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The Advocate, November 10, 2011

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MSUM goes Japanese

Japan Night educates community

BY CHARLY HALEY
haleych@mnstate.edu

Japanese culture was celebrated in the CMU ballroom Friday at Japan Night, presented by the MSUM Japan Club.

This year, the annual event spotlighted four regions of Japan: Tohoku, Kanto, Kansai and Kyushu.

The booths featured games that introduced visitors to famous people and sites from those regions. There was also palm reading, a tea ceremony, a water balloon game and writing names in Japanese. They also served food and showcased performances of traditional Japanese dance and music.

Eishuro Higuchi, Japan Club president, said preparation for Japan Night started in September.

"We struggled to find a budget," he said, because the club is experiencing some financial problems this year.

However, although the club was having trouble finding the budget, they didn't downsize Japan Night, Higuchi said, because they feel it is an important opportunity for them to share Japanese culture with MSUM and the F-M community. For example, Higuchi said serving

JAPAN, BACK PAGE



JESSICA FLEMING • flemingjes@mnstate.edu

Japanese students were the teachers at Japan Night last Friday, instructing other students in a traditional tea ceremony.

Japanese student adjusts to America

BY CHARLY HALEY
haleych@mnstate.edu

For the past three years, senior Yuichiro Yoshida has experienced language barriers, eaten foreign cuisine and has been surrounded by a

noticeably easy-going attitude.

Yoshida traveled to Moorhead from Morioka, Japan, in May 2008. He came to major in athletic training.

Choosing America

The decision to study in the United

States stemmed from Yoshida's desire to learn two subjects: athletic training and English.

"Here, I can learn English, and then I can learn athletic training at the same time. If I go to a Japanese

YOSHIDA, PAGE 6

Ceremonies celebrate Lommen, veterans center

BY JASMINE MAKI
makija@mnstate.edu

On Wednesday, MSUM celebrated the remodeling across campus with two separate ribbon-cutting ceremonies: the re-dedication of Lommen and the naming of the Veterans Resource Center.

After two years of renovations in Lommen, a short ceremony took place at 10 a.m. in the first-floor student lounge to celebrate the completed project and honor those who helped with the renovation process, including Sen. Keith Langseth, DFL-Glyndon.

Renovating results

For Teri Walseth, dean of the College of Education and Human Resources, the renovations were long awaited.

"About 12 years ago, we were told, as faculty members, to kind of brainstorm ... if we could have our ideal Lommen Hall, what would it look like," Walseth said.

After a lot of preplanning and planning, which included many meetings with faculty and the architects, the renovations finally began in 2009. The two-year project cost \$13 million, which Langseth was largely responsible for.

CEREMONIES, PAGE 10

Russian delegates experience American life in Moorhead

BY KAITLYN TESKE
teskeka@mnstate.edu

As a part of the Open World Leadership Program, MSUM hosted six Russian leaders from non-government organizations in an attempt to learn more about accountable governance, American society, culture and way of life.

The Open World Leadership Program, which began in 1999 and is run by Congress, has worked with MSUM in the past. Due to some personal ties to Russia, MSUM political science professor Andrew Conteh, helped to write a proposal to bring the group to MSUM.

During their stay in Moorhead from Oct. 21 through Oct. 29, the group of six Russians stayed with host families in Moorhead. They

toured a wide variety of local facilities including coffee shops, the Plains Art Museum, the Forum newspaper, the KVLV TV station and Rhombus Guys Pizza.

The delegates also spent time touring the MSUM campus and meeting with student groups and administrators, always speaking through a translator due to the language barrier.

"I am impressed by how much your students really love the university and how patriotic their behavior is toward the university," Aleksandr Bryukhanov said. "We can see the emblem of the Dragon practically everywhere. It's within the community. It's about students who take pride in their university."

The support given by the university to incoming students also made an impact on the

Russian visitors.

"The administration is doing a great job accommodating these students," said delegate Yekaterina Sukhareva. "It is trying to make it hospitable and a good place to be at. We all know, 18 years old, 19 years old, they come here, for some of them who came from small communities, from villages, this is a challenge in their life. It is the beginning of adulthood, and the university is doing a great job accommodating them."

Although many aspects of the community and MSUM impressed the delegates, they also saw room for improvement.

Elena Atitsogbui, the group's translator, has worked as a translator previously with the Open World Leadership Program. She observed that in the Fargo-



Photo submitted by MSUM Marketing

Moorhead region there are 30 to 35 private companies that deal with the Russian-speaking world. However, the only Russian language program in the tri-

college system phased out a few years ago.

"Your government, the United States government, has declared a list of critical languages, and

RUSSIANS, PAGE 10

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Campus Calendar

11.10-11.16

11.10	11 a.m. - 2 p.m. - Letters to soldiers - CMU table A 2 - 3 p.m. - Diabetes awareness speaker - CMU main lounge 7 - 10 p.m. - Eco film fest - Hagen 325
11.11	10 - 11 p.m. - Comedian Lauren Ashley Bishop - CMU Ballroom 12 - 2 p.m. - Visiting artist Matt Meyers - King 220
11.12	10 a.m. - MSUM prom dress rugby - Intramural soccer field 10 a.m. - Early education center birthday party open house - Lommen 102
11.13	2 - 3 p.m. - Planetarium open house - Bridges 167
11.14	10:30 a.m. - 1 p.m. - MSUM likes rice - CMU table A 6 p.m. - Women's basketball vs. Valley City State - Nemzek fieldhouse 8 p.m. - Men's basketball vs. Valley City State - Nemzek
11.15	7:30 - 10 p.m. - Guitar ensemble - Fox recital hall

The Advocate

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

"OK, OK — don't have sex with deer... at least don't put pictures on Facebook."

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The Advocate is always looking for talented writers, photographers, columnists and illustrators. Meetings are held at noon every Monday in the mass comm lounge. Contact the editor for more information or come to the staff meetings.

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News Briefs

U.N.: Iran worked on atom bomb

This won't do anything to dampen speculation about an Israeli strike on Iran. The U.N. nuclear agency issued its most direct statement yet about the military goals of Iran's nuclear program. The agency said it has "serious concerns" that Iran is secretly developing a nuclear weapon. At least until 2003, the agency said, Iran had a formal program to design warheads and test detonators, and the agency said, "some activities may still be ongoing." Iran also tried to mount a nuclear payload onto its Shahab three medium-range missiles, which can reach Israel.

'Obamacare' ruled constitutional

A conservative-leaning Washington appeals court ruled Tuesday that President Obama's heavily disputed health-care law is constitutional. Last month, the Obama administration filed an appeal with the Supreme Court requesting that the court back the universal health-care mandate — the cornerstone of the president's health-care legislation. The key cornerstone of the lawsuit had been the requirement that almost all Americans purchase some type of medical insurance by 2014, which the appeals court ruled as constitutional.

Air Force admits losing remains of soldiers

After a yearlong investigation, the Air Force revealed that its mortuary had twice lost the remains of service members killed in Afghanistan in 2009. Three senior Air Force officials will be disciplined for "gross mismanagement," and Defense Secretary Leon Panetta called for a separate investigation. All remains of the war dead go to the mortuary at Dover Air Force Base in Delaware, where they are identified, autopsied and prepared for transfer. In both 2009 cases of lost body parts, the service members' available remains were returned to their families; the mishandled portions had been separated from the remains. Officials said they do not suspect foul play, criminal acts or deliberate mishandling. The Air Force also determined that the mortuary's top leadership failed to respond to clear signs of weakness in the accounting for human remains.

News briefs from dailybeast.com




MSUM Briefs

2013 student activity applications open

The Fiscal Year 2013 activity funding application is now available. Each year the Student Activity Budget Committee allocates funding to student organizations and student-concentrated programs that apply for activity fee dollars, which are paid by the student body. The funding application for fiscal year 2013 is now available at web.mnstate.edu/osa/funding. The deadline to submit the application is Dec. 4, at 11:59 p.m. All completed applications should be sent via e-mail to schobsa@mnstate.edu. Contact the activities business manager Sandy Schob with questions, at schobsa@mnstate.edu or 477.2486.

Peer tutoring request deadline Nov. 18

The deadline for students to request peer tutoring for Fall 2011 classes is Nov. 18. Tutoring will end on study day. Peer Tutoring is located in the Academic Support Center in Flora Frick 154. For questions, contact the tutoring coordinator, Kathryn Estee at 477.2247 or tutor@mnstate.edu.

Upperclass scholarship applications available

Applications for the 2012-2013 upper class scholarship are available now at: web.mnstate.edu/finaid/Upper%20Class%20Scholarship%20App1.pdf. Students must meet the following eligibility criteria:

- Applicants must be seeking their first undergraduate degree.
- Applicants must be a currently enrolled student at MSUM who has completed at least 12 MSUM credits by the end of the current fall semester with a minimum cumulative GPA of 3.25.
- Applicants must be enrolled for a minimum of 12 credit hours per semester at MSUM in order to receive their scholarship.
- Not receiving an automatic continuing scholarship for 2012-2013.
- Not graduating by Summer 2012 or before - scholarship is for Fall 2012 and/or Spring 2013.

Application and all required documents must be received by 4:30 p.m. on Feb. 1, 2012.

Security Update

Director of Public Safety
Greg Lemke

10/31	Took a report of two parking meters stolen from Lot U.	11/4	Motor vehicle crash reported in Lot N. Moorhead Police Department responded to take report.
	Female reported she may have been drugged at an event in the CMU. Under investigation.		Report of a found bicycle on west side of Center for the Arts.
11/1	Smoking violation on the south side of Center for Business. One referred to Campus Judicial.		Possible arson reported in Neumaier elevator. Poster was set on fire. No other damage noted.
	Harassment report taken at the CMU. One referred to Campus Judicial. Under investigation.	11/5	Vandalism to campus sign near softball fields. Moorhead PD notified.
	Escort provided in East Snarr to remove property.		Marijuana odor complaint in West Snarr. Nothing found. Occupant referred to Campus Judicial for the odor.
	Female reported being pushed and threatened by another female in the CMU. One referred to Campus Judicial. Under investigation.	11/6	Odor of alcohol in Holmquist during rounds. No alcohol located.
11/2	Fire alarm in Nelson, caused by burnt food.		Fire alarm in King. Mechanical issue
	Hit and run motor vehicle crash reported in Lot A-3.		Requested welfare check in South Snarr. RA notified, unable to locate individual. Follow-up to be completed.
	Fire alarm in Dahl, caused by construction.		Noise complaint in South Snarr. Verbal warning given for loud noise.

To report a security problem call 218.477.2675

Children's book sale Nov. 9-10 in Library

Yesterday and today the Library is selling children's picture books appropriate for preschoolers through 6th graders. All books were published in 2010 and are in excellent condition. The sale is being held in the Library Circulation lobby from 10 a.m. to 4 p.m. Books will be \$6 each or two for \$10. Proceeds from the sale will help support the Library's Comstock Reading Aloud Initiative. For further information, contact Korella Selzler, selzler@mnstate.edu.

MSUM's Fuego Tropical performs with guest artist

Fuego Tropical, the MSUM world music and percussion ensemble, will present "From Trinidad to Tangiers: Steel Bands and Middle Eastern Frame Drums." at 7:30 p.m. on Friday in Gaede Theatre. The concert will feature two guest artists: Shane Shanahan, New York City famed drum virtuoso from Yo-Yo Ma's Grammy award-winning "Silk Road Ensemble," and the FM-based Middle Eastern Dance troupe, the Shimmy Sisters.

MSUM briefs from Dragon Digest or submitted to advocate@mnstate.edu.

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POWER TO THE PIZZA

Blenders coming back home to Fargo

BY ANDREW JASON
jasonan@mnstate.edu

The vocal group The Blenders has performed with such acts as Jay Leno, Savage Garden and The Righteous Brothers. From Dec. 15-18, they will come back to where they started when they perform at the Fargo Theatre. The Blenders is an a cappella quartet that formed in Fargo 21 years ago.

The Blenders consist of Tim Kasper, Ryan Lance and brothers Allan and Darren Rust. Darren is an alumnus of MSUM. All have been friends since they were kids, and that's what keeps them going. When asked why they have been able to stay together for so long, it basically boils down to one thing.

"Friendship and mutual respect," Kasper said. "When you find that core group of guys ... I think you have to be able to work together and compromise. It's music, and it's a business. You have to be willing to do both. ... You have to know how to play the game."

They credit part of their success to the upbringing they received while in Fargo. Lance and Kasper

went to Trollwood Performing Arts School, and Darren Rust went to MSUM. Kasper credits the performing arts education he received as key to his success.

The Blenders have released 12 albums and a live DVD and won three Emmy awards. They have been working on a fourth Christmas album, which came out last week. The Blenders have been writing Christmas for a while now, and they've been focusing on Christmas music for several reasons.

"We were full-time for 11 years and then took a little bit of a break and then came back and mainly concentrated on Christmas stuff," Kasper said. "I think we have a good niche there because we're a vocal band. It's plain fun to record that stuff — to create new versions of songs you've heard a million times."

Their most recognizable song to many is their song "I'm in Love With a McDonalds Girl." This song appears on a national McDonalds commercial. Kasper does have a request for everyone to watch it because every time it



The Blenders are coming back to their roots when they perform at the Fargo Theatre Dec. 15-18.

Submitted Photo

gets played, he gets paid.

In their illustrious career, many things stand out but there are a few things that remind Kasper of how lucky they've been. The first time that The Blenders opened

for Jay Leno will always stand out for Kasper.

"It jumps out because it seemed like such a large national scale at Caesars Palace. To be recognized that way felt amazing. When we

got that, I was really grateful."

The Blenders aren't done though. Kasper hopes that they will continue to entertain and release music for sometime.

JADE PRESENTS

KEEPING MUSIC LIVE!

<p>ROY CLARK An Evening With Sunday, November 13 Fargo Theatre 7:30pm Show • All Ages</p>	<p>TECH N9NE w/ Jay Rock, Krizz Kaliko, Kutt Calhoun, Flawless & Big Reeno Tuesday, November 15 The Venue @ The Hub 6:30pm Doors • All Ages</p>
<p>WOKIEEFOOT w/ Jon Wayne & The Pain Friday, November 18 The Venue @ The Hub 8pm Doors • Ages 18+</p>	<p>ROSANNE CASH An Evening With Saturday, November 19 Fargo Theatre 8pm Show • All Ages</p>
<p>HYPHY THANKSGIVING w/ KRADDY Guests: Sovereign Sect & Vincent Favard Saturday, November 19 The Venue @ The Hub 8pm Doors • Ages 18+</p>	<p>GEAR DADDIES w/ Mile One & The Rockford Mules Friday, November 25 The Venue @ The Hub 8pm Doors • Ages 21+</p>
<p>AWAY IN THE BASEMENT Church Basement Ladies Christmas Show November 25-27 Fargo Theatre 5 Shows • All Ages</p>	<p>IYAZ w/ DJ UNK & HUEY Friday, December 2 The Venue @ The Hub 7pm Doors • All Ages</p>

'Footloose' dances into theaters

BY TAYLOR WILSON
wilsonj@mnstate.edu

When the word remake is uttered, a feeling of dread usually follows. The original 1984 version of "Footloose" starring Kevin Bacon has become a classic in film.

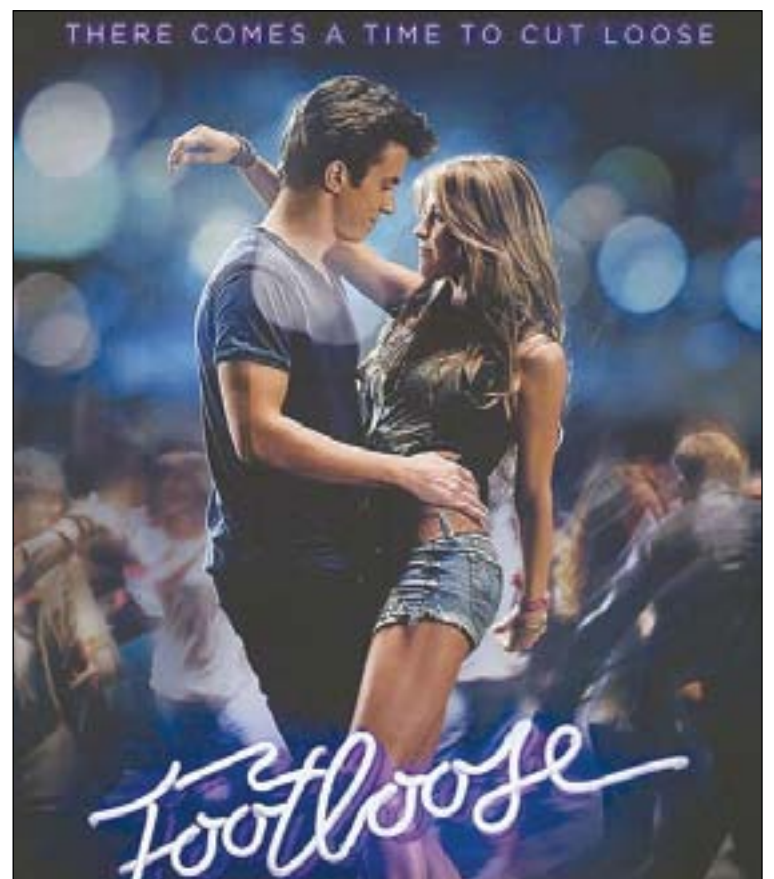
It is a story about a city kid who moves to a small town where rock 'n' roll music and dancing have been banned. When rumors began to stir that a remake was being optioned, many fans were distressed at the news. They didn't want such a beloved film to be ruined. However, fans can be rest assured that the 2011 version of "Footloose" has been excellently remade.

The remake of "Footloose" stars Kenny Wormald as Ren McCormack, Julianne Hough as Ariel, Dennis Quaid as Reverend Shaw and newcomer Miles Teller as Willard.

While still holding true to the original, the film has been updated and modernized in a fun and sexy way. Laws have been passed in the small town after four kids leave a dance and die in a horrific car accident. The town bans music and public dancing as a means of holding the people together.

After three years, the young members of the town are still living in the shadow of their dead friends, but with the help of newcomer Ren, they might even find a way to use dancing to help the townspeople heal from the pain of the past.

"Footloose" is a must-see movie that will have you leaving the theater wanting to dance your heart out. With incredible acting and a brilliantly funny and entertaining script, this is a story that will last a lifetime — a film that anybody can enjoy.



UPCOMING SHOWS



- 40oz. TO FREEDOM • Wednesday, November 9 • Ages 21+ • The Aquarium
- LEON RUSSELL • Saturday, November 12 • All Ages • Belle Mehus Auditorium, Bismarck
- ROSTER MCCABE w/ O'FOSHO • Wednesday, November 23 • Ages 21+ • The Aquarium
- PUDDLE OF MUDD • Saturday, November 26 • Ages 21+ • The Venue
- FIVE FINGER DEATH PUNCH • Tuesday, December 13 • All Ages • The Venue
- THE SUIT & THESE HEARTS • Saturday, December 17 • All Ages • The Venue
- THE NEW STANDARDS • Thursday, December 22 • All Ages • FM Community Theatre

Tickets for all shows are available at (located at 300 Broadway; open Monday-Friday 12-6PM), by phone (701) 205-3182 & online at:

JADEPRESENTS.COM

Advocate Editorial Board

Facebook photos of dead deer divisive

The arrival of deer season each fall brings with a frosty tension on social networking sites, especially Facebook. Deer hunters are sometimes inclined to post pictures of their kill online, something other users find abhorrent. This often results in heated discussions about whether the pictures should be posted.

Though this is a contentious issue, this much is certain: deer hunters have the right to post the photos online, and critics have the right to let them know they find them disgusting.

The beauty of free speech is that it allows us to discuss potentially ugly things. When these seemingly heated arguments take place, it is actually a textbook exercise of freedom.

People should be encouraged to criticize in a respectful way, but the emotional nature of the topic doesn't guarantee that.

Hunters also need to realize that their friends on Facebook are under no obligation to ignore the photos if they find them offensive. Once something is placed into a public sphere, it is open to criticism.

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

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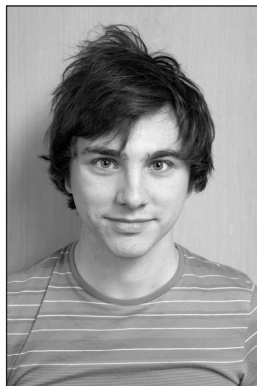
Contact Meghan at
feirme@mnstate.edu



BEING KIM KARDASHIAN

BY GRANT ERTL

Obsess over ideas, not people

BY MATT LECH
lechma@mnstate.edu

There's a tiresome genre of opinion columns that are written solely to shame the reader. The target is often what the columnist decides is a negative trend in society; things like poor eating habits, not reading enough and being materialistic. I'm not sure how persuasive these columns are (I've written a few), but I do know that they can make a college opinion page a dire place to find oneself.

Possibly the most common aspect of society attacked is our culture's obsession with celebrity. It's an easy target, as the embarrassing furor around Kim Kardashian's divorce has shown. Whenever social critique becomes this effortless, the critics are missing something. In the case of celebrity, we're missing an interesting discussion about why we value public personas over the ideas they express.

Our obsession with celebrity is just a symptom of our tendency to focus too much on the individual people and not on what makes them worthy of attention, and it isn't just people who read Entertainment Weekly who are guilty of this.

Take WikiLeaks founder Julian Assange, for example. Recently, the London High Court dismissed

"The causes of anti-racism, anti-sexism and anti-homophobia gain nothing by merely branding people as racists, sexists and homophobes."

Assange's appeal that would have allowed him to avoid extradition to Sweden, where he faces charges of sexual misconduct. Assange supporters threw an internet hissy-fit, jumping to the conclusion that the charges were bogus and often suggesting it was all a conspiracy.

Why the intense support of Assange? It is, after all, incredibly offensive to assume that charges of sexual misconduct are fabricated before a trial; the correct response is to have no opinion other than that justice will be done either way. It is also childish for people to assume conspiracy, without evidence, as if all of life was a Jason Bourne movie.

Yet many WikiLeaks supporters decided they would rather be offensive and childish than see Assange go down, because for them Assange has come to embody the admirable concepts of free speech and government transparency.

The truth is, though, that free speech and government transparency are great concepts regardless of whether Julian Assange is a pervert or if he's wrongly charged, and it isn't our business either way. Loyalty is misplaced once it is invested in potentially flawed individuals and is much better invested into worthy ideas.

When people express ideas that aren't admirable, it is the ideas we should attack, not the people. Revelations that presidential candidate Rick Perry hunted

at a ranch titled with a racial slur should have prompted a discussion and condemnation of racism. Instead, many rushed to brand Perry a racist, despite his decidedly non-racist views on immigration.

The causes of anti-racism, anti-sexism and anti-homophobia gain nothing by merely branding people as racists, sexists and homophobes. I'd not be surprised to find that this sort of character condemnation makes matters worse, causing those branded to dig their heels in and prepare for a self-righteous war against political correctness. We need to vociferously argue against these prejudicial ideas while allowing the people who express them the opportunity to find our arguments persuasive.

And so we have Kim Kardashian, whose only sin is to be simultaneously envied and incredibly dull. When we value people over ideas, we start to forget how to develop ourselves and instead wish we could be someone else. Prying into the lives of celebrities is an easy way to experience the glamour and decadence we've grown accustomed to liking. "MTV Cribs" was awesome.

Our obsession with celebrity should make us feel melancholy, not aggravated, because it shows that on a societal level we aren't able to fashion ourselves from pure ideas and instead need them imperfectly packaged in flesh.

Don't Feir, ask Meghan:

Your boyfriend's girlfriends



BY MEGHAN FEIR
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Dear Meghan,

I am having problems with my boyfriend talking to girls he's been close to in the past. He knows it bugs me but he still talks to them. I'm sure they're trying to make me mad. I make a point to let him know when things bug me, so why does he keep in touch with them? I've talked to his friends about it too, and they know how he makes me upset.

Sincerely,

Jealous of Jolene

Dear Jealous Reader,

Though jealousy is a natural human trait that touches us all at certain points, we can't let it control us and our relationships unless there are legitimate examples that anchor your feelings of mistrust. Jealous people have often been referred to as "green-eyed monsters" for a reason. Jealousy can get out of hand quicker than we realize and can consume our every thought and deed.

Sometimes, our jealous natures are triggered for a reason. Other times, we are overreacting and can damage our relationships with other people due to our assumptions.

Try to keep an even temper as you analyze the situation you are worrying about. If your boyfriend and the woman currently embodying your fears were friends before your relationship started, don't expect them to cease conversing altogether. It will create a feeling of entrapment for your significant other if you

"By aspiring to be an even-tempered woman who looks before she leaps into lashing out judgment and anger, you will save yourself from looking like an insecure idiot and from creating unneeded rifts betwixt your partner and yourself."

prohibit him from staying in touch with old friends. No one likes a control-freak, and receiving unwarranted condemnation from loved ones is not exactly enjoyable.

Obviously, there are times when your womanly intuition edged with green is correct in assuming something is amiss. However, trust from both partners is vital for healthy relationships to continue flourishing.

Notice I said "from both partners." Mark my words: Women are not the only jealous creatures. Men and women are equally prone to jealousy, so this advice should be taken by both genders.

Don't make a public display of your bitterness, jealousy and insecurities. Have some propriety. Embarrassing your boyfriend in front of his friends, co-workers and family members concerning your qualms will not solve anything. It will only make matters worse and will build a wall between the two of you.

If obvious flirting is occurring or excessive meetings with certain women are taking place, you should address these concerns with your boyfriend, but if harmless conversing between friends occurs here and there, don't sweat it. By creating a mountainous problem out of

nothing, you risk building a mountain of strain in your relationship instead of drawing him nearer to you.

Trying to think the best of loved ones will not only help relationships grow stronger, it will help set your mind at ease. I don't mean you should live in denial of your lover being capable of doing wrong, but you shouldn't expect him to mess up whenever around friends or co-workers who may intimidate you for various reasons.

By aspiring to be an even-tempered woman who looks before she leaps into lashing out judgment and anger, you will save yourself from looking like an insecure idiot and from creating unneeded rifts betwixt your partner and yourself.

Remember: If you act like a controlling and monstrous woman who can't see past her foggy, green lenses, how can his family and friends support your relationship? They will more than likely try to persuade him to rethink his admiration for you and look elsewhere before you complicate his life even further.

Sincerely,
Miss Meghan

Identity: fixed or flexible?



BY TYLER SORENSEN
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When I was 7 years old, my maternal grandparents drove 10 hours from Fergus Falls, Minn., to visit my family for a few days in the suburbs of Kansas City, Kan. As my grandmother's first grandchild, I enjoyed exceptional attention from her.

"My first-born," she would coo, rocking my head back and forth. "My first-born." She repeated the words like an Israelite after the Plagues of Egypt. It was wonderful.

Jenna bothered me. As siblings, my 5-year-old sister and I were close only in birth order. She existed mostly as that nuisance who had the adjacent room. An unruly scamp.

So when Jenna abruptly started using phrases like "May I please" in front of our grandparents, I nearly lost it. Jenna had never learned manners; she whined constantly. She was obviously pretending to be polite. Why didn't anyone notice?

"She's faking it," I cried. "Jenna's faking it, Mom."

My mother shushed me and resumed marveling at the two-faced child in the living room.

Today, the tight-lipped individual my mother knows as her son no doubt differs from the person my friends would describe. Even my identity as a co-worker is distinct.

At some point, the insincerity of social performance I detested as a 7-year-old seeped into my own life. These years, I

fake courtesy much more than any 5-year-old sister.

It could be that I shed pretenses only when I'm alone. I know I drop inhibitions when I'm dancing like a gawky new waver to Blondie with the shades pulled. Is that real? Maybe that's what an untainted human spirit looks like: wild and shamelessly happy.

"As a tragically shy high schooler, my thoughts often flirted with a fantasy in which I could adopt an entirely new persona."

Last semester, one of my professors shared the idea that most of our body's cells are generally seven to 10 years old. Regardless of scientific accuracy, the notion that we're essentially reborn every decade seems too idealistic, even for me.

I understand personality is a pliable thing but surely there must be an unchanging

core — traits immune to manipulation, behavior impossible to fake? Can a person fail to catch that barreling train called socialization?

As a tragically shy high schooler, my thoughts often flirted with a fantasy in which I could adopt an entirely new persona. Come next school year I would be unrecognizable, I thought. I promised to ignore lunchroom politics, raise my hand in class and not squelch all my questions.

I was an independent entity. I thought I could change, but I never did. Every first day of school, I would invariably lapse into cowardice once again — an irreversible product of a chance adolescence.

If I can hardly keep a tenuous grasp on my own identity, how can I or anyone ever hope to truly know someone else?

I'm reminded of late nights when I return to my narrow studio apartment in #227. While I'm fumbling for my keys, I'll occasionally catch a sliver of light emanating from underneath the door of #228. And sometimes over the rattling of my ancient radiator, I'll hear the faint rhythm of snoring from #226 as I lay in bed.

There's something impenetrable about the human soul. I'll never know these people, and they'll never know me. We can only recognize the exterior markers of another human existence. Perhaps minor contentment rests there.

Adv Eats

Advocate staff tries new local restaurants

Sammy's Pizza holds its own

BY MATT LECH
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If you've been reading the AdvEats section over the past year, you'll know that downtown Fargo has no shortage of pizza restaurants. Sammy's Pizza has been the area stalwart, but has been passed by since the arrival of new, hipper joints like Rhombus Guys or Spicy Pie.

It shouldn't be.

Sammy's has effortless charm, only because of its age and location. Where Rhombus Guys and Spicy Pie create atmosphere by blitzing you with stimuli, Sammy's relies on old-fashioned booths decorated with old LP sleeves – Steely Dan in our case.

Sammy's feels like home in a world where pizzerias are trying the hardest to be nightclubs. Sammy's does, however, have a bizarre ceiling that looks like a giant version of the old tabletop game "Don't Break the Ice."

The pizza itself holds its own

with any other area pizzeria, and PizzaOftheWorld.com suggests that it is some of the best in the entire world. This is a pretty big exaggeration, but it is good, and the sausage may be the best in town. We wouldn't recommend getting the beef, though, as it doesn't match the quality of the rest of the ingredients. The breadsticks are par for the course and a worthwhile appetizer.

Price and service are both adequate. A 14-inch pizza with the works plus breadsticks and a few sodas will cost about \$30 after tip, a meal which easily fed three skinny college pizza-eaters.

Since Sammy's is unlikely to ever be swamped with business, from my impression, it is always easy to gain the attention of the accommodating staff.

The best thing about Sammy's, again, is the atmosphere. It's quiet and cozy, making it one of the best places in Fargo to take a date. With winter coming, what more could you ask for?



JESSICA FLEMING • flemingjes@mnstate.edu

Sammy's Pizza is located off Broadway and 3rd Avenue north in downtown Fargo.

YOSHIDA, FROM FRONT

college, I'd have to go to either an English language department or the department of athletics or sports medicine — I would

have to choose either one," he said. Although Yoshida is not an English major, he learns the language naturally, because he's immersed in it.

Yoshida chose to study at

MSUM "because the tuition was very cheap." He said MSUM was one of the few schools he could find that offered in-state tuition to international students.

America versus Japan

When Yoshida first came to Moorhead, he had difficulties with his English-speaking skills.

"It was hard to communicate with people here. In this area, people don't really have experience in talking with people from other countries, so it was kind of hard to find a common topic with American people," he said.

Communication has become smoother for Yoshida since his first days at MSUM, but one thing that hasn't gotten easier for him is American food.

"Food is a very hard thing," he said, "because I still don't really like American food. I think American meals have a lot of fat and sugar."

Yoshida has also noticed a difference in serving sizes of American food.

"Restaurants sell their meals in very large portions," he said.

And food isn't the only thing Yoshida has noticed a size difference with.

"Everything is big here," he said. "All the houses are very large, and then cars."

Yet, in addition to those differences, Yoshida has noticed a difference between America and Japan that he considers to be very positive.

"I like that American people are more easy-going, and then more flexible. People don't really care about small problems; like if the public transportation is late, people don't really stress," he said. "I think people around here are really nice."

Sharing Japan

One of Yoshida's primary goals is to educate people about the Japanese culture.

"I'm in Japan Club, and we're trying to introduce our culture to

other people," Yoshida said.

One of Yoshida's favorite aspects of MSUM is the opportunities it allows for student organizations, including Japan Club.

This past summer, Yoshida and the Japan Club's traditional Japanese dance team had the opportunity to share their culture by performing at county fairs and the Minnesota State Fair.

"Some county fairs have amateur talent contests, and the Minnesota State Fair has a really big competition," Yoshida said.

Yosakoi dancing is one of Yoshida's favorite activities.

"Not many people around here know about different cultures, so when we go and then start performance, at first people give us kind of weird looks, because they have no idea what we are going to do. But after we perform, they like it. We usually get really positive reactions," Yoshida said.

After graduating from MSUM, Yoshida plans on staying in the United States for a few years. He hopes to extend his work visa to work for a year, and then he plans to apply to graduate schools in the United States.

Yoshida plans on returning to Japan eventually, but until then, he plans on continuing his efforts to educate Americans about his home country's culture.

"The United States is a kind of big country," Yoshida said. "Many people around here never go to other countries. I think some people stay in the Minnesota or North Dakota area for their entire life, so I think that Americans, compared with people from other countries, have less interest in foreign cultures. But if we make effort to introduce other cultures to American people, I think we can get a good response. I did a lot of those things in Japan Club, and with Yosakoi. I got very good experiences."

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Brit spreads love of music, writing

Exchange student's passion for country music, fiction brings him to America

BY MEGHAN FEIR
feirme@mnstate.edu

Benjamin Atkinson, an exchange student from Lincoln University, had a strategic motivation for his American exchange. A broadcaster and author, Atkinson came to America for not only the experience of studying abroad, but to advance two of his passions in life – radio and writing.

“My main reason for coming to America on the exchange was to promote my two novels that I’ve written and also to promote my radio show as well,” Atkinson said. “I have a country music radio show back in England, so

the songs he heard his parents listen to in their home.

After months of assisting the program, Atkinson was left with the responsibility of keeping the show alive after the producer of the show had to leave for career-related reasons.

“I was suddenly thrown into the deep end one year later with this show that I had to present because there was nobody else who could do it,” Atkinson said.

“Then I spent three years falling in love with the music.”

Atkinson is still presenting his syndicated show and doesn’t get paid a dime for doing it. His country music show is played on three different stations in the East

By attending the international media launch at the CMA awards and interviewing up-and-coming artists such as Marlee Scott, it will build credibility for his radio program and resume. Atkinson also has interviews scheduled with Lynn Anderson and Charlie McCoy, older country music stars.

Another passion Atkinson fuels is his love for writing.

“At the age of 16, I thought, ‘Well, I’ll start writing and see where it takes me,’ and started writing my first novel called ‘The Kraken’s Curse,’ finished it — didn’t think I would finish it, but I finished it — and then started writing to publishers and agents with this work,” Atkinson said.

“I was getting, almost a day or two days later, letters back saying, ‘Sorry, you’re too young.’ It was clear they hadn’t read what I’d sent them. At that time, I realized publishing is a closed circle. You couldn’t get published without an agent, and you couldn’t get an agent without already being published.”

After dealing with those frustrations, Atkinson decided to start his own publishing label after approaching his school for funding. With the funds gathered by his supporting school, he was able to publish his first two novels under his own label, King Edward VII Press. He paid a third party to print 200 to 300 copies of his novel, which were sold out in his hometown.

His first novel, “The Kraken’s Curse,” takes place on the coast of Dorset, part of England’s southernmost coastline. After his father’s mysterious disappearance, a young gentleman away at school travels back to his hometown to try and piece his father’s whereabouts together and discovers more than he was expecting.

“Walking on Cinders,” a story surrounding three British soldiers striving for a future of



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Benjamin Atkinson feels at home amongst KMSC’s studio equipment as he records his radio programs.

peace amidst war-torn Europe is the second novel Atkinson published. He hopes to promote this second work by speaking at book club events and meetings throughout the area during his semester abroad.

Atkinson has set-up his own website (www.walkingoncinders.com) and also utilizes Facebook, Twitter and blog sites to promote his two novels. Plans for a third

novel are already in the works. For more information on Atkinson’s writing and radio journeys, visit his website at www.benatkinson.org.uk.

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

“I was suddenly thrown into the deep end one year later with this show that I had to present because there was nobody else who could do it.”

obviously America is the place to come.”

The 20-year-old sophomore hails from Melton Mowbray, which is a town in the Melton borough of Leicestershire, England. At Lincoln University, he is studying media production with an emphasis in radio.

Growing up, Atkinson’s parents surrounded him with eclectic tastes — music from around the world. This spawned a love for the unique — one distinctive love of his being country music.

Britain is not exactly known for its love of country tunes, but after sitting in as a guest listener during a country radio program, his interest grew, and he began volunteering at the station. He had rarely heard country music being played on the radio, only

Midlands of England and is the only show of its kind in the area.

While in the states, he is still broadcasting his show back home by planning and airing it on campus. He also has a show on KMSC Dragon Radio which airs on Wednesdays from 4:30-6 p.m.

Along with interviewing songwriters from the United Kingdom, Atkinson has procured interviews with other musicians on local and national tours. He has spoken to a few Texas-based songwriters as they have traveled through England.

This week, Atkinson will be perusing the Nashville area. Due to the existence of his syndicated radio show, Atkinson was able to acquire a press pass for the Country Music Association Award show this week.

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Dragons fall to Wolves on Senior Day



The Dragons played against Northern State University, Aberdeen, S.D., on Saturday and lost 42-21.

JESSICA FLEMING • flemingjes@mnstate.edu

BY DANNY DETERMAN
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Northern State University, Aberdeen, S.D., scored on three straight possessions in the second half as they rolled to a 42-21 victory over MSUM on Saturday as the Dragons celebrated Senior Day.

Dragons' senior quarterback Kevin Koch, in his final home start, completed 25 of 50

passes for 246 yards and two touchdowns. He also rushed for a five-yard score in the first half.

Senior wide receiver Kendall Hendon caught eight passes for 132 yards, including a 66-yard touchdown in the fourth quarter. Senior tight end Phil Herkenhoff caught the Dragons' first touchdown of the day from eight yards out.

Junior safety Tyler Brody led the Dragon defense with

13 tackles and an interception. Linebackers Andrew Pittman and Jeff Schuette were close behind with 11 and 10 tackles, respectively.

The defensive performance was not enough to contain Wolves freshman quarterback Jared Jacobson. He carried the ball 16 times for 154 yards and a touchdown, as well as completed 13 of 19 passes for 160 yards and two touchdowns, both to junior

wide receiver Chris Morton.

With the Wolves leading 21-14 at halftime, Jacobson led the Wolves in the third quarter with three consecutive scoring drives of 64, 60 and 49 yards to pull away from the Dragons.

"We played with great effort," Koch said, "but left too many opportunities on the field."

Despite the Dragons' rough season, Koch's expectations are high for the team's future.

NSIC STANDINGS FOOTBALL: CONFERENCE RECORDS

Team	W-L
St. Cloud State	6-1
UM-Duluth	6-1
MSU-Mankato	6-1
Bemidji State	5-2
Wayne State	5-2
Augustana	5-2
Winona State	4-3
U. of Mary	3-4
SMSU	3-4
Upper Iowa	2-5
Concordia-St. Paul	2-5
Northern State	1-6
MSUM	1-6
UM-Crookston	0-7

"There is a lot of young talent on the team," Koch said. "I believe our coaching staff will do a great job in the off season."

The Dragons dropped to 2-8 overall and 1-8 in the NSIC, while Northern State improved to 4-6 overall and 3-6 in the NSIC. MSUM ends the regular season on Saturday, travelling to St. Cloud (Minn.) State University to take on the Huskies at 1 p.m.

LIST OF SENIORS ON BACK PAGE

Volleyball splits weekend matches

BY DANNY DETERMAN
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The Dragon volleyball team split their weekend matches again, soundly defeating Bemidji (Minn.) State University 3-0 on Friday before falling to the conference-leading University of Minnesota-Duluth 3-0 on Saturday.

Freshman outside hitter Annie Palmquist led the Dragons on Friday night with 12 kills and was named player of the game. Junior middle blocker Meredith Egeland contributed in a major way, posting eight kills, eight digs and seven block assists.

Dragon liberos, junior Katy Ness and sophomore Angie Waller chipped 24 and 14 digs

respectively, and junior setter Anna Olson managed 35 assists.

After a strong outing against the Beavers, the Dragons came up short Saturday against the Bulldogs.

Ness was the Dragons' player of the game, tallying 23 kills, 14 of them in the first set.

Other key contributors were freshman middle blocker Maggie Gruber with 12 kills, junior middle blocker Meredith Egeland with 11 kills and three block assists, and junior setter Anna Olson with 34 assists and five digs.

The Dragons (12-13 overall, 10-8 in the NSIC) will travel to Winona (Minn.) State University and Upper Iowa University (Fayette) this weekend to finish the regular season.

NSIC STANDINGS VOLLEYBALL: CONFERENCE RECORDS

Team	W-L
UM-Duluth	18-0
Concordia-St. Paul	16-2
SMSU	15-3
Wayne State	15-4
MSU-Mankato	11-7
MSUM	10-8
Augustana	10-9
Upper Iowa	7-11
Northern State	7-11
Winona State	7-11
UM-Crookston	6-12
Bemidji State	3-15
St. Cloud State	1-17
U. of Mary	1-17

WALKtober program encourages healthy living

BY CHELSEA WIEG
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The leaves are changing colors and falling all around. With each step, one can hear the crunch of leaves and the smell of the autumn air. MSUM put its own spin on the month of October while encouraging students to get active.

WALKtober is an annual event on the MSUM campus, lasting through the month of October, giving students another opportunity to get involved in campus activities and a little healthy competition. The program is sponsored by Hendrix Health Center and MSUM Wellness Educators.

Students, staff and faculty were eligible to participate in this event where they received a pedometer, which recorded the number of steps they took each day. Participants recorded the amount of steps they took each day on a record sheet and marked when they achieved 10,000 steps. At the end of the week, the sheets were turned in to Hendrix Health Center so participants could be entered for prizes.

Those who walked 10,000 steps or more in four or more days each week of October were eligible for a weekly prize drawing.

WALKTOBER, BACK PAGE

Health/Fitness Tip of the Week

PREVENT COLD AND FLU WITH EXERCISE

Daily exercise helps pump more blood to the heart and provide oxygen to body organs. This builds up the body's immune system.

Source: helpfulhealthtips.com

Matt Beckman's Random Sports Term of the Week

"V-Cut"

Matt's Guess

A downward slice immediately followed by a rising slash in saber fencing meant to sweep the leg.

Actual Definition

In lacrosse: A one- to three-step move by an offensive player where the defender is first engaged; the offensive player then takes a quick reverse step and moves into the open to receive the ball.

* Matt Beckman is co-editor of The Advocate

Dragons take down Bison in double overtime

BY JANA E BOSWELL
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The Dragon men's basketball team started the season strong, winning 90-84 in an exhibition game against NDSU on Nov. 1.

The Dragons came out strong in the first few minutes of the game with senior DJ Hamilton scoring the first basket to keep a five-point lead on the Bison by the first timeout.

The Bison, being a NCAA D-I team and beating the Dragons in their previous

match up, looked to have the upper hand going in. The Dragons' nine turnovers gave the Bison an advantage to score and catch up by end of the first half. The Dragon defense proved resilient as they kept a lead on the Bison going into halftime with nine rebounds and a free throw percentage of 89.

The second half brought turmoil for the Bison as they had 10 turnovers, which the Dragons failed to use as an advantage. With minutes remaining and the

Dragons down by two, a foul brought the Bison to the free-throw line. They made one, giving the Bison a three-point lead over the Dragons. In the final minute of regulation, all looked lost for the Dragons until junior Jake Lindfors hit a 3-pointer to bring the game into overtime.

The Dragons held on with good defense and thorough play as junior Scott Kenny sank a three-pointer with seconds remaining to send the

game into double overtime.

The young Dragon team proved themselves in double overtime as Kenny sank two 3-pointers, giving the Dragons a lead as the Bison struggled to hold on.

Hamilton scored the last points of the game with a 3-pointer and a lay-up. With seconds remaining, the Bison were unable to come back, falling short to the Dragons 90-84.

Hamilton led the Dragon offense

with 34 points and seven assists, while Lindfors contributed 21 points and 12 rebounds.

The Dragons will play their first regular season home game against Valley City (N.D.) State University on Tuesday.

For more information on the stats or to buy tickets for the next game, contact the athletic department at 477.2622.



Junior Alex Novak, 40, wins a jump ball against NDSU on Nov. 1.

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Farm Bill conference informs about the importance of agriculture



KRISTIN KIRTZ
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On Monday morning at the Holiday Inn in Fargo, a conference called 2012 Farm Bill: Issues and Challenges was held to discuss the bill.

U.S. Sens. Kent Conrad, D-N.D., John Hoeven, R-N.D., and Amy Klobuchar, D-Minn., as well as U.S. Congressman Rick Berg, R-N.D., formed the panel. Conrad and NDSU professor Won Koo co-chaired the event.

The conference focused on explaining a new agriculture policy that is being formed and reassuring local farmers and ranchers that they are needed to help the United States' economy.

Conrad pointed out that agriculture helps the economy and needs to be a tool for the United States to get out of its debt.

"Instead of turning (money) to the Middle East, we need to look at the Midwest," Conrad said.

Klobuchar explained that even through the economic downturn, rural America is still becoming stronger. She told the crowd that the United States leads the world in agriculture, and it would be horrible if we lost that.

"We do not want to be dependent on foreign food like we are on foreign oil," Klobuchar said.

The panel made it clear that they only want to help our country's farmers and ranchers. The state representatives hope that by using agriculture and allowing it to grow and develop that it will also permit the United States to get back to a stable budget.

JESSE TRELSTAD • trelstje@mnstate.edu

Sen. Amy Klobuchar, D-N.D., speaks about the importance of agriculture in today's economy at the 2012 Farm Bill Issues and Challenge conference

RUSSIANS, FROM FRONT

Russian is among them," Atitsogbui said. "This language is needed, not only for the sake of knowing a foreign language, but for developing and establishing more professional relationships with Russian-speaking countries. Wouldn't it be good for students in the tri-college to have a Russian language opportunity?"

In comparison to some universities in her home country, delegate Irina Ulyanova noted that MSUM's campus and classrooms are extremely well equipped.

"We know that good facilities

and all the devices — the projectors, great classrooms, libraries — are all important for the university to provide a good education," Ulyanova said.

"I did not study in the best university in my city, but the teachers were outstanding. Great teachers have made a difference in my education. Your faculty is very well prepared to be wise, tolerant, sharing ideas, not just teaching and trying to force someone to learn things by heart, but trying to encourage people to learn because they want to learn. Trying to challenge some ideas and to bring their own life experiences into learning."



Photo submitted by MSUM Marketing

CEREMONIES, FROM FRONT

"He was the one that actually advocated for us to secure the money from the state to do the project," Walseth said.

Now that the project is complete, there is a sense of pride among the faculty and students.

"We all had to move into temporary quarters for like a year and a half. And I think just moving in has made everyone feel just a little bit prouder. There's a lot of pride now in the building," Walseth said. "It turned out way better than I think anyone could have imagined."

After the ceremony, guests enjoyed cupcakes and tours of the completely renovated Lommen.

Dedicated to a general

Later in the day, another celebration took place across campus in MacLean to dedicate and name the newly remodeled Veterans Resource Center.

The Veterans Resource Center was relocated and remodeled for the fall semester. After nomination by President Edna Szymanski and approvals from MnSCU, the student senate and the cabinet, the Veterans

Resource Center was named in honor of Major General Larry Shellito.

Shellito was chosen because he is a prominent person in the area, the school, the system and the state, said Dave Bellefeuille, northwest regional coordinator for the Minnesota Department of Veterans Affairs.

Shellito grew up on 11th Street, a few blocks north of MSUM, graduated from Moorhead High School and attended Moorhead State University, receiving two bachelor degrees.

Joining the U.S. Army in 1968,

Shellito began his active duty service in Vietnam. In 1973, he enlisted in the Minnesota Army National Guard. After serving for 37 years, Shellito retired in 2010 and was appointed by Governor Mark Dayton as commissioner of the Department of Veterans Affairs.

"He started off at the lowest rank you can and he moved all the way up through all of those years to become the highest-ranking individual in the state of Minnesota," Bellefeuille said. "We didn't really look at anyone else."



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The Advocate is now seeking applicants for assistant editor and ad representative positions. To apply, or for more information, email advocate@mnstate.edu with

"assistant editor" or "ad representative" in the subject line. Also, applications are available in The Advocate office, CMU 110. Assistant editor applications must be in by Nov. 21.

Bras on Broadway shows community support



The Hotel Donaldson decorated their building with the bras donated for the Bras on Broadway fundraiser.

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It was hard to miss the display of bras hanging over the Hotel Donaldson in downtown Fargo recently.

This year was the sixth annual Bras on Broadway. This organization was created by Karen Stoker, the owner of the Hotel Donaldson, to help support those with breast cancer in the F-M area. Stoker was exceptionally happy with this year's outcome.

"It is great to be a part of a caring, compassionate community," Stoker said.

More than two miles of bras were donated this year. For every bra, a \$5 minimum donation was required. On Oct. 27, the bras were auctioned off. Last year, \$65,000 was made but this year they've already taken in more than \$102,000, and money is still coming in.

This event is different from other cancer fundraisers because

it is the only one working with the American Cancer Society where the money stays in the local area. All the profit goes to help cancer patients pay for traveling to receive treatment.

"Knowing that we're directly helping out neighbors during a very difficult and challenging time is important. We're all here to help each other along," Stoker said. "I think that's the key to our success. We live in a community; whether you're tossing a sand bag or dropping \$5 and an old bra, we help our neighbors."

Stoker explained that the average commute to treatment is about 140 miles. Last year, the Bras on Broadway donations ran out in June. This year, Stoker thinks they can make it a whole year with the money they have raised.

She said Bras on Broadway is a great way for people to help out other local community members.

"Bras on Broadway is community driven and community given," Stoker said.

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JAPAN, FROM FRONT

free Japanese food at the event is important, because it helps connect people to the Japanese culture.

"I think it's really important for the community to see other cultures," said Ryan Klopka, Japan Club vice-president.

Those who went to Japan Night seemed to enjoy themselves.

"It's interesting. It expresses their culture," said junior Chananya Tuntiteeraboon, who attends Japan Night every year and has friends in Japan Club.

Both Tuntiteeraboon and sophomore Emmanuel Low said they enjoy the learning experience of Japan Night.

"You learn different things every year," Low said.

Tuntiteeraboon felt similarly, although she commented that there are some things she sees consistently as well.

"Every year it's kind of different, but some acts are the same," she said.

Japan Night wasn't only a product of Japan Club's effort — several Japanese NDSU students and Japanese people of the Fargo-Moorhead community helped with the event.

"Usually we can work together with NDSU students and many Japanese people in the community help to prepare," Higuchi said. "MSUM Japan Night is not only for us, but for all of the Japanese people in the community."



JESSICA FLEMING • flemingjes@mnstate.edu

Students got to take home some souvenirs like their names in traditional Kanji and water balloons.

WALKTOBER, FROM PAGE 8

Carolyn Beckerleg, faculty member at MSUM and one of the week three winners, increased her exercise for the month of October and continues to use the pedometer.

"Some days I would have to take my dog for an extra long walk to get the 10,000 steps in," Beckerleg said.

Those who were entered in the drawings all four weeks were then entered in a grand prize drawing at the end of the month. The grand prizes vary each year. The \$100 gift certificate from Scheels.

This year proved to be another success for the WALKtober program. Winners for week one were Megan Proulx, Lindsay Nelson and Jesika McCauley; week two: Kalika Peske, Mary Stone and Kayla Rebel; week three: Sara Peterson, Carolyn Beckerleg and Mary Drake; week four: Sue Humphers-Ginther, Kelsey Saylor and Janey Helland. This year's grand prize of \$100 Scheels gift certificate went to Derek Orth.

"It made me more aware of how many miles I actually put on in a day," said MSUM student Kayla Rebel. "I have a bit of a grasp on how many steps I need to take to get 10,000 in a day."

Rebel participated in the

WALKtober event for the first time this year, winning a gift card for the Dragon Bookstore. She plans to participate next fall.

WALKtober is one of the many events put on by the Wellness Educators, an extension of Hendrix Health Center.

"These educators are from across campus," said wellness education coordinator Lynn Peterson. She also said the educators are meant to encourage their peers and others around campus to develop healthy lifestyles through fun and educational events.

The Wellness Educators believe in the importance of healthy living in all aspects of college life. Educating their peers builds a trusting, informative environment when it comes to issues that college students face every day. Their main focus is giving information and resources and challenging unhealthy behaviors.

For more information on wellness education or events put on by the Wellness Educators you can visit the Hendrix Health Center page on the MSUM website or visit their page on Facebook.

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

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Football team seniors honored at Senior Day FROM PAGE 8

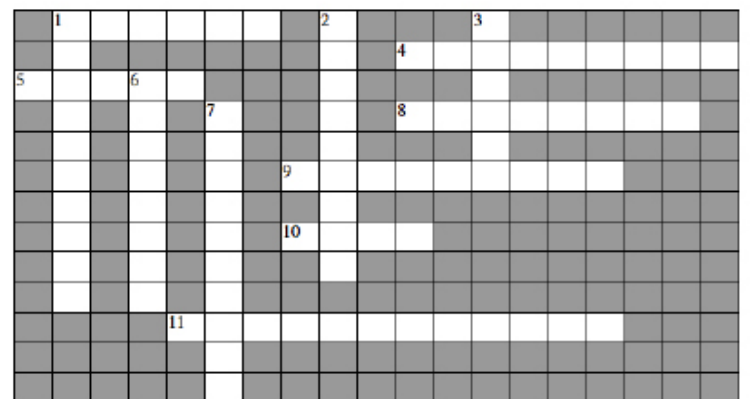
- NG Ben Condon (Maple Grove, Minn.)
- CB Travis Davidson (Friendswood, Texas)
- DE Darren Dell (Aberdeen, S.D.)
- QB Kyle Hall (Esko, Minn.)
- WR Kendall Hendon (San Jose, Calif.)
- TE Phil Herkenhoff (Freeport, Minn.)
- QB Kevin Koch (Elmhurst, Ill.)
- WR Alex Leach (Pierz, Minn.)
- LB Jake Ledding (Fergus Falls, Minn.)
- RB E'boni Lucious-West (Country Club Hills, Ill.)
- WR Alex Pearson (Moorhead)
- LS Bryson Pluta (Winnipeg, Manitoba)
- NG Max Pryor (Eden Prairie, Minn.)
- LB Jeff Schuette (Richfield, Minn.)
- RB Brandon Thompson (Oakland, Calif.)
- OT Zack Tourangeau (Apache Junction, Ariz.)
- DB Logan Werlinger (Moorhead)
- OT Zane Ziebell (Winona, Minn.)

Interested in writing or photographing for The Advocate?

Meet us at our meetings every Monday at noon in the Mass Comm. Lounge on 2nd floor Flora Frick.

Crossword Puzzle

Answers to the crossword can be found within this issue of The Advocate. Hunt diligently and strive for excellence!



ACROSS

1. Along with the Veterans Resource Center, this academic building was celebrated on Wednesday.
4. This recent movie was reviewed in this issue of The Advocate.
5. This country was celebrated in the CMU Ballroom on Friday.
8. Dragon Football lost to _____ State University on Saturday.
9. Bras on Broadway is hosted at the Hotel _____.
10. The Advocate's advice column is called "Don't _____, Ask Meghan."
11. Where in Fargo are the Blenders playing in December?

DOWN

1. Russian Delegates visited MSUM as part of the Open World _____ Program.
2. Hendrix Health Center and MSUM Wellness Educators' October program.
3. This U.S. Senator was co-chairman of the Farm Bill conference.
6. What is The Advocate's restaurant review section is called?
7. These scholarship applications are now available.

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