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Praise RAs

Appreciation week honors housing staff's efforts and challenges.

FEATURES, page 3



Order up

Students take on waiting tables, customers, lousy tips with restaurant jobs.

SPECIAL REPORT, pages 6-7



Jump start

Newly hired Barnier begins first campaign as track and field coach.

SPORTS, page 8

Vol. 32
No. 16

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Thursday
Jan. 16, 2003

The ADVOCATE

An award-winning newspaper published weekly for the Minnesota State University Moorhead community

Additional grant funding severed

By AMY DALRYMPLE

Editor

Up to 12,000 Minnesota students who didn't have financial aid packages finalized as of Jan. 10 forfeited grant money.



Zehren

High demand created a shortfall between \$9 million and \$16 mil-

lion for the state's grant program, restricting any new awards.

Carolyn Zehren, MSUM director of financial aid, said students who are already receiving Minnesota grant money will not be affected.

However, transfer students who received aid at their former school but had not finalized their financial aid where they transferred would forfeit that semester's grant, she said.

No awards will be available for summer session. Last year

\$167,000 was awarded to MSUM summer school students, Zehren said.

Financial aid officials didn't get an advanced warning about the Jan. 10 cut-off date, Zehren said. A memo was sent to all Minnesota colleges and universities after business hours on Jan. 9.

MSUM's financial aid staff processed all aid forms that had been received by Jan. 10, Zehren said.

"This is the procrastinator's penalty," she said.

Phil Lewenstein, spokesman for Minnesota Higher Education Services Office, said increasing enrollment, record demand for need-based aid and increases in tuition caused the shortfall.

"The demand has exceeded what we have available," Lewenstein said.

Work study and child care funds have also been affected by this shortfall. Last July \$12.4 million from the work study program and \$3.6 million from child care was trans-

ferred to the grant account, hurting more than 12,000 students, Lewenstein said.

Because of Minnesota's \$4.56 billion shortfall, "There is almost no hope for any funds being freed up for this fiscal year," Zehren said.

Regardless of the budget situation, Lewenstein said MHESO will argue that need-based aid should be a priority.

"It would be unfortunate if the prices go up sharply but

GRANTS, back page

PE classes add variety to schedule

By TERI FINNEMAN

News Editor

With another semester barely started, the stress of future tests, papers and projects returns to the MSUM community. But for students looking to add something new to the course load this year, a few unusual phy ed classes offer a chance to earn credit in a fun, relaxing "classroom."

Christeen McLain said her T'ai Chi Chih classes are great for stress reduction.

"T'ai Chi Chih offers slow, gentle movements that circulate and balance the chi, or life force," McLain said. "The outcome creates a feeling of well-being and serenity. By balancing the opposites within the yin and the yang, one becomes more self aware, self-confident and able to meet life with ease and grace."

McLain said she used to be into more physical workouts until she suffered a knee injury and turned her focus to T'ai Chi Chih.

"So many of my friends who

do heavy workouts that I was into before doing this ... what I discover is that a lot of them have had to have surgeries or gotten their bodies broken down," McLain said.

She said T'ai Chi Chih also works as a weight loss program and the different circular movements may assist with reduction of headaches, stomach distress and blood pressure concerns.

"People can't believe how easy it is. The movements work gently with changing the metabolism," McLain said. "You can do it anytime, anywhere. It's based on the same principles of working gently and working with the body and not overdoing it."

McLain teaches faculty and student classes and said both have been successful. Carolyn Barden, a member of the faculty class, said she's taken McLain's class for several years.

"I just feel good after I take the class. It seems to provide a relief for stress and strengthens your legs so you

CLASS, back page



KATIE MYRMEL/THE ADVOCATE

Christeen McLain (center) leads her T'ai Chi Chih class in methods of relaxation techniques Tuesday.

Author speaks on community values Sunday

By AMY DALRYMPLE

Editor

As an African American growing up in the segregated Mississippi Delta, Clifton



Taulbert

Taulbert discovered the power individuals have in building a community.

The award-winning author from Tulsa,

Okla., will present his ideas on community building at 7 p.m. Sunday in Concordia's Memorial Auditorium.

Taulbert's presentation will be based on his 1998 book "Eight Habits of the Heart," which outlines the universal ideals he learned from living with segregation.

"When circumstances are not necessarily as you would want them, what you can bring to the table is unselfishness," Taulbert said.

TAULBERT, back page

Crews complete phase I of CMU construction project

By AMY DALRYMPLE

Editor

Few patrons of Union City Café would believe a massive construction project was completed just last week.

But while most of campus was enjoying winter break, crews worked around the clock to complete the project so the food service area that houses Pizza Hut and Burger King could reopen Tuesday.

Karen Mehnert-Meland, director of the Comstock Memorial Union, said the project in Union City Café was phase I of a \$3.524 million project to update duct work and replace heating, ventila-

tion and cooling systems.

Phase I required everything to be moved out from the cooking facilities and the ceilings removed to accommodate installation, Mehnert-Meland said. Work was also done in the mechanical room adjacent to the Underground.

The next phase requires the CMU to close for the summer. All offices will have to relocate beginning May 5. The CMU is scheduled to reopen Aug. 25.

"It's inconvenient and horrible for everyone, but it's the only way to do it," Mehnert-Meland said.

Fargo company Henning, Metz, Hartford & Associates Inc. recommended the HVAC

project following a 1998 study. The report determined the heating/cooling system to be 25 to 30 years old and in need of replacement, Mehnert-Meland said.

Bob Stalcup, HMH project manager, said the construction project is also necessary so the CMU will comply with codes that define a standard for indoor air quality.

The majority of work will be above ceilings and in mechanical rooms. However, some ceilings will be lower and the blue light fixtures on the CMU's first floor will have to be replaced.

UNION, back page



KATIE MYRMEL/THE ADVOCATE

Steve McCarren works on the heating, ventilation and cooling system Friday in the mechanical room next to the Underground.

THE Hap 1.16 - 1.22 Happenings and Events

- 1.14 - 2.6**
"New Photography: McKnight Fellows 2001-02," Center for the Arts gallery, free.
- 1.19 - 3.10**
"Bear Tales," 2 p.m. Sundays, 7 p.m. Mondays, planetarium, \$1.50.
- 1.20**
Martin Luther King Jr. Day. No school.
- 1.21**
Underground Unplugged, 8:30 p.m., free.
- 1.22**
"Growing up a Reader: Laying the Foundation for Lifelong Reading," Deans Lecture Series with Carol Sibley, 4 p.m., free.

THE Security Report 12.9 - 1.12

- 12.9** Trespass in library
- 12.9** Burglary in Lommen
- 12.10** Intimidation in South Snarr
- 12.10** Fire alarm in Dahl
- 12.10** Intimidation in library
- 12.10** Non-injury traffic accident in parking lot N
- 12.11** Intimidation in parking lot X
- 12.12** Fire alarm in Neumaier
- 12.13** Theft from Nemzek
- 12.13** Vandalism in parking lot O
- 12.13** University alcohol violation in Nelson
- 12.14** Medical emergency in Center for the Arts
- 12.16** Theft from Nemzek
- 12.16** Theft from East Snarr
- 12.17** Medical emergency in Nemzek
- 12.17** Theft from motor vehicle parts or accessories in parking lot T
- 12.18** Medical emergency in Grantham
- 12.18** Vandalism in West Snarr
- 12.18** Vandalism in East Snarr
- 12.18** Medical emergency outside Nelson
- 12.19** Non-injury traffic accident at Ninth Avenue South
- 12.23** Burglary item recovered in Center for the Arts
- 12.27** Burglary alarm in bookstore
- 12.30** Fire alarm in Dahl
- 1.3** Theft from Ballard
- 1.4** Vandalism outside Nelson
- 1.6** Non-injury traffic accident in parking lot C
- 1.8** Liquor law violation in South Snarr
- 1.8** Burglary alarm at bookstore
- 1.9** Fire alarm in MacLean
- 1.10** Fire alarm in Nemzek
- 1.10** Fire alarm in Grantham
- 1.11** Fire alarm in Grantham
- 1.12** Simple assault in Grantham

The Advocate:
We're
baaaaack!!!

Registration for job fair begins

The upcoming Minnesota State Universities Job Fair will be at the Minneapolis Convention Center Feb. 21.

Students interested should bring their resumes and review the companies registered to attend via the Career Services Web site by selecting Fairs & Events.

The fair is for juniors seeking internships and seniors seeking jobs.

Students must register for the fair at Career Services, CMU 114. The registration fee is \$15 and is nonrefundable. Registration will begin in January.

More information will be available at a later date.

Legislative forum planned for Friday

An open legislative forum will be from 3:30 to 5 p.m. Friday in CMU 200A.

Sen. Keith Langseth, Rep. Paul Marquart and Rep. Morrie Lanning will each have a brief opening statement and a question/answer period will follow. Faculty, staff and students are welcome to attend.

Big Brother/Sister plans bowl for kids

Bowl for Kids' Sake seeks participants for the annual event that helps Big Brother, Big Sister put more caring mentors into the lives of children.

Individuals or organizations are encouraged to form teams of four or five members. Bowling dates are 3:30 and 10 p.m. Feb. 28, March 7 and March 14, as well as noon and 2 p.m. March 8.

For more information, contact Thomas Lane at 236-2676.

Textbook buyback offered this week

A representative from the Follett used book company will purchase textbooks from 8:30 a.m. to 3:30 p.m. today (Thursday) and Friday.

The stand will be set up across from the Dragon Stop.

Financial aid extends hours

The Office of Scholarship and Financial Aid will have hours from 8 a.m. to 5:30 p.m. today (Thursday), Tuesday, Wednesday and Jan. 23.

My Lai massacre lecture planned

"A Journey to My Lai: Social Memory and the Making of Art" is the focus of the public lecture at 6 p.m. Jan 23 in King Auditorium.

The lecture will be given by Carol Becker, dean of faculty and vice president for academic affairs at the School of the Art Institute of Chicago.

On March 16, 1968, 500 unarmed civilians in Vietnam, including women and children, were massacred, raped and burned.

Becker will discuss her pilgrimage to My Lai last year and how artists, individuals and society respond to places of trauma.

Training session set for anti-racism

Training Our Campus Against Racism will offer an anti-racism training session for student leaders from 8:30 a.m. to 5 p.m. Feb. 22. Meals will be provided.

Anyone interested in attending should contact Ryan Sylvester at sylvest@mnstate.edu. Participation is limited to 45 members.

Grover named alumni director

Susan Grover has been named executive director of the Alumni Foundation.



Grover

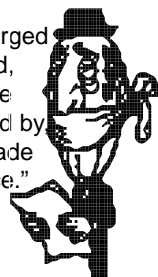
Grover will take over responsibilities from Doug Hamilton, who has been splitting his time as Alumni Foundation

executive director and director of university enhancement. Grover was hired due to the need of a full-time employee to direct the university's fund-raising efforts.

Shout it out! Quotable quotes

"Two roads diverged in a yellow wood, and I - I took the one less traveled by And that has made all the difference."

-Robert Frost, poet



More theft, vandalism reported at end of semester

By **TERI FINNEMAN**
News Editor

Several instances of vandalism and theft reported during December were typical for the end of the semester, said Mike Pehler, director of campus security.

"That's when people all of a sudden decide something is missing and they report it or it actually is missing because someone said, 'I'm not coming back, so I might as well take it,'" Pehler said.

From Dec. 13 to Dec. 18, security received four reports

of theft and two occurrences of vandalism. Two of the thefts were backpacks stolen from Nemzek.

"To me, that's the group that's going out to find books and they'll sell them back," Pehler said.

"Don't leave anything unattended for any amount of time."

Pehler said students were notified of the past month's burglaries via student information because security is required to put out timely warnings.

Stolen items range from

coins and pens to stereos and computers, he said.

"We want people to know that that's happening and they really do need to take some actions to prevent that," Pehler said.

"Security is not able to secure everything. Nothing is really safe if someone wants to take it."

He said vandalism in the residence halls has included writing inappropriate comments on bulletin boards and erasable boards.

Burglary alarms at the bookstore Dec. 27 and Jan. 8 have

been the result of employees forgetting to shut off the alarm, Pehler said.

"There hasn't been any criminal activity that we've been able to determine at this point," he said.

A number of fire alarms in the past week have occurred from cooking and other small incidents.

Pehler said security is working with the physical plant and housing to tighten the system.

Finneman can be reached at crusher69@hotmail.com.

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 Monday at 5 p.m. and can be sent to MSUM Box 130, dropped off at The Advocate office in CMU Room 110 or e-mailed 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.

"You should never tease a Nutcracker."

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The Advocate is always looking for talented writers, photographers, columnists and illustrators. Meetings are held every Monday at 4:30 p.m. in CMU Room 207.

Contact the editor for more information or come to the meetings. Students can also write and work for The Advocate for credit.

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THROUGHOUT THE STORE

RAs handle more than people know

By TERI FINNEMAN

News Editor

It's a dirty job, but somebody's gotta do it. Whether it's resolving roommate conflicts, dealing with alcohol and depression issues or keeping up with maintenance, MSUM's resident assistants are on hand 24 hours a day to help with the needs of their residents.

To celebrate the work of these RAs, housing declared this week Resident Assistant Appreciation Week.

Ryan Sylvester Nelson, Grantham and Holmquist area director said RAs work hard all year developing community on their floor and should be thanked.

"It's not easy to be an RA, to have to confront your peers, to deal with tough issues and be exposed to criticism from others," Sylvester said. "They're a great group of people who make living on campus a positive experience."

Activities for the week included a training session and breakfast, various prizes and encouragement from RA alumni.

Junior Amy Rosengren, a first-year RA in South Snarr, said she decided to become an RA because she wanted to influence and work with people on campus.

"Getting to know everybody is the fun part," Rosengren said. "A lot of people look over the job and just think they [RAs] are there to write people up. We try to do so much more and make sure the incoming freshmen are making a smooth transition."

Rosengren said she's learned better time management and that she can't please everybody. She said being an RA has made her look beyond herself and at the bigger picture.

"I have to know how it [choices] affects all of my residents and to make them feel safe and comfortable," Rosengren said. "It makes me think about how other people take things that are said."

She said she thinks RA Appreciation Week is a great idea since not everybody knows how

much work RAs actually do.

"Unless you're in the position, it's hard to really understand," Rosengren said. "I think they really need to be appreciated because it's hard sometimes. [But] it's a good experience. If you have any inkling to do it at all, go for it."

Junior Ryan VanGuilder, a first-year Holmquist RA, said part of the reason he applied for the job was to receive the free room and board.

"And I knew a lot about the school. I knew I could help out," VanGuilder said. "There's a lot of stuff that happens behind the scenes that the residents don't really know about that makes it easier for them."

He said he's learned new communication and leadership skills from being an RA.

"You always have to be on your best behavior," VanGuilder said.

"You don't want your residents to see you do something and have them say, 'Well, we can do that because our RA did.'"

VanGuilder said there are quite a few horror stories, which he couldn't share,

and he thinks RA Appreciation Week is an interesting idea.

"There's a lot of stuff that we do and help a lot of people and we don't always get anything out of it," he said. "It's part of our job, yes, but there are a lot of times we'll go out of our way to do something extra and it's nice to know that we're appreciated."

Norm Sunstad, a 1966 MSUM alumnus and RA sponsor for the week, said he decided to work as an RA since he was always in his room studying anyway. He said he came from an all white community and had never previously been exposed to differing ideas.

"I learned a lot living in the residence halls from people who had different backgrounds and beliefs," Sunstad said. "I loved it and feel I grew a lot from the experience."

Sunstad said he thinks residence halls can be as significant of a learning environment as the

classroom, and he tried to foster that thinking to his residents.

"We had a lot of responsibility and took the job very seriously," Sunstad said. "I hope and trust the current RAs feel the same way about the job."

Natalie Kruger, a 1993 MSUM alumna and RA sponsor, said her experience as an RA had an impact on her.

"The relationships you create on your RA staff and even with your floor members will be the most precious gifts you can take with you from the experience," Kruger said.

She said being an RA can feel like a thankless job during the tough times, but she appreciates the memories. She said she remembers one fire alarm when she found two beer bottles in the study room. Not thinking, she picked them up and carried them down the stairs with her to throw away.

"The RA from the fifth floor asked me what I was doing with two bottles in my hand," Kruger said. "He told me to dispose of them right away."

So Kruger dropped the bottles into an elevator garbage, unaware that this was one of the barrels that had been set on fire.

"When we saw our hall director speaking with the fire captain, one of the firefighters said, 'Did you see that? Somebody thought they should put the fire out with two beers,'" Kruger said. "Hey, anything to help out!"

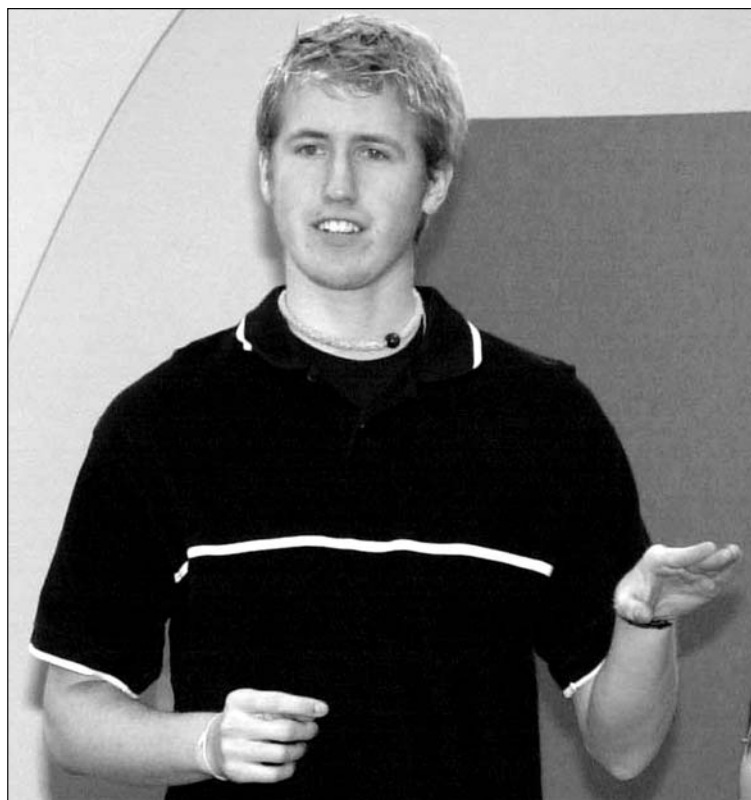
Kaye Nelson, a 1977 alumna and RA sponsor, said she worked as an RA for two years because she needed the financial assistance.

"One of the greatest benefits of being an RA was being part of the staff group," Nelson said. "I made some excellent friends. Even after 29 years, I still keep in contact with several of these people."

Nelson said she learned that compromising and accepting differences are part of life and she developed people skills she's still using and developing today.

"Students had problems on my floor, especially my second year, that I hadn't even dreamed would be anything someone would suffer through," Nelson said.

She said other RAs used to



PHOTOS BY JASON PROCHNOW/PHOTO EDITOR

Above: MSUM sophomore Collin Neugebauer, the resident assistant on third floor in East Snarr, attended a motivational in-service for the RAs Monday. Below: Nelson, Grantham and Holmquist area director Ryan Sylvester (left), lead small group discussions with the RAs.



tease her because almost her entire floor would go together to eat in Kise.

"Kind of like a mother duck and her babies," Nelson laughed. "I'd like to have a reunion with the kids on that floor."

Nelson said she wanted to be an RA sponsor because she's curious to know how dorm life is now and

because she has a daughter who is preparing for college.

"I can very strongly say being an RA helped me develop people skills, confidence and the utmost appreciation for everyone's different skills, abilities and vulnerabilities," Nelson said.

Finneman can be reached at crusher69@hotmail.com.

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RAs find work rewarding despite challenges

Resident assistants on a college campus could easily adopt the same slogan as the Peace Corps: "It's the toughest job you'll ever love."

Most former RAs won't hesitate to tell stories about the 2 a.m. fire alarms, roommate conflicts or the time commitment of being on duty.

But at the same time, many RAs spend a few years working for housing and say they would do it again in a heartbeat.

That's because through all the challenges, RAs have the opportunity to grow as young adults and to establish relationships that may last a lifetime.

Of course the job's no cakewalk. Each week RAs are expected to attend staff meetings, hall council meetings, work the hall desk and keep "open door" hours.

They're also required to take shifts being the on-duty RA and perform rounds. These shifts, which include weekends and late nights, require an RA to handle whatever situation may arise.

RAs call Campus Security or local law enforcement for many incidents, but RAs are usually the first ones to the scene and may have to be in a dangerous situation until help arrives.

Enforcing rules such as the no alcohol policy can be tough for housing staff because they may have to write up their own neighbors for breaking a rule. But unlike police who may cite someone a ticket, RAs have to continue to live in close quarters with them.

For new residents, RAs also serve as a resource to get questions answered. Students turn to their RA for help with everything from changing a meal plan to finding their adviser. RAs have to be able to answer any question or refer residents to the right resource.

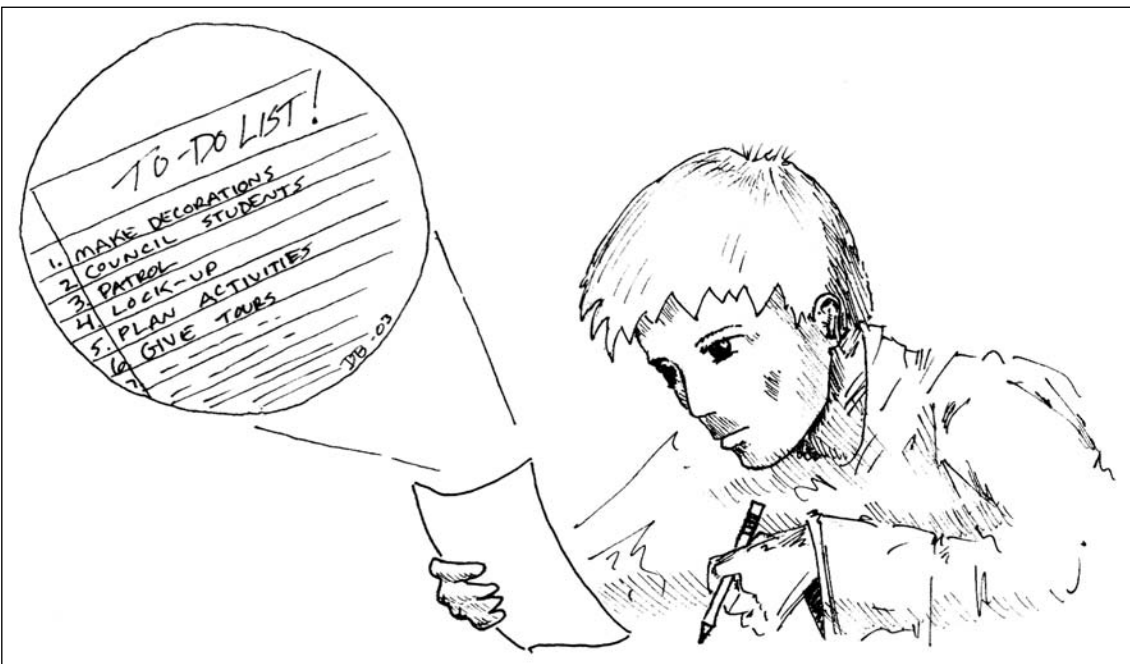
In more serious situations, residents may confide in their RA about a personal problem. That RA may be the only person to get them assistance.

Regardless, most RAs benefit greatly from their job. There's no better place for a college student to learn about working with people, balancing a busy schedule or managing difficult situations.

Employers realize that people with an RA background on their resume would likely deal well with customers, with confrontation and with basically any situation that was placed in front of them. An RA job could also lead to a future career in student services.

Although working as an RA is a huge commitment, that shouldn't discourage students from considering the job opportunity. It's one of the best ways to become involved on campus and to build strong bonds with fellow college students.

To find out about openings for future RA positions, contact the housing office at 236-2118.



Less I-Self-Me in columns

These questions are for the editor of The Advocate - "An award-winning newspaper published weekly for the Minnesota State University Moorhead community." Regarding this award, what is it for and do this year's issues resemble the award-winning issues?

Also, does the "MSUM community" part apply for the editorial staff as well? It appears they are stuck in the mud. The downward media trend that is blurring the line between information and entertainment is making The Advocate indistinguishable from The Advocate.

While many simply choose not to read it, the paper is still hiding faces all across campus between Thursday afternoon and Friday's lunch. It offers drama for theater lovers, sports for sports lovers, etc. The editorials have a larger reader base because the topics (should) apply more broadly to the community as a whole.

Of the several columns from last issue, only one (the shortest) spoke to the MSUM community. An AIDS Week editorial about AIDS and ignorance belongs in a newspaper.

Random thoughts, personal messages to nameless high school friends somewhere else, and ex-boyfriend bashing (ever heard of libel?) is not going to

Letters to the editor

attract journalism majors. The columnists need to relate something to their readers or their journalism is nothing more than journal-I-S-M.

The general reader isn't interested in their journal about I - Self - Me. Each week the editors and columnists ask for replies. I am asking the community to hold your campus media to a higher standard as I offer some "general reader from the MSUM community" feedback to the columnists.

In regards to the columnist who wants to quit smoking over the holidays, that's swell. Maybe you will. I'll bet you don't. If you're not already smoking, I'll bet you will be by the end of the year. I'll bet years from now you will still be ejecting lung biscuits from the \$5-a-pack GPCs you've switched to.

Now, if you do quit, that is something we would like to read about. Tell us what it is like, how you did it and how things are different. Or, if you can't quit, find someone who has and get some information that will benefit your readers. If nothing else, at least include in your journal thoughts the hundreds of others from

MSUM who share your resolution.

At least the tabloidism on Rev. Phelps and NAMBLA contained information, but I disagree with the context.

I don't think the idea of a group like NAMBLA, as you say, is more frightening and hair raising than your introduction of them.

After all, that group has been around for decades and their membership numbers are insignificant. How many people from MSUM will become members of NAMBLA? Even without your warning, I think we will be ok.

On the other hand, your mentioning Matthew Sheppard as a comical link is more valuable to readers than both Phelps and NAMBLA combined. If you want to generate feedback, tell your readers more than "Matthew Sheppard (a gay man murdered a few years back)."

Linking NAMBLA and Fred Phelps, at best, will only offer avenues to more carnival freak shows. Advocate columnists obviously don't pay by the word, like the readers do, so add a few and spark that dialogue your editors are hoping for.

You could better inform many with something like — Matthew Sheppard (a college student in

□ COLUMNISTS, page 5

College life increases femininity

It's happened. I've been dreading it for years but now it's really happened.



ALICIA STRNAD

Copy Editor

"My whole life, I 'suffered' from a complete lack of girlishness and I didn't care."

I've turned into a girl.

Physically speaking, I've always been female, but, for many years, that was pretty much as far as it went.

Ever since I was a little kid, I never wanted to do girly things. My Barbie dolls spent more time boxing or playing flag football than hitting on Ken. My dolls were tossed across goal lines or into baskets frequently, but the only time they were ever cuddled or babied was when one of my little sisters got a hold of them.

I wore jeans 24-7 and whenever my mom informed me that I would have to dress up for a special occasion, all my dresses mysteriously disappeared or I "accidentally" tripped on the way to the car - right into a giant mud puddle, thus rendering the dress unwearable.

I never learned to sew beyond that pair of boxers I had to make

in home ec - and those turned out so horribly that even the guys in my class laughed at how bad they were. My cooking skills are limited to opening cans and microwaving the contents.

My whole life, I "suffered" from a complete lack of girlishness and I didn't care. So what if all the other girls and most of the guys in elementary school thought I was a freak and stayed as far away from me as possible? So what if my teachers and parents just shook their head every time I came into a room, dressed in stripes and polka dots? So what if the only time I ever heard the phrase "Well, aren't you a pretty little girl?" was when a blind person saw me?

I was okay with not being a girl. Then I started college and accidentally became one.

It started slowly. First, I bought some make-up. Then I bought some nice shirts. Then I bought nice new pants. Before long, I found myself inundated with pretty clothes, scented bath gels, perfume, eyeshadow, blush, foundation, eyebrow gel, hair dye and - horror of horrors - shoes.

Before long, other things began to change. I bought less and less fun action/comedy DVDs like "Bio-Dome," "Teenage Mutant Ninja Turtles," "Clerks," "The Jackal" and "Flesh Gordon" and started to purchase chick flicks like "Up Close and Personal,"

"Little Women," "A Little Princess," "Matilda" and "Corrina, Corrina." My favorite TV shows changed from gritty crime dramas like "Law and Order" and "The Sopranos" to girly shows like "Friends," "Frasier," "Sex and the City" and "Ed."

The absolute last straw came during the semester break. After a particularly horrible day, I found myself saying, "I'll go shopping. That will make me feel better." When I realized what I'd said, I was horrified. How had I changed so quickly from the antithesis of girlishness to a model of girlishness?

Despite my shock and horror, I managed to figure it out. It's because I live in Dahl. These last few months spent locked away in the "Virgin Vault" worked to make me feel like some kind of freak of nature. I found myself surrounded by a floor of girls, all of them obsessed with girl things. I changed into a girl by osmosis.

So, I have resigned myself to my fate and accept that I will have to live my life as a girl. However, I do not plan to go gently into that good night. As you're reading this, I'm tossing myself into a mud puddle. That's right, I'm getting very very dirty. Full of mud just because it's fun. Also, I hear a mud pack can be good for your skin.

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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 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 in The Advocate office or e-mailed to advocate@mnstate.edu.

Trick yourself into successful resolutions

Hello loyal Advocate readers. I'm glad to see you had an extra two bits for the school paper. I've often suggested to the editors here that the Advo should be free of charge. But alas, I am but one man.



ADAM QUESNELL

Advocate columnist
"It's funny how many people realize they have a weight problem after Christmas."

Well, I suppose the new year has officially begun - nuke-free mind you - and as usual the new year's resolutions are flowing from the populace like bad prequels gushing out of LucasFilms. For instance, I have resolved to stop stealing kittens from barns with

hopes of turning them into "city cats." I would also like to wrestle more bears and box a kangaroo or a man dressed as a kangaroo.

But knowing my chronic resolution-failing tendencies, I will be breaking into barns with a gunny sack and skipping my marsupial boxing class faster than you can say, "That baby is cross-eyed."

Case in point: last year I resolved to quit smoking, to eat healthy food and to start writing more interesting columns. Yet here I sit, smoking a cigarette and starting on my second Big Mac as I type ... well, this.

In actuality, the idea of new year's resolutions was created by evil publishers and YMCAs everywhere to sell copies of "The Seven Habits of Highly Effective People," and gym memberships. It's funny how many people realize they have a weight problem after Christmas. You'd think one would feel slimmer than ever after consuming all of that ham, turkey,

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"I resolve to kill *more* hitchhikers" will trick yourself into keeping the shiv in your pocket and not in the drifter.

”
potatoes, gravy, cake, pie, cookies and chocolates.

So many resolvers chronically fail to achieve their resolutions. For the sake of clarity, we'll call these people "losers." Perhaps that's too harsh. OK, we'll call them "failures." That's better.

Now, I suggest that these failures (myself included) should attempt Reverse Psychological Resolutions, or RPRs in hopes of personal change. An RPR is simply resolving to *amplify* your negative qualities. Don't worry, your natural tendencies to fail at your goals will come in and trick your-

self into the truly desired effect.

This is all very technical, perhaps an example is order. "I resolve to drink more gin," would be an appropriate RPR for a failure and if you often find yourself with blood on your hands, running from the law, perhaps, "I resolve to kill *more* hitchhikers" will trick yourself into keeping the shiv in your pocket and not in the drifter.

A final RPR, perhaps most applicable to failures reading this column, might go something like, "I resolve to read *more* incoherence."

I wonder, because I don't actually research this crap, if someone could make a living writing resolutions for people in need of guidance ... not me, of course. My clients would all end up overweight smoking drunks that have problems being on time. Maybe, if people are going to make resolutions, they should limit their goals to helping others rather

than themselves.

That way, when you fail, it doesn't really affect you that much. Unless of course you resolve to wake your roommate up more often. Dropping the ball on this one might cause said roommate to constantly sleep through class eventually getting him kicked out of school. Hypothetically speaking, of course.

I feel honored to have this opportunity to address the student body on the cutting edge of the new year. I've grown a lot writing this column. Primarily, I've concluded that new year's resolutions are a big sham and we should all just resolve ourselves to another year of mediocrity, another year of failure, another year of being bitter and jealous ... to hell with it. Let's get wasted. YAY, COLLEGE!

Quesnell can be reached at slowlycountingstars@hotmail.com.

4x4s should learn to share road with others

I don't hate 4x4 pickup trucks; I'm just scared of them. Their massive structure seems to overshadow my little foreign car as we drive side-by-side down the freeway.



BRITTA TRYGSTAD

Advocate columnist
"Now, don't take me wrong, 4x4s do a lot of neat things."

In some cases, I'm a ctually compelled to slow down for the ferocious beasts as they make their move to change into

my lane just a few feet ahead. They are big. They are strong. They may just be the invincible autos of the vehicle world ... or are they? 4x4s, somehow, have the mysterious ability to turn sweet old men, soccer moms and even the boy next door, into power-hungry road-raged lunatics. By placing their innocent hands on the steering wheel, these do-gooders transform into malicious rulers of the vast pavement before them, seeking and destroying all who do not submit.

OK, so maybe that is a bit of a stretch, but I think you can see where I'm going here. It seems as if people who drive these vehicles actually believe, or at least they

act, as though they are in total control of the road and the "lesser" vehicles they tower over. However, sometimes the size and power of these vehicles lands their drivers in trouble.

While driving through a winter storm in New Mexico during break, I found senseless driving of 4x4 vehicles is not just a problem in the upper midwest. One after another, these massive trucks passed our car without a care that the road was covered with slushy ice. It was almost as if many of the truck owners believed that the term "4x4" meant they were protected from all forms of cold precipitation.

Down the road, through a 50-mile stretch, as many as 20 "pow-

erful" 4x4 vehicles (including pickups, suburbans and plenty of SUVs) littered the interstate's open ditches. When we had our chance to pass the 4x4s (the ones that were so anxious to pass us before) I couldn't help but mouth, "serves you right."

Now, don't take me wrong, 4x4s do a lot of neat things. They plow roads, haul objects, pull things and a whole bunch of other useful tasks. Furthermore, trucks are great for helping out on the farm, at a construction site or even aiding someone to move.

But when does owning a truck for work versus owning a truck for pleasure and power become an issue? Do people who live in a city, never using the vehicle for its

original purpose, need to waste one of our most valuable resources to drive around and impress people? I once knew a guy who would refuse to haul anything around in the rear of his 4x4 in fear that it would scratch the paint.

I'm not scared of 4x4s because they have big wheels or a huge engine. When it comes down to it, I'm scared of the people who operate them. The notion of invincibility these vehicles possess allows drivers to be careless. Careless driving causes accidents.

The bigger they are, the harder they fall ... I just don't want to be under one when it happens.

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□ COLUMNISTS, from 4

1998 who was hunted by fellow classmates and crucified on a fence post for several days) - or something to that effect. The few added words will be news to many and will remind the rest.

Describing him this way opens up many avenues, not just for the gay community or the class of '98, but for the entire MSUM community. Some will discuss the year, remembering only months before that a black man in Texas was chained to a truck and dragged on the highway until only small pieces of him remained.

All at once "a gay man murdered a few years back" is transformed into current issues like human rights violations, war, politics, etc. If you need humor in your column, pick on someone that is

dangerous to the community. Trent Lott for example.

I wonder what he did this week for Martin Luther King, Jr. Day? Lott is equally as poetic to gay and women groups as he is to blacks but he rejects Hate Crime legislation because it sounds offensive?!

How does a man like this end up leading our Senate for years without it affecting a lot of people here? That alone is enough to bring back the "Your Turn" column. Plus his name is enough to spawn juicy topics for all of your columnists, including the "smoker columnist." She could write him a letter, thanking him for helping to keep it tough to quit smoking.

Finally, to past and future

columnists, PLEASE QUIT WHINING ABOUT PARKING SPACE! Is it not enough that historic Moorhead houses are coming down to make room for lots? These things don't happen overnight.

The university has paid your way for the entire year so that you can get on these little busses, usually a half block from anywhere and they will take you to within half a block of anywhere else. They arrive warm and ready to take you to at least four stops on campus, it is practically door-to-door service. What more do you want, breakfast in bed and a daily foot massage?

Instead of whining, what do you suggest? How about pro-rated parking permits? Just like finan-

cial aid, the permits and prices would be based on need.

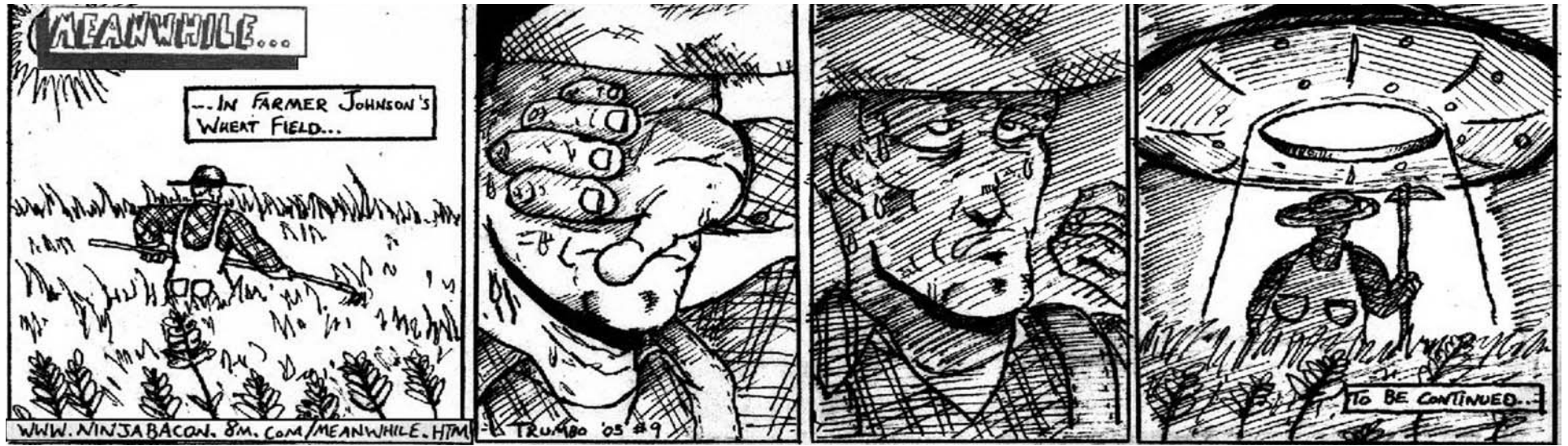
After all, that driver who beats you to the parking spot every morning woke up and has class at the same time as you ... but while you were getting up to scrape windows, they were getting up to auto-start their car. While you were commuting, they were snoozing. When you got near campus, they got in their defrosted car, driving over from 17th Street or perhaps 4th Avenue. Then as you both eyed the remaining open space, the race was on, and you lost by seconds - just as your car warmed up.

Why don't you just get up earlier? The library is open along with Nemzek and the cafeteria. Instead of wishing students a bet-

ter future somewhere else after graduation, someplace where as you say, "they provide an ample, spacious parking lot ... better yet, a parking garage!" why not just deal with it and get to campus earlier. It will be good practice for when you move on to some place better. You will still fight others to drive there, but at least you'll have the option of a \$9/day early bird lot.

There is your requested. This is not from someone who is gay, who smokes, or can't drive. I am not a journalism major or an ex-boyfriend of your columnist. Please, we already have enough things to read, give us something to think and talk about.

Jimmy P. Powell
MSUM sophomore



At your service

Unions offer answers to labor issues for servers struggling with restaurant problems

By B. LEMER/K. JOHNSON

A & E Editor/Staff Writer

Tuesdays and Thursdays get to be busy days for Paula Wojcik. The single mother drives to Moorhead every Tuesday and Thursday during the week to attend classes at MSUM.

Like other single mothers, Wojcik must work on top of attending school full time, to provide for her young son. With two part-time jobs, one with a grocery store and the other with a restaurant in western Minnesota. Wojcik has a full load of responsibilities just to

survive while getting herself educated.

As a waitress, Wojcik works for \$5.15 an hour, counting on tips to supply the remaining income. Like many working mothers, Wojcik cannot afford to have money for broken items and customer walkouts deducted from her paycheck.

As a struggling restaurant worker, Wojcik's story isn't unusual in Minnesota, North Dakota or across the United States. Restaurant workers survive on tips and low wages across the country.

With strict labor issues imple-

mented in different states, restaurant workers need to know their rights in their state of employment, knowing how to resolve labor issues in restaurants and what to do if legal action is necessary.

Many restaurant labor issues involve employees who do not know their rights.

Minimum wage, breaks, paycheck deductions and uniform payment are confusing issues for many restaurant employees, especially students who may just be starting out in the industry.

"I'm really confused about what can be taken out of my paycheck," said Ashlie Marks, an employee of Mr. C's Embers America in Fergus Falls. "I thought that when you claimed your tips, that amount was then taken out of your paycheck. But on some of my checks, it doesn't seem like that happens."

Deductions from paychecks often occur in many restaurants because of broken items, cash shortages or uniforms.

In North Dakota and Minnesota, employers cannot deduct money from an employee's paycheck for customer walkouts or broken items, when the employer's property is damaged or destroyed, without the employee's written consent.

Mark Bachmeier, North Dakota Commissioner of Labor, said that many employees do not realize their rights and often don't realize what they are accountable for when working in a restaurant.

"Think of it this way: If an employee was driving the company car and they get into an accident, are they responsible? If an employee drops a plate of glasses, are they responsible?" said Bachmeier. "The employers can't withhold money from your paycheck, but they can get the money from the employee by other means."

By "other means,"

Bachmeier refers to employers' doing such things as threatening to fire employees if they do not pay the missing money or making employees work without punching in on the time clock.

Because many restaurant workers are considered "at-will employees," employers can fire an employee for almost any reason.

"No matter what the attorneys say, at-will employees do not have the right to sue their employers for firing them," said Jaye Rykunyik, president of the Local No. 17 chapter of Minneapolis Hotel Employee and Restaurant Employees International Union. "People say that all the time, 'I'm going to sue.' Based on what? Employers can say, 'I don't like you. I don't want you to work for me. I'm letting you go.' That's perfectly legal."

Rykunyik offers a solution: join a union.

Labor issues across Minnesota often result from employees not understanding that they have rights as a restaurant worker. Many states have unions that

can protect restaurant workers from being fired and having problems with restaurant employers.

"Our union is like any other union. We represent workers in our industry," Rykunyik said.

"The purpose is to insure that workers in the industry have a higher standard of living."

Minneapolis Local 17 assists nearly 5,000 restaurant and hotel employees with labor issues and benefits.

The local union is part of an international union representing workers in the hotel, restaurant, airport food and beverage, convention center and sports arena food and beverage industries in the United States, Canada, Puerto Rico, Virgin Islands and Guam.

"The food service industry and the hospitality industry are notoriously low-waged, no-benefit industries. The members of our union enjoy excellent benefits," Rykunyik said. "If you have a reasonably strong union presence in any community it raises the standards for everyone."

For Wojcik, working as a waitress isn't just another job to earn spending money. Working at a restaurant is a mandatory requirement for her to make a living and provide for her son.

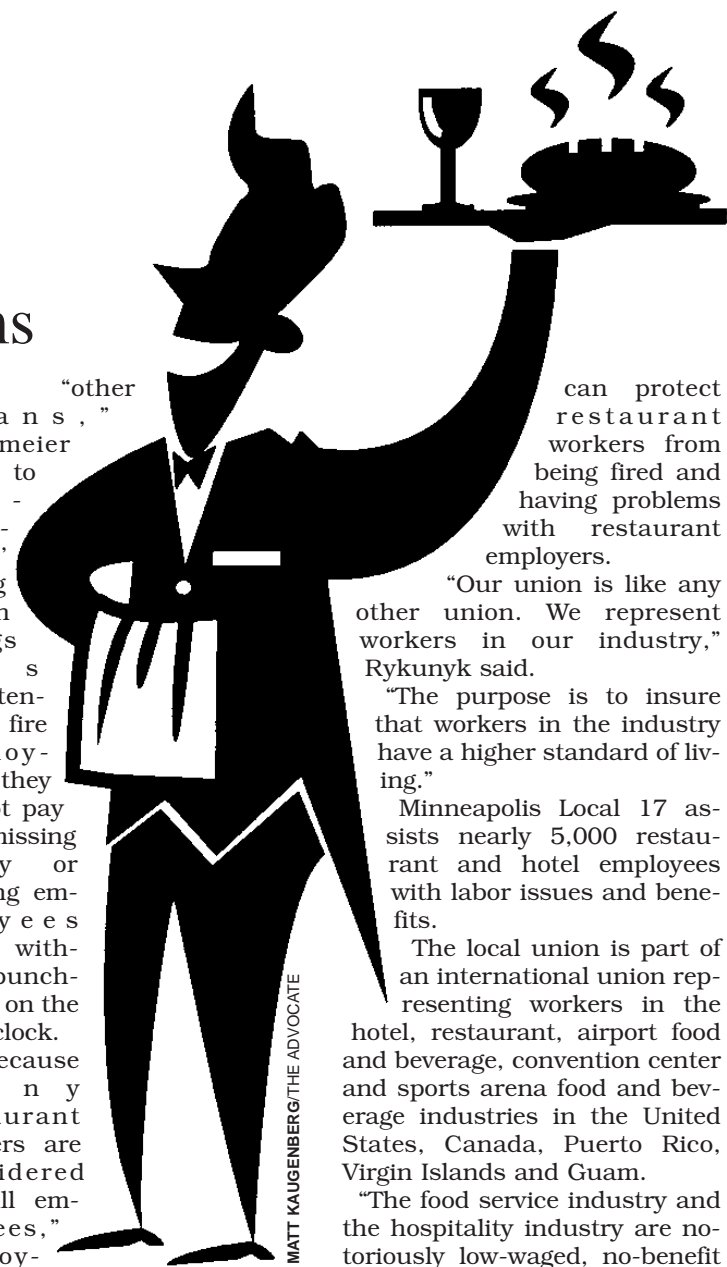
"I just qualified for Habitat for Humanity. They are going to start building a house for me and my son," Wojcik said. "I need my income. I'm very busy and to lose hours or to lose my job would be devastating."

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Johnson can be reached at katiej_57260@yahoo.com.



ERIN BELISLE/THE ADVOCATE

MSUM senior Jill Heringer, employed by Golden Phoenix Restaurant, is one of many college student working in restaurants while attending school.



MATT KAUGENBERG/THE ADVOCATE

Restaurant workers handle full workloads to serve America

By HEATHER LEINEN

Staff Writer

No one has ever claimed that waiting tables is easy.

All across the country, waiters and waitresses deal with difficult customers every day, choking back anger, embarrassment and frustration while praying for a tip large enough to cover the month's rent.

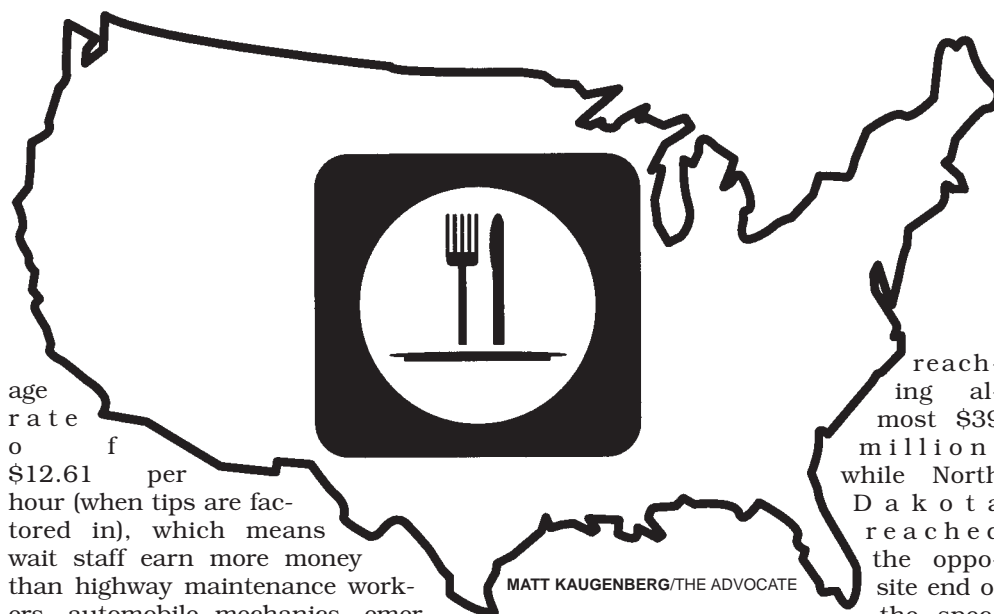
But not all waiters are created equal and the chances for success can vary greatly, depending on several things, including location.

Usually the most influential factor in whether or not waiters are successful is in which part of the country they choose to work.

Patrons' attitudes are different, minimum wage limits are different and even state legislation may vary greatly on treatment of food servers.

When the word "server" is mentioned, most people picture a young female in a pastel uniform, either a student or a working mother, desperately trying to scrape up every dollar she can.

However, the myth that waiters and waitresses are destitute is terribly deceptive. Recent hourly wage statistics from the Minnesota Department of Economic Security found that servers earn an aver-



MATT KAUGENBERG/THE ADVOCATE

But how evenly distributed is the wealth? It's evident that wait staff in certain metropolitan areas or vacation destinations are going to make more money, especially in tips.

A 2000 National Restaurant Association study found that California alone boasted over 80,000 establishments and approximately 926,000 employees that year, with projected sales

reaching almost \$39 million, while North Dakota reached the opposite end of the spectrum with only 1,915 establishments employing roughly 21,400 workers. According to the Internal Labor Organization, the average salary for a waiter or waitress in Guyana (the Caribbean) is \$1498 per week, probably due to the booming tourist industry.

Tips were originally designed as monetary thanks for excellent service and some people believe that purpose still applies. However, the reality is that states have changed their servers' minimum

wages to ensure that tips are a necessity, not just a treat. The U.S. Department of Labor reports that the national minimum cash wage for servers is \$2.13, with a maximum \$3.02 tip credit, bringing the total basic wage to \$5.15. However, some states have gone over and above this, including Hawaii, whose minimum is \$6; California, which stands at \$6.75; and Washington, which clocks in at \$6.90.

A 2000 Restaurant Industry Employee Profile found that females constitute 57 percent of food service workers, people under age 30 made up 57 percent, and single people comprise 70 percent of the food service industry.

"When I was working at a diner in New York, I had a customer I'll never forget," laments Darlene Mishke of Mohegan, N.Y. "He ordered a pot-roast. When I delivered it, he exclaimed, 'This is not pot-roast, it's meatloaf! You're stupid!' He then proceeded to throw a five-pound plate at my head! Needless to say, I didn't take that very well and jumped over the counter in a rage. My boss came out just in time and spoke with him. He then realized he did have pot-roast and apologized to my boss. Can you guess what my tip was? Nada."

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Student restaurant servers dish out pros, cons of F-M establishments

By ERIN BELISLE

Staff Writer

Deciding which restaurant to eat in can be hard. Deciding which restaurant to work in can be even harder. Many college students make their way through the sea of tuition payments by working long, hard, but profitable hours in restaurants scattered throughout the Fargo-Moorhead area.

Here, several area servers share their ups and downs in the industry and the restaurant for which they chose to work.

By and large, Fargo-Moorhead restaurants attracting most college student workers seem to be the corporate chain restaurants.

However, some people like the idea of working for a manager who is the head honcho, rather than working under a guy who works under a guy who works under a guy. This is something to consider in the quest to wait tables.

"I hated working for corporate businesses," said El Arntson, a former MSUM student who currently works at Golden Phoenix, a locally owned Chinese buffet in south Moorhead. "You know your bosses in local establishments. I get along with mine pretty well."

Arntson said being able to talk to the boss about specific problems, knowing you're talking to the one or two people who can make changes in operations is a trait worth mulling over when looking for a serving job.

Other perks to working at the locally-owned Golden Phoenix include its wage and the type of work servers do there. Because it's in Moorhead, wait staff receive the Minnesota servers' minimum wage of \$5.15 per hour (as opposed to the North Dakota minimum wage of \$3.45 per hour), plus the tips that Arntson said bump up his average daily pay to about \$10 per hour.

The Golden Phoenix is mainly a buffet restaurant, although there is a menu available. According to Arntson, though, 70 percent to 80 percent of the customers order the buffet, leaving only serving drinks as a concern for him - a pretty laid-back job for \$10 an hour.

On the opposite side of the spectrum (and the community), is the corporate restaurant chain, T.G.I. Friday's in Fargo.

"In general, I thought the people were great - customers and employees," said Pete Cumings, a junior at Concordia College. "I liked the environment, but it was very frustrating because it takes over your life."

When Cumings applied for the job, he asked to work about 20 hours each week. He ended up working, on average, 40-45 hours per week. Cumings, being "Minnesota nice," accepted the hours. Even so, Cumings said T.G.I. Friday's management definitely tried keeping



The wages and local management at Golden Phoenix Restaurant keeps server El Arntson at the Moorhead establishment.

healthy relations with their workers.

Cumings also benefited from tips. "Tips are your main income," he said. "You party on your paycheck and live off your tips."

A similar establishment, Bennigan's, Moorhead got a mixed review from its workers, according to Chris Albright. Now a student in Detroit Lakes, Minn. Albright worked at the Moorhead Bennigan's for eight months.

"I liked it pretty well there," Albright said, but his co-workers felt differently. "Most didn't like it there. It wasn't very fun sometimes because of the co-worker relations."

Despite an unfortunate chemistry between some staff, Albright said the best part of the job for him was, in fact, the co-workers he met.

He left Bennigan's only for a more challenging and higher-paying job. Albright earned \$5.25 per hour and said he received, on an average day, \$30 to \$40 per shift in tips.

Servers at more upscale chain restaurants Red Lobster and Timberlodge Steakhouse (both Fargo) said managers are flexible with scheduling and very helpful. The tips are above average.

"Whenever I had a problem with a table or if the customers weren't happy, my manager would be right there helping me out, giving discounts or straightening things out," said Cory Wendland, former MSUM student and former server at Timberlodge Steakhouse.

Tracy Langlie, MSUM senior and server at Red Lobster, said her feelings toward her job vary each day, but, in general, she likes where she works.

"You'd have to catch me on the right day to have any horror stories," Langlie said. "I have plenty, but it doesn't necessarily deal with the management, but the tables and the customers."

At both establishments, server wages are \$3.45 per hour. Tips for Langlie at Red Lobster average around \$100 a shift, whereas Wendland said he received an average of \$60 in tips each day.

Perhaps attempting to blend the dining experiences of locally owned restaurants

with corporate chains, the family restaurant style of Perkin's Family Restaurant & Bakery and Fryn' Pan Family Restaurant offers another employment option.

Heidi Gross has been a server at Perkin's for five years.

"What I like most about it is the people I work with, the management - they're organized and I feel the day goes smoothly," said Gross. "The money is really good, but if I didn't like it here, I wouldn't work here."

Gross is a sophomore at NDSU and also belongs to the North Dakota National Guard, so flexibility is important to her.

"You can always find someone to work for you, but I pretty much set my own hours, anyway," Gross said.

Gross earns \$3.45 per hour and makes around \$200 in tips each week, working 15 to 20 hours a week.

Jami Goldsmith, MSUM senior and former server at the now torn-down Fryn' Pan in Moorhead, felt her wage of \$5.15 per hour and \$50 in daily tips weren't worth the smoky atmosphere and the crabby customers.

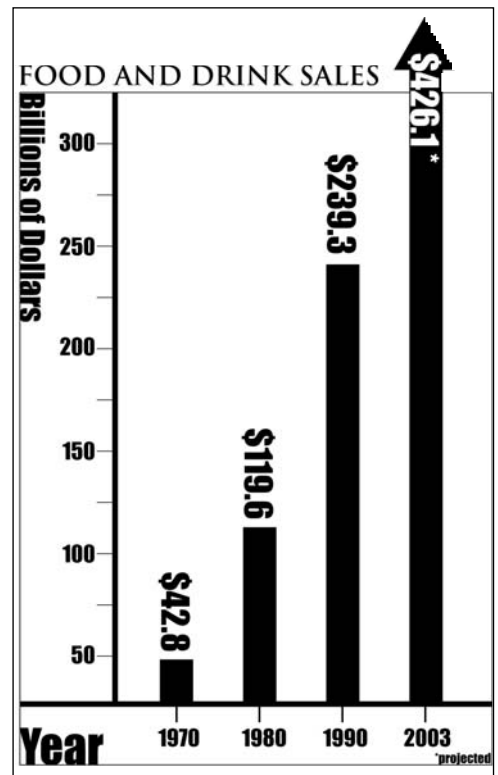
"One lady got overly [upset] about the special being priced differently on the special board from the menu," Goldsmith said. "The manager just gave her the meal for the [lower] menu price and she was happy again."

Goldsmith said the best part of her job was her co-workers. She also did enjoy the flexible hours the managers offered, but she said a firm "no" when asked if she'd recommend others to work there.

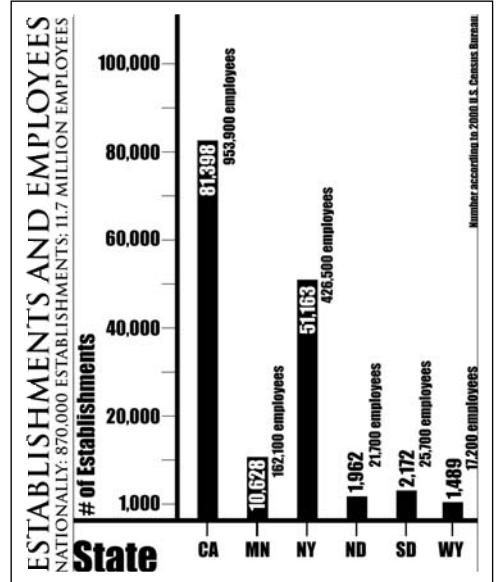
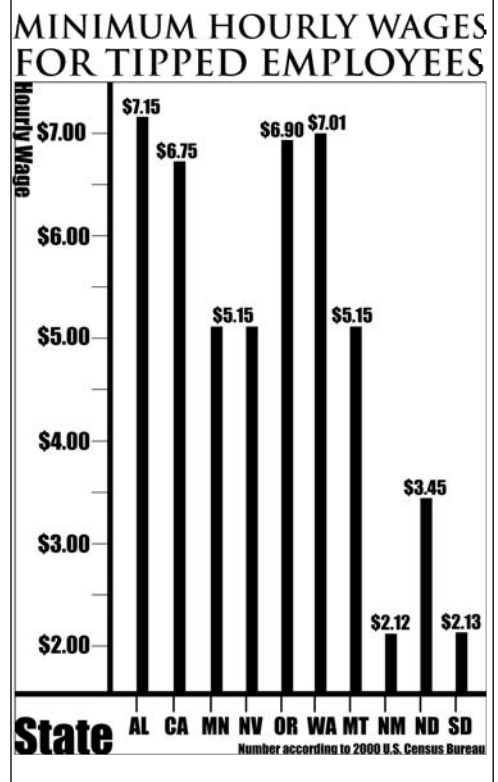
Gross sympathizes with Goldsmith, but she warns those looking to become servers.

"It takes a certain type of person to work in a restaurant," Gross said. "You have to be able to handle stress and work under pressure and be able to work with and help other people."

“
Tips are your main income. You party on your pay check and live off your tips.
”
Pete Cumings
T.G.I. Friday's server



| | |
|------------------------|-----|
| Women: | 58% |
| African-American: | 12% |
| Hispanic origin: | 18% |
| Under 30 years of age: | 52% |
| Single: | 67% |



ERIN BELISLE/THE ADVOCATE

Arntson gets \$5.15 an hour, plus tips, while working in Moorhead, an increase from the North Dakota tipped employee minimum wage of \$3.45.

Belisle can be reached at belisler@mnstate.edu.

GRAPHS BY CALEY STEWARD

The special report on restaurant servers is a class project for the Magazine Writing class offered in the fall of 2002.

Reporters contributing to the project include Heather Leinen, Katie Johnson, Dave Wagner, Erin Belisle and Bronson Lemer.

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NEWS & NOTES



Radunz



Trestman

Junior **Desmond Radunz's** second-place finish at 125 pounds at the St. Cloud (Minn.) State Invitational on Dec. 13 helped the MSUM wrestling team place fourth in a field of 13 teams. Senior **Mitch Jackson** was third at 141 and junior **Ryan Kopiasz** was third at 184.

After nearly a month off, the Dragons return to action this Saturday at the Terry Haws Duals at St. John's University, Collegeville, Minn.

KMSC 1500AM, MSUM's campus radio, will broadcast Dragon basketball games this semester via its Web site: www.dragonradio.org. Video streams will be available for home basketball games only. For more information on KMSC audio and video feeds of Dragon basketball, contact KMSC head of staff **Chris Sirek** at 236-2116.

Former MSUM grad **Marc Trestman**, 45, is offensive coordinator with the NFL's Oakland Raiders. He enters his second year with the Raiders, his first as the team's offensive coordinator. Trestman, who played quarterback at the University of Minnesota, Twin Cities, completed his collegiate career as a Dragon in the mid-1970s. Since his departure from MSUM, Trestman has become a highly regarded coach in the NFL, with 14 years of experience at the pro level. The Raiders host the Tennessee Titans in the AFC championship Sunday. Kickoff is scheduled for 1:30 p.m.

Janna Davis, a junior transfer from NDSU, averaged 4.5 points and 2.5 rebounds per game in her first two games with the Dragons last weekend. The men's basketball team is eighth on the latest North Central Region poll.

Notes by **Joe Whetham**/
sports editor and
MSUM athletic Web site

SPEAKING



He's on a mission to bring this program where it belongs.

Junior track and field thrower **Megan Salic**, on new head track coach Keith Barnier.

TRACK AND FIELD PREVIEW

Change in motion



PHOTOS BY KATIE MYRMEL/THE ADVOCATE

Left: Members of the MSUM track and field team warm up before Monday's practice in Nemzek. Right: First-year head coach Keith Barnier takes strides with a baton during the Dragons' practice Tuesday.

Former D-I coach Barnier begins first season at MSUM

By **JOE WHEATHAM**

Sports Editor

Working with Olympic-caliber athletes and Division I national track and field champions is a scenario most college coaches dream of having.

Keith Barnier lived that dream as an assistant coach at Clemson (S.C.) University, a highly regarded Division I track program, in the mid-1990s.

He's seen what Division I coaching has to offer — and he wants nothing of it.

Before accepting the head track and field coaching position in August last year, Barnier turned down an assistant women's coaching position at the University of Minnesota, Twin Cities, a position he said was guaranteed by head coach Gary Wilson.

But Barnier said no thanks to Minnesota, turning down a coaching position close to his hometown of Elk River, Minn.

"When this position came open, I was ready for it," said

ATHLETES TO WATCH IN 2003



Nulle



Knoke



Wilson



Richardson

Barnier. "I care so much about the program. So this was just ideal. It's almost like I was trained for this. What I wanted was my past experience to help keep the [MSUM] tradition going."

In 1999, Barnier seemed a likely candidate to replace former MSUM track and field coach Joe Fisher. Barnier had Division I experience, coaching 85 NCAA All-Americans in his collegiate career. He had ties to MSUM, having competed as a Dragon hurdler from 1983-87. He, and former head coach James Williams, were the only candidates interviewed in 1999. But Williams got the job and Barnier put his

12-year coaching career on hold, pursuing interest in private business.

Barnier would be back.

With the dismissal of Williams last summer, Barnier wasn't getting passed over again.

Since his arrival at MSUM, Barnier has made an immediate impact with a program still recovering from a turbulent 2002 outdoor season.

"We have a real asset with coach Barnier," said senior thrower Chris Nulle, who qualified provisionally for nationals Saturday at the U of M's Northwest Open with a personal-best throw of 61 feet, 3/4 inches in the weight

throw. "I really appreciate his commitment as a coach. He really wants to turn this program around."

Although Williams' tenure was short, he did produce two men's NSIC championships in 2001, a feat not accomplished since 1992. He also coached two former Dragon athletes Starr Roberts and Aaron Clark, both of whom earned All-American honors in 2000.

But the program's success began to plateau last year, as the men's and women's teams placed fourth at the NSIC indoor championships.

"[Barnier] has fought for us to get to bigger meets," junior thrower Megan Salic said. "He's on a mission to bring this program where it belongs. Where it was when [Ron] Masanz was coach."

Masanz, who led the Dragons to 28 Northern Intercollegiate Conference championships in the 1970s and '80s, retired in 1990, leaving behind a perennial

□ **TRACK**, page 9

SWIM AND DIVE

Dragons earn praise in weekend invitational

By **TERI FINNEMAN**

News Editor

The MSUM swim and dive team continued to come in with new personal bests and a new school record after the St. John's/St. Ben's Invitational in Collegeville, Minn., this past weekend.

Head coach Todd Peters said two coaches from other teams made a point of telling him how great they thought MSUM's team was swimming.

"This was surprising because swim coaches are usually so focused on their own athletes that they don't really notice other teams' swimmers," Peters said. "We have spent a great deal of time working on our stroke techniques this year and we were really able to see the payoffs."

Top performances for the invitational included the third-place finish for the 200-yard freestyle relay team of junior Rachel Riopel, sophomore

200 individual medley with a personal best time. Riopel also finished seventh in the 50-freestyle for a new school record.

Rhode took 10th in the 50 freestyle while Wavrin took fourth in the 100 breaststroke. Riopel placed second in the 100 backstroke and third in the 200 backstroke.

Wavrin came in with a ninth-place finish and a lifetime best in the 400 individual medley and also finished seventh in the



It really makes all of our hard work more worthwhile.

Todd Peters
Head swim and dive coach

Haley Rhode, freshman Katie Cozine and sophomore Laura Williams. Senior Christina Wavrin came in seventh in the

200 breaststroke.

In the relays, Riopel, Wavrin, Cozine and Rhode captured third in the 400 medley and fourth in the 200 medley.

Other notable performances included Betsy Fisher's season best in the 200 freestyle with a time of 2:08.48. Fisher then led off the 800 freestyle with a faster 200 freestyle time of 2:07.56.

Finneman can be reached at crusher69@hotmail.com.

□ TRACK, from 8

powerhouse track and field program.

From 1982 to 1992, the men's team captured both indoor and outdoor conference titles every year. On the women's side, the Dragons were unbeaten in the conference outdoor championships from 1981 to 1989.

But Barnier is quick to set realistic goals, focusing on excelling within the NSIC.

"Our first goal is to be competitive in our conference," Barnier said. "We'll try to win the conference championship and get as many people to the conference championships as we can. Our goal is just to be competitive in each event."

Despite his transitions from a Division I program (Alabama in 1999) and a lack of personal recruiting since his arrival, Barnier insists his adjustment has been relatively easy.

"It's been a really easy adjustment because the kids are so responsible," Barnier said. "They really want to win and they work really hard."

Since the first day of track practice in early September, athlete numbers have steadily increased, peaking at 53 — an increase of nearly 20 from last year's team.

"I went to the roster on the Internet and I had to scroll down to get to the bottom," said Salic, referring to the large increase in roster size. "I had tears in my eyes because I was so proud. It's so cool to walk into a meet and have someone for every event. Now we have the quality and the quantity."

With the addition of 23 freshmen to both the men's and women's teams, Barnier said the bevy of underclassmen is also a welcomed sight.

"It's actually really refreshing," Barnier said of younger athletes. "It tells me we're going to have a great future."

Core returnees

Despite the loss of 2002 NSIC indoor 55-meter champion Kaneisha Hunter, who transferred to Sacramento (Calif.) State University, and Danny Pyatt, 2001 NSIC outdoor 400 champion, the Dragons return a core of conference placers and champions.

On the men's side, Nulle, a three-time national qualifier, along with Phil Berg, gives the Dragons a powerful 1-2 punch in the shot put and weight throws. Senior Keith Knoke, a multi-event specialist, should continue to earn the Dragons' valuable team points in everything from the high jump to the 55 hurdles.

2001 NSIC outdoor long jump champion Troy Larson,

a senior, will lead the Dragons' long and triple jumpers, and senior Trevor Vossen returns at mid-distances.

On the women's side, seniors Charane Wilson and Mary Richardson should continue to dominate in short sprints. Both Wilson and Richardson were NSIC indoor champions last year.

Salic, last year's NSIC outdoor shot put champion, and junior Ann Johnson, will add depth to MSUM's field events. Fargo North graduate Tanya Salter, a sophomore who grabbed first-place honors in last year's NSIC indoor high jump, returns as the Dragons' No. 1 jumper. And senior Heather Smith returns to lead the Dragons' distance corps.

Key additions

"We have several kids on our team that joined mid-season," Barnier said. "They've been a really great recruiting class that is actually able to help us this year. People that were state champions, transfers from the University of Minnesota and NDSU."

Two notable transfers will add depth to this year's team — junior DaLee Wilkinson, Hawley, Minn., and junior Belinda Eastlack, Buffalo, Minn.

Eastlack placed third in the weight throw at the NCAA indoor championships in Boston last year, helping the Bison solidify their first-ever track and field championship. She provisionally qualified for nationals in the weight throw in last Saturday, placing first with a mark of 55-5 3/4 at the Northwest Open.

"She's making an immediate impact," Barnier said.

Wilkinson, a three-time Class A state pole-vault champion from 1998-2002, competed for the Golden Gophers in outdoor of last year. At the Northwest Open on Saturday, she placed 12th in a competitive pole-vaulting field, clearing 10-0.

"She is a potential All-American," Barnier said.

Freshmen James Alishouse, a Minot, N.D., native, and Nick Barnett, Staples, Minn., will add depth to MSUM hurdling. Alishouse was the Class A state 110-hurdle champion in 2001, and Barnett, of Staples-Motley High School, placed fifth in last year's Class A 110 hurdles in the Minnesota State High School Meet.

Whetham can be reached at whethajo@mnstate.edu.

NORTHWEST OPEN SUMMARY — AT THE U OF M

Junior Chris Nulle paced the men's side at the University of Minnesota's Northwest Open last Saturday. His weight-throw mark of 61-0 3/4 was a personal best by nearly three feet, resulting in a first-place finish and a national qualifying mark.

"My No. 1 goal is to try to get that top-six placement, try to bring home a place at nationals," said Nulle, who placed tenth at last year's indoor national championships in Boston.

Junior Belinda Eastlack

won the weight throw Saturday, qualifying provisionally for nationals with a mark of 55-5 3/4.

Senior Charane Wilson placed second in the 200, covering the 1-lap race in 27.11 seconds. Sophomore Tanya Salter cleared 5-3 in the high jump, finishing in a three-way tie for fourth, and junior DaLee Wilkinson finished third in the 55 with a time of 8.32.

Sophomore Joe Yard took fourth place in the 800, crossing the line in 2:00.97.

BASKETBALL

Dragons steady in NSIC

Men, women occupy middle of pack in conference

By HAYDEN GOETHE/JOE WHETHAM

Staff Writer/Sports Editor

Carrying an undefeated 7-0 record to NDSU on Dec. 14, it was apparent the future D-I Bison were underdogs. NDSU would've begged to differ.

Up by 11 points late in the first half, MSUM (10-3, 3-2 NSIC) couldn't equal their performance in the second frame, dropping their first game of the season 70-66 at the Bison Sports Arena.

"Our entire defensive intensity kind of let down early in the second half," said senior guard Kyle Staloch, who finished with 14 points. "We were disappointed because it was the first time we'd lost this year. And definitely we thought we had the better basketball team."

On Dec. 29, the Dragons defeated the University of Minnesota, Crookston 93-79 at home in their NSIC opener. Senior Jake Kruse led the Dragons with 18 points.

On Jan. 3, the Dragons passed their first substantial road test with a 71-67 victory against the University of Minnesota-Duluth. Senior guard Jared Bledsoe had a team-high 20 points and five assists.

"Basically, we just hit some big shots in the second half. And pretty much answered every time they tried to make a run and get back in it," Staloch said.

After two NSIC losses in as many weeks, the Dragons rebounded last Saturday, defeating the University of Minnesota, Morris 73-48 at home.

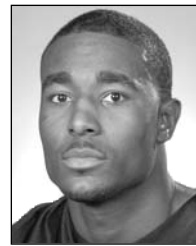
Women split in weekend homestand

The MSUM women's basketball team split their games this weekend, losing to Northern State University, Aberdeen, S.D., on Friday 82-75, but beating the University of Minnesota, Morris 82-59 on Saturday.

Friday's loss to the Wolves was disappointing. The Dragons (6-8, 3-2 NSIC) had one of the tougher non-conference schedules in all of Division II this season, and head coach Karla Nelson had hoped her team would be ready for conference play following games against the top teams in the nation.

Unfortunately, MSUM lost to a 3-10 Northern State squad, leaving Nelson bewildered.

"I thought we were much better prepared [for the NSIC]," Nelson said. "I definitely believe we were competing at a sub-par standard."



Bledsoe



K. Doerr

Senior guard **Jared Bledsoe's** led the Dragons to pivotal 71-67 victory against Minnesota-Duluth on Jan. 3. Senior forward **Katie Doerr** tallied 17 points and eight rebounds against Northern State last Friday.



JASON PROCHNOW/PHOTO EDITOR

Senior forward Marlon Samuel attempts a layup over a Northern State player Friday at home.

For those Dragon fans wondering how things went over Christmas break, Nelson summed it up in three words: peaks and valleys.

"We've had our ups, and we've had our downs," Nelson said.

Senior Katie Doerr scored 17 points and snagged eight boards, while sister sophomore Jackie Doerr scored 16 points and dished out four assists, while committing just one turnover.

The Dragons (6-8, 3-2 NSIC) dealt the Cougars (1-13, 0-6 NSIC) a harsh reality on Saturday, delivering a 82-59 thumping at Nemzek.

The Dragons have had their share of struggles, and they let it all out against Morris in the first half, building a 46-21 lead by halftime.

Katie Doerr and junior Liz Klukas combined for 23 points and 20 rebounds in the first half, as Morris struggled to overcome a dismal 25 percent shooting clip in the opening 20 minutes of action.

Janna Davis, a junior transfer from NDSU who joined the team this past weekend, was granted 14 minutes of action against Morris on Saturday. Coach Nelson said she hopes that Davis will provide added depth in the post, effectively using her 6-3 frame and long wingspan.

"Janna's a very talented basketball player," Nelson said of the former Bison.

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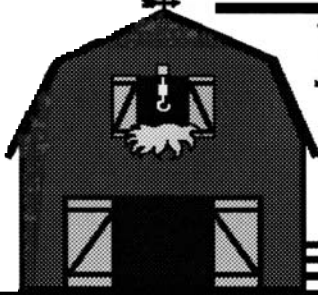
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Thursday, Jan. 16, 2003

Page 11, The Advocate

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Scorch's Snack Shop opens in Nemzek

By **TERI FINNEMAN**

News Editor

Nemzek students, faculty and staff will have a more convenient location to grab a bite to eat with the opening of Scorch's Snack Shop Tuesday.

Steve Pletta, Sodexho food service director, said turning the Nemzek concession stand into a daytime café was a joint effort among athletics, the CMU and Sodexho.

"We felt that there was a need to offer some sort of food service in a limited capacity over at that end of campus," Pletta said. "We had a facility [the concession stand] over there that was underutilized."

Scorch's Snack Shop will offer Starbucks coffee, as well as a limited pastry menu of muffins, rolls and cookies. Soft drinks and soup will also be available.

Pletta said additional items like grab-and-go sandwiches and salads won't be available until the end of the month when a refrigerator arrives.

"We are not going to get into selling the candy and popcorn," Pletta said. "That's

going to stay as part of athletics and the concessions business they do."

The shops's hours will be 9 a.m. to 2 p.m. Monday through Friday. Pletta said a new full-time Sodexho employee will run the shop, as Sodexho and the CMU are funding the operating expenses.

"It is, in a sense, a trial basis. We have invested in some equipment, so we're very much looking at operating it long enough to at least get a return on the investment," Pletta said.

Sodexho has been MSUM's operating food service since 1999. Pletta said the longer the company is here, the more informed and comfortable employees have become with operating the business.

"We're looking for better ways to serve our campus community," Pletta said.

Karen Mehnert-Meland, director of the CMU, said someone outside of the campus generated the idea for the shop.

"[They] said this could be an opportunity to serve another part of the population,"



KATIE MYRMEL/THE ADVOCATE

New food service worker Cindy Wixo serves junior Matt Pietrzak Tuesday during the first business day of Scorch's Snack Shop.

Mehnert-Meland said. "When we put in the Café Connection, I think that got some wheels turning for people and they thought, 'Well, what's happening on the east side of campus?'"

Karla Nelson, head women's basketball coach, said athletics will enjoy the new service.

"It will be a great deal for

the people who are employed over here and the kids who are here all day long. I think it's long overdue," Nelson said.

"This building has a ton of people in it all day long. We'll probably utilize it very much."

Finneman can be reached at crusher69@hotmail.com.

UNION, from front

CMU offices are working on relocation and moving plans for construction. Some furniture will be stored in the Ballroom, which was updated two years ago, Mehnert-Meland said.

KMSC adviser Bob Schieffer said the radio station will have an especially difficult time with the move because of the equipment and wiring.

"It's going to be pretty substantial," Schieffer said. "There's no way we can totally uninstall our equipment."

Money from KMSC's budget may be set aside to pay students to assist in the move, Schieffer said.

"It [emptying union offices] is a lot to expect a volunteer organization to do," he said.

If construction is on schedule, work should be complete by Aug. 23. Phase I was completed one day early, Mehnert-Meland said.

"It's a really massive project and the timeline we've given them is relatively short," she said.

Dalrymple can be reached at dalrymam@mnstate.edu.

CLASS, from front

just feel like you move better," Barden said. "I find it both mentally and physically very good."

Robert Angotti teaches intro to Aikido and said college students are the ideal age group to take his course.

"It's an ideal age to use the body as a way of exploring new things and new ideas," Angotti said. "A university is the best place for people to explore different cultures and traditions."

Aikido is a Japanese martial

art that originated within the past century as a response to a world threatened by global warfare. Angotti said Aikido is unique because it's a martial art that doesn't involve competition.

"The student is encouraged to concentrate the focus of their practice on themselves rather than external opponents," Angotti said. "This combination of relaxation and centering enables a practitioner to neutralize attacks and move fluidly with them, dis-

abling or disarming others without being destructive."

Students who take Aikido will also learn the different philosophies and concepts of Aikido ideals, such as Daoism and Zen Buddhism.

"When I was in college, I'd always been pretty physically active," Angotti said. "I wanted something that incorporated the philosophy of the Eastern traditions as I was reading them and some sort of physical activity."

"It's a good way to give bal-

ance to being in a classroom all of the time."

Senior Jaclyn Svaren said she definitely recommends students take Aikido.

"I loved it. I had never really heard of Aikido before I took it," she said. "I had a lot of hard classes last semester and it was a really good release for me to go to the class. It's not just all about self-defense. It teaches a little bit of meditation along with it."

Daniel Lind said he thinks some classes in college should

be fun and his country western dance class is one of them. Lind teaches traditional country western dances as well as newer trends like the two-step and line dancing. He also likes to teach the history of where country music originates.

"We have enough classes that are very difficult: biology, anatomy, [etc.]," Lind said. "We try to have fun with it (the dance class)."

Finneman can be reached at crusher69@hotmail.com.

GRANTS, from front

we don't keep pace with financial aid," Lewenstein said.

In 2001-02, 1,533 MSUM students received \$2,440,000 from Minnesota grants, Zehren said. A preliminary figure of 1,716 MSUM students had received grants as of the cut-off date, but that number could change when tuition

payments are finalized.

The maximum Minnesota grant award for public universities is \$4,200 per year.

Of MSUM students who qualify for the program, the average award for 2002-03 is \$1,420, Zehren said.

Private colleges were also affected. Lindsay

Rhodenbaugh, Concordia's vice president for admissions and financial aid, said the funding shortage will have a small impact on the campus this semester.

But lack of grant money for summer session will likely hurt many students' ability to pay tuition, Rhodenbaugh said.

The average Minnesota grant award for a Concordia student is \$3,292 per year, said Dale Thornton, Concordia financial aid director.

Students who haven't applied for financial aid can still do so, Zehren said. Although they won't receive any Minnesota grant money,

students could still qualify for federal awards or student loans.

Students with questions about the Minnesota grant program should contact the financial aid office at 236-2251.

Dalrymple can be reached at dalrymam@mnstate.edu.

TAULBERT, from front

"Unselfish focus can really, truly make a difference."

The eight habits include nurturing attitude, dependability, responsibility, friendship, brotherhood, high expectations, courage and hope.

These ideals cannot be realized until people break down the barriers that separate each other, Taulbert said.

Taulbert didn't always aspire to be an acclaimed author. He began his career with a banking and finance background and worked with the team that introduced Stairmaster exercise equipment.

But Taulbert said he always wanted to write to get out his message. He thought his first book, "Once Upon a Time When We Were Colored," would be his last. But he went on to write the Pulitzer-nominated "The Last Train North," "Watching Our Crops Come In" and two children's books.

Five years ago Taulbert founded the Building Community Institute in Tulsa. He and other staff members travel around the world

“
It's not an ethnic issue,
it's more of a
social justice issue.”

Abner Arauza
MSUM multicultural affairs

speaking on topics such as leadership, diversity and relationship building.

Taulbert's "Eight Habits" apply to college students as well, he said. Because students often find themselves in a new environment where they have to make friends, the principles he advocates provide an unselfish focus to relationship building, Taulbert said.

Abner Arauza, of MSUM multicultural affairs, said college students will benefit from Taulbert's lessons on community.

"What it [Taulbert's book] is aiming for is creating an environment that is conducive to unity in the community," Arauza said. "The same concepts that apply to the com-

munity at large apply to college students."

Although the presentation is being held in conjunction with Martin Luther King Jr. Day, Taulbert's message doesn't focus on diversity issues.

"It's not an ethnic issue, it's more of a social justice issue," Arauza said.

Through his presentation, Taulbert said he hopes to challenge people to reach beyond what's comfortable.

"The role of building community is still left to individuals," Taulbert said.

Sunday's presentation is free and open to the public. A book signing of "Eight Habits of the Heart" and social justice fair will follow.

At 10 a.m. Monday Taulbert will lecture again in Concordia's Memorial Auditorium in a presentation targeted for faculty, staff and students of MSUM, Concordia College and Moorhead School District.

Dalrymple can be reached at dalrymam@mnstate.edu.

Islands

1375 Westlake Dr. Detroit Lakes

College night

every Thursday
18 to party 21 to drink

**Tonight:
Powerplay DJ**

Jan. 23rd - Ded Walleje