3.2 miles to march against racism

After receiving criticism for not personally addressing racism on campus, Chancellor Kathryn A. Martin joined a group of students, faculty and community members in a march against racism Monday.

**Editor’s Note:** This is the last issue of the Statesman for September. We hope you enjoy your student newspaper year and the changes it has undertaken.

**Students petition for vegan food options**

by MANDETHA LELLE

Petitions have been signed on campus for a more vegan-friendly cafeteria. With more than 1,500 signatures in hand, Students for Ethical Treatment of Animals (SETA) held a press conference this week to extend the petition to the office of Chancellor Martin.

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“Vegan do not consume any animal products. There are no pockets to our society that does not have it. I am not proud of the racism on campus,” said Dr. Vicki Lewis, a sandbox student and activist.

“People know that this is no longer one race’s problem,” said UMD students, Adelina Gilbert. “We will not accept the status quo.”

“We need to change a culture that continues to focus on the right of the upper percentiles,” said Thaves.

“For 50 years by this time, students have been saying the words and making the change that they need to do not only on our campus, but across the Twin Cities. Students have been building a movement that focuses on change and getting justice for all,” Thaves said.

**Garden rooftop provides education, temperature control**

by SAMANTHA LEBERS

Before a hot, humid morning on campus, Student Environmental Services (SES) and the Twin Cities Student Environmental Services (STSCES) held an event to speak about the new Garden rooftop located on the roof of the Life Science building.

The goal of the new Garden rooftop is to encourage more students to start thinking about where their food comes from and how they can make a positive impact by being more environmentally conscious.

“With what we have now, we are able to grow food year-round, which is something that we never thought we could do before,” said Thaves.

“Using the rooftop, we are able to grow food that is sustainable and healthy for students. This is a great opportunity for students to get involved and learn about the importance of sustainable living,” said Thaves.

**“Coming out” to UMD**

by JESSICA KLOSKY

Being gay has always been very important to me, but it was not until recently that I started to fully embrace my identity and proudly share it with the world. I have always known that being gay was a part of who I am, but it wasn’t until I started attending college that I truly began to understand and appreciate my identity.

I came out to my parents when I was 18 years old, and they were incredibly supportive. They immediately started researching gay rights and supporting the LGBTQ+ community. Since then, I have become an active member of the LGBTQ+ community and have been advocating for equal rights and acceptance for all.

I am very passionate about supporting the LGBTQ+ community and have been involved in a number of organizations and events that promote equality and acceptance. I have also spoken at numerous conferences and events to share my experiences and advocate for the rights of LGBTQ+ individuals.

I believe that the world needs more people like me who are willing to stand up for what they believe in and work towards a more accepting and inclusive society.

**To see an extended version of this story and more information about Holmgren’s involvement in the QASU, visit lakevideoeograms.com**

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Movie Listings

Los Angeles Times Daily Crossword Puzzle
Edited by Rich Norris and Joyce Lewis

Contact
Front Desk
(218) 722-7200

Newsroom
(218) 722-7285

Business/Advertising
(218) 722-7207

Editorial Staff
David Cowardin
Machelle Caudill
Joe O’Neill

Emma Frimmel

Scott Schmiedly
Director of Advertising
sschmiedly@um.edu

Katie Paulsen
Business/Advertising
kspaulsen@um.edu

Veronica Williams
Director of Operations
veronicaw@um.edu

Jani Warlinger
Director of Corporate Sales
janiwarlinger@um.edu

Kris Krebs
Director of Business
kkrebs@um.edu

Adam Wheeler
Director of Marketing
adamwheeler@um.edu

Alex Mortensen
Managing Editor
amortensen@um.edu

Business Staff
Ashli Henry
ashli@um.edu

Kyle Flynn
kflynn@um.edu

Emma Lehman
emlehman@um.edu

Shane Hidley
sshidley@um.edu

Cassie Schaberg
cschaberg@um.edu

Hannah Heller
hannahh@um.edu

Michael Zillman
michaelz@um.edu

Christina Sick
christinasick@um.edu

Advisors
Chris Julius
(218) 722-7200

Barb Twale
(218) 722-7200

Jeni Eaton
(218) 722-7200

Additional Info
The Tribune is a student-run organization governed by a constitution and bylaws. Staff policy is determined by the student Editorial Board. The Tribune is not responsible for the views or actions of its contributors. The Tribune reserves the right to publish or refrain from publishing any submission. The Tribune reserves the right to edit for length, clarity and style. All contributors must be in good academic standing. All contributions are subject to review by the Tribune's Managing Editor.
As far as identifying the birds, you see it's a lot of fun, and you learn a lot of new information. Many birds have 25 to 30 species, fewer than see on a typical field trip. This is only a fraction of the birds that you see to identify them. If you can identify many birds, you can never understand the diversity of birds, which many numbers can be used as a indicator for biodiversity.

To identify if you can maintain your health benefits, you must understand the diversity of birds, which many numbers can be used as a indicator for biodiversity.

According to Northcote, more of biological diversity is one of the biggest issues in our society. It's human responsibility to protect the life and the species that are here.
and the Environment. One of the partnering projects through the NRRI is the Minnesota Bowling Ball Area, which started in 2009. According to Anne Peterson, one of Niemi’s PhD. students, this is one of their biggest projects. The five-year study is scheduled to go through 2013 and include data from every township in Minnesota.

“The work will be a look detailing the distribution of every bird that breeds in the state,” Peterson said. Some of their other projects include studying the fall bird migration on the north shore.

“We are trying to figure out where the birds are migrating so we can make suggestions as to where wind turbines and towns should not be constructed,” Peterson said. The equipment that Niemi uses for field identification is very basic. Typically it involves binoculars, a Global Positioning System (GPS) device, compass, clipboard, pens and pencils, mosquito net, and sometimes a tape recorder with recordings of birds in order to chart their movements. For all of this time outdoors Niemi has never gotten lost on land or lost one of his students for that matter. It’s a situation that he’s avoided over the years by packing plenty of equipment to track his position, which usually includes three GPS devices and a couple of compasses.

NIEMI. From A3...-

"The result will be a new height for..."
VARIETY

Wednesday, May 5

Variety's Week

BY BAILEY LEVEILLE

2:00 pm. You roll over at 3:05 am. You groan and stuff your face in your pillow, willing yourself to fall asleep. 4:22 am. You begin to worry about how you are going to make it through two finals with only three hours of sleep. 6:45 am. You drag yourself off to get your glacial morning coffee. 8:30 am. You feel ready for your first real job of the day. Great.

A school official reports that the average sleep duration for high school students is roughly 7 hours. With an average of 8-9 hours per night of deep sleep required, the average student is sleeping significantly below the recommended levels. Many of them are trying to be more than they are; many of them are being more than they are.

Overpowered

Jack Krueger was a perfect choice, his appeal. He would say some crude pun and then carve you to bits with his infamous knife glove. He was a perfect way to toy with people. The way the first Freddy would toy with people was his signature;

You can't recapture good sleep. Carlisle said. Sleep consists of two major parts of repairing and rejuvenating itself as deep sleep is lost you cannot catch up on a lost night of rest.

A school official reports that the average sleep duration for high school students is roughly 7 hours. With an average of 8-9 hours per night of deep sleep required, the average student is sleeping significantly below the recommended levels. Many of them are trying to be more than they are; many of them are being more than they are.

You're the creep

Finchman Danielle Mitchell says she takes Nyquil to fall asleep only if she has a big day the next day and has more than eight hours of sleep.

You're the creep

"Wishing our UMD friends a fun and safe graduation!"

GRADS, FAMILY & FRIENDS WELCOME!!!

Natural ways to fall asleep

- Have a quiet, comfortable and dark environment. Keep everything down for at least half an hour before bed.
- Use a comfortable bed and pillow. Daylight savings time may mean a big change in your daily routine, so it is important to take care of any sleep disturbances that may occur.
- Avoid eating heavy meals, alcohol, caffeine and nicotine before bed. Avoid using electronic devices before bed. They emit a blue light which can disrupt your circadian rhythm.
- Take a warm bath or shower before bed. This can help relax your muscles and prepare your body for sleep.
- Establish a bedtime routine that includes activities such as reading, listening to music or meditating. This can help signal to your body that it is time to wind down for the night.
- Create a comfortable sleep environment, including a cool, dark and quiet room.
- Avoid napping during the day, especially if you have trouble falling asleep at night.
- If you find yourself unable to fall asleep, get out of bed and try a different activity, such as reading or listening to music. Avoid screens and electronic devices.
- Keep a consistent sleep schedule.

For those who have a drink or a cigarette before bed, Carlisle said that alcohol and caffeine can disrupt your sleep. This can cause you to have more awakenings during the night and make it more difficult for you to fall asleep because it is a stimulant.

According to Carlisle, sustained insomnia is present in all of us. Insomnia is stress-induced and is where a healthy lifestyle comes into—doing fun things, regular exercise, having down time, taking a nap and doing a relatable thing is always good.

"I can go a week without the best diet and I'll feel okay, I can go a week without getting enough exercise and I'll feel okay. But if I go a week without eating enough food, I feel awful," Carlisle said.

Stay fresh for finals

As for the sleep itself, what's wrong with starting the study project the night before? The first night is when it matters most.

Stay fresh for finals

- Wash your face. They keep dirt and oil from the gym. During finals week, many students typically participate in sleep and there's suddenly so many distractions and stress.
- Physically activity really helps your concentration, focus and overall mental state. Make a point to get to 10 minutes of exercise everyday during finals week.
- You have the time. Buy the groceries, plan out your study schedule to 60 minutes of exercise everyday. You have the time.
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Lunch

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Finals Are Over and Summer Is Here!

Boulder Ridge Luxury Student Rental Apartments:
- Studio, 1, 2 or 3 bedrooms with balconies
- FREE Shuttle
- Tanning Beds
- Game Room
- Pool
- Hot Tub
- Exercise Room
- Business Center with internet hook up and printer, FREE Heat
- FREE Shuttle to and from UMD & St. Scholastica

Campus Park Townhomes & Villas:
- 4 or 5 bedrooms with 2 baths
- FREE Shuttle

Our amenities include:
- FREE Shuttle
- Business Center with internet hook up and printer
- FREE Heat
- FREE Shuttle to and from UMD & St. Scholastica

... still need a place to live for the 2010-11 school year?
Come check us out! We offer the finest student housing in Duluth!
Our leasing office is located at 502 Boulder Drive - just off Rice Lake Blvd.

Congratulations & Good Luck 2010 Graduates!

Wednesday, May 5th
Friday, May 7th

Cinco De Ireland

Margaritas $3.00
Tequila Poppers $2.50

Pepper Eating Contest $2,000 in prizes

*The statement promotes "Thinking Before Drinking"
BY KJESTINE STEINBRING

Intramural champion strives for more

JOEL O'KEEFE/STAFF
Kelly and his team celebrate a point Monday at volleyball.

High school athlete often dreams of playing collegiate sports. They dream about the day that they will play on the big stage. For many years, late nights practicing were a norm for Kelly, who now enjoys the same things in his free time. He still dreams of playing volleyball, basketball, and football, but now he dreams of winning titles and the BMW football bowl.

Simultaneously in the midst of all these years of intramurals, Kelly has been an intramural champion with a championship

"We have a drawer full of plastic t-shirts displaying everything from Jeoer's ranger rings, unnecessarily large intercfacility signs and three different colored dish rags, but we all know he'd never trade it for a great sports helmet. I've seen some of my best friends lose some of the best opportunities just to have fun, just to have fun."

"If it's intramural sports, I've played it (unless I'm a steward I can't play on my life). I've seen some great opportunities to be a part of a game for a one of teams every night of the week."

Kelly and his team celebrate a point Monday at volleyball. They play in the championship Wednesday night.

He has seen some of his best friends come and go over the years, but he still very much enjoys them enough people to keep putting together quality teams to participate with Kelly.

The first leg of this 1,600-meter relay was in the spring of 2005 on set, but the fall and fall with the pride of playing sports is the pride of being a part of the team in RBl's. And Joe was the most competitive person I've ever seen, and he had a Minnesota Twins helmet, that kid was Kelly. He was with the team in RBl's. And Joe was the MVP of his own team. I've seen some of my best friends lose some of the best opportunities just to have fun, just to have fun.

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Summer enrollment.

Review

Become familiar with...
How do you feel about yourself on a scale from 1 to 300?

The number on the scale determines how the day will go for millions of people who struggle with eating disorders.

Stop agonizing over having a different body and start loving the one you have. The Emily Program can help you begin healing.

Take the first step. We're close by in downtown Duluth, with treatment options that fit you and your class schedule.

Call us at 218.722.4180 or visit us at emilyprogram.com to learn more.
A spring storm has left parts of the stream filled with debris. For a stream insect such particle pelting put in the face is like a punch to the gut; with no way to withstand this pelting, he gets knocked back and knocked down by the stream. Speed and direction, what are they good for?

Type IV throwable rock buoyant.

NRRI accepts grant to study stream insect vulnerability

Type IV throwable rock buoyant.

T he ability to withstand this pelting, he gets knocked back and knocked down by the stream. Speed and direction, what are they good for?

Withstand the pelting, he gets knocked back and knocked down by the stream. Speed and direction, what are they good for?

The study will also test for vulnerability in each stream level. For example, species that Herrera in sediment may be a lot more than fine with lots of streams, but rather with their own "hotter," like caladium, may be harder for less stream. With hundreds of insect species to be sampled in the streams, Herrera has her work cut out for her and the variety alone.

But with low water levels this year, the team anticipated that stream levels will be dropping before they can obtain accurate samples. Many water-dwelling insects lay their eggs in the spring and the larvae grow up in the water during the summer, so if the stream runs dry between now and August, they won't have any eggs in samples.

"It's really dry here with very low stream levels. Typically this time you would be getting more than an inch of rain per week. If this continues, we will go on to a difficult year," Brady said. "We're praying for rain."

Herrera was chosen for this graduate position because she knows bugs and is willing to put in long hours at the microscope, Brady said. While studying to receive her undergraduate degree in biology at the University of Michigan, Herrera did volunteer work on insect identification and studying insect samples. As a first-year student of the Water Resources Science program at UMD, Herrera is excited to start her project.

She doesn't think water bugs are gross she thinks they are "fascinating," she said. "It's hard to get bored out of anything."
ATTENDING COMMENCEMENT?

- Bachelor's Degree Commencement begins at noon on Saturday, May 15 at the Duluth Entertainment Convention Center (DECC).
- Please arrive no later than 11:30 a.m.!

Traffic Delays Expected: Out-of-town graduates and their guests need to allow additional time when making their commencement travel plans. Major road construction exists on I-35 in Duluth from Boundary Avenue to Garfield Avenue with one-lane traffic predicted to cause delays. You may also park downtown and walk to the DECC through the skywalk.

Please arrive no later than 11:30 a.m.!
Kelliher has an uphill battle to win Governor seat

BY BRIAN MICHAUD

Well, here we are. Our long road has finally come to an end. Summer, sunshine, and plenty but a above the 2000-2010, tell me what you've been doing. With all the events that occurred during our four years, it's difficult to remember all of them. However, few events stand out as prominent developments among the student population. Here is a reflection.

This coming 2010 will mark the first in 15 years that UMD will undergo a decade of change. Chancellor Kathryn Martin at the helm. The chancellor will soon become the ex-chancellor once she begins her tenure; retirement. Martin has decided she is ready to take on her next career, not to mention greater leadership.

During her time here, Chancellor Martin oversaw a university that was in crisis. First, she broke barriers in the college of engineering. She was the first female dean at UMD and the first female dean of the College of Engineering. This was a reflection of her commitment to equity and inclusion in higher education. She also worked to increase diversity and representation in the engineering college.

In the end, the increased use of auto-tune within pop music is more of a symptom of what is currently going on. As an outstanding example, "Love Lockdown" by Kanye West uses as much auto-tune as possible, featuring an instrument for each individual note. This is not a new trend, but it is a reflection of how we value instant gratification over depth and beauty of the sounds.

During her time here, Chancellor Martin revived a diversity that was once lost. The same individual that designed LSBE, the building that is slated to open this August, is the one that is currently being built. The building will have reduced parking lots out front, and the design is looking more like what the students, faculty, and staff have come to expect from the Chancellors Office.

For you seniors, this is an opportunity to celebrate and look back on your time here. I'm sure this has been an experience you'll never forget. As I write this, I think of the memories, the good and the bad, that you have made here. I wish you the best in your future endeavors.

For you non-seniors, this is an opportunity to learn about the significance of events at UMD. I want you to know what has happened and what will happen in the future. This is a reflection on significant events at UMD.

Kelliher has an uphill battle to win Governor seat

Letter to the Editor: Auto-tune not the end of the musical world

BYRYANLYK

It was fortunate enough to be able to attend both the Minnesota DFL and Minnesota GOP conventions last weekend. In honor of the Democrat's nomination of Mr. Kelliher, I would like to share my thoughts on why Kelliher will lose in November.

1. Kelliher's tax policy is not consistent. According to the Minnesota GOP website in 2009, Kelliher advocates for eliminating taxes on income, capital gains, and interest income. Despite this, she also supports the Dream Act, which provides a pathway to citizenship for qualifying international students.

2. Kelliher has failed at leading. She was a chancellor at both UMD and Macalester College. During her time at Macalester, she oversaw a $10.6 billion increase in tuition revenue for the college and its affiliated arts organizations. At the same time, she also oversaw a large increase in the cost of living for students. However, at UMD, she has overspent the operating budget for three consecutive fiscal years.

3. Kelliher has an education plan. Fellow DFL candidate Margaret Kelliher has an education plan. She has a plan to increase the amount of money spent on education, and she has a plan to increase the amount of money spent on infrastructure. Despite this, Kelliher has failed to implement her plans. She has not been able to balance the budget, and she has not been able to find a solution to the state's budget crisis.

4. Kelliher has an expenditure plan. She has a plan to cut spending, but she has not been able to implement her plan. She has not been able to cut spending on unnecessary programs, and she has not been able to find a way to reduce the state's debt.

5. Kelliher has an economic plan. She has a plan to grow the economy, but she has not been able to implement her plan. She has not been able to create jobs, and she has not been able to reduce the state's unemployment rate.

In conclusion, Kelliher has an uphill battle to win Governor seat. She has failed at leading, she has failed at implementing her plans, and she has not been able to find a solution to the state's budget crisis. I believe that she will lose in November.