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Photojournalists take home accolades



CHRIS FRANZ • chrisfranzphoto.blogspot.com

It's probably not healthy for Chico, the 5-pound Chihuahua, to try to tackle a bone this size. Humor is apparent in much of Chris Franz's photography.

BY CHARLY HALEY
haleych@mnstate.edu

Photojournalism students Chris Franz and Jesse Trelstad both received awards from the Minnesota News Photographers Association this year.

Trelstad, a senior, received an honorable mention for college feature photography for his photo of a man and his adopted bird, titled "Greetings."

Franz won college photographer of the year.

He also took first place in college spot news photography and third in professional spot news photography for a photo of the aftermath of the tornadoes in Wadena, Minn., last summer while interning for the Forum.

"It was the first day that media

could actually get into town. We followed the mayor around town, and it was the first time that he just even went and talked about it," Franz said. "I caught him in a moment where he was just by himself and he started crying, and two main people, like a superintendent and another main person just kind of went up and comforted him, and it was just a moment that happened, and in the background there's just a lot of debris, the town is crushed."

Franz said the two days he photographed Wadena was a really good learning experience.

"It was the first time that I had ever been inside a natural disaster situation like that," Franz said. "For the first time I felt how needed the media is, like how

important it is for us to cover (stories like that), and for us to cover it well and truthfully."

"Journalism is about making connections," he said, "and respecting the communities, and that's where I really realized, that's the whole point. We're supposed to try and show a piece of the community and show people that media can help inform and show people. It was a really good learning experience."

Franz also took first place for a feature photo story about a baby on hospice named Gauge.

"I followed Gauge and his parents, and Gauge's life," Franz said. "After he died, I followed his parents around a little bit, too. I went to the funeral, and all that,

PHOTO, PAGE 7

875 students to graduate

BY ERICA ANDERSON
andereri@mnstate.edu

For graduating seniors, only a few finals, a couple papers and commencement stands between them and their long-awaited diplomas declaring their last four (or five or six) years of late nights and hard work were worth the while.

For the spring and summer session, about 875 students are graduating. According to Shawn Soderberg, assistant registrar, on May 13, 650-675 students will switch their tassels from right to left and be declared college graduates.

Graduation Information:

- The graduation ceremonies will be held in the Nemzek Fieldhouse.

- The commencement program for the colleges of social and natural sciences, business and industry and the university college will begin at 10 a.m.

- Matt Von Pinnon will be the speaker for this program. He is an alumnus of MSUM and the editor of The Forum of Fargo.

- The college of education and human services and arts and humanities will start at 2 p.m.

- Program speaker will be novelist Leif Enger. He is an alumnus of MSUM with a bachelor's degree in English and mass communications.

- Each ceremony is expected to last an hour and a half.

- All university parking lots will be open on commencement day — lots will not be ticketed. Street parking will be available as posted.

- Diplomas are not given at the commencement ceremony. A holder will be handed to students but the actual diploma will arrive by mail after grades are finalized — approximately eight weeks after graduation.

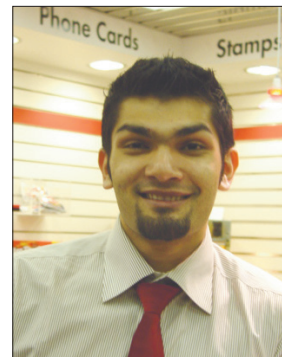
- For family and friends who cannot attend the ceremony, a webcast of the ceremony can be viewed at www.mnstate.edu/dragonradio.

- University communications will send a news release announcing graduating students to student's hometown newspapers.

- A professional photographer will take student's pictures as they shake hands with the college president. Proofs will be mailed to student's permanent addresses two weeks after the ceremony. The photos can be ordered online at www.gradimages.com or by calling 1.800.261.2576

Contact Shawn Soderberg in the records office for more information at 218.477.2566 or email soderbrg@mnstate.edu.

MSUM weighs in on Osama bin Laden's death



Raja Siddique, junior
international business and finance major



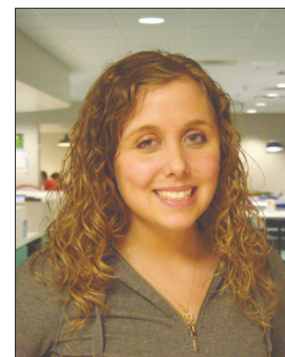
Andrew Conteh, Ph.D.,
international studies professor

"It's a boost for the U.S., not economically though ... It's a spotlight off of Obama's political policies for a little bit. For the U.S., I think overall it's a good thing ... (But) no matter how bad of an individual a person can be, I don't think their death should be celebrated with partying. I think that everyone deserves equal rights after they're dead."



Dom Rolando, senior
communication studies and international studies major

"I guess it means that finally the Americans got their retaliation from the World Trade Center attacks, but I don't think it means the end of terrorism. I also think one bin Laden is dead but there's many more so that's not the end of it."



Sara Toenies, senior
communications studies major

"I would say it's good for the morale of the people, especially those who are directly affected by 9/11. I would say maybe the celebration of death is not the best but I think overall it's a good thing."

"I think the war on terrorism is not over, even with the death of Osama bin Laden. Consequently, the forces fighting the evil of terrorism should remain to be active. Those who are engaged in the fight against terrorism should continue to monitor issues such as money laundering, training of terrorists, etc. But having said that, the disappearance on the face of the Earth of Osama bin Laden is a major victory. It's indeed a victory, a victory in the sense that you can no longer allow such evils to continue on Earth and be unpunished for it. And the crime he committed against innocent people, it's horrendous."



Antolino Doss, senior
mass communications major

"I guess for a lot of families, especially the ones serving, I think it means a lot of closure for them as well as our country. I think just in specific, our government was looking for a solution at least for the American people and for them to complete their task. It makes them seem a little more proud to them as well as America's people. I think it's a good thing that they were at least able to find him, let alone bring him down."

Inside The Advocate Briefs.....	2
A&E.....	3
Opinion.....	4,5
Features.....	6,7
News.....	8,9
Sports.....	10,11

Campus Calendar

5.5-5.11

- 5.5 8a.m.-5p.m. Book Buy Back
9:30-10:30a.m. Planetarium Outreach
6:30-9:30p.m. Cinethusiast Meeting
- 5.6 8a.m.-5p.m. Book Buy Back
9:30a.m.-12p.m. College Experience Class
9:30-10:30a.m. Planetarium Outreach
- 5.7 1-10p.m. Dance Show
- 5.8 1-5p.m. Hit, Pitch and Run hosted by Tyler Ebnat
2-3p.m. The People
3-4p.m. Matt Workman Senior Recital
- 5.9 8a.m.-5p.m. Book Buy Back
8:45a.m.-1:30p.m. Regional Science Center Outreach
9:30-10a.m. Planetarium Outreach
- 5.10 8a.m.-5p.m. Book Buy Back
9:30-10a.m. Planetarium Outreach
10:30-11:30a.m. Philosophy Senior Project
- 5.11 8a.m.-5p.m. Book Buy Back
9a.m.-4p.m. Essentials of Nonprofit Administration
9-11a.m. Planetarium Outreach

MSUM Briefs



MSUM jazz groups take home top prizes

MSUM's music department won four of seven awards at a six-state college jazz festival April 8 at the University of Wisconsin in Eau Claire.

MSUM's Jazz Big Band, directed by MSUM music professor Allen Carter, took first place in the big band category. Another big win went to the tri-college combo directed by Simon Rowe. Three of the four students in the combo are MSUM music majors. Second place in the combos division was MSUM's guitar ensemble, directed by Nick Fryer. Rowe and Fryer are members of the music faculty at MSUM.

Jordan Christianson won outstanding performer of the Festival. Christianson is a jazz studies major in his senior year at MSUM.

The Eau Claire Jazz Festival is one of the premiere events of its kind in the upper Midwest, according to Carter. University and college jazz ensembles from Illinois, Iowa, Wisconsin, Minnesota, North Dakota and South Dakota competed. This is the second year in a row in which four of the festival's seven awards were won by student musicians from MSUM's Music Department.

For more information, contact Allen Carter at 218.477.4098 or carter@mnstate.edu.

The Historical and Cultural Society announces history lecture series

The Historical and Cultural Society of Clay County announces the final lecture in their history lecture series focused on immigration May 14 at 2 p.m. in the Hjemkomst Center ship gallery theatre. Dr. Roland Dille, former president of MSUM, will give a presentation on German immigration with a focus on Randolph Probstfield.

In addition, members from the Probstfield Farm Living History Foundation will be present to answer questions about the restoration of the home of Randolph and Catherine Probstfield. Built in 1868, it is the oldest American home still existing in the Red River Valley.

The presentation is free and open to the public. People wanting to go through the museum will pay regular admission.

For more information on the series, contact us at 218.299.5511 or visit our Website at www.hcscconline.org or www.facebook.com/hcsc. The Hjemkomst Center is located at 202 First Avenue North in Moorhead.

G-Comm senior project presentations

The graduating graphic communications Spring 2011 class will be presenting their senior projects to the public on May 6. The presentations will be held in CMU 101 from 7 to 9 p.m.

The presentation format is an open house, with students displaying their projects and giving small group presentations, so attendees can feel free to arrive any time between 7 and 9. There will be a wide variety of projects, such as print and promotional materials, websites, books, animation and 3D modeling.

Sibley elected to Caldecott Committee

Carol Hanson Sibley, Curriculum Librarian, has been elected to the 2013 Caldecott Committee. This committee will select the Caldecott Award Winner and honor picture books published in 2012. The 2013 Award marks the 75th anniversary for the Caldecott Medal, which is named after the famous British illustrator Randolph Caldecott.



Security Update

Director of Public Safety
Greg Lemke

One individual was referred to campus judicial for disorderly conduct in Lot E on April 25.

Public Safety assisted the Moorhead Police Department with trying to locate the owner of a found wallet in Grantham on April 25.

Theft was reported at the CMU on April 26. The Moorhead Police Department responded and the property was recovered shortly thereafter.

Two individuals were referred to campus judicial for a smoking violation in Lot U on April 26.

Vandalism was reported in Lot K on April 27. The Moorhead Police Department responded to take the report.

A suspicious person was handing out pamphlets outside the Wellness Center on April 27. The individual was identified and was determined to not be causing a disturbance.

A suspicious sticker was reported on a dispenser in King Hall on April 28. The sticker was removed and no damage was done to the dispenser.

A suspicious male on a bike was seen in Lot D looking in windows of cars and trying to gain entry on April 30. He was gone upon arrival of Public Safety.

Three individuals were cited by the Moorhead Police Department for minor consuming in South Snarr on May 1. Four were referred to campus judicial for alcohol violations.

Sean Taylor named Fulbright Scholar

MSUM history professor Sean Taylor of Fergus Falls, Minn., heads for Norway in August to study and teach for 10 months as a Fulbright scholar. The award covers all expenses and provides a stipend.

Taylor will teach American history to Norwegian college students at the University of Agder in Kristiansand. He speaks fluent Norwegian (most Fulbright scholars do not speak the language of the host country, Taylor says), and lived in Norway for three years while attending the University of Oslo.

"I want to return to Norway to experience its education system from the other side as an educator," he says. "I also want to share my expertise in American history and learn from students and faculty in the Norwegian university system."

Taylor intends to use teaching techniques he's developed during his teaching career that he believes foster critical thinking. These techniques involve the use of historical simulations, films, historical novels and other nontraditional materials. "This approach will allow Norwegian students to examine and explore the United States in new ways," he explains.

Taylor will also use the time in Norway to research medicine, health and healthcare among Norwegian immigrants to the United States.

The Fulbright Scholar Program sends 800 U.S. faculty and professionals abroad each year. It is the U.S. government's flagship academic exchange effort, administered by the Council for the International Exchange of Scholars on behalf of the United States Department of State, Bureau of Educational and Cultural Affairs. Founded in 1947, CIES is a private organization. It is a division of the Institute of International Education.

The Advocate

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The Advocate is published weekly during the academic year, except during final examination and vacation periods. Opinions expressed in The Advocate are not necessarily those of the college administration, faculty or student body.

The Advocate encourages letters to the editor and your turn submissions. They should be typed and must include the writer's name, signature, address, phone number, year in school or occupation and any affiliations. Letters are due by 5 p.m. Monday and can be sent to MSUM Box 130, dropped off at The Advocate office in CMU Room 110 or emailed to us at advocate@mnstate.edu. The Advocate reserves the right to edit letters and refuse publication of letters omitting requested information. It does not guarantee the publication of any letter.

"I don't think he's a nerd cause he built his own boat."

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The Advocate is always looking for talented writers, photographers, columnists and illustrators. Contact the editor for more information.

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BY CHARLY HALEY
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Combining the words “fusion” and “folk” could result in a variety of meanings, but senior Natalie Lindberg has narrowed it down to one idea: music and people.

In her blog, Fusion and Folk, at fusionandfolk.wordpress.com, Lindberg spotlights the Fargo music scene, specifically focusing on trying to expose people to music they’ve never heard before.

“This is a blog that’s not necessarily taking after anything else,” said Lindberg, a mass communications major with double emphasis in public relations and broadcast journalism. “It’s trying to find local artists in the nooks and crannies of the community and trying to expose them to people that have maybe never heard them. These are bands that are honestly just doing it because they love the music, and those are the people that I want to interview; those are the people that I want to highlight on my blog ... People out there, they can’t believe the talent we have in Fargo.”

Fusion and Folk started as a conversation between Lindberg and her parents.

“They started talking to me about what I wanted to do with my major and what really interests me,” Lindberg said. “I told them that I really love to write. I love photography. I love music.”

Lindberg’s mother suggested she start a webpage or blog, which coincidentally coincided

with a friend of Lindberg’s who offered the same suggestion earlier that week.

Inspired by MSUM’s blog Doing It Downtown, Lindberg chose to host her blog on Wordpress.

“It’s free and there’s all these different tools you can use,” Lindberg said. “And I guess that’s really how it started. One day I just went on Wordpress and kind of experimented with it.”

In the beginning, Fusion and Folk was put together solely by Lindberg.

“It was purely just me right off the bat. I had a vision for it,” Lindberg said. “This was just purely my hobby. It was something I could do when I was out and about. I’m going to music shows anyways, so why not just interview someone afterwards, or take pictures because I love photography? And I’m pretty close with the music community downtown also, so I just thought this was the perfect way for me to express how I felt about it.”

Fusion and Folk suddenly became more popular, jumping from a small number of loyal

followers to 800 viewers. Lindberg partially credited this to the addition of local musician and writer Michael Weiler to the Fusion and Folk team.

“What was so awesome about that is that (Weiler) just has huge connections to people in the Fargo-Moorhead area when it comes to music,” Lindberg said. “He has a lot of really great insight too, and I think I wouldn’t have had someone join my team if I didn’t feel like they really could contribute to it.”

Lindberg hadn’t even met Weiler in person before he emailed her asking to write for Fusion and Folk.

About a week after Weiler joined Fusion and Folk, he approached Lindberg about the possibility of the blog hosting its own music show.

“That was just unbelievable,” Lindberg said. “I was like, ‘this is getting way bigger than I thought it was going to, but this is awesome.’”

The Fusion and Folk show is scheduled for May 20th at the Red Raven on Main Ave. in Fargo. The show will feature

<http://fusionandfolk.wordpress.com/>

local musicians Shane Maland, Remember Me, Shape Then Shift, Morgan Ranstrom and Gone By Tomorrow. The music will start at 7 p.m. and doors open at 6:30 p.m. It’s an all ages show with a \$5 cover charge.

Since Fusion and Folk is nonprofit, the money from the show will go to the Red Raven and the artists.

With Fusion and Folk’s increased success, what used to be simply a hobby to Lindberg is now becoming a more serious endeavor.

“I’m definitely looking at the future with this a lot more,”

she said. “There’re always four stories on the back-burner at a time. I have like four worked up in my head right now that I want to publish, but I’m also a student, and with finals right now, it’s just – I know once school’s done, this summer is going to be like the ideal time to publish more.”

“It’s definitely more serious in my book now,” Lindberg said. “Not only am I looking at what I can go to on the weekends, but I’m getting messages from tons of artists.”

Lindberg said she is incredibly open to submissions, because she wants Fusion and Folk to have a community feel.

“I want it to be really open,” Lindberg said, “that people can message me if they have an idea of a band or an artist that they love or want to write about.”

Lindberg said Fusion and Folk is now at over 1,000 viewers.

To read more from this writer, view her blog at charlyhaley.blogspot.com

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<p>Tuesday, May 17</p> <p>LUCINDA WILLIAMS</p> <p>7:30PM Show • All Ages</p> <p>Fargo Theatre</p>	
<p>Wednesday, May 18</p> <p>SHARON JONES & THE DAP-KINGS</p> <p>7:30PM Show • All Ages</p> <p>Fargo Theatre</p>	
<p>Wednesday, May 18</p> <p>STONE SOUR with ART OF DYING</p> <p>7:30PM Show • All Ages</p> <p>The Venue @ The Hub</p>	
<p>Friday, May 20</p> <p>YOUR MEMORIAL</p> <p>5:30PM Show • All Ages</p> <p>The Aquarium</p>	<p>Saturday, May 21</p> <p>SAN HAVEN CHUCKLE</p> <p>10PM Show • Ages 21+</p> <p>Monkey Bar @ The Hub</p>
<p>Thursday, May 26</p> <p>JEFFREY ROSS ROASTS FARGO</p> <p>8PM Show • Mature Content</p> <p>Fargo Theatre</p>	

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ESCAPE THE FATE & HOLLYWOOD UNDEAD • Tuesday, July 12 • All Ages • The Hub Outdoors	SARA BAREILLES • Wednesday, July 13 • All Ages • Fargo Theatre
STEEL PULSE • Sunday, July 17 • All Ages • Fargo Theatre	CORNMEAL • Sunday, July 17 • Ages 21+ • The Aquarium
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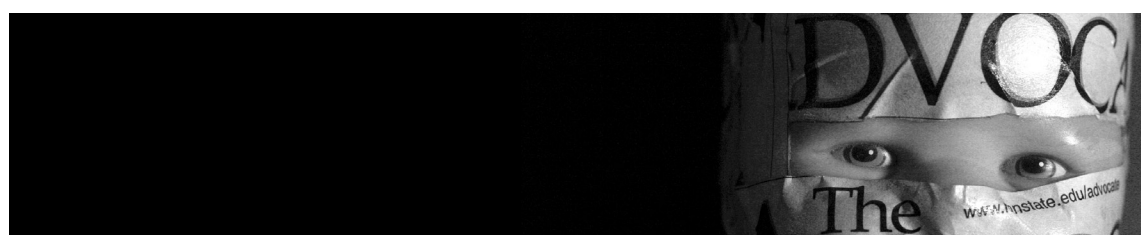
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Lessons learned after a year of editing



BY RACHEL LEINGANG
leingara@mnstate.edu

I worry. I'm a worrier. And being an editor for a college newspaper doesn't help me to relax and not worry. Weekly

deadlines, sometimes having to write three stories at the last minute and managing a depleted budget aren't helpful. Oh, and I'm also a student, the kind with 18 credits in her very last undergraduate semester.

For the longest time, I couldn't figure out how to manage it all. It was too much, and I thought it would be easier. I also didn't think I could trust anyone to get work done at first, which added to the stress.

This is where all of these end-of-the-year columns end up super cliché and I'm not the exception: I have learned a lot, despite how hard the experience was.

It's impossible for me to control the opinions of others. I can't

make students care about their futures and I can't make them care about taking advantage of hands-on opportunities that will get them hired. I can tell them on a daily basis, but I can't make it sink in. I can have the upper hand when it comes to applying for jobs, though, so there's that.

I also know that I don't like being walked all over. I needed to learn how to stand up for myself and make stern decisions, and I eventually did. But until then, every time someone challenged my ideas, I backed down. I didn't want to create a controversy or make a stink about things, but I know now that it's more important to do what you think is right. It seems obvious now. I was dumb.

Being an editor is often an entirely thankless job. I get paid very little to do a huge amount of work (like the whole Advocate staff) and it sometimes just didn't seem worth it. I had to constantly remind myself during the hardest times that the experience is invaluable and the friends I've made are irreplaceable.

And most people will only send in letters or emails when they have something to complain about, which is really a function of our society of people who complain and never have any intention to change the things they bitch about. Democracy is a funny thing.

It was all worth it to read the occasional email of praise or accolades. To know that, even if

it was just once, someone thought I was doing the right thing was really important to me. Hearing that someone enjoyed a story I wrote or appreciated our insight in the editorial means the world.

If I do pursue a career in journalism, it definitely won't be as an editor. I want to report – I want to tell people's stories and deliver the news, not edit it. Most importantly, I know what I DON'T want to be when I grow up, and that was a truly valuable lesson.

To read more from this writer, view his blog at racheleingang.blogspot.com

Letter to the editor: On economics

Editor's note: All letters to the editor are printed as received, with no edits or alterations

Dear Advocate Editor,

As the former Vice President of the MSUM Economics Society I feel that I cannot let Wesley Eskildsen's Letter to the Editor go unanswered. Wesley never asked me anything, so I strongly doubt he asked any other Economists anything either.

Okay, I think I've gone far enough with that. In truth, Wesley's outlines his letter in a fashion so as to try to convince the public that what he is writing is undeniable truth. However, he is misleading the public because his "facts" are classically untrue.

As an economist, I take chagrin most with his claim that cutting taxes and government spending at the same time are good for the economy. I also take issue with his explanation

thereof. In general, the ideal course of action to stimulate or improve an economy is to lower taxes and increase government spending. The idea is that we allocate more resources to the private sector through tax cuts. This can place money in the hands of people that will use it most efficiently. We also increase spending because there simply are some things that the public is horrible at organizing and building (for example, public transportation infrastructure). The increased spending through the government capitalizes on efficiency gains, and benefits from the money multiplier effect.

If a government chooses to lower taxes and spending at the same time we cannot predict what the outcome will be. Most

likely, the outcome will depend on some set of economic nuances or could be the result of culture and context. So then, we should examine our economic context: relatively high unemployment in an economy in which consumer expenditures comprise 70% of GDP. Unfortunately there is no ideal way to test the outcome of reducing taxes and spending at the same time in an economic context as unique as ours is currently without potentially harming the state of the economy.

As an aside, if the national debt and our credit rating is Wesley's prime worry, one option that is never mentioned in the media is to outgrow our debt. I do not mean inflation specifically. In truth, the government has the sovereign ability to inflate its way out of this

debt. More to the point, most economists agree that the U.S. economy will grow by 3.5% this year. As long as the growth rate of GDP outpaces that of national debt, we can simply grow ourselves out of debt.

Wesley is wrong to tell the public that lowering taxes and spending will help to improve the economy right now, in the future and all the while lower future debt. It would appear that he is searching for a silver bullet, but since we live in a world of scarcity, tradeoffs and not a free lunch in sight, we must accept that a solution to all our problems will not be as easy as Wesley proposes.

Joseph Bottrell

Letter to the editor: WikiLeaks and justice

The editorial board failed to address the larger issue behind the imprisonment of Private Bradley Manning for his alleged participation in the WikiLeaks documents. The issue goes well beyond politically incorrect presumptions of guilt, by O'Bama or anyone else. Sadly, we should be used to that since the same occurs with almost any headline news story relating to a crime. There is still the issue of what crime has been committed. In this case, whatever it is will be shoved under that rug known as National Security and so we will never know all the details. We do know that the WikiLeaks associated with Manning's harsh imprisonment included video

footage of soldiers killing several journalists in Iraq, mistaking their cameras for weapons and mistaking the journalists' armed bodyguards for insurgents. When a civilian in this urban area stopped his van and got out to assist the wounded, he was fired on also. When the civilian's children attempted to see what happened to their father, they were fired on also. All this was recorded in the cockpit of the Apache helicopter containing the soldiers who felt threatened by the situation, at least threatened to the extent that the comments of those doing the shooting amounted to "That's what you get for bringing your kids into a war zone." I was not there, so do I have a right

to judge? Yes, to some degree I do. As an American this was done on my behalf. Surely there is a difference between a combat "area" and a combat "situation." Firing on people in the city streets, from a helicopter far enough away that those people are not aware of your presence, who are not engaging the chopper and its 30mm guns, is not the kind of "shock and awe" we were supposed to bring to Iraq. There are times when killing is justified for self-defense. However, there are many, many more occasions when killing does not involve self-defense. The concept of shoot first-ask questions later does not include this scenario. We are the invaders, we are the

occupiers, and we are relatively more defended from the air with big guns in a non-combat situation. Discretion needs to be taken more responsibly in these contexts. All this I say only to put Manning's alleged crime in context. After all, he will be facing the death penalty if he is found guilty for releasing these videos. Classified and cover-up should not be synonymous. Manning's actions are justified because they are about telling the truth. I suppose he could be guilty of helping the enemy, in the sense that those actions endanger U.S. troops, in the sense that if those kids survive they are more likely to want to kill Americans. What Manning allegedly did is justified.

Without people like him your kids will simply be told future lies. They'll be told that the kids from the van were raised to be extremists and that's why they hate America not because they watched the father's massacre no, they are just evil and they hate freedom. Without people like Manning, your kids will believe that lie and they will go and die for it in some future war. If Manning can be executed for uncovering a cover-up, then the liars who created this war must be brought to trial for the manslaughter of every Iraqi civilian and every U.S. soldier.

Jimmy P. Powell
MSUM student

Letter to the editor: 'The death of decency'

The death of decency: Civilization was built on the notion of humanity's greatest traits, honor, respect, decency, hard work among many others, this country followed suit and built a great nation on the values that we as a human race used to see as worthy. Over the years while we have moved forward in every aspect of our existence we have retarded in the most important sphere of humanity. Our care for our fellow being has been depreciated to such an extent that our generation worships those who abuse the institution of humanity. Where are the days that chivalry and being a gentleman was prided as man's becoming rather than his downfall?

In today's cut throat world of politics and greed humanity's capability to call upon those traits that defined us as a race seems to

have been sucked away. Religious texts the world over are filled with a plea to mankind to revert back to what made us as a collective race so different from the other life forms that inhabit this planet. In a world where the concept of unity be it at any level of society is near impossible to grasp, one of the Torah's scriptures can act as a guiding light to us all, it is called Takun Alum. This revolutionary piece of knowledge basically tells us that the world has been broken into pieces and it is everybody responsibility to find the pieces and put them back together. It is very much like the children's nursery rhyme, Humpty Dumpty, where Humpty Dumpty is the world we live in, and when the world took its great big fall, all us just stood like idle bystanders and watched the pieces fall away. And even when all the Kings horses and all

the Kings men came to try and fix Humpty Dumpty, they couldn't, but that is not the case with the world, the world can be fixed but it cannot do it on itself. We must take it upon ourselves to stand together and save the world from the impending doom which seems to shroud us all; we must put away our petty disputes, be it greed or jealousy, envy or wrath. The world has enough hardships without having the closest friends go at each other's throats over a insignificant quarrel, the world is in enough chaos without having sons walk away from their families over unneeded wealth, the world has seen enough pain without lovers been torn apart because of the insatiable need of humanity to prove their superiority.

Dag Hammarskjöld who was the second Secretary General of the United Nations

and also a well known author once said, "I believe that we should die with decency so that at least decency will survive." And that is truly what it has come to, the world over acts of inhumane values occur and go scot free, be it in the name of martyrdom or just because that is what it takes to be appreciated and respected for these days. Human decency like care and compassion are slowly going extinct and we are the only ones who can do anything to stop the downward spiral of the human race. So rise all of you, rise against all that is putting the actual things that matter down, things like love, hope, faith, renew all that truly makes us happy. Because we are the pieces of the world and we have to come together so as to put our world back together.

Rohan John

By jingo, we killed bin Laden



BY MATT LECH
lechma@mnstate.edu

There is something disturbingly primal about chanting “U.S.A! U.S.A!” after a terrorist, even “the” terrorist, has been shot twice in the face. This is jingoism: the excessive patriotism in support of aggressive foreign policy.

In fairness, though, I first thought that as I sipped a celebratory scotch with my

roommate while watching President Obama’s address on the killing of Osama bin Laden. There is an excuse for the “rah-rah” reaction, even if it’s not a very good one.

For me and, I suspect, many others of our generation, Osama bin Laden was the single most influential figure in the formation of our political views. The Sept. 11 attacks took place at the dawn of young adulthood, and our post-pubescent lives have been lived under what is now facetiously called “the constant threat of terror.”

For college liberals and college conservatives alike, terrorism and the Bush administration’s subsequent reaction to it created the introductory landscape that engendered our initial political opinions. Were it not for the War on Terror and the USA PATRIOT Act, I may be quietly liberal rather than actively progressive.

Conversely, were it not for the attacks themselves it’s likely that young conservatives wouldn’t have such hawkish views on foreign policy.

This is probably why news anchors noticed so many young people cheering around Ground Zero and the White House following the announcement of Osama bin Laden’s death. Osama was the boogeyman of our ascendance into adulthood, and now he is dead.

The difficult question to ask, though, is whether cheering was an appropriate response. Almost certainly not. On Twitter and then in traditional news stories (like the Financial Times), many people likened the crowds to “frat parties,” implicitly acknowledging the youth and behavior of the crowds.

It is unquestionably a major symbolic event and there is a palpable sense of relief and

catharsis. Since 9/11, Osama bin Laden had come to embody fear itself; the elusive specter of terrorism personified. In this sense, it’s not a surprise that his death was met with such joy. It’s about more than just Osama, it’s the end of an era.

But a sober assessment of the situation would lament the fact that Osama wasn’t taken alive. The reportedly cowardly way he resisted arrest — unarmed — supposedly made that impossible. Nonetheless, I have a really difficult time considering bullets a means for “justice,” a word that should be held to a higher standard than “revenge.”

Also lamentable is the fact that we put military personnel in harm’s way for over a decade in two trillion-dollar wars that only served to exacerbate the problem of global terror, when trusting our elite military personnel to strategically take care of Osama

is what worked in the end.

The primary concern with the jubilation and patriotism that followed the announcement is that it will encourage a more fervent military approach; a repeat of the post 9/11 thirst for blood that the Bush administration capitalized on. This directly contradicts what should be the lesson: that strategic efforts based on intelligence are more efficient than full-scale military invasion at catching terrorists.

Now is the opportunity to end the ill-advised and counterproductive non sequitur that was the “War on Terror” and to consider the original mission finally accomplished. It should not be wasted.

To read more from this writer, view his blog at mattlech.blogspot.com

Bomb shelter business booming



BY MEGHAN FEIR
feirme@mnstate.edu

If you don’t live under a rock and do not take pride living in a state of hermitry, you have probably found out by now that Osama bin Laden has been killed by U.S. troops in a mansion outside of Abbottabad, not far from the capital of Pakistan.

Americans near the White House were seen chanting, singing and climbing up trees (I’d climb, too) celebrating

the magnitude of the night. However, concerns of terrorizing retaliation are also on the minds of most Americans. Will there be attempts of revenge on the U.S.? More than likely. So, in light of this monumental moment in history, I would like to discuss bomb shelters.

According to undergroundbombshelter.com, “You can survive a nuclear or dirty bomb attack. It will not be the end of the world. But, you must be prepared!” With these words of reassurance, I turned my interest level on high and delved deeper into this site’s survival tips.

The website had articles like, “Minimizing Exposure to Radiation” and “Organization of the Bomb Shelter Population,” none of which caught my eye. It was then when I stumbled upon the metaphoric gold I was searching for. “Get an Underground Bomb Shelter, Hop In, and Now What?” was

the article I had anticipated finding on this site.

They first mentioned the price of “store-bought” bomb shelters ranging anywhere from \$20,000 to hundreds of thousands of dollars, which is a little too expensive for my taste, billfold, savings and checking account. But how much would it cost to build your own?

If you live within 10 miles of a potential nuclear explosion, your shelter will have to be strong enough to withstand 2,000 mph blast waves of intense pressure. You’ll have to have proper ventilation, clean water, food, toilet paper (I’d rather not use newspaper) among other essential items of survival.

Just like the process of picking out pets, houses and insurance companies, you must consider what kind of shelter layout most suitably fits your needs. “Cement block or stone, wood, poured reinforced

concrete, and steel” are the most popular materials to create your protective getaway. It must support at least three feet of soil above it. Depending on the area your shelter covers, beams, poles and posts may be needed. The article went on to discuss wood vs. block frames and slightly lost my interest, just like this column may be losing yours.

Something was missing. Though I would never be able to afford a chic shelter unless I married a rich man 30 years my senior, I wanted to find more sophisticated safety, and indeed I thought I had. Popular Mechanics shared an article on their site titled, “6 Safe, Strong and Chic Bomb Shelters You Can Buy Now.” This sounded promising.

Throughout the U.S., mainly in states like Tennessee, Kentucky and Pennsylvania, “the bomb shelter business is booming,” pun intended. They

claimed that “bomb-shelter styles are as varied as the paths to annihilation.”

Unfortunately, when they used the word “chic” in the title, they were being sarcastic. There was not one decorative bomb shelter to be seen. The fact that these shelters are “bright, light and dry,” and “airtight, watertight, and bugtight, too” does not exactly qualify as “chic” in my mind.

Thankfully for us, the highest building in the F-M area is the Radisson Hotel which is a measly 206 feet. Other than an embarrassing movie and the fact that we’re known as flood central, Fargo-Moorhead is not popular enough to attract very many terrorist attacks. Unless the Hjemkomst Center becomes a world renowned symbol of freedom too obnoxious for terrorists to ignore, I highly doubt we will be on their top 10 list.

Osama’s death: one small step



BY ALEXANDER HOLMQUIST
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We all agree that Osama bin Laden was an evil man who needed to die. However, I think that the celebration of his death

has gotten out of hand. Now, I’m as patriotic as the next guy, but I tend to reserve waving flags in the streets, throwing parties in front of the White House and singing patriotic songs for the Fourth of July.

Headlines and celebrants say “We got him,” and while I am certainly glad that he is no longer out there to cause trouble, I don’t remember our country ever saying “Let’s go get him.” The end goal of the United States’ involvement overseas was not to simply kill one man. We have been trying to keep peace in the world. With bin Laden dead, there is one less terrorist out there, but it doesn’t change the situation very much. There are still lots

of terrorists out there. Sure, bin Laden was the mastermind of several terrorist attacks, including 9/11, but he wasn’t a military genius. At the risk of hubris, I would say that even if bin Laden was still alive, the terrorists would have no real chance of surviving.

Again, I’m not telling people not to be happy that justice has been done, I just find the wild celebration a little distasteful. I never thought I’d see people so happy about someone dying. We are acting like this is the start of some new age of peace, but we still have struggles ahead of us. Remember the people in Japan, suffering in the wake of a huge earthquake and a nuclear disaster. Closer

to home, the tornados in Tuscaloosa, Ala., recently killed more than 350 people. We have to make sure not to leave those people in need because we were partying over

bin Laden’s death. Therefore, I ask that we keep this event in perspective. Be happy, but remember those in need.

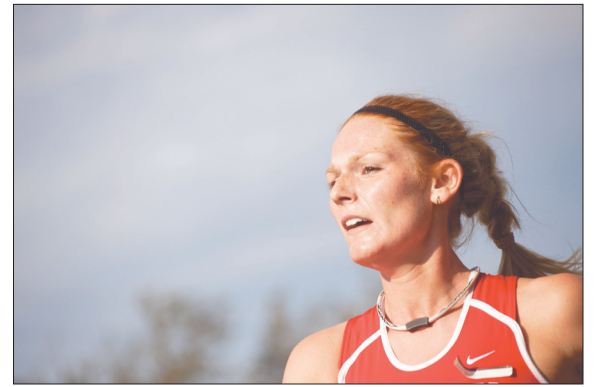
The opinions expressed in The Advocate are not necessarily those of the college administration, faculty or student body. The Advocate encourages letters to the editor and any submissions. They should be typed and must include the writer’s name, signature, address, phone number, year in school or occupation and any affiliations. Letters are due by 5 p.m. Monday and can be sent to MSUM Box 130, dropped off in The Advocate office or e-mailed to advocate@mnstate.edu.



The Plains Art Museum is hosted 'Noon Holiday Concerts' during the fall. by Chris Franz



Russell Colson, geology professor, was named Professor of the Year this year. by Chris Franz



Anna VanWechel competes during a season opener in the fall. by Chris Franz

A YEAR IN PICTURES



Multiple students fill up the chess tables located in the basement of the CMU.

Jesse Trelstad • jtreldstad.com



Anar Farah Abdullah, from Somalia, receives her certificate and a U.S. flag after officially becoming a U.S. citizen in the CMU Ballroom last fall. Chris Franz • chrisfranzphoto.blogspot.com



The fire at the Galleria apartments in south Fargo left many without a place to stay for days. Robert Jacobson • The Advocate



A time capsule was found in Weld Hall by a construction worker at the beginning of the year. by Chris Franz



Hundreds of students pack into Nemzek hall for the Black Light Dance. Ben Green • The Advocate



Power Shift participants take part in a chant workshop. Jesse Trelstad • jtreldstad.com

PHOTO, FROM FRONT

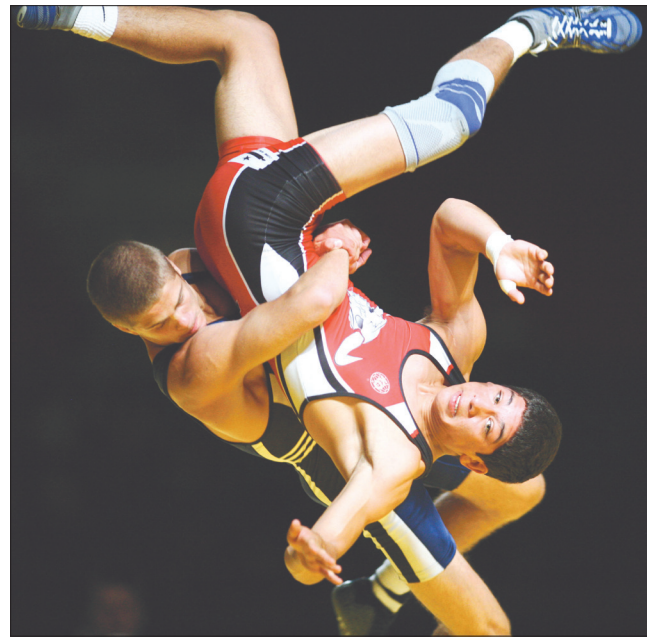
but that was the first story I did that had a subject matter that was extremely delicate. That was a big learning experience for me, you know, I had to think about the dignity of this person and the parents.”

Franz said sometimes he would visit the family and take only one or two photos, but sometimes he would take over a hundred.

“I wanted to show how much these two parents loved that little boy,” Franz said, “and that’s what I thought of with every picture.”

Like with Wadena, Gauge’s story was a learning experience for Franz.

“It was new because I was inside this home,” he said, “and I just had to make pictures to describe an emotion. It was really difficult.”



CHRIS FRANZ • chrisfranzphoto.blogspot.com

Dylan Ness (left) of Minnesota dramatically lifts, spins and flips over Andy Rico of Texas during the 145-pound USA Wrestling Junior Greco-Roman final at the Fargodome. Ness is a contender for the triple-crown in his division.

Franz also won second place for college feature photography, second for college general news photography, first place for college sports photography and college photographer of the year.

This is Franz’s second year winning college photographer of the year, an award that is based on the photographer’s entire portfolio.

Franz said it’s always difficult for him to edit his own portfolio, and that there’s always something he feels like he could change, but he thinks a reason he won the award was the storytelling element of his portfolio.

“We are journalists before photographers,” Franz said.

“You can be an extremely visual photographer, make



JESSE TRELSTAD • jtrelstad.com

Kyle Peterson greets his newly adopted bird, Dario. This is the fifth bird his family has adopted through the Center for Avian Adoption, Rescue, and Education (CAARE).

incredible compositions, be a smart photographer, but what gets looked at first (in portfolio judging) is the story element. There needs to be a — it doesn’t need to be news — but there needs to be something that’s interesting.”

Franz said MSUM does a particularly good job at teaching storytelling.

“We (at MSUM) put storytelling way before any other thing,” he said. “That’s why we’re journalists; we’re storytellers.”

Trelstad and Franz were the only two MSUM students who submitted to the contest this year, and Trelstad was the only one to attend the convention with photojournalism professor Reggie Radenicki.

Trelstad said the convention and

contest is a good learning opportunity for any photojournalism student and hopes that more MSUM students will take advantage of the opportunity.

“It’s a really great experience,” Trelstad said. “I really want to get more MSUM students to come next year. Even if they don’t submit photos, it’s important for photojournalism majors to go for one, networking, and two, there’s another critique to your work.”

To read more from this writer, view her blog at charlyhaley.blogspot.com

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Attention Students:

Important Change to Payment Deadline for Tuition and Fees Effective Fall Semester 2011

To ensure that your course registration is not cancelled and you are not dropped from your classes, you must do one of the following before August 1:

- Make at least a \$300 down payment toward tuition and fees;
- Choose a payment plan; or
- Release financial information to MSU Moorhead by filing the FAFSA and selecting MSU Moorhead.

Full payment of all remaining tuition and fees is then due by Sept. 26, 2011.

For additional information about this change, please visit the Business Office website at www.mnstate.edu/busoff.

Minnesota reading levels declining; Reading Corps aids students

BY SADIE JONES
jonessad@mnstate.edu

In Minnesota, approximately 15,000 elementary students preschool through third grade are reading at a below average proficiency.

Minnesota Reading Corps, a division of AmeriCorps founded in 2003, is trying to bring that statistic down.

Reading corps members use one-on-one data driven interactions with students to teach and reinforce five basic literacy skills: picture naming, letter naming, rhyming, alliteration

and letter sounds. Members are divided into two different target groups, helping kids either pre-kindergarten or kindergarten through third grade.

"We're trying to get (students) to be proficient readers by the end of third grade because, it's said, up until third grade they are learning to read, and after third grade they are reading to learn," Michelle Olson, a kindergarten through third grade member said.

Reading Corps draws members from several different groups including new graduates, retired teachers, those changing careers and parents wanting to become

involved with their child's school. "This is a really great program because you really learn a lot about yourself," Olson said. "You really get educated on what it's like to be in a school environment." Olson said.

Lindsey Ruth, a pre-kindergarten member, joined the Minnesota Reading Corps in August 2010 to gain experience in a classroom setting as she changed her career.

"I actually decided that I was going to go back to school for elementary education, so I started looking in the area for positions that would be related to education

without having my degree," Ruth said. "(Minnesota Reading Corps) gives you a lot of training and reading and assessments and interventions that you can use. And also you get the education award through AmeriCorps so I thought it would be a really good fit with what I was going to be doing."

According to minnesotareadingcorps.org, during the 2008 - 2009 school year, the level of Pre-Kindergarten student growth for all five major areas was 41.9 percent for the Duluth, Moorhead, Grand Rapids, Metro, Rochester

and St. Cloud regions. "It's a rewarding experience," Ruth said. "I've enjoyed working with the kids and seeing their growth everyday has been a great experience. Everyday you're in there you know you're making a difference."

For more information about the Minnesota Reading Corps, visit their website at www.minnesotareadingcorps.org.

To read more from this writer, view her blog at sadielizjones.blogspot.com

Print journal creates outlet for creatives types

BY KELSIE O'KEEFE
okeeke@mnstate.edu

Red weather provides students, faculty and alumni the opportunity to publish their various forms of works.

Red Weather is an annual print journal produced by the ENGL 495 and 595 courses.

The publication has a variety of poetry, prose, fiction and visual art from MSUM students, faculty and alumni.

"(Red Weather) gives us an opportunity to overcome our fears of rejections and submit our work," said English professor Ann Schwalboski said.

Though Schwalboski has written features for the Fergus Falls Daily Journal for the past year, this was the first time she has submitted her poetry for publication.

Sean Templeton, a fourth-year English writing and business administration major, received an email invitation to submit work in Red Weather. Within a few weeks his poem "Miracle Gloves" was accepted.

The poem is about finding ways to deal with problems effectively and appropriately, and about emphatically realizing that others have similar problems, Templeton said.

"I was in a place I didn't want to be and started boxing at a gym to blow off steam," Templeton said. "Eventually, I formed a close friendship with the person I mostly boxed against. It was a powerful experience. There was something ineffable about forming a close friendship from throwing punches ... a subliminal bond formed from dealing with life's challenges in a primal, yet civilized way."

One of English and mass communications senior Brianna Brickweg's pieces, "Man-Eater," is a parody based off an incident over Sunday morning breakfast with her boyfriend.

"I love publishing my work," said Brickweg. "I'm not the Emily Dickinson type who hides all her writing in her desk drawer, never to see the light of day."

Brickweg has published in Red

Weather for three consecutive years.

"I think (Red Weather) benefits students directly," said Corrick Center professor Kevin Zepper. "Students create the magazine. It gives them the opportunity to deal with the challenges of publishing. Writing students benefit by submitting to Red Weather when they learn the protocols of submitting their work."

Zepper has two pieces in this year's issues.

"I choose pieces I've recently written, pieces I currently enjoy and am proud of," Zepper said.

Aaron Lehman, senior film studies major, chose to enter reminiscent 35mm color photographs.

"It was such an eerie experience at San Haven," Lehman said. "The photograph was taken at the main building and was right next to an elevator shaft where a young boy fell down and died several years ago. A fantastic experience, but chilling."

This year, Red Weather features over 40 pieces by over 20 students, faculty and alumni.

The 2011 edition of Red Weather is available in print on campus and the digital edition can be downloaded under the "Current Issue" tab at www.mnstate.edu/redweather or a print-on-demand copy can be ordered under the "Order" tab.

To read more from this writer, view her blog at kelsieokeefe.blogspot.com

Honoring seasoned retirees

BY RACHEL LEINGANG
leingara@mnstate.edu

George Davis

George Davis is ready to spend more time traveling, working on his hobbies and visiting friends.

In his 21 years at MSUM, Davis served as Director of the Regional Science Center until 2009, then switched to teaching biosciences full time.

"This year I am 65 years old and have completed my 43rd year of teaching/directing," Davis said. "It's time."

The most rewarding part of working at MSUM has been Davis's experience with the faculty and staff at the RSC.

"I count as good friends many of those I worked with for 21 years," he said. "All the challenges have been opportunities. I have had many opportunities to be involved at the local, state, and national level in developing quality science programs for K-12 students and helping prepare preK-12 science teachers."

Davis thinks MSUM has a lot to offer faculty and students as a great place to work and get an education.

"To faculty: Having taught for nine years at another university in another state, I have always been so impressed by the support faculty have here. We are fortunate," he said. "To students: There is a great education at MSUM for all who will work for it."

Yvonne Johnson

After 30 years at MSUM, Director of Academic Intervention Yvonne Johnson will be retiring from her post at the Academic Resource Office.

"It feels like the right time," Johnson said. "I'm ready to move on to something else. I plan to start a pet sitting service and hope that it will keep me very busy. If not, I can be found in my backyard gardening or reading in the chaise lounge on the front porch."

Johnson's favorite part of working at MSUM has been advising students.

"It is a cliché, but the best part of the job has been helping students accomplish their goal - a four year degree from MSU Moorhead," Johnson said.

Leaving her colleagues, who have been important partners in providing educational resources to students, will be difficult.

"I have a lot of friends at MSUM," she said. "One develops work relationships with lots of people. That's how we best serve students. If I don't have the answer, I go to the place that does and that gets the job done for the students. It is a win-win."

To read more from this writer, view her blog at leingara.blogspot.com

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Adv Eats Cafe Aladdin could use a few wishes

BY JOHN ENGER
engerjo@mnstate.edu

Cafe Aladdin is pretty much about the gyro.

It's not about the ambiance or the eclectic clientele. It's not (to use some pretentious wine critic terminology) a full-bodied experience. No, Cafe Aladdin is not a romantic little nook or a Greek/Middle Eastern oasis of cultural integrity. It's just an empty deli — but they make a great gyro.

Cafe Aladdin, located on the corner of 6th and Broadway, must not be a very popular destination. At 5:30 p.m. on a Friday there were no other diners and no one came in or even walked past, looking in the windows, thinking about coming in, for the space of about 30 minutes — the length of time it takes to order, receive and consume a gyro.

Looking around Cafe Aladdin, it's not hard to explain the lack of customers. There is a supreme



JESSICA FLEMING • The Advocate

The Cafe Aladdin is located at 530 6th Avenue in north Fargo.

coldness about the place. The floor is black-and-white checkered linoleum, most likely left over from a barbershop. As is expected of a restaurant bearing the name

“Aladdin” there are a few genie lamps. But there is no unified theme. Someone did make an effort to warm the place up — painting the walls a bright playschool

yellow, which would have worked had they chosen a paint even two shades closer to orange. Even a little up-beat music would help, but the only sound is the aggressive hum of the backroom refrigeration unit.

The service was good. The only visible worker, a painfully quiet 50-something with a potbelly and black curls slicked straight back over a recently established bald spot, took the order and payment at the counter and managed to bring food out to the table in under five minutes without ever moving faster than a bear on a warm summer day.

The gyro was not unique. It had the warm flat bread, the extravagant piles of lamb, even the checked aluminum foil wrappings one might be able to acquire at a county fair. But Cafe Aladdin is just a little better. The lamb

was spiced to perfection — earthy, as is the nature of lamb, while maintaining a delicate quality that feels natural and not too salty. It was not exactly cheap. About \$10 buys a gyro and Coca Cola plus the tip. The price seemed pretty high when handing over the bills, but well worth it when biting into the sandwich.

In all, this is a good place for those in the mood for a gyro for lunch. It is not an ideal place to take a girl on a first date. There is no graceful way to eat a gyro. Awkward pauses will be amplified by the lack of music, and any good night kiss that may, but probably won't, occur will taste of garlic.

To read more from this writer, view his blog at blockplane.blogspot.com

Karen Branden, ‘Guaranteed to be entertaining’

BY ERICA KINGSTON
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Most students have been in a class sometime in their college career with the monotone professor that makes showing up quite a feat. Karen Branden is the exact opposite.

Branden, a sociology professor, is a favorite of many students with her upbeat, engaging classes who has carried her educational teaching not only to MSUM but internationally as well.

A faculty at MSUM for seven years, Branden took a sabbatical in 2009 to live in Uganda for five months to teach at Kyambogo University.

“The people in Uganda are amazing and sweet and wonderful,” Branden said.

During her time in Uganda, she taught, but also did research with the United Nations World Food program focusing on people's livelihoods in refugee camps.

“Uganda was a place of extremes for me,” Branden said. “It was extremely beautiful and the people were extremely wonderful. But it was also extremely horrible with babies and children dying of curable diseases like malaria and TB.”

Branden has long ties to MSUM as she went through the Corrick Center and went on to attain her undergraduate degree in 1991 in sociology with a minor in women's studies.

“I had the potential to succeed but needed to work on my skills and self-esteem,” Branden said. “I had a wonderful adviser named Dr. Beverly Wesley who was a sociologist. I loved her classes. She taught me to believe that I could succeed in college... The Corrick Center and MSUM showed me my potential and I have taken it around the world.”

Branden has good reviews from students. Lauren Wold, a sociology major, has taken three classes from her.

“Branden has a very laid-back, discussion-based class structure,” Wold said. “I know that any class with Branden is guaranteed to be entertaining each and every day.”

Wold said Branden goes out of her way to form close relationships with her students.

“I have told her things I would never tell any of my other professors because I trust her so much. There is no topic off subject when talking with Branden.”

Aside from her teaching, Branden has been married 17

years to MSUM professor Dennis Jacobs who teaches physics, math and astronomy. Jacobs, is also coordinating the new sustainability major that just passed through MnSCU. MSUM is the only school in the MnSCU system to have this major.

“He is wicked smart,” Branden said. “He recently converted a Volkswagen bus into an electric vehicle. He's so cool.”

Branden and Jacobs live in a super-insulated home that uses a swimming pool as a heat sink.

“It's pretty awesome,” Branden said. “We are trying to become carbon-free and demonstrate that you can live a high quality of life but still be respectful of the rest of the world by not over-consuming and massive polluting. We like to live what we preach.”

Branden's words of advice to students is to follow dreams and passions.

“I'm so in love with being a Dragon,” she said.

To read more from this writer, view her blog at ericaeanderson.blogspot.com

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Local all-women fitness facility offers 'Xtreme' workout solutions

BY MICHAEL SMITH
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Mariah Prussia, a 2001 MSUM exercise science major, has put her major to good use as the owner of Xtreme Measures, an all-women fitness facility in Fargo.

After opening in 2007, the facility quickly expanded with a 3,600-square foot addition in 2009.

"I worked at an all-women fitness facility prior to opening my own," said Prussia who, also has a coaching minor from MSUM. "I had between 40 and 50 clients – which were all women – and they all liked the aspect of the all-women (facility) so I decided to go with that."

The mission statement for this establishment is "empowering women one rep at a time, one voice at a time."

Aside from her duties as owner, Prussia wears many hats at Xtreme Measures. She is a personal trainer and kickboxing instructor along with leading group exercise classes, in addition to other responsibilities.

"I do train some men, in-home,"

Prussia said. "Right now, my actual business – the facility – is going to stay all-women but I'm working on an personal training website which will cater to both men and women."

All women may have similarities but each woman comes as an individual with a different set of needs from a workout standpoint.

"Our clientele varies. My youngest client was 14 and my oldest client is 74. I also have a couple clients that are pregnant so it is very diverse," Prussia said. "One thing that I would mention to the exercise science individuals that are going into personal training is make sure you are very diverse in your personal training because our society has really shifted, so there are a lot more special populations they need to cater to."

Prussia says that the personal training sessions are just as popular as the group fitness classes.

"A lot of people do the personal training because they need the accountability and they need the motivation," she said.

"Some people that train are more



Submitted photo

timid to go into a group exercise class."

Zumba is the most popular group exercise class, which Prussia describes as a variety of different cardio movements similar to dancing.

“

The key thing is that in a fitness faculty, if they are looking for a place to go, is go with your gut feel. Each gym offers something different; it is about where you are in your life.

Mariah Prussia

Xtreme Measures owner

As the weather gets warmer, some classes at Xtreme Measures shift outside.

The facility has hosted the Zumba and kickboxing classes outside and will have an outdoor boot camp starting this month.

"The outdoor boot camp, we can also open it up to men without taking away the women-only facility," Prussia said.

Xtreme Measures is also looking into adding a "military style" obstacle course to the back of the faculty.

Other than the various fitness options available to Xtreme Measures, the facility also has a reflexologist on the premises along with a massage therapist.

According to the Xtreme Measures website, "reflexology is a natural science that deals with the principle of reflex areas in the feet, hands and ears which correspond to all of the organs, gland and part of the body. The Therapy is used to relax the body, improve nerve supply and blood circulation, so balance can come back to stabilize and mobilize the body."

Becky Houglum is the gym's reflexologist and Heather A. Ketterling is the facilities

massage therapist.

"Those are great things that cater into when you are lifting and doing exercise, or various different things, you need to connect the mind and body together," Prussia said.

A daycare is also available on site for staff and clients.

"I felt the need to provide the daycare due to the fact that I'm a single mom myself," said Prussia, whose son goes to the children's Montessori school located next to the facility. "It was an opportunity for my son to still be with me, without having to travel all over the place."

Despite the stress that comes with owning her own business, Prussia truly has a passion for what she does.

"I love every single person that comes in here and it feels like family," Prussia said. "It doesn't feel like it is work. Is there

stress? Of course, there is going to be stress, but I love being around people, I always have. When you can see somebody smile or their body image, non-verbal communication change, then you know you have done your job."

With a vast amount of workout facilities in the area, it is essential to find the one that fits best.

"The key thing is that in a fitness faculty, if they are looking for a place to go, go with your gut feel," Prussia said. "Each gym offers something different; it is about where you are in your life."

The May special at Xtreme Measures is a three-month membership for \$99.

For more information on Xtreme Measures go to www.xtrememeasuresnd.com.

To read more from this writer, view his blog at smithmi.blogspot.com



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Dragons 4 Wellness ends rebuilding year

BY MICHAEL SMITH
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After a difficult and unorganized year, Dragons 4 Wellness is taking the lessons learned and looking forward to a fresh start.

"This year has kind of been a rebuilding year for us, because all of us are brand new. We tried to do a couple fundraisers that didn't go so well," first-year president Wendy Toops said. "Next year we are planning on doing a Dragon Olympics for kids in the community. We are really trying to bring in kids from the community and do physical education things with them while raising money."

As Dragons 4 Wellness is reaching out to area kids, they

are also focusing an effort on recruiting incoming freshmen.

"Right now we just have pretty much sophomores and juniors," Toops said. "Next year our focus really is to try and get more freshmen into it. It is kind of a tough time for us right now to get freshmen into it because they don't really understand what it is and they don't necessarily have a declared major. Since we really gear toward going to the conferences, it appeals more to the physical education and athletic training students. So, we are really trying to reach out to the freshmen."

The Dragons 4 Wellness club, like many other MSUM clubs, is an organization of like-minded students with similar majors.

The club offers a space where

people with similar interests can come together and talk about their work in the field and get feedback along with having the opportunity to attend national conferences.

"It is an organization where we want to raise money so we can go to different conferences," Toops said. "It is more to better prepare us for the job field. Our advisers have been in the schools and they are now teaching at the college so they really help us."

The majority of the students involved in Dragons 4 Wellness are looking into careers in physical education, personal training or athletic training and that is what the Topics covered at the conferences include: teaching styles, classroom management and new games that

are being played with classes in the field.

"Since I'm a physical education major, thinking of the games we could play or the events we could do is fun for me," Toops said. "I work with kids all the time, so to get a group of kids in a loud room is fun for me."

Dragons 4 Wellness is done with event planning for the year, but the club is eager to start anew at the beginning of next school year.

The 25-member club was filled with new members this year and hit some speed bumps.

"We are just trying to figure out what we are going to do at the start of next year and try to get that ready," Toops said. "(We need to) have that planned

out so that at the beginning of the year we can show whoever comes into the organization what we do and what we want to accomplish."

As the end of this year draws near, the members of Dragons 4 Wellness will take the things they learned and prepare for next school year.

"Next year I think we have a better idea of how to get things done," Toops said. "I think that we will learn from what happened this year and go on and try new things and set up new programs."

To read more from this writer, view his blog at smithmi.blogspot.com

Column: All major sports at pivotal points

BY MICHAEL SMITH
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All four major sports are at a critical point in their respective seasons.

As the National Football League grapples with the possibility of a lockout, the National Hockey League and National Basketball Association both have started the second round of the playoffs, while Major League Baseball is still in the early stages of the season.

The NBA's Chicago Bulls had an impressive day on Monday as head coach Tom Thibodeau was named Coach of the Year and guard Derrick Rose was honored as the youngest NBA Most Valuable Player ever.

Overall, though, the NHL has had the most exciting playoffs thus far.

The pace of the game is what sets it apart from the other major sports and in the playoffs that pace is pushed to a new level.

All pro-athletes play the game with grit and passion but there is something about the ability to fight or just play rough that sets the NHL apart from the other sports and shows just how much the players want to win.

So to those not interested in sports, hockey should be the one to check out. It is not slow like baseball or practically non-contact like basketball. Football can rival it on the physical front but nothing is quite the same.

To read more from this writer, view his blog at smithmi.blogspot.com

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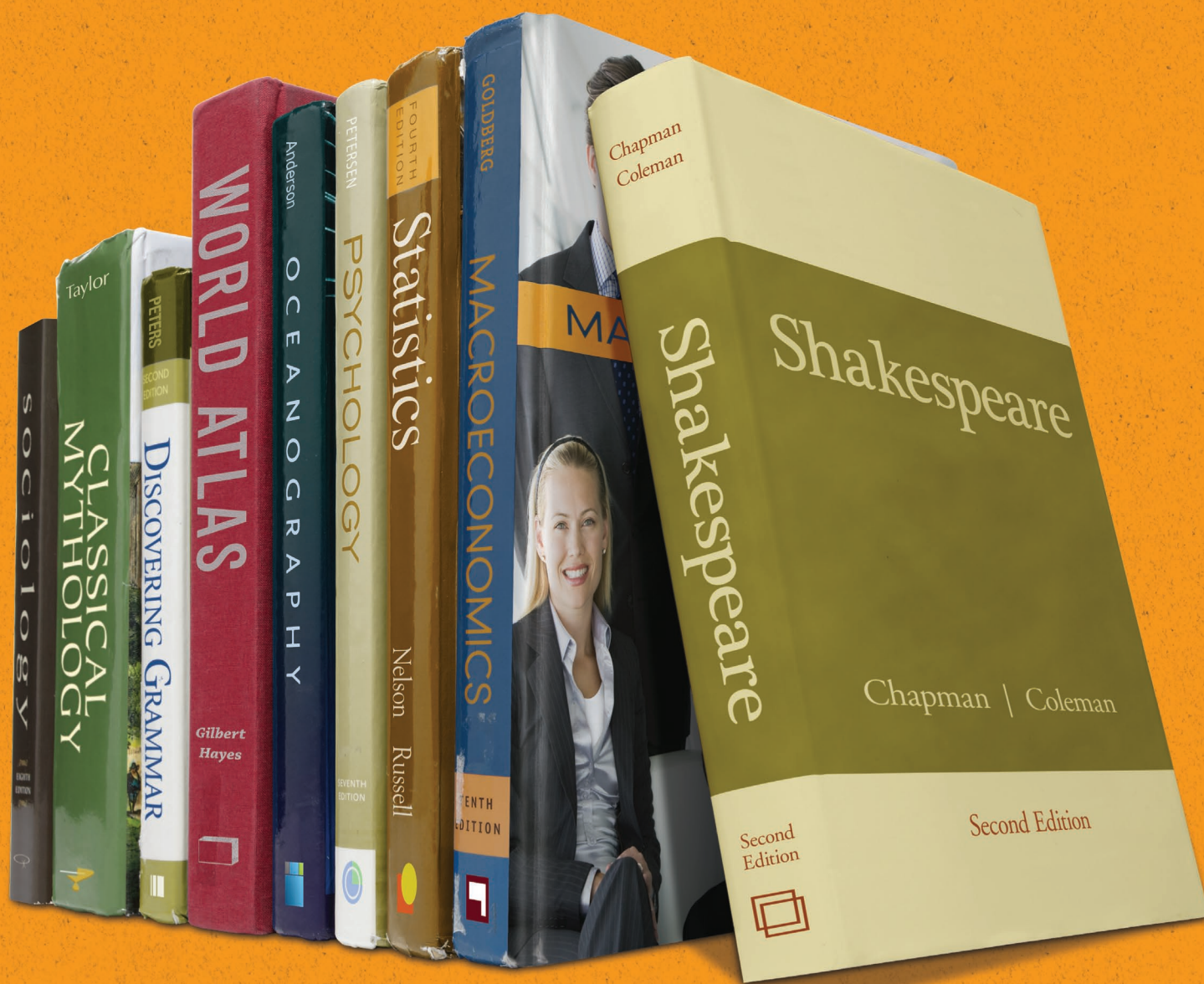
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