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ADVOCATE

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

A vegan diet, a healthful option

Food choices can affect physical well-being and the environment

By **BILL ROHLA**
Staff Writer

There are many practicing vegans in the Fargo-Moorhead area, and on campus, who believe a vegan diet is one of the healthiest diet options available.

According to the Vegan Society of the U.K., veganism is "a philosophy and way of living which seeks to exclude—as far as is possible and practical—all forms of exploitation of, and cruelty to, animals for food, clothing or

any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of humans, animals and the environment.

"In dietary terms, it denotes the practice of dispensing with all products derived wholly or partly from animals."

In recent years, vegan food options have become more prevalent in the F-M area thanks to restaurants like Thai Orchid and Juano's, and vegan food sellers like Tochi's Natural Foods.

At MSUM, vegan options are small, but growing.

Director of Dining Services David Lilja said, "We have a vegetarian/vegan option for each meal, lunch and dinner, Monday through Sunday. These range from pad thai to rata-touille stuffed pitas and everything in between. We try to stay on top of the vegan demand."

He believes that the vegan demand on campus is higher than most expect, "I personally believe it to be larger than we assume."

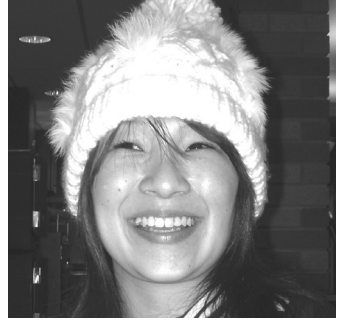
Some MSUM vegans feel

there aren't enough vegan food options available.

Junior Mckensie Wallner said, "Though I've never actually been to Kise, there are no vegan options anywhere else on campus except bags of potato chips and Oreos."

Lilja said, "There might be some hesitation for those who observe this diet to speak up and request items more fitting their lifestyle. I encourage active participation in the food committee."

TO VEGAN, BACK PAGE



Worldly woman

Japanese student describes her MSUM experience, tells others to go abroad

FEATURES, PAGE 3

Students battle stress

Some recommend study breaks, friends and relaxation

By **DEVIN BERGLUND**
Staff Writer

It's November. The late-semester crunch is here.

Many students are facing stress, mental burnout and physical illnesses that interfere with their overall happiness.

Not only are the days getting shorter and colder, but students are being thrown into a stressful rollercoaster of exams, projects and homework.

Winter is creeping up on everyone, and with the season comes many different feelings such as depression and susceptibility to illness. Eating unhealthful foods can affect mood changes.

College students should get about six to eight hours of sleep each night.

Many students find themselves struggling to stay healthy and happy.

Junior Asha Pogge said, "I

believe that happiness is the feeling and the notion that everything is all right in your world."

Many MSUM students would be amazed to hear that their classmates, friends and many others are dealing with similar issues.

"First, I realize what do I have to do to make sure this is in order and then I think about it," Pogge said. "I talk to my family and my best friend, realizing what's done is done and that it's just a disappointment. You just have to climb back onto the horse."

Some things that students can do to cut back on stress include taking time to relax and, when studying, taking frequent breaks.

Sophomore Amber DeVries said, "Happiness is living your life to the fullest."

Berglund can be reached at berglunde@mnstate.edu.

Post-game proposal



MSUM cheerleader Jennifer Christenson smiles after senior line-backer Casey Kannel proposed to her after the Dragons' comeback victory in Minneapolis last Saturday. See Page 8 for highlights.

JON LAMBERT / ADVOCATE PHOTO EDITOR



Vegans on campus

On-campus dining offers inconvenient and too few vegan meal options

OPINION, PAGE 4



'Imagination' this ...

Student-directed play incorporates improv and new style for all ages

A&E, PAGE 6

MSUM metal band releases full-length CD

Benefactor gains popularity, puts on all-age shows

By **MICHELLE PEARSON**
Staff Writer

Benefactor, a heavy metal band with band members and fans from MSUM, consists of three members: Max Johnk, bass guitarist and vocalist; Cody Zitzow, guitarist; and Tyler Loranger, drummer.

Benefactor started one year ago when Zitzow, originally in the band War on Earth, decided to start a side band. Johnk agreed to join if they "used low tunings and played heavy."

After some time of just jamming with friends, they decid-

ed to make Loranger, a fellow member of War on Earth, the drummer. Their first show was in April, and since then, they have played with many bands, such as For Today and A Crow's Glory.

"It's the best feeling I could imagine just playing what you want to play," Johnk said. "All the challenges come with the territory, and you learn to accept them. The hardest part is playing all-age shows. It's difficult getting kids out to them."

Benefactor has many influences including Neurosis, Isis, Acacia Strain, Battlefields,

Intronaut, Losa, Mare and many heavy metal and hardcore bands to name a few.

"There are just way too many to list in one sentence," Johnk said.

Long-time fan Tim Kjelshus said, "[Benefactor] can be really melodic in parts of their songs, and it sounds really nice, and then it goes completely the other direction and goes slow and really heavy. They're definitely on their own page with bands here in Fargo. They are definitely musically talented and inclined."

The band meets weekly at Loranger's house in south

Moorhead. Benefactor performs only three times a month, making sure that they don't "over saturate." The band only plays all-age shows.

They also have a progressive agenda, taking one or two months to write each song. Starting at the end of November, Benefactor will be recording a full-length CD, which will be out by January.

They will post their progress on their Web site, www.myspace.com/benefactor-doom.

Pearson can be reached at pearsomi@mnstate.edu.



Quite a comeback

Dragons win last game of the season, say goodbye to Long and other seniors

SPORTS, PAGE 8

Security Report

11.6-11.12

The Advocate will not be running a Security Report this week because it was not available at press time.

Presidential search process explained

With the recent announcement by President Barden of his retirement next summer, representatives from the Office of the Chancellor will visit on Monday to inform the campus community about the upcoming presidential search process.

Each meeting will be interactive and informational. Presenters will be Bill Tschida, Vice Chancellor for Human Resources and Linda Skallman, Associate Vice Chancellor for Human Resources.

Please attend the appropriate session in CMU 101 as listed: 10:30 to 11:15 a.m., staff; 11:30 a.m. to 12:15 p.m., faculty; 1:30 to 2:15 p.m., administrators; and 2:30 to 3:15 p.m., students.

Advocate meetings: 4:30 p.m. Mondays in CMU 110.

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 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.

"That answer was a bit too convenient."

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The Advocate is always looking for talented writers, photographers, columnists and illustrators. Meetings are held at 4:30 p.m. every Monday in CMU 110.

Contact the editor for more information or come to the staff meetings.

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Apply for Upper Class Scholarship

Applications and recommendation forms for the 2008-2009 Upper Class Scholarship are available online at www.mnstate.edu/finaid/upper-classscholarship.cfm. The deadline is Feb. 1.

Experience Japan at free event

Japan Club will be hosting a Japan Night from 6 p.m. to 8 p.m. Nov. 16 in the white hall located in the Center for the Arts. Japanese foods to be served include yakisoba, miso soup and make-your-own oniguri (rice balls). Test your taste tolerance with Wasabi challenge (Japanese horseradish) or learn about Japanese culture at the kimono or origami booth.

Walk this holiday for arthritis cause

The Arthritis Foundation is calling for people to participate in the 2007 Jingle Bell Run/Walk for Arthritis. To celebrate the holiday season, participants tie jingle bells to their shoelaces and don holiday gear.

The event will be held Dec. 1 at Courts Plus Fitness Center in Fargo.

To get involved or to form a team, visit www.arthritis.org or call (701) 388-1988.

This spring break, visit France

Office of International Programs invites students, faculty and the community to join them on a tour of Paris Feb. 29 through March 9. The tour will be led by Jim Kaplan, department of languages and cultures. There will be an informational meeting at 4 p.m. today (Thursday) in CMU 214. Scholarships are available. For further information, contact International Programs at 477-2956.

Nonfiction author to lecture at Library

Jane Pejsa, author of "Matriarch of Conspiracy, Ruth von Kleist 1867-1945," a Minnesota Book Award winner for Best Biography, will talk about the creative writing process at 3:30 p.m. today (Thursday) in Library 103.

Her most recent book, "The Final Encounter: Rommel, Patton, and Zhukov," was released in April 2007.

Pejsa's lecture, sponsored by Livingston Lord Library, is free and open to the public.

Nutcracker featured at NDSU theater

The Nutcracker will be performed at NDSU Festival Hall at 7:30 p.m. on Dec. 14 and Dec. 15. The Nutcracker is rich in fine culture and it is a must see for all ages.

Tickets can be purchased for \$20 at Haney's Photography, NDSU Festival Concert Hall, (701) 231-7969 and NDSU Memorial Union, (701) 231-8458.

Month of heritage continues

Many on-campus events are still planned for American Indian Heritage Month.

Come watch the movie "Skins" and listen to a lecture by professor Wendy Geniusz at 7 p.m. today (Thursday) in CMU 101. The film portrays the Pine Ridge Indian Reservation, where the Oglala Sioux attempt to preserve their ancient dignity while facing the damaging effects of alcoholism within their community and family.

American Indian Students Association member Jamie Hold Eagle will read children's books written by American Indian authors at 10:30 a.m. Friday in the Early Education Day Care.

All events are free and open to the public.



SECURITY UPDATE Director of Campus Security Michael Parks

Hunting Gear

Hunting season

Now that hunting season is here, students need to pay close attention to where they store their guns and ammunition.

Campus security noticed a rifle box in the back of a vehicle in a parking lot on Nov. 8. It turned out there was no rifle inside, just a box.

Campus security wants to remind students to make sure guns and ammunition remain in their trunk or not on campus at all. It's best to find an alternate place to keep it, Parks said.

Laser beams

Campus Security is still on the look out for Grantham's mysterious laser shiners.

At about 11 p.m. on Nov. 7 a student reported that his eyes were sore from getting a laser

shined in them

The shiners were said to be in Grantham, but security could not pinpoint which room it had come from.

According to Parks, security always does follow-ups on unsolved issues.

"We usually hear about it from someone on the floor or in the resident hall," Parks said.

Man wants coffee

On Sunday, Nov. 11 an intoxicated non-student male wanted coffee.

Around 8 a.m. the man wandered his way to Café Connection for his morning coffee. Security was called and sent the man off campus.

Staff writer Amy Learn can be reached at AmyL228@hotmail.com.

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Studying abroad in Moorhead, Minn.

By **DEVIN BERGLUND**
Staff Writer

Sayuri Ishida went to a language school called Kanda University of International Studies, which is located in Makuhari, Chiba City in Japan.

In 2006, she became an international student to a university in California. She is now at MSUM for her second study abroad trip and also her second time in the states. "Americans from Minnesota are very kind, easygoing and casual," Ishida said.

There have been many things that have both surprised and shocked Ishida when she arrived in the U.S. There are several differences in the two countries.

"Japan has an image of being very polite, and respecting our elders is very important to us and Americans have their opinions and their own rights to freedom, which seem very important to them," Ishida said.

"Compared to Japan, getting into college is very easy here. To get into college in Japan you would have to go through a tough process of a bunch of steps," she said.

"In general, it is very hard getting into a university in Japan. Students have to take an exam and write an essay," Ishida said.

Japan has a similar process for finding jobs. First, job-seekers have to register on a Web site and then they have to submit a few documents. Then the company will look at the documents; if they accept

the person applying then the applicant will go to an interview.

Depending on companies, some questions are hard and interviewers really try to be mean. If the applicant passes the interview, then they will have to give a presentation according to what they want to do in the company.

In high school, Ishida worked at Toys 'R' Us and a restaurant. In college, she worked at another restaurant and Gap.

"Japan doesn't celebrate like America, they don't have dance parties. Halloween isn't as big either and I really enjoyed Halloween and also the Underground," Ishida said.

The transfer from one culture to another can be tough. Language problems are a given even for people from MSUM who are studying abroad in other countries.

For interested MSUM students who wish to travel internationally, there are a few options.

"Well, first of all, you need to figure out what program you want to go on and does that program fit in with your major? What level are you in school? Most students study abroad in their junior year, but it doesn't have to be your junior year. It just depends on the program itself," Jill I. Holsen, director of international programs said.

Students can check for open study abroad programs is on the Web site, www.mnstate.edu/intl/abroad/studytravel.cfm.

Many MSUM students choose to go on a study abroad program.

If you can't find your program on MSUM's page you can always check at NDSU, the University of Minnesota and countless other schools to see what programs they might have. The process can be more or less difficult to apply for, depending on the requirements.

"Some programs want to have you write an essay, most require that you have faculty recommendations. Check out deadlines, check out our Web site, do your research. If you don't know that certain language then you must look for English sites like Australia and the U.K.," Holsen said.

Different programs have varying lengths of time abroad. There are year long, semester long and study tours which are two to three weeks long.

Students are also encouraged to learn the language that is spoken in the country that they visit, so that they have fewer difficulties adjusting.

Ishida said, "I studied English for six years, since junior high."

Ishida went as an international student to California in 2006 and this year she came to MSUM. She plans on going to France next year.

"I recommend that everyone should take the opportunity to learn not only about yourself, but also learn about different cultures," Ishida said.

Berglund can be reached at berglunde@mnstate.edu



DEVIN BERGLUND / THE ADVOCATE

Sayuri Ishida of Japan came to MSUM after a previous study abroad trip to a university in California.

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FOR DAILY SPECIALS SEE PAGE 9

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Opinion Editor

Vegetarian and vegan dining options on campus less than ideal

Are you vegetarian or vegan? If so, then you've probably noticed how difficult it can be to properly maintain such a diet while eating on campus.

While Kise does offer some vegetarian and vegan options, like soy milk and veggie burgers, they are poorly advertised, and most people are completely unaware they even have those options available to them.

Subs and Sweets and Café Connection offer a veggie sandwich, and you can get soy, rather than dairy, milk in your coffee, but they don't have the broadest array of vegan-friendly condiments. Even trying to find a salad without meat can be difficult.

There's always cheese pizza at Pizza Hut and veggie burgers at Burger King, but for the health conscious, those aren't really great alternatives to be eaten regularly.

So, what is one to do if you choose to adopt a meatless diet or abstain from animal products altogether? You can make do, sure, but if you rely on campus dining services to eat, it isn't easy. It's a shame, but you'd probably be better off buying your own groceries and forgetting about eating on campus very often, or at all.

Most restaurants have some sort of vegetarian option. The Thai Orchid in Moorhead, for example, can make anything on their menu vegan, and it isn't too far from campus. However, how many college students can afford to go out to eat everyday? Probably none.

There are several reasons why people choose to adopt a meat-free diet, including some that might not be entirely obvious at first. Many people give up meat due to the inhumane nature of modern factory farming practices. Others are concerned about the vast amounts of waste and pollutants such farms generate, while some simply feel it's a healthier option.

If you're curious about vegetarianism, there are several Web sites and organizations out there that provide a wealth of information about the topic. The Vegetarian Resource Group (www.vrg.org), a non-profit group that aims to educate the public about vegetarianism, offers an extensive amount of information on their Web site.

Given vegetarianism and veganism's rise in popularity, many campuses across the country have ramped up their efforts to accommodate of such diets. With that in mind, it might not be a bad idea for our campus dining services at MSUM to do the same.



Illustrations by John Berdahl / The Advocate

Planted question? Clinton's antics irk student

Does the Hillary Clinton campaign take us all for a bunch of fools? No matter what problem comes up in the campaign, most recently the campaign planting questions at an event in Newton, Iowa, Hilary, the smartest woman in the world, knows nothing about it.

No, the problem is always with her nameless, faceless staff. We never hear any names or about any investigations. It's just the staff, and Clinton knows nothing about it. For being as smart as she's supposed to be, she sure doesn't seem to know very much.

So what is the deal with this planted question?

The student that asked it, Muriel Gallo-Chasanoff, said she was approached by a Clinton staffer about asking a question. Gallo-Chasanoff wanted to ask about how Hillary's energy plan compared with that of her opponents. The staffer said, "I don't think that's a good idea," and instead opened a binder full of prewritten questions to be asked by a specific group of people, in this case the question was intended to be asked by a college student.

Gallo-Chasanoff agreed to

the question, a question about the long-term effects of global warming, instead of her own

Personally, if it was me, I would have agreed but then asked my own question when it was my turn. Now, that would have been funny.

Clinton, of course, answered her question with no problem and even said she's asked by a lot of young people about global warming.

After the event, Gallo-Chasanoff talked to the media about being planted. The first odd thing she noted was that somehow Hillary picked her out of a large group of people to ask the question. Of course, this was denied by the campaign.

Later a Clinton intern contacted Gallo-Chasanoff and told her not to speak to any more media outlets about the planted question, and if she did, she should first contact the Clinton campaign.

Whoa, wait a minute, didn't Hillary's campaign, the campaign to help the downtrodden and oppressed, just ask a student to suppress her right to free speech? They told Gallo-Chasanoff, I repeat, told Gallo-Chasanoff not to speak to any media outlets? This

could almost be intimidation, the huge Clinton Machine telling a 19-year-old student not to speak out.

Of course this isn't the only case of a planted Clinton question.

Another person at the same event was told to ask a specific question as well. In April, at another event, Geoffrey Mitchell was approached by a Clinton staffer and given a specific question to ask. The campaign says the staffer said they knew Mitchell, but he said he'd never met the person before.

So what does this tell us? Clinton can't afford to answer tough questions. Remember the debate with the illegal aliens driver's license question? That didn't go over well and Clinton can't afford something like that again. And how about the campaign telling a citizen not to talk about their involvement in the Clinton shenanigans?

Of course, Slick Hilly doesn't know anything about anything, so I guess she's off the hook.

Lewis Ableidinger
MSUM student

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.

Global warming hinders sportsmen

Columnist finds deer hunting more productive during frigid conditions

It's November in central Minnesota and it feels like May. The landscape is beautiful as usual, and the words of my good hunting buddy are ringing in my ears: "If I were you, this is where I would sit. This is by far the best place in the area."

Having complete faith in he who usually does what he can to limit my luck, I threw my climber over my shoulder and tromped through the swamp in search of the poplar tree.

There it was at the edge of the swamp, overlooking the grassy opening to the woods. It

was a good tree, tall, proud, worthy of my stand. I get to thinking about things when I am up in a tree that I normally wouldn't. Memories most-

ly. The sun's beams are casting over me and my inner shirt is wet from perspiration.

I remember the first time that I went hunting with my dad, curled up in a ball of blaze orange. I didn't have much for hunting attire yet, so my outfit consisted of my



Michael Johnson
Columnist

farm coveralls with blaze orange sweats pulled over tight. I couldn't even see over the walls of my dad's stand, so I planted my face into the old pine boards to see through the cracks. I would get so cold, I feared I would lose my fingers. But my dad seemed fine, so I wouldn't let him see that I was

too wimpy to stay out there in that drafty, ice-covered stand on the edge of the field.

An old wood stove stood in the corner of the stand. When the sun would fall behind the huge tamaracks in the swamp I would stare at that stove wishing it were red hot. "You gettin' cold?" my dad would whisper. "A l-little," I replied through my chattering teeth. I was past cold. I remembered hearing that when you are about to freeze to death you feel warm all over. I couldn't wait for that moment.

We saw many deer that eve-

ning, and some came so close we could see the frost on their whiskers.

Now I'm sitting in that popular sweating and wondering why I have not seen a single deer in such a "great spot." I remember I used to pray that I would see deer and not freeze to death. In past years, it has been so warm I guess I didn't have to. I think a little cold weather would do me good.

Freezing to death?
E-mail Johnson
at johnsonmic@mnstate.edu.



Christmas in November?

Christmas is my favorite holiday. Just the thought of a Christmas tree, church Christmas programs and my dad reading "'Twas the Night Before Christmas" on Christmas Eve warms my heart. However, all this commercialization preceding Dec. 25 really bothers me. Thanksgiving hasn't even passed yet, by golly. The second Halloween was over, the stores switched to marketing for Christmas.

In downtown Fargo, the light poles are already wrapped with garland with red ribbons at the top. I went to buy groceries the other day and the store was having a



Kim Long
Columnist

big Christmas kick off. There were samples everywhere, but I'm not complaining because that's a college student's dream come true.

Halloween was marketed like crazy, as well. I was relieved the holiday had passed because I was sick of the disturbing TV shows and commercials. Now Thanksgiving is a holiday I can get behind. I love the idea of families coming together for a delicious feast and spending the day

talking, laughing and playing games. But we don't buy costumes or exchange gifts to celebrate this holiday, so most stores ignore it completely.

There is a lot of time between now and Christmas. So, try not to get sucked in by the commercials and mistakenly think Christmas is on Nov. 25 instead of Dec. 25. We have a different holiday to celebrate and it doesn't involve a jolly old fellow with a belly that shakes like a bowl full of jelly, but rather a happy college student with a tummy full of turkey.

Enjoy Christmas?
E-mail Long
at kimmyk04@hotmail.com.

Dorm life's great



Kellie Meehlhause
A&E Editor

College students usually follow this pattern in terms of their living situations: As freshmen and possibly sophomores, they live in the residence halls, sharing a bathroom with 30 people and surviving on Kise's daily slop bucket. Then, in desperation or frustration with fruit flies, they flee to an apartment building, enjoying the supposed luxury of a private bathroom and paying the electricity bill every month.

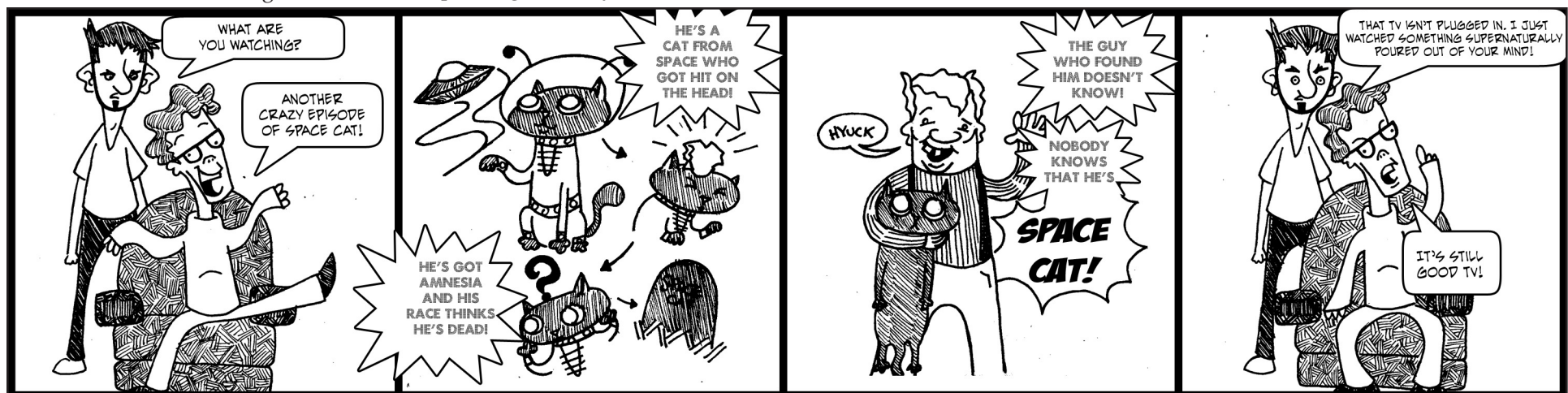
Yet, I'm not the average student and, as such, I've spent all four years of my MSUM education in the residence halls: the first two in Dahl, and these past two in West Snarr.

The experience hasn't always been exciting, especially when my dorm buddies graduated or moved off-campus, leaving me to sort my laundry and walk to Kise alone. Nevertheless, I wouldn't trade my life there for a one-bedroom apartment with walk-in closets and more than one washer/dryer on every floor.

So, in all its corniness and eccentricity, here are the top 10 reasons why living in the dorms all four years is the greatest:

10. The free bus service takes me anywhere I need to go.
9. I'm within a 10-minute walk of two fitness centers, making exercise a breeze.
8. Ditto for Hornbacher's.
7. Ditto for the 24-hour computer lab and all campus events.
6. I can turn on all my lights and not have to worry about running up the electric bill.
5. Ditto for 20-minute hot showers.
4. Ditto for cable.
3. I've always moved in on the first day of student orientation, meaning that I have RAs and SOCs to do the dirty work and heavy lifting for me.
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'Imagination': Good for young and old Student direction incorporates improvisation, uniqueness to MSUM play

By **AMY LEARN**
Staff Writer

Student director Josh Stenseth is bringing a whole new level of theatrical creativity to the MSUM stage in "Imagination."

The story is about a young girl named Gina and her journey in rediscovering her imagination. She is approached by two opposite characters, Ima and Tion. Ima is all about creativity and Tion is all about control. Together their names spell imagination.

"Imagination" opened Tuesday. It will run daily at 11 a.m. and 1 p.m. Tuesday through Friday and then again the following Monday and Tuesday.

On Saturday the show will run at 1 p.m. and 4 p.m. It is open to the public and free to MSUM students on this day.

Stenseth, a senior, began the process of bringing his vision to the stage last spring when he approached the faculty about the idea for "Imagination." After they gave him the OK, he spent the summer putting together the process of the show.

He teamed up with theater department chair Craig Ellingson, to get his ideas to the stage. They started to put together a show without a script.

"I wanted to see if a large group could improvise,"

Stenseth said.

They came up with a framework and set limitations. According to Stenseth, the creativity of the show couldn't happen if there weren't limitations.

The little dialog in the show is, for the most part, improvised. The cast is very aware of who is the audience, and they tailor each show according to who's there, he said.

"Each audience gets to see their own version of a scripted story," he said.

Uniqueness was something that Stenseth knew he wanted his show to possess. He decided to use theatrical elements that aren't usually seen on stages around the area. "Imagination" includes things like puppetry, Cirque Du Soleil type of acrobatics, stomp and miming.

Stenseth said the very unique parts of the show include a mime and a coat rack with a hat that turns into an invisible man.

"Every time I see it, it totally comes alive," he said. "It pops to life."

"Imagination" compared to other shows that have been done at MSUM is "totally out there," Stenseth said. Some of his cast members have told him that some of the things they are doing are 10 feet outside of their boxes.

The types of things the



JESSALYN BROWN / THE ADVOCATE

The cast of "Imagination" rehearses a scene. The Box office estimates that more than 8,000 elementary school students will come to see one of the two daily shows, playing through Tuesday.

casts are performing are not all taught at MSUM. "Imagination" has given them

the chance to learn new and exceptional things. "It is really fun to put

together something that a peer has put together in his mind," Tyler Michaels, who plays Ima, said.

"Imagination" is Stenseth's first production that he has written and directed, and he knew that he would be faced with many challenges. Going into the whole process his advice to himself was to expect the unexpected.

A major challenge that Stenseth and the cast have had to overcome was the rehearsal process. The group was given 10 calendar days to get the show in full gear.

The tight deadline has been fun for the cast and yet stressful at the same time, Michaels said.

Another challenge that Stenseth has overcome is having two separate casts. Each cast does one show a day and having two allows the students not to miss out on important class time.

"We are trying to make the shows look the same at the same time have a uniqueness with each cast," Stenseth said.

"Imagination" uses interesting theatrical combinations and it is sure to entertain audiences of all ages, he said.

Learn can be reached at amy1228@hotmail.com.

Students receive top honors at Rochester film fest

By **MAX HEESCH**
Staff Writer

While many students spent an uneventful weekend in the F-M area, a small group ventured to southeastern Minnesota for the Rochester

Independent Short Film Festival.

The festival, in its third incarnation, was an anticipated event for the Cinethusiasts and the film department.

"It's a venue for anything outside of Hollywood to be

seen. It allows students to show off their potential as the next generation of filmmakers," said Zach Marion, one of the many MSUM students who submitted their work.

After a nearly six-hour drive, the students arrived at the Cinemagic movie theater by limousine, in true Hollywood style, to begin the screenings.

During the festival, 10 of the 18 films present were submit-

ted by MSUM students.

A great diversity of films was shown, ranging from experimental and dramatic films to comedic and even action films. Even the four films that were created for the recent MSUM 48-Hour Film Challenge were present in competition.

It was an even more exciting evening for the students who actually took home awards at

the end of the night.

Travis Mattick's "Zelene" won the award for Best Screenplay. Alex Walgreen's "Move Your Feet" grabbed the Best Visuals category. Collecting the Best Effects honor was "Buddies," made by Ben Stommes.


However, those would not be the last awards received by MSUM. Overall, the MSUM film program left the event with seven honors, which is fantastic considering only eleven awards were given.

The ultimate honor was MSUM's as well. Students claimed all three top positions of the whole festival. Levi Moch and Justin Ulyott's "Work" was the second runner up, with Stommes' "Buddies" the first runner up.

The top spot went to Marion, whose experimental documentary "Moorheads" won Best Picture for the festival as well as Best Student Film of the festival.

"I think winning these awards means a couple things," says Marion. "It validates my work and increases my confidence as a filmmaker."

ROCHESTER FILM FEST, CONTINUED ON PAGE 7



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ROCHESTER FILM FEST, FROM PAGE 6

All of the winners received certificates and prize money for their efforts, but there was also more.

Thanks to Marion's big win, the Cinethusiasts club received \$1,000 grant as an additional

bonus.

Marion said, "You work inside a vacuum and it's hard to know how your film will do outside the classroom. This is why film festivals are essential for student exposure."

The MSUM film department also submitted a large

number of entries in to the Forx Film Festival in Grand Forks Nov. 30 through Dec. 2 and is hoping to do just as well, if not better, than they did in Rochester.

Heesch can be reached at maxheesch@hotmail.com.



SUBMITTED PHOTO

Film students, accompanied by professors Rusty Casselton and Tom Brandau, attended the festivities at the third Rochester Film festival this past weekend. A total of 18 films were screened at this year's festival. Ten of those films were projects produced by MSUM film students of which five won awards, including Best Film and Best Screenplay.

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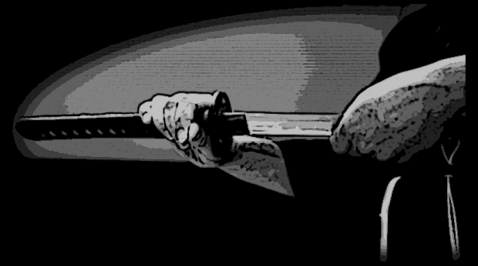
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FOOTBALL



**ENOL
GILLES**
SOPHOMORE
RUNNINGBACK

Heading into last weekend's Metrodome Classic, the Dragons had lost five games in a row, four with less than a minute left.

At the start of the fourth quarter Saturday, it looked as though they were going to end their season on a low note. Instead, MSUM mounted a comeback, scoring 28 points in about 10 minutes to beat Southwest Minnesota State.

The game started slow for the Dragons. Quarterback Dustin Long's interception deep in Dragon territory was turned into a 4-yard touchdown pass from Josh Shudlick to Matt Fischer. Next series, the Dragons capped the drive with a 10-yard touchdown pass to Jabari Taylor.

But, a few minutes later, mistakes hurt the Dragons again. After a strong defensive stop, and the ball deep in Mustang territory, Long threw another pick, leading to a 25-yard field goal for Southwest.

The Mustangs padded their lead in the next series thanks to a 3-yard touchdown run.

The Dragons then had a drive of their own. A 24-yard pass from Long to Taylor, and a big 28-yard run by Enol Gilles, moved the ball to the Mustang goal line. After debating whether to go for it on fourth, head coach Damon Tomeo sent kicker Kyle Wilcox out from 20 yards to make the score 17-10.

An Eric Shaumburg pick at the second half's start gave the Dragons some quick momentum, as Long threw his own pick, for his third of the game. The Mustangs capitalized with a field goal. Wilcox answered with a 22-yarder on the next drive, keeping the lead at seven.

Then, after playing well for most of the game, the Dragon defense struggled. Missed tackles and bad coverages led to an 8-yard touchdown pass

from Shudlick to Blake Wilson, making the lead 27-13. The seesaw continued as Long hit Taylor on the next drive for a 6-yard score, 27-20.

It was here the Dragons came together. The MSUM defense came up with a big stop on fourth down. With good field position, the Dragons moved down the field quickly, mostly due to runs by Gilles. He would go on to tie the score with a 3-yard sprint into the endzone.

"This was a great win, I just wish our record showed how good we actually are," Gilles said.

On the next SWMS drive, defensive lineman Jon Swart forced a fumble, and the sophomore swiped it up to run 28 yards to the endzone, and the Dragons had their first lead of the game. The defense came up big the next drive, too, when senior Trent Johnson picked off another pass, leading to a 10-yard touchdown pass to Taylor. The final score was 41-27.

"Our defense got into a groove, and felt confident, and our running game was geared up. It's a bittersweet win," Tomeo said.

The defense stood tall, and junior linebacker Jon Miller was proud. "It's been frustrating this year," he said. "We play good at times, but we have mental breakdowns. We really showed up today, and it's a great feeling." The Dragons finished the season 4-7 overall, tied for sixth place (3-6) in the NSIC.

No more heartbreak

BY: RYAN STIEG
STAFF WRITER

PHOTO AND PHOTO ILLUSTRATION BY: JON LAMBERT
DESIGN BY: LUKE HAGEN

Seniors go out on top

Luke Hagen
Sports Editor



The rollercoaster ride has come to a halt.

The Dragons football season finished on a positive note after so many heartbreaking losses, so many ups and downs—and no one could be happier than the seniors.

Try to take the perspective of the 2007 Dragon senior class this season, which was the last year playing football for most of them.

Game one: MSUM falls to cross town rival Concordia College in the final seconds of the Power Bowl, record 0-1.

"It was a meaningless (non-conference) crosstown rival game to start the season," senior quarterback Dustin Long said after the game. Too bad much of the season would resemble game one.

Game six: Eventual NSIC champs Winona State sneaks out of town after a missed Kyle Wilcox field goal with three seconds to go, record 3-3.

Game seven: Concordia-St. Paul scores a touchdown with 13 seconds to go and drops the Dragons' record to 3-4.

Game nine: Holding onto a one-point lead, Northern lines up to punt to give the Dragons a chance to inflict the late score pain on their opponent for a change. The snap flies over the punter and MSUM recovers it at Northern's 16-yard line—disappointment again. Two incomplete passes and a blocked field goal from the six-yard line continues the nightmare, record 3-6.

Game ten: In the final home game of the season, the seniors hoped to show the Nemzek faithful what they could do. Scoring a touchdown with less than a minute to go, MSUM's defense had to hold last place, Minnesota-Crookston, to a field goal and the game would go to overtime. That would be best-case scenario—with eight ticks on the clock, a 20-yard pass to the back of the end zone gave Crookston the win, record 3-7.

So what could the seniors expect walking into the Dome as their final game of their collegiate career—another last second disappointment?

Not this time.

The seniors wanted to leave their mark on the football program and the 2007 season—and they would do just that.

"We wanted to send them out on a game they would remember for the rest of their lives," head coach Damon

Tomeo said. "We wanted to send them out the right way."

With a come-from-behind victory, scoring 28 points in the fourth quarter, the Dragons finished their regular season with a win.

After the game, moments were shared with hugs, laughs, tears and goodbyes, sending the seniors off on a happy note.

"This was sacred," senior offensive tackle Casey Gibson said after the game.

Gibson protected Dustin Long who had a rough first half, throwing two interceptions, but finished with an overall good performance of three touchdowns and over 300 yards passing.

Long's parents and family, who traveled from his hometown of San Jose, Calif., and Las Vegas, were in attendance to see Long's last game with MSUM.

"We've watched teams defeat us all year toward the end of the games, now we know what all those other teams feel like that beat us," Long said.

Many of Long's passing yards went to another senior, receiver Bert Smith.

"The rollercoaster season was tough, but we finished strong and that's all that matters right now," Smith said.

Smith caught six passes for 121 yards. After the game he climbed into the stands and celebrated with family and friends as did many other players.

One linebacker even made a life decision on the special night.

Senior Casey Kannel proposed to his girlfriend, Jennifer Christenson, who is an MSUM cheerleader.

"I've been planning it for a while now, win or lose, but the win just makes it that much better," Kannel said.

Kannel had five tackles and one sack in the game.

Another senior linebacker, Trent Johnson, who played a major role in sealing the

Dragons' victory. Johnson intercepted a ball late in the fourth quarter, which erupted the Dragons sideline, erasing any hopes of another last second defeat.

"I told myself, 'It's not going to happen this time,'" Johnson said. "I just turned my head and there was the ball."

Smiles and grins, ear to ear, were spread through the Dragons' locker room, ecstatic about the exciting victory.

Just like a bunch of thrilled kids that just got off a rollercoaster.

Hagen can be reached at luke_hagen@hotmail.com.

My last game: Dustin Long

Dustin Long is ranked the 70th best quarterback in all of collegiate sports on www.nfl-draftscout.com. Long finished the 2007 football season with over 3,200 yards passing and 34 touchdowns, averaging almost 300 yards per game.

The victory at the Metrodome Classic last Saturday finished his collegiate football career.

Long talked with the Advocate after his final game with the Dragons.

The Advocate: What was the bus ride down to the Cities like? Any thoughts of your last game?

Dustin Long: Riding down to the Cities I was asleep because the night before I couldn't, I was so nervous. I wanted to go out with a bang, make a statement on my career.

The Advo: What were warm-ups like?

DL: I was really nervous during warm-ups for the first time all year. What I will never forget is looking into the stands to see my sister, Jennifer, and my aunt and uncle, Ray and Lena, flew all the way here to see my last game, along with my parents. It was one of the most memorable moments of my career.

The Advo: Down by seven after two interceptions at the half, what were your thoughts?

DL: After the two INT's before half I was getting really frustrated because I know that I was playing out of character. I told myself to play my game and let the receivers make plays.

The Advo: You were talking to your receivers on the sidelines a lot, what about?

DL: Bert (Smith) and I were talking about how we can't lose our last game. Jabari (Taylor) said, "I can't let you guys go out like like this."

The Advo: What was the comeback like when the team was down by 14 in the beginning of the fourth quarter?

DL: To score 28 points in 10 minutes shows how powerful our offense is. Once we scored, I told our defense to get (the offense) the ball back. Instead, they decided to score themselves. This was extremely exciting because we had momentum on both sides of the ball.

The Advo: What was the celebration after the game like for you?

DL: It was a great way to end our season of struggles, we finally came together and won a tough game. It was a special moment, and there's nothing like celebrating a win with teammates you consider family.

The Advo: When the game was over and you realized you were done playing for the Dragons, what were your thoughts?

DL: When the game was over, I was so happy we won that it really didn't hit me. After 30 minutes of family pictures, (LB) Trent Johnson and I were the last to walk to the locker room, as I looked back onto the field is when I knew that I would never be stepping back on it as a Dragon.

Getting into the locker room was when it hit. The last thing I wanted to do was to take off my pads. I'll never forget this team, or the opportunity that was given to me to play football as a Dragon. To play football you have to be a special person, and I feel lucky to be apart of that group.



JON LAMBERT / ADVOCATE PHOTO EDITOR

Senior quarterback Dustin Long finished his collegiate career last Saturday at the Metrodome. Long passed for three touchdowns and 311 yards in the game.

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Writing on the road Get English credits for European tour

By **DERRICK PAULSON**
Staff Writer

This May, English professor Alan Davis and Minnesota State University Mankato history professor Christopher Corley are teaming up to lead a two week tour of London and Paris that will offer both writing and, or, history credits to participating students.

Recently Davis responded to questions about the upcoming tour via e-mail:

The Advocate: Has a trip like this been done before at MSUM?

Alan Davis: In the past, I took students to Ireland for a writing festival and tour. More recently, Wayne Gudmundson and I took students for three successive years to the British Isles and Ireland.

Advo: Why were London and Paris chosen for this tour?

Davis: London and Paris are two world capitals of culture and commerce that contain an almost endless list of cultural sites and events.

Besides the places listed on the brochure, we'll work with each student so that he or she can both participate in our group excursions and identify sites of personal interest to visit as they work on their projects in creative writing, literature or history.

Advo: What can students hope to get out of this trip?

Davis: In the past, some students have published their work or read it at public readings.

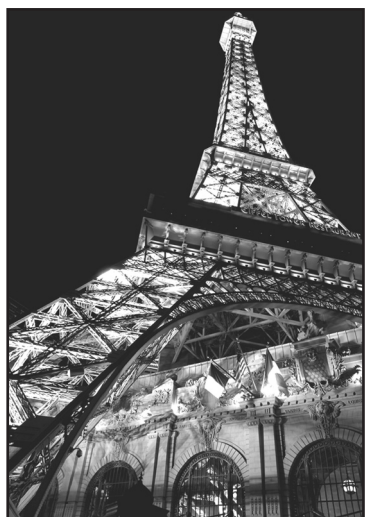
International travel is always a plus on a resume, but the intangible benefits, the ones that can't be quantified, are sometimes the most fulfilling.

When we travel, we discover ourselves as well as the places we visit, and come to realize that there are entire countries inside us that have yet to be explored. It's a chance to get credit while living an "unlived life" that might be inside you.

Advo: Will there be class sessions on the trip?

Davis: We will have classroom times on the trip to discuss themes and places and to talk about using journals and cameras to document our travels.

There will also be guided tours in both countries and, in London, a literary cabaret where students will have a chance to hear and meet some of London's poets and performance artists.



SUBMITTED PHOTO

English professor Alan Davis will lead a two-week tour of London and Paris during the summer of 2008.

Advo: What are you most excited to do on this trip?

Davis: On this trip, besides teaching and guiding students as they shape and document their projects, I'll be reacquainting myself with England and France and learning more about Paris from Chris Corley, an entertaining and knowledgeable co-leader who spent years in France.

I enjoy dawdling in the streets of London and making my way to the Tate Modern, one of the best museums in the world devoted to contemporary art, to the British Museum, which has the Rosetta Stone and the mummies, and to one of London's many theatres for a play.

I might even visit Abbey Road and take a photograph of myself walking barefoot across the street (see the cover of The Beatles album Abbey Road).

To obtain a brochure or application for this tour, go to the International Programs office in Flora Frick 151.

The trip is also listed on MSUM's Web site under course descriptions on e-Services the title "United Kingdom and France, A Study Tour."

"There is plenty of room on the tour," Director of International Programs Jill Holsen said. "We expect 13 students from each institution to participate in the tour."

Paulson can be reached at kalvalin@yahoo.com.



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Volleyball season ends with a bang

By **TIM STULKEN**
Staff Writer

The Dragon volleyball team erupted with joy as they claimed a victory in four games over Concordia's nationally ranked team. This marked the first victory over Concordia for the Dragons in four years.

The Dragons placed second in the NSIC tournament last weekend. The team beat Winona State in four games.

Senior Julie Vancura made 54 set assists, and junior Megan Norling led the team in kills with 17. Then, in the semi-finals on Friday, the Dragons conquered Concordia 31-29, 30-28, 22-30, 30-22.

Vancura had 46 set assists, and junior Kelci Guenther had 16 kills. Additionally, Guenther and Vancura were awarded All-Tournament Team honors. The Dragons went on to suffer a defeat by Wayne State in the finals. The tournament's second place win brought the Dragons record to 19-10.

"We beat Winona State

because we played well," said sophomore Mary Sussenguth. "We came to play."

Coach Tammy Blake-Kath agreed.

"We were consistent on Tuesday and Friday," she said. "We had great defense and offense. We hadn't beaten Concordia in four years. It was awesome to beat them and continue in the tournament."

"We had really worked on consistency," Guenther said. "It was nice to see it pay off against Winona and Concordia. We wanted to come out and surprise some people in the post season. We wanted to show them how well we can play."

Sussenguth said beating Concordia was great and that she enjoyed playing in the game.

"We played exceptionally well on Friday to beat Concordia," Sussenguth said. "We didn't have anything to lose, so we just came out and won it. It was fun."

Despite highs and lows the team has improved overall.

"It was up and down for a while," she said. "We probably lost a few we should have won, but we stayed together as a team and we improved. We definitely deserve to be second in the conference."

"Our season went really well," Guenther said. "We had our ups and downs, but we had the potential to be the best."

After the victory over Concordia the team is looking forward to another good season next year.

"Winning against Concordia gave the returning players confidence that they will be able to carry through to next year," Blake-Kath said.

However, the seniors will be missed by their teammates as they move on with their lives.

"The seniors have been the best captains I've ever had. I just wanted to say thank you to all of them. All the girls really will miss them," Sussenguth said.

Stulken can be reached at stulketi@mnstate.edu

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Looking for a sober living environment? Look no further. Amethyst Manor is a drug and alcohol free living environment for young males attending college. Located in Moorhead near Concordia and MSUM, and only a short drive from NDSU, Amethyst Manor is ideal for both individuals in recovery and those that just do not use drugs or alcohol. For more information, please call, 218-359-0901.

618 8 St S, Mhd - Upper 2-bdrm apartment. Off-street parking. \$575 includes heat paid. Available now. 701-232-2515. Leave message.

614 8 St S, Mhd - Duplex. 2-bdrm apartment main floor and 2-bdrm apartment upper floor. Newly redecorated. Washer & dryer. Off-street parking with plug-ins. \$595 includes all utilities paid. Small adult pets OK. Available now. 701-232-2515. Leave message.

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VEGAN, FROM FRONT

In the meantime, Wallner said she prefers to cook her own meals.

"It can be difficult to eat out at times, but the possibilities are endless when you cook in your

own kitchen," she said.

According to the 1996 study "Dietary habits and mortality in 11,000 vegetarians and health conscious people: results of a 17-year follow up," veganism has been responsible for a lower risk of colon cancer, heart attack, high blood cholesterol, high blood pressure, prostate cancer and stroke.

Veganism also has a pro-

found impact on the environment. In November 2006, the United Nations issued a report on the link between animal agriculture and environmental damage.

The report concluded that animal agriculture was responsible for about 18 percent of the world's carbon dioxide emissions. It also produces 65 percent of nitrous oxide and

37 percent of methane into the atmosphere.

By contrast, transportation emits 13.5 percent of carbon dioxide into the Earth's atmosphere.

A study done at the University of Chicago in 2006 also found that Americans switching over to a vegan diet would reduce carbon dioxide emissions by 1,485 kilograms

per year.

Many people also switch over to a vegan diet due to ethical reasons, brought on by the conditions of slaughterhouses across the country.

For information about a local vegan/vegetarian organization named "FM Veg," visit <http://fmveg.org>.

Rohla can be reached at rohlawi@mnstate.edu.



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