important meal of the day). Energy bars that are high in sugar or fat should be avoided as meal replacements and athletes are encouraged to add variety to their plates. Trying different vegetables, fruits and whole grains will help you gain key micro-nutrients you may have missed otherwise, according to Heal Nutrients. Drinking enough water will also help strengthen your immune system and every person, athletes and non-athletes alike, should aim to drink half of their body weight in ounces of water.

Staying active and healthy throughout the off-season doesn't have to be hard. With the given tips, you can easily transform your spare time into useful practice, workouts or self-care. However you decide to stay active during your off-season, or even if you are trying to get into exercising, remember to take it at your own pace, keep a goal in mind and make it fun!



Audiobooks On The Rise

Photo and Story by Madelyn Haasken

Even for people who love books, it can be a challenge for a busy college student to find time to read. Between class, work, extra-curricular activities and a social life, there isn't a lot of free time – and when there is, most students would rather curl up on the couch and watch Netflix over sitting down to read a book. However, there is another option that's becoming more and more popular – audiobooks.

According to the Audiobook Publishers Association, there were 34 percent more audiobooks published in 2017 than the number of books published in 2016.

While reading a book requires complete concentration, listening to an audiobook allows for multi-tasking, which is a common activity among busy students.

"Reading requires a setting, like a plush armchair; audiobooking is, almost by definition, in motion," writes Arielle Pardes from Wired.

For Sydney South, a mass communications student, this element of

flexibility is an important aspect of audiobooks. "I like audiobooks more, because I like to be productive throughout my day. I like to read a good book, but that's the last thing on my mind. With an audiobook I can drive and listen to it, or work on stuff."

While some believe audiobooks are great for stimulating the mind while doing other activities, others argue that reading is important for comprehension of information. They believe that the content is less retainable with audiobooks, and that it makes it easier to get distracted.

Luke Schmitz, a marketing communications student, agrees with audiobook critics. "People listen to audiobooks instead of reading, and I don't think it does the same thing to your brain as picking up a real book. And then people are all like 'oh look at me I listen to audiobooks.'"

Intellectually, is listening to an audiobook the same as reading? The short answer – sort of.

Research has shown that reading and listening are quite similar cognitive processes. University of Virginia psychology professor Dan Willingham explains that "there isn't much individual variance in the way people absorb information". This means that those who prefer reading over listening (or vice versa) just like the feel of that particular medium – it doesn't necessarily mean that they process one better than the other.

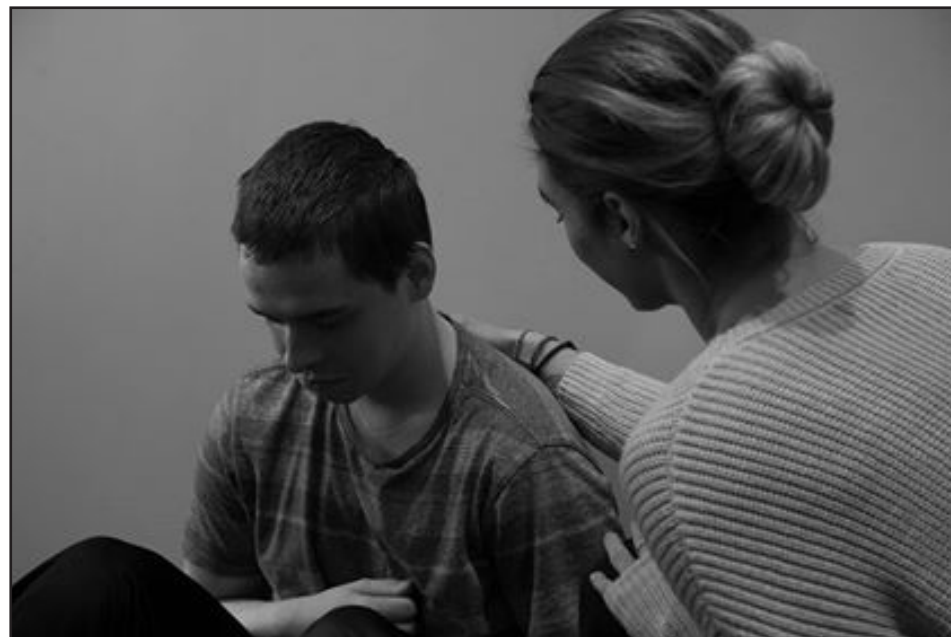
Comprehension of information is often dependent on what material the book is covering. In audiobooks, underlining and highlighting important phrases or words is non-existent – it's also more difficult to go back and re-read (or re-hear) a certain part. For this reason, more complex information may be retained and understood better by reading a physical book.

However, when it comes to your average book, studies show that intellectually, reading and listening are fairly similar processes in the brain – neither is better or worse than the other.

DON'T PANIC:

Keeping Your Cool in the Midst of a Crisis

By Makayla Griswold



Mental health has become an issue to many college students. The number of college students currently suffering from anxiety, panic attacks or depressive episodes is worth noting so that people don't feel alone in their struggle. It is also important to know what to do should you experience symptoms of anxiety or depression as well as grounding techniques that make it possible to pull out of a panic attack sooner rather than later.

In 2013, a study was done on college students that found 40 percent of men and 57 percent of women had experienced times of "overwhelming anxiety" within the past 12 months. Beyond that, as reported by Psychology Today, 27 percent of men and 33 percent of women reported episodes of depression that lowered their ability to function. Psychology Today also mentions a different study in 2015 by the American College Health Association reported that 8.7 percent of college students had reported panic attacks in the past year.

Panic attacks include both physical and psychological symptoms like dizziness, rapid heartbeat, chest pains, shallow breathing, tingling sensations in the body and feelings of terror or panic. While these are the most common symptoms, a panic attack can be some or all of these in different combinations, according to Dr. Sarah Cronin, a psychology professor

at BSU. Professional counselor Katharina Star states that these symptoms can happen spontaneously and reach a high point within the first 10 minutes before dying down, but it is not uncommon to experience these symptoms for longer or experience one after another. Stopping a panic attack after it begins can be difficult. Instead of becoming more panicked by lack of ability to stop the attack, find a comfortable and safe place to finish riding out the episode. According to the Prince Edward Island Rape and Sexual Assault Centre, grounding is a technique that brings a person back to the present reality, the here-and-now. In an article for Psychology Today, Dr. Diana Raab recommends several different exercises for grounding, but one of the easiest is playing music. Give all of your attention to the music and focus on all instruments, beats, words and the overall mood.

Another possible grounding method is moderating your breathing. The faster we breathe, the faster our hearts beat and the more panicked we feel. Attempt to breathe deeply to the count of four, hold the breath for four and release for four before holding again. Repeat this cycle breathing through your nose. Holding your breath limits hyperventilation which can increase dizziness and rapid heartbeat, according to Anxiety Canada.

Lastly, ground yourself using the "5 Senses" technique recommended by Cronin. Basically, a person focuses on the experience of their senses. Be as descriptive as possible and do not stress about being unable to name something for one of your senses – I find that describing a taste can be difficult. Bring your attention to a sound you had not noticed before like the distant hum of a heater or the clock ticking away on the wall.

Practice all of these techniques before you have to use them. This will help build up your mental health toolbox. Not only can these techniques help ride out panic attacks, but they can help with general stress and anxiety before they reach drastic heights.

Photo Illustration by Michelle Witkin

FISH are FRIENDS

By Makayla Griswold

The only pets allowed in our dorms are fish, unless special permission is given for a special circumstance. Since that is the case, this is a guide for researching fish, choosing your fish and the responsibilities that come with them. Fish are living creatures and, like all other pets, require attention. This article will focus on betta fish since most college students seem to prefer them.

SOCIAL TENDENCIES

Similar to other animals, there are species of fish that cannot cohabit with each other. Male bettas are known for their aggressive and territorial tendencies and thus should not go in tanks together. If you are wanting more than one fish in your tank, make sure to research which ones can go together. A male betta can be kept with small fish that are not colorful. These include bottom feeders such as the Bristlenose Plecos and the Glass Catfish. Neon Tetras can also be

kept in the same tank as a betta but be sure to have a minimum of six in your tank – according to the Betta Fish Care website they are schooling fish and thus need fishy friends.

ENVIRONMENT

Now that you have figured out which fish you want in your tank, you need to make sure to put them in the correct environments. Different fish require different tank sizes, water types and tank decorations. For example, the recommended tank size for a single betta is five gallons or a minimum of two point five gallons. They also require specially-treated water stripped of chlorine, chloramine, ammonia and other heavy metals. There are water conditioners available for bettas at Walmart, or you can purchase the water there and not have to worry about conditioning it yourself. Beyond water content, the Betta Fish website states that the water temperature should be 76°F to 81°F. Plants in the tank should be live or silk since plastic can rip fins. Lastly, make sure to include hideouts in the tank that are not too sharp for their fins.

TIME COMMITMENT

While fish do not require walks or exercise outside of the tank, they do require proper cleaning of their tanks and according to the Betta Fish website, Bettas require regular feedings three times a day. Cleaning the tank can take some time depending on how much is inside of it, but the benefit is having a happy and healthy fish. Filters are available to help the tank stay cleaner, longer. If live plants and bottom feeders are included in your tank, you have a natural cleaning system that can also help the tank stay clean. Check on

your tank during feeding times to be sure that it does not require cleaning.

FEEDING

All animals need to eat, but choosing a brand of food can be difficult. Fish can be picky and they all have different dietary needs. Since bettas are naturally carnivores, they need a high-protein diet. Betta Fish recommends feeding them little brine shrimp, flakes and freeze-dried blood worms. Some fish need a combination of flakes and algae such as the Bristlenose Plecos. On the other hand, according to the Goldfish Care website, other fish, such as the goldfish, are happy with only flakes. It is important to keep to your fish's dietary needs if you want your fish to have a happy and healthy life. If you know that you will be gone for a period of time, automatic feeders that can hold up to four weeks' worth of food are available at Walmart. You could also consider asking a friend if they'd be willing to stop in and feed your fish for you.

Fish are animals and deserve the same amount of respect afforded to any other pet. If a problem comes up with owning a fish, then it is your responsibility as a pet owner to make sure your pet finds a good home. In the meantime, enjoy the calming presence of your fish and spend some quality time relaxing.



GENDER-NEUTRAL BATHROOMS

BSU Speaks Out...

By Abbie Edman

We use bathrooms every single day. This is why they are put in almost every public space. But what if you didn't have a bathroom that was accessible to you, or one that you didn't feel safe using?

This is an issue many transgender people face. A 2015 survey by the National Center for Transgender Equality showed what the transgender population experience in day-to-day life. The U.S. Transgender Survey showed that 9 percent were denied access to a restroom, 59 percent avoided using public restrooms [for fear of confrontation] and 32 percent limited the amount they ate/drank to avoid using the restroom.

Approximately 150 colleges across the United States are working to

include gender-neutral bathrooms. There is an estimated population of 1.4 million people in the United States who identify as transgender, a number which will grow in coming years.

Gender-neutral bathrooms, those without male or female designations, are a main focus when

Student Senate proposed that all new buildings and all newly-renovated buildings should have one-third of its bathrooms be gender-neutral.

"The motion passed the delegation and passed on the board so now Students United will advocate at the state level that all new buildings

have at least that many gender-neutral restrooms," said Connor Newby, President of Student Senate.

"It would be a good step forward for our university," said BSU student senator Nathan Datre. "To show we are inclusive and welcoming of all people." He also mentioned that the more gender-neutral bathrooms we have on campus, the better it will be for future students. It could

encourage more students from the LGBTQ+ community to come to BSU.

"It's a good initiative and sign of good faith for BSU," said Sam Galatz, former president of the Phoenix. The Phoenix is a club on campus dedicated to making students from the LGBTQ+ community feel safe and included.

Some students want more gender-neutral bathrooms especially on the academic side of campus. For example, the Upper Hobson Memorial Union has a large bathroom located next to the Center for Diversity, Equity and Inclusion. It is the only bathroom located on that floor and is only accessible for men.

Some students think that would be a great place for the next gender-neutral bathroom. It would be convenient because that floor houses the Center for Diversity, Equity and Inclusion as well as Eco-Ground's, a popular BSU coffee stop.

Junior social work major Kris Lynch said she wasn't aware of what the campus had to offer for the LGBTQ+ community during her freshman year.

"I myself identify as the sex I was born with, but I have many friends who don't have the luxury of feeling comfortable using the female and male bathrooms," Lynch said. She said that more gender-neutral bathrooms on campus would create a better atmosphere for the LGBTQ+ community.

"Bathrooms are a necessary thing for everyone in their everyday life, so everyone should be able to feel comfortable going through their day, without having to worry about whether they belong in the bathroom they're using," said Emerald Priem, the current President of the Phoenix.

for disability and mobility issues," said Assistant Professor Kathryn Klement of the Psychology Department. Having more gender-neutral bathrooms also means having more bathrooms that are accessible to a greater amount of people.

A map to gender-neutral bathrooms on campus can be found on the BSU website at: <https://www.bemidjistate.edu/offices/affirmative-action/wp-content/uploads/sites/49/2017/09/OMC-17-002-Gender-Neutral-Bathrooms-Map.pdf>. The map contains the bathrooms located on both the dormitory and academic sides of campus. This includes the academic buildings Sattgast Hall, Memorial Hall and Hobson Memorial Union. Also included are dormitories Birch Hall, Linden Hall, Tamarack Hall and Oak Hall.



it comes to issues of accessibility and safety for college students. Many college campuses across the United States are advocating for more gender-neutral bathrooms and this form of activism has gained some support at Bemidji State University.

The BSU Student Senate met in November to discuss a plan for Students United, a student-run non-profit organization that represents the interests of Minnesota's seven state universities, including BSU.



Some BSU faculty said they would like to see more strategically-placed gender-neutral bathrooms on campus. They also want bathrooms to be as accessible as possible for each and every person on campus.

"People shouldn't have to think, well I better not drink anything today because I don't want to feel uncomfortable or unsafe in a space," said Dr. Kate Larson, an Associate Professor in the Psychology Department.

"Inclusive bathrooms are not just good for gender identity but also



BSU Kicks-off Hagg-Sauer Plan Renovations

By Stacey Kaslon

Almost seven months since Minnesota Governor Mark Dayton signed a bonding bill into law approving the replacement of Hagg-Sauer Hall at Bemidji State University, BSU will start construction renovations this month across campus in preparation for the new building.

The \$825 million bill for the Minnesota State system public works set aside \$22.5 million for the BSU project to build a more classroom-focused learning facility and to renovate areas in five other buildings on campus. The new building will be almost a fourth of the size of the current building with the intent of creating communities within related disciplines.

Justin Eichorn, Senator of District 5 and a leading legislator on the bonding bill, said in a press conference on May 31, "It was amazing to see the outpouring of support not only from the faculty and staff, but from the community here for this project, and I think that's one thing that really helped us get this over the finish line this year and get Gov. Dayton's signature."

Replacing the almost fifty-year-old Hagg-Sauer will not only avoid expensive upkeep and maintenance costs, but it will also be more energy efficient with its LEED-certified design. The hall was designed with a great deal of natural light including an all-glass wall facing Lake Bemidji as well as landscaping that is native to Minnesota, not just for aesthetic purposes, but also to reduce water usage and improve drainage. This design will also offer an unobstructed view of Lake Bemidji from the center of campus.

Though the details will be finalized in the near future, the plans are going to include ten up-to-date classrooms on two floors with an array of courses and learning



styles accommodated as well as class sizes between 40 and 132 students. The facility will also include an auditorium large enough to accommodate as many as 320 people. The new building will also accommodate those with disabilities better than before.

Renovations across campus are scheduled to begin sometime early this semester to accommodate the faculty offices currently within the building. Buildings to receive renovations include Bangsberg Fine Arts Complex, Bensen Hall, Sattgast Hall and the A.C. Clark Library--all with the idea of making resources and faculty more accessible to students.

Bangsberg Fine Arts Complex will renovate the music practice labs and band room, faculty and department offices, conference rooms, a study room, a music ensemble room, overall technology infrastructure and convert the Black Box Theater into a multi-purpose space.

Bensen Hall will redevelop the entire professional education faculty area, create a up-to-date space for relocated psychology and social work departments including offices, lab space, work room

and student lounge and construct a new conference room and student work area.

Sattgast Hall will update faculty office suites, relocate the math library, mathematics/GIS computer lab, geography cartography and planning labs and upgrade the overall technology framework.

A.C. Clark Library is set to enrich the overall experience for students and faculty with more accessible and updated services, including moving the student support services to the main floor. Renovation plans also include improving the geography map library, classroom space, computer lab, the reference area as well as create a tutoring center for students.

BSU's published plan for the building explained the goal behind the relocations. "These focused communities will create better environments for students to meet with faculty--and each other--outside of the classroom," it says.

Faculty will move into their new offices this summer with the demolition and construction of Hagg-Sauer to shortly follow. The whole project is predicted to finish and re-open as early as fall of 2020.

Wasabi Sushi & Asian: The Newest Culinary Hotspot

By Makayla Griswold



Wasabi is the new Asian bistro at 419 Beltrami Avenue NW, Bemidji, next to the Science Center. While the bistro is small, the flavor is huge.

My friend, Jane, and I ate here at 5:30 on a Tuesday night before the dinner rush kicked in.

We were welcomed in, sat at a two-person table and given menus. The tables were wooden with a blue resin and the rest of the décor matched with the small Asian bistro theme.

We ordered ice water with lemon and were given some delicious savory soup with white fish broth and small green onion slices. It didn't take long for us to finish our soup as it was a chilly day.

Ordering was difficult because there were so many options to choose from. Basic rolls included classics such as Yellowtail and California rolls. There were also appetizers, hot meal options and some very creatively-named, more expensive rolls. My friend ordered the Caterpillar roll and I ordered the Red Dragon roll with some Yellowtail rolls.

We didn't have to wait long for the food to arrive and when it did I was beyond excited. Our food looked amazing. The presentation for the Caterpillar roll made it look like an actual caterpillar. It was adorable. My Red Dragon roll was artistically draped in a spicy mayo sauce while my yellow tail was broken up into groups of two. I almost felt bad about eating my food, but the flavors more than made up for my guilt.

I started off with the Red Dragon roll. The avocado and tuna melded together in such a savory way with the spicy mayo complimenting the flavor perfectly. The Yellowtail had a cucumber crunch inside that added another layer to the texture of the roll. The fish itself was fresh and the idea of it makes me want more.

Suffice to say, it didn't take us long to finish our meals. The check came quickly, and we were out of there as the dinner rush started, filling the bistro with people.

Whether you're on a strict budget or intend to splurge when you eat out, there are menu items for every person's budget. There are options on the back page for "Basic Rolls" that are only \$6 each, so if you're on a budget, it's doable. However, the special rolls are a bit more money. If you treat yourself regularly, the special rolls will prove themselves as delicious treats to cheer you up.

Overall, my experience was great. With speedy waitstaff and chefs, a great atmosphere and delicious food, what could go wrong?



Scholarships Seeking Students

By Stacey Kaslon

Just because we are already in college doesn't mean that the scholarships stop coming in when we start classes. The BSU Student Senate compiled a list of all of the BSU scholarships. Listed below are some of the scholarships. To see the hundreds of other scholarships BSU offers, checkout the list at

www.nothernstudentmedia.com

ACCOUNTING

Deloitte and Touche Scholarship

One or more \$1,000 Scholarships to Jr with minimum 3.0 GPA and an outstanding student.

ADMISSIONS

George W. Neilson Admission Scholarship

The annual award shall be \$1,000 per recipient.

Myra Heieren Johnson Scholarship

Students receiving this scholarship must be a student in good standing at BSU. This scholarship is for academic purposes only; no athletic scholarship can be given from this fund.

Norm and Judy Nelson Scholarship

Incoming or returning students, minimum GPA of 3.0, preference to students not otherwise eligible for need based financial aid.

Richard and Marcilyn Leier Scholarship

One or more deserving students with a preference to first generation students who have demonstrated strong academics, volunteerism and demonstrated a strong work ethic with an outside job throughout the academic year and during the summer.

Russell and Gudrun Harding Scholarship

Sophomores, juniors or seniors at Bemidji State University, and who are maintaining a GPA of 2.5 or better.

Special Situation Scholarship

One or more (minimum \$500) scholarship to student(s) who entered school at 25 or older.

Tuorila/Haiby Scholarship

Jr, Sr from MN. Verifiable financial need, minimum GPA 2.50, preference to veteran or the spouse, child or grandchild of a veteran.

BIOLOGY

Ed Nordheim Scholarship

Minimum \$400 Scholarship to Jr, Sr, Biology Major.

Harold T. Peters Scholarship

One or more (minimum \$500) scholarship to So, Jr, Sr, w/ 3.0 GPA & major in Bio, Chem, Physics, Env. St, Nursing Math or CS.

BIOLOGY & CHEMISTRY

Ruth Lane Memorial Scholarship

One or more (minimum of \$300) scholarship(s) to So, Jr or Sr, major in Science with 3.0 GPA and FA need.

BIOLOGY, CHEMISTRY, PHYSICS & MUSIC

Sidney Melby Memorial Scholarship

One or more (minimum \$1,000) scholarship(s) to Jr or Sr, major in the sciences and/or music.

BIOLOGY, CHEMISTRY, PHYSICS, ENVIRONMENTAL STUDIES

Harry Melby Science Scholarship

One or more minimum \$500 scholarship(s) to Jr, Sr, major in Bio, Geology, Chem, Physics, Environ St or Pre-Prof.

Henderson, Patton, Jones Memorial Scholarship

One or more (minimum \$500) scholarship(s) to a Jr, Sr, majoring in Bio, Geology, Chem, Physics, Environ St or Pre- Prof.

BUSINESS

Federated Insurance Business Scholarship

\$1,500 to Jr or Sr with a minimum GPA 3.0 overall and interest or involvement in business, finance, or risk management and insurance.

CENTER FOR EXTENDED LEARNING

Ed Gersich Distance Education Scholarship

\$500 scholarship to Jr or Sr, in external studies who is 25 or older & has 3.0 GPA.

COMPUTER SCIENCE

Ken Masse Memorial Scholarship

One or more \$250 minimum scholarship(s) to So or Jr, Computer Science major, 3.5 cumulative GPA, 3.75 GPA in major.

Paul Bunyan Communications Technology Scholarship

Annual award shall be \$2,500 per student. Annual scholarships will be awarded to four BSU students: two J. or Sr. students in Technology and two Jr. or Sr. students in Computer Science/Mathematics.

COMPUTER SCIENCE & ENGINEERING

Marvin Windows and Doors Scholarship

One each (minimum of \$500) for a major in Computer Science and a major in Engineering

AMERICAN INDIAN RESOURCE CENTER

Esther & Alfred C. Instebo Scholarship

Full time Education major, minimum GPA 2.5, preference to American Indian students.

Richard W. Tanner Memorial Scholarship

Enrolled member of an American Indian tribe. Preference will be given to members of Minnesota tribes

Stan K. Medina Memorial Scholarship

Undergraduate students with preference given to American Indian students. Further consideration will be given to students who are registered members of the Leech Lake Tribe.

Stuart Desjarlait Memorial Scholarship

The minimum amount of \$1,000 is to be split into two (minimum \$500) scholarships and shall be awarded each year to two Bemidji State University undergraduate American Indian Students.

ENGLISH

Dr. Ann Moore Flowers Scholarship

Majoring in BFA in Creative and Professional Writing, minimum amount of \$750.

Kathryn, Fred & Mabel Hamm Scholarship

Fr, So, Jr or Sr any major. Applicants should exhibit leadership, a demonstrated commitment to learn and a strong interest in securing a college education. Preference for students who demonstrate a high level of reading and writing competence.

ENVIRONMENTAL STUDIES

Harold T. Peters Scholarship

One or more (minimum \$500) scholarship to So, Jr or Sr, w/ 3.0 GPA & major in Bio Chem, Physics, Env. St, Nurs, Math and CS.

HISTORY

Gerald M. Schnabel History Scholarship

\$500 scholarship to History Major.

INTERNATIONAL PROGRAM CENTER

Robert and Jacqueline Decker Scholarship

One or more (minimum \$500) scholarship(s) for Jr or Sr with 3.0 GPA participating in Eurospring.

INTEGRATED MEDIA

James and Cameron McMahon Memorial Scholarship

Two scholarships (minimum of \$500 each) shall be awarded annually to Junior or Seniors majoring in Mass Communications--one in journalism and one in broadcast. Potential recipients must have achieved an overall grade point average of at least 3.00.

MUSIC

Dorothy L. Moore String Scholarship

Minimum \$1,000 (or as income allows) scholarship to music major & string player with 3.00 GPA who can assist Bemidji Orchestra.

Sam and Peggy Johnson Scholarship

Music Major, minimum award of \$1,000.

NURSING

Jeanette Moe-Pearce Memorial Scholarship

Major in Nursing, no less than \$2,000. Minimum GPA 2.50 with unmet financial needs. Can be awarded to the same students in successive years.

Lois Westrom Nursing Scholarship

Shall be awarded to two individuals pursuing a B.S. in Nursing. Two scholarships of \$1,250 each will be awarded with one going to a junior and the other to a senior A minimum GPA of 3.5 or higher is required.

PROFESSIONAL EDUCATION

Margaret H. Johnson Scholarship

So, Jr or Sr students majoring in education with a minimum 2.5 GPA. Equal scholarships of at least \$1,000 each, not to exceed 1/3 the rate of tuition.

Willie Stittsworth Scholarship

Minimum \$500 scholarship to Jr or Sr, majoring in Elem Education with minimum 2.5 GPA.

PSYCHOLOGY

Dr. James Rafferty Scholarship

Two or more, minimum of \$2,500 each. To a Jr or Sr majoring in Psychology, min GPA 3.0 overall and within Psychology major.

TECHNOLOGICAL STUDIES

Kraus Anderson Scholarship

One or more (minimum of \$900) scholarship to Jr or Sr Industrial Technology major from Northern MN.

Otter Tail Power Scholarship

One award of \$1,500 to a Jr or Sr majoring in Applied Engineering, minimum GPA of 3.0.

VISUAL ARTS

Lillie Kleven Print Scholarship

Minimum \$500 scholarship to a Jr or Sr Art major with min. two courses in print medium.

Check out the hundreds of other scholarships at

nothernstudentmedia.com

2018 GAME WRAP-UP REVIEWS

By Rodney Morton

Assassins Creed Odyssey-

Released on October 5th, for PS4, Xbox One and PC. The latest entry in the Assassins Creed lineup is bringing you to ancient Greece. Ubisoft is turning the series towards an RPG instead of the previous stealth-action games before it. I am excited to play Odyssey as it is bringing back the naval warfare that started in Black Flag along with new decision-making quest lines.



Call of Duty: Black Ops 4-

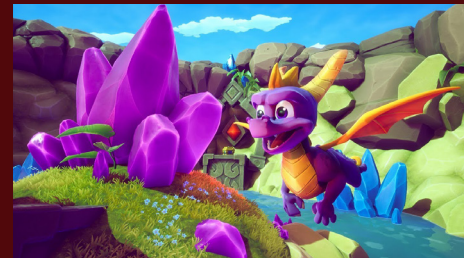
Released on October 12th for PS4, Xbox One and PC. This new Call of Duty will feature the new Battle Royal "Blackout." There will be no campaign included in this Call of Duty but will focus instead on the multiplayer and zombies the series is known for. Initially, I was confused by the decision of no campaign. After watching game play of the new Blackout game mode, however, Black Ops 4 is looking to keep the series action-packed and fun.

Red Dead Redemption 2-

Released on October 26th for PS4 and Xbox One. The long wait for the anticipated sequel to the first release. Rockstar is back with Red Dead Redemption 2. You follow the main protagonist, Arthur, as he robs trains, gets himself in gun duels and tames the wild west. This game is looking to be a masterpiece with the phenomenal graphics and insane amount of details Rockstar is known to have. This is one of my most anticipated games of the year.

Spyro Reignited Trilogy-

Released on November 13th for PS4 and Xbox One. Spyro is back fully-remastered including all three original releases. Coming out the year after the Crash Bandicoot trilogy, PlayStation is fully set on remastering the classics.



Fallout 76-

Released on November 14th for PS4, Xbox One and PC. Taking place in West Virginia, you emerge from your fallout shelter to face new dangers. Fallout 76 will be the first in the series to ditch the primarily single-player campaign. Featuring a new online system, build the wasteland back up along with your friends. Keep away from the radioactivity!

Battlefield 5-

Released on November 20th for PS4, Xbox One and PC. Battlefield V (5) takes place during World War 2 and will feature, as always, epic battles on the ground and in the air. Battle royal is coming to Battlefield 5 along with the promise of free dlc, no season pass and plenty of customization for your character. As a long-time Battlefield fan, I have high hopes for this game but was disappointed in the previous year's release.



Super Smash Bros. Ultimate-

Released on December 7th for Nintendo Switch. Super Smash Bros. Ultimate is looking to be exactly that- Ultimate. Featuring every fighter and stage from previous games, this game will feature a massive amount of content for players to battle their friends with. I foresee this game receiving great reviews and fans loving it.

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

Erin Muentner: Makeup Artist

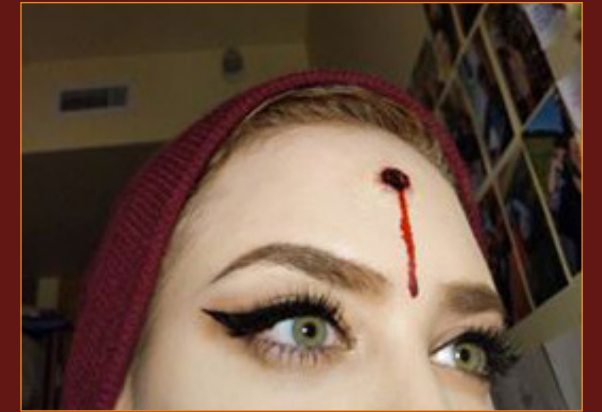
By Rebecca Carvell

Erin Muentner is a sophomore at Bemidji State University majoring in Creative and Professional Writing with a minor in business administration. Muentner is from Waterford, Wisconsin, which is about an hour south of Milwaukee. She has been doing stage makeup since 2015 and in the last year, has gotten into special effects makeup. She did the makeup for BSU's Opera Pirates of Penzance in her freshman year and hopes to continue doing opera makeup for the school.

When she was younger, she was told that she couldn't wear makeup and decided to wear it anyway. "I liked the idea of being someone else temporarily,

or at least transforming into a better version of yourself even if it is just for the day," she said.

People began to notice her makeup skills and asked her to do stage makeup. She had a mentor the first time, who then asked her to continue. Muentner also participated in Madrigals in high school and there were no makeup artists. The options were either to apply the makeup yourself or have someone else do it. She started by doing the girls and guys of the group and continued to do it for the next three years.



The appeal of special effects called out to her through Instagram around Halloween when she saw everyone post their gore looks. This past summer, some of her friends were doing a film project that required special effects makeup, including a pencil to the eye. She took the time to learn which techniques and products are required to recreate those looks. "I enjoyed it so much that it just kind of stuck."



EVENTS

JANUARY 14

*SPRING 2019
SEMESTER BEGINS*

JANUARY 15

*2019-2020 SAFAC BUDGET
REQUEST WORKSHOP*

12 - 1 p.m., Hobson Memorial Union
Leadership Center

*OPENING RECEPTION: NATIVE
VOICES TRAVELLING EXHIBIT*

4 - 6 p.m., A.C. Clark Library

SAFARI BINGO

7 - 8 p.m., HMU Beaux Arts Ballroom
Hosted by Campus Activities Board

*RA, PAA, ABM, SH & EAGER
BEAVER INFO NIGHT*

9 - 10 p.m., Tamarack Hall 12th Floor
Lounge

JANUARY 16

*RA, PAA, ABM, SH & EAGER
BEAVER INFO NIGHT*

6 - 7 p.m., Pine Hall Basement

7 - 8 p.m., Linden Hall Basement

8 - 9 p.m., Birch Hall Lobby

JANUARY 17

*RA, PAA, ABM, SH & EAGER
BEAVER INFO NIGHT*

7 - 8 p.m., Oak Hall 2nd Floor Lounge

JANUARY 18

*ON-CAMPUS STUDENT
EMPLOYMENT FAIR*

11 a.m. - 1 p.m., Lower Lakeside
Food Court

JANUARY 19

*13TH ANNUAL HOCKEY DAY
MINNESOTA*

9 a.m. start, telecast live from
Bemidji, MN

JANUARY 21

*MARTIN LUTHER KING, JR
DAY (NO CLASSES)*

JANUARY 23

*SOUP, SUBS, AND MSSA
INFORMATION MEETING*

11 a.m. - 12 p.m., Hagg-Sauer 111A
Hosted by Social Work Club

*BSU- PRESIDENT'S
LEADERSHIP COUNCIL*

1:30 - 3 p.m., HMU Beaux Arts
Ballroom

*INDOOR ROCK CLIMBING
(SKILLS FOR BEGINNERS)*

Starting 6 p.m., BSU Wellness Center
Repeats weekly

JANUARY 24

*AQUATIC CORE: LOG
ROLLING, PADDLE BOARDING,
AND MORE*

7:30 p.m., BSU Wellness Center Pool

JANUARY 26

*DEVERY FAIRBANKS-
STORYTELLER*

2 - 3:30 p.m., A.C. Clark Library
Part of the Native Voices Exhibit

JANUARY 30

*CROSS COUNTRY
SKI LESSONS*

4 p.m., BSU Wellness Center Lobby,
City Park Ski Trails



Happy New Year 2019

