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## The Advocate, January 22, 2013

Minnesota State University Moorhead

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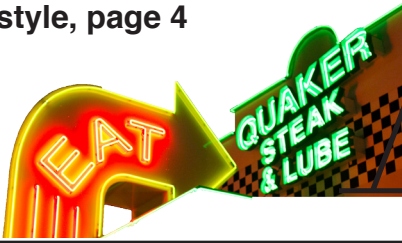
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## Dragon guard swooshes to 3-point record

BY BREANN LENZMEIER  
lenzmeiebr@mnstate.edu

Dedication, a passion for basketball and commitment to the MSUM women's basketball program have helped Marisa Yernatich become a part of history.

Yernatich, a senior from Duluth, Minn., is now the all-time leader in 3-pointers at MSUM. The record was previously held by Kris Wilson with 151 3-pointers. Yernatich set the record on Dec. 8 against NSIC opponent University of Mary.

Knowing the record was close, it carried even more significance in the outcome of the game. With the team trailing, Yernatich hit her 152nd 3-pointer and record breaker that gave MSUM the momentum in the game.

"It's a great honor...it's something I've worked hard for," Yernatich said.

Head coach Karla Nelson said, "It got us the momentum we needed. It was a very competitive game and her shot got us back in it."

Yernatich wasn't concerned with setting

**RECORD, PAGE 7**



Marissa Yernatich, a senior guard, set a new school record when she hit her 152nd 3-pointer on Dec. 8. JESSICA FLEMING • flemingjes@mnstate.edu

## Flu outbreak avoids campus

BY MEREDITH WATHNE  
wathneme@mnstate.edu

As influenza rampages through the country, hitting Minnesota hard, MSUM has managed to steer clear of the outbreak.

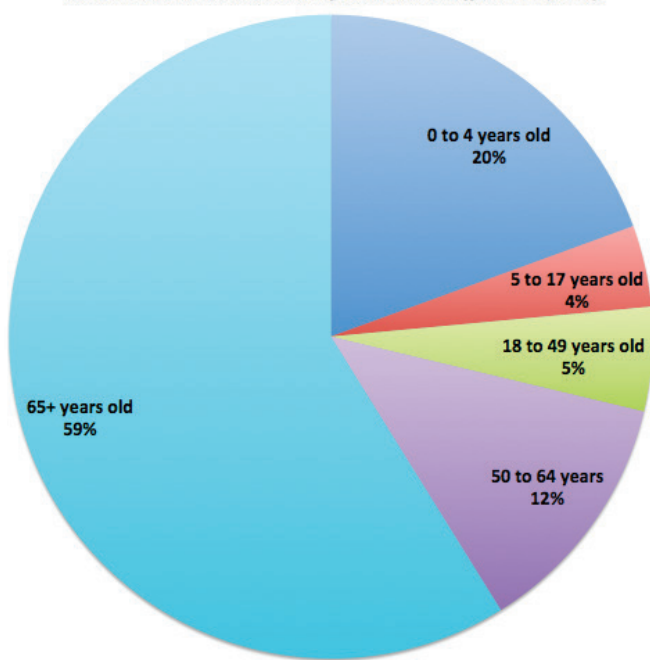
According to the Centers for Disease Control and Prevention, the flu has become an epidemic. Thousands of people have been hospitalized since Oct. 1., including 1,842 Minnesotans. That's 20 more than the total number hospitalized during the 2009 H1N1 pandemic. There have been also been 60 deaths, which is 33 more than last year.

Although the flu has seen record-setting numbers, Suzanne Stroup, an RN at Hendrix Health Center, said there has only been one confirmed case of influenza on campus this year.

This could be in part to the particular strains of influenza that are dominant this season. According to an article in the Star Tribune, the most popular strain in Minnesota is H3N2, which is known for hitting the elderly the hardest. In fact, nearly 90 percent of deaths are those 65 years and older.

But just because the disease targets the elderly doesn't mean

Nationwide Influenza Hospitalizations (per 100,000)



people of all ages are not at risk; there have been deaths among children and teens alike. Doctors advise people who have any of the symptoms of influenza to schedule an appointment immediately.

"It's the suddenness of how it hits," Stroup said. "It's usually body aches, pretty high fever, sore throat, cough, fatigue; everything gets pretty strong. It's different than the cold."

People with minor symptoms, who don't feel seeing a doctor is necessary, are urged to stay home and treat their symptoms accordingly.

"There is no magical treatment for the flu, if you have the symptoms you treat them," Stroup said. "If you have a fever, you take a fever reducer. If you have a stuffy nose, take a decongestant."

In North Dakota there have been 2,491 confirmed cases of

**FLU, BACK PAGE**

## Printing quota saves money, eliminates waste

BY JASMINE MAKI  
makija@mnstate.edu

A recent change to on-campus printing has many students thinking twice before pushing "print."

A 500-sheet printing quota has been put into effect this semester in hopes of reducing costs to students and improving campus sustainability.

The quota was determined by the information technology department and endorsed by Student Senate.

"We did some surveying of local campuses, as well as campuses within the MnSCU system," said Daniel Heckaman, chief information officer of the IT department. "The quota ranged from 200 sheets per student per semester to 1,000."

Heckaman presented the data to Student Senate, recommending a 500-sheet printing quota, and Student Senate approved.

The 500-sheet quota equates to \$25 per student. Additional pages can be purchased using a kiosk in the library or online for 5 cents per page.

"I don't look at the quota system as a restrictive system," Heckaman said. "I don't really care how much you print. If printing a piece of paper facilitates a better learning outcome,

then you should do it."

Heckaman and Student Senate discussed the possibility of allocating certain programs more printing dollars due to writing intensive courses or other printing needs, but ultimately decided against it.

"Senate's advice was to not go down to the program level because that's no different than buying special equipment or buying an expensive book," Heckaman said.

### Changes help students make sustainable choices

According to the printing records, 90.6 percent of MSUM students were under the quota last semester

And as students become more aware of their printing habits, they are making more sustainable choices and printing less. Professors have also been encouraged to find ways to adapt to less printing, whether it's using a dropbox, Google Drive, Desire to Learn or in-classroom technology.

"In the first two days of fall semester, the students printed 44,416 pages," Heckaman said. "The first two days this semester, we printed 19,047."

In just one semester, students

**PRINTING, BACK PAGE**

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Grace Potter to perform in Fargo, page 3



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# Briefs

## Campus Calendar 1.22-1.26

- 1.22 **4:30 - 6:30 p.m.** Graduate School Application Workshops, MA 167
- 1.23 **9 a.m. - 3 p.m.** GSA Bake Sale, MacLean vendor table
- 8:15p.m. - 9:45 p.m.** Intramura Captain's Meeting, Nemzek 204
- 1.24 **5 p.m - 9 p.m.** - MLK Speaker, Glasrud Auditorium, Weld Hall
- 5p.m. - 9p.m.** - Student Senate Meeting, CMU Room 205
- 1.25 **9 p.m. - 1 a.m.** - "Winter Wonderland" Dragons After Dark, CMU
- 1.26 **7 p.m. - 11 p.m.** - Tri-College Swing Dance Club, Underground
- 6p.m. - 9p.m.** Candlelight Ski, Buffalo River State Park



Story idea?  
advocate@mnstate.edu

## 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. 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](mailto: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.

"Sometimes I just need something in my mouth."

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The Advocate is always looking for talented writers, photographers, columnists and illustrators. Meetings are held at 11 a.m. every Friday in The Advocate office, CMU 110. Contact the editor for more information or come to the staff meetings.

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Daniel Pham, business manager  
Andrew Thomason, distribution manager



## World News

### President Obama sworn in for second term

President Obama officially took the oath of office in the Blue Room of the White House a few minutes before noon on Sunday. Chief Justice John Roberts administered the oath. Obama was sworn in using a Bible from his wife's family, after hugging various family members, he told his daughter Sasha, "I did it."

The public inauguration ceremony was held on Monday, but the Constitution states that the president must be sworn in on January 20 and the inauguration ceremony is usually delayed if January 20 falls on a Sunday. Vice President Joe Biden was also sworn in for a second term at his home at just after 8 o'clock this morning. Justice Sonia Sotomayor delivered his oath.

### Five injured in US gun shows

It's all fun and games until someone gets shot. Five people were injured by accidental gunfire at three gun shows across the U.S. on Saturday.

At the Dixie and Knife gun show in Raleigh, North Carolina, three people were wounded when a shotgun discharged at a security checkpoint.

54-year-old Emory L. Cozee accidentally shot himself while leaving the Indy 500 Gun and Knife Show in Indianapolis, even though loaded personal weapons are not allowed at the show.

Finally, a man in Ohio was wounded in the arm and leg when a gun dealer was checking out a handgun he had just bought and accidentally pulled the trigger.

### Mars Rover finds 'jackpot'

NASA's Mars rover Curiosity has found white veins of minerals in rocks, which were likely created by water flowing through fissures in the rocks. Yellowknife Bay, the area Curiosity is currently exploring "is literally shot through with these fractures," according to one geologist.

Curiosity also found many berry-shaped spherules that scientists say are sedimentary concretions that formed in water. One expert said, "Basically these rocks were saturated with water," adding that Yellowknife Bay represents "a jackpot unit."

Curiosity landed on Mars in August and has spent the last six months testing its instruments. It has traveled roughly a quarter of a mile since landing.

### Batmobile sells for \$4.2 million

But it can't even fly. The Batmobile that featured in the 1960s Batman TV series sold at auction for \$4.2 million.

The Barrett-Jackson Auction Co. in Scottsdale, AZ sold the 19-foot-long car to a bidder whose name has not been released. The Batmobile was actually a 1955 Lincoln Futura concept car that was transformed for the television show. A publicist said that the car's previous owner was pleased with the auction result.

World news from [dailybeast.com](http://dailybeast.com)



## MSUM Briefs

### Art alum's work displayed at North Dakota State Capitol

The work of MSUM Art and Design alum Steve Knutson will be on display at the North Dakota State Capitol in Bismarck from April through June.

Knutson's works will appear in the Governor's ground floor and first floor offices, the First Lady's fourth floor, and the Attorney General's first-floor offices. Knutson graduated in 2008 with an art education degree with an emphasis in painting and drawing. He lives in Fargo and teaches art for Fargo Public Schools.

### MATBUS adds service to MSUM campus

In January, MATBUS added a second Route 2 bus to MSUM campus in the afternoons, Monday-Friday, from 2:30 to 6:30 p.m. This means a bus every 15 minutes, with direct connections downtown onto Route 15 to West Acres and Route 13 to NDSU.

MATBUS evening routes in Moorhead and many in Fargo are now running one hour later until 11:15 p.m., Monday-Saturday. This includes the MSUM bus stop by the Union on 6th Ave and 14th St. S.

Final installation of a new shelter on 14th St., with lights, heat and a kiosk will be completed in January as well.

New maps and timetables are available online at [www.matbus.com](http://www.matbus.com).

### Philosophy professor appointed co-editor of art journal

Theodore Gracyk, Philosophy, has been appointed as the co-editor of The Journal of Aesthetics and Art Criticism. His five-year term begins Feb. 1.

Established in 1942 by the American Society for Aesthetics, journal publishes current research articles, symposia, special issues, and timely reviews of books in aesthetics and the arts. It takes a theoretical and interdisciplinary approach to the arts and aesthetic matters. The journal is published quarterly in both paper and electronic formats, and is available online through JSTOR, EBSCO, and Wiley Online.

### Learn about MSUM leadership opportunities

Housing and Residential Life, in collaboration with numerous campus offices and departments, will host a Student Leadership Expo on Tuesday, Jan. 22, from 7:30-8:30 p.m. in the Dahl Main Lounge.

Similar to a career fair, students will be able to talk to representatives about the various leadership opportunities available at MSUM, including Resident Assistant, Student Orientation Counselor, Campus Ambassador, Public Safety Officer, Wellness Educator, Peer Advisor, Dragon Entertainment Group member, work in the Office of Diversity and Inclusion, Athletics, and more. Please encourage any students that are looking to get more involved on campus to attend. For more information, please contact Troy Williams ([troy.williams@mnstate.edu](mailto:troy.williams@mnstate.edu)) or Steve Fox ([fox@mnstate.edu](mailto:fox@mnstate.edu)).

## Security Update

Director of Public Safety

Greg Lemke

### 1.11

Harassment report in the Comstock Memorial Union.

Harassment report in East Snarr Hall. Moorhead Police Department contacted, one male trespassed from all residence halls on campus.

### 1.12

Marijuana odor investigation in South Snarr Hall, one referred to Campus Judicial.

### 1.13

Marijuana odor investigation of Nelson Hall dumpster, unable to locate source.

### 1.14

Marijuana odor investigation in Nelson Hall, unable to locate source.

### 1.16

Delayed report taken of injury/fall on ice from 1.13 at Dahl Hall.

Found property at G-10 Parking Lot, item secured at Public Safety Building.

### 1.17

Requested welfare check in East Snarr Hall, contact made- subject okay.

Emergency phone activation in the 24 hour computer lab in the Library, false call.

Individual reported falling on the ice on the north side of the Center for Business, no medical attention requested.

Marijuana odor investigation in Dahl Hall, two referred to Campus Judicial.

## Safety Tip of the Week

### Slippery Sidewalks and Parking Lots

There have been numerous slips and falls lately around campus. Even with the great job our grounds staff does to keep our campus clear of snow and ice, our campus is in Minnesota and there is always going to be patches of snow and ice around campus in winter. We all must take personal responsibility of our own safety and watch out for hazardous areas. As a general rule in a Minnesota winter, you should assume all areas outside are slippery until proven otherwise. Wear shoes or boots with grips soles. When getting out of your vehicle, look down at the surface to see if it is ice or snow covered and park elsewhere if possible or use extra caution. Use the vehicle for support when entering or exiting your vehicle. Take short shuffling steps in icy areas to reduce your risk of falling. Walk on the grass areas rather than sidewalks if the sidewalk is slippery.

To report a problem contact Public Safety at 218.477.2449

### Math students publish paper in journal

Adam M. Goyt, Mathematics, Brady Keller (class of 2014), and Jon Rue (class off 2011) had their paper "Statistical Distributions and q-Analogues of k-Fibonacci Numbers" published in the Electronic Journal of Combinatorics. In their paper they study the distribution of permutation and set partition statistics over sets counted by the k-Fibonacci numbers. These sets arise naturally out of the notion of pattern avoidance.

### Safe Zone trainings scheduled

Two Safe Zone trainings have been scheduled for Tuesday, Feb. 5, 5-8:30 p.m. and Friday, Feb. 8, 1-4:30 p.m.

These trainings are open to all MSUM faculty, staff and students. MSUM Safe Zone seeks to form a group of students, faculty and staff committed and trained to provide safe, non-judgmental and supportive allies for all MSUM community members in regards to lesbian, gay, bisexual, transgender, queer, and/or questioning issues. Both Safe Zone trainings will be held in CMU room 227. Refreshments will be provided.

### Don't underestimate seasonal flu

Flu is a highly infectious illness that spreads rapidly through coughs and sneezes of people who are carrying the virus. It occurs every year. Minnesota is experiencing record high cases, nearly equaling that of the H1N1 pandemic.

Flu symptoms hit you suddenly and severely. They usually include fever, chills, headache and aching muscles and you often get a cough and sore throat at the same time. A virus causes the flu so antibiotics will not treat it.

Do not underestimate the effects of seasonal flu. It can seriously affect your health, and the risks of developing complications are greater if you have certain pre-existing medical conditions.

To protect yourself, students can still get the vaccine at Hendrix Health Center, [www.mnstate.edu/hendrix](http://www.mnstate.edu/hendrix).

Other precautions: 1) Wash your hands; 2) Cover your cough; and 3) Stay home if you are sick.

Learn more at [flu.gov](http://flu.gov) or [cdc.gov/flu](http://cdc.gov/flu)

MSUM briefs from Dragon Digest and submitted to [advocate@mnstate.edu](mailto:advocate@mnstate.edu)

# A & E

## Nocturnals' guitarist sh(r)eds light on tour

BY APRIL KNUTSON  
knutsonap@mnstate.edu

Grace Potter and The Nocturnals take song requests via Twitter to create their set lists on the Roar Tour. Fans are instructed to submit their song suggestions using the tag #GPNsetlists. On Jan. 24, Fargo-Moorhead area fans can catch their favorite tracks when the Nocturnals take the stage at the Venue at the Hub in Fargo. Guitarist Benny Yurco shares his expectations for the upcoming tour and fills us in on projects he completed during his time off.

**Fargo was one of the six added dates to the second leg of the Roar Tour. Have you ever played in Fargo before?**

No, we have never been to Fargo before. It will be our first time in the North Dakota so we are just really excited to get out there and play. **The Roar Tour kicks off Jan. 10, how will it differ from previous tours?**

It keeps getting better and better. Every tour we try to make it better filled with more energy. **What can kids expect when they go to the show?**

Just to put on your seatbelts and get ready to rock! Fans are encouraged to tweet song requests. **How important is it to facilitate a fan-band relationship?**

It's a really important thing. We are able to show our appreciation by compiling set lists from fans' tweets. It's also a way that the fans can create the set list of their dreams. Fans give us an extra incentive to play a particular song. It's really intriguing because we are able to rediscover songs through the fans. **Are you an avid social media user?**



Submitted photo

I am avid Twitter user, although I haven't been updating it as of late during the holiday break. I have been focusing on myself and setting up my house. Right now, I'm on a Instagram trip. I like that it says things in one shot.

**Grace Potter and the Nocturnals last released an album in 2010, how did the time off affect the production of the new album?**

I wanted to make this album, so I could focus on production. Seth Kauffman and I recorded in Burlington, VT. We made it in six days, and I played all the instruments. It was cool to have the time to do this.

**Do you prefer large venues or small acoustic sets?**

You know, I really like playing in theaters.

**What's your favorite Nocturnal**

**song to play on tour?**

It changes every single night. I love that every show has a different feel.

**If you had to chose one era to live, what would it be and why?**

I would definitely choose the 50s and 60s because of the music. It was just so fresh and inventive.

**What are your favorite snow-filled activities?**

Oh man, I love sledding. Me, Grace and Matt went extreme sledding the other night. It was super steep and icy. I remember watching Grace and she was so aerodynamic, like a mad rocket.

**Do you have any New Year's resolutions?**

My main New Year's resolution was to try and write one song a day, and so far I've kept to it.

Doors open at 7 p.m. on Thursday. Tickets are on sale now through [jadepresents.com](http://jadepresents.com) and Tickets 300 on Broadway.

## 'Zero Dark Thirty' disappoints

BY CONOR HOLT  
holtco@mnstate.edu

The most controversial film of 2012, Kathryn Bigelow's Zero Dark Thirty has received wide critical acclaim, as well as sharp criticism over its depiction of the CIA's use of torture in their hunt for Osama Bin Laden. This heated debate will continue to the Academy Awards, where the film is up for Best Picture, but Bigelow was passed over for a Best Director nomination.

At the heart of all this controversy, however, lies a film: a well-made procedural with good acting, but it's at times disjointed and lacking that sense of "greatness" that early reviews hyped.

Reuniting with the Oscar-winning team behind "The Hurt Locker" (including writer Mark Boal), "Zero Dark Thirty" chronicles the 10-year hunt for Osama Bin Laden. Beginning with audio recordings on 9/11, the film jumps ahead two years to a CIA "black-site" where al-Qaeda detainees are being tortured for information. Enter young CIA agent "Maya" (Jessica Chastain), whose fierce determination to catch Bin Laden fuels her to spend years chasing the name Abu Ahmed – supposedly Bin Laden's personal courier – and letting nothing get in her way.

Much like "The Hurt Locker," the film utilizes a naturalistic handheld style that fits the docu-drama style of the story, following Maya and her fellow agents as they chase leads and face serious setbacks in the war on terror. The 10-year time span is a long time to cover, and the film struggles to keep a consistent pace, as well as keep the audience on the same page as the characters. Certain scenes – such as a rendezvous with a mysterious informant – are well executed, but the film often skips from one major discovery to the next, leaving out the years of grunt work in between. As for the controversy over the torture, the film never portrays it in a positive manner, but the narrative



of the film (truthfully or not) does depict it as central to the chain of information that led to Bin Laden's death. In fact, the CIA (who apparently provided extensive information to the filmmakers) comes off as downright addicted to torture, clearly annoyed when Obama (seen in background TVs) cuts off their water-boarding abilities.

As Maya, Jessica Chastain (of last year's "The Tree of Life" and "The Help") is a tightly wound ball buster who will step on anyone's toes to achieve her goal. After a colleague is killed, the mission takes on a personal level; on the day of the raid, she tells Seal Team 6: "Bin Laden is there...and you're going to kill him for me." The cast also features several nice performances from the likes of Jason Clarke and Mark Strong, but the film struggles to balance the extensive exposition of the hunt with establishing and developing characters. While "The Hurt Locker" was able to richly explore its main characters in the context of a war zone, "Zero Dark Thirty" often gets bogged down in the details, preventing us from making any emotional connection (that is, until the white-knuckle climax of the raid on Bin Laden's Abbottabad compound).

It's an interesting look into the exhaustive hunt for America's most wanted, but not much more than a well-mounted Hollywood history lesson.

# JADE PRESENTS

## KEEPING MUSIC LIVE!



**EASTON CORBIN**  
Country Superstar! / Sings "Lovin' You Is Fun"  
Thursday, Mar. 21 at The Venue @ The Hub  
Doors @ 6pm • All Ages



**CHAD DANIELS**  
Comedian / Fergus Falls Native  
Saturday, Feb. 9  
Studio 222 (222 Broadway)  
8 & 10:30pm Shows • 18+



**UMPHREYS MCGEE**  
An Evening With  
Wednesday, Feb. 6  
The Venue @ The Hub  
8pm Doors • All Ages



**JON WAYNE & THE PAIN/  
ZACH DEPUTY**  
Friday, Feb. 15  
House Of Rock @ The Hub  
8pm Doors • Ages 21+



**IN FLAMES**  
w/ Demon Hunter, All Shall Perish, & Battlecross  
Sunday, Feb. 24  
The Venue @ The Hub  
6pm Doors • All Ages



**SOULFLY**  
w/ Incite & Lady Kong  
Wednesday, Feb. 27  
House Of Rock @ The Hub  
6pm Doors • All Ages

### UPCOMING SHOWS

HAIRBALL • Friday, Mar. 15 • Ages 21+ • The Venue @ The Hub  
THE WONDER YEARS • Monday, Mar. 18 • All Ages • The Aquarium • EARLY SHOW!  
TRACY MORGAN • Saturday, Mar. 23 • Mature Audiences • Fargo Theatre  
SUM 41 • Friday, Mar. 29 • All Ages • The Venue @ The Hub  
SHINEDOWN/3 DAYS GRACE/P.O.D. • Wednesday, Mar. 30 • All Ages • FARGODOME  
SLEEPING WITH SIRENS • Sunday, Apr. 7 • All Ages • The Aquarium • EARLY SHOW!  
AWOLNATION • Wednesday, Apr. 10 • All Ages • The Venue @ The Hub  
THAT ONE GUY • Saturday, Apr. 13 • Ages 21+ • The Aquarium  
ROSTER MCCABE • Saturday, Apr. 20 • Ages 21+ • House Of Rock @ The Hub  
CHICAGO • Friday, Apr. 26 • All Ages • FARGODOME  
THE 4ONTHEFLOOR • Saturday, Apr. 27 • Ages 21+ • House Of Rock @ The Hub  
PENTATONIX • Tuesday, Apr. 30 • All Ages • The Venue @ The Hub  
TRAMPLED BY TURTLES • Friday, May 10 • All Ages • Bluestem Amphitheatre / Moorhead  
OPETH • Tuesday, May 14 • All Ages • The Venue @ The Hub

Tickets for all shows are available at **TICKETS300** (located at 300 Broadway; open Monday-Friday 12-6PM), by phone (866) 300-8300 & online at:

# JADEPRESENTS.COM

# Features

## Quaker Steak and Lube: cuisine in 0 to 60

**Adv Eats**  
*Advocate staff critiques local restaurants*

BY SARAH TYRE  
 tyresa@mnstate.edu

Area wing joints have slick competition. One of Fargo's newest restaurants, Quaker Steak and Lube opened Dec. 12 on 45th street, behind West Acres Mall.

"It's a mixture between a steak house and a wing joint," said Kris Oster, first-time Quaker Steak and Lube customer.

The steak house is known for its burgers, wings and body shop-themed atmosphere. The decor is almost entirely car and motorcycle memorabilia.

Harleys, hot rods and four-wheelers hang from the ceiling. They'll actually swap out the vehicles, so the dining experience is ever changing.

If the motor sports atmosphere doesn't scream "boys night out," the flat screen televisions broadcasting various ESPN channels will.

"We had a group of about 30 MSUM students in just last week watching Dragon basketball," said Paul Kasprovicz, head bartender.

Quaker Steak and Lube's sauces are measured on the Scoreville Heat Unit (SHU) Scale. SHU's are measurements used for the heat level of chili peppers. A number is assigned to each pepper based on how much liquid is needed to get rid of the heat.

The SHU's of Quaker's sauces range from "ranch," with a SHU of 90, to "triple atomic," with a SHU of 500,000. A regular jalapeno pepper has a SHU of 5,000. A habenero pepper has 300,000 SHU's.

"I had the super-charged wings. They were way hotter than blazin' wings (Buffalo Wild Wings), and they were third from the top of the list," Oster said.

Thrill seekers wanting to try the spiciest wings, the atomic, with a SHU of 150,000 and the triple atomic with a SHU of 500,000 require a release form to be signed. They come with a side of jalapenos to cool the palate.

Successful attempts at finishing a six pack of atomic or triple atomic wings are rewarded with a free T-shirt and a bumper sticker. Winners get their picture placed on the Wall of Heat.

"The wings are really meaty. They're not just breading," Oster said.

In addition to quality wings, the menu features more than 20 different signature drinks.

"My friends and I like to come here for the specials," said Erica Entzminger, a speech pathology freshman.

For college students, there are specials throughout the week. Tuesdays and Thursdays are all you can eat wings. A student ID will grant 20 percent off on Wednesdays, and service industry workers get 20 percent off on Saturdays.

Counting calories? There are plenty of lite options. All of the wings are available grilled

instead of breaded.

"I loved the grilled wings," Entzminger said. "It's a nice option for people who are trying to be healthy. Someone should have thought of this sooner."

Healthier options are indicated on the menu as under 750 calories and include everything from grilled salmon to a "biker chick salad," made with feta, chicken, cranberries and strawberries.

A late night menu filled with shareable appetizers will be added within the next couple of weeks. The steakhouse will also be hosting a party during the super bowl.

"Our good food, excellent service and unique atmosphere keep people coming back. We're already seeing the same faces two or three times a week," Kasprovicz said.



Quaker Steak and Lube is located at 1776 45th St. SW., behind West Acres Mall.

ALECS PETERS • petersal@mnstate.edu



Customers enjoy quality service and a unique atmosphere.

ALECS PETERS • petersal@mnstate.edu

INTRODUCING...

# HOT SPOT

IN UNION CITY

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GRAND OPENING

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JAN 22-25

**BECOME A FAN ON FACEBOOK AND VOTE FOR OUR WEEKLY OPTIONS**

facebook.com/MSUMDining  
 @MSUMDining



# News

## MSUM grad and former prof. take seats at MN capitol

BY BRYCE HAUGEN  
haugenbr@mnstate.edu

Five years ago, Ben Lien sat in pencil-scratched desks at MSUM as a political science student. On Jan. 8, the 2008 graduate stood behind a much fancier, wooden desk to get sworn in as a freshman member of the state House of Representatives.

Across the domed capitol in the other chamber, five-term state representative and former MSUM adjunct professor Kent Eken, DFL-Twin Valley, simultaneously took the oath of office to become a freshman state senator.

Eken, 49, takes the place of powerful former Sen. Keith Langseth, DFL-Glyndon, who retired with the most seniority in the upper chamber. Lien, 29, is the first DFLer to represent Moorhead since 1990. He replaces five-term Rep. Morrie Lanning, who declined to run for re-election.

### Higher ed agenda

Both men said they are excited to tackle issues of interest to MSUM faculty, staff and students, including a higher education bill which affects tuition rates, the bonding bill which funds construction projects on campus and an increase in the state minimum wage to at least the federal level.

Eken, a teacher and Concordia College graduate, said that in Moorhead, education "is really the economic engine for

prosperity."

"Watching out for greater Minnesota is going to be the same general policy that I am going for," he said.

As a member of the Senate capital investment committee, Eken plays a role in shaping which renovations or new construction gets funded on

tenure.

"(Langseth) set a great example of how to get things done for your district," Eken said. "He's a mentor of mine."

As a member of the House higher education committee, Lien said he plans to "scrutinize" the budgets of MnSCU and the University



Submitted Photo

Rep. Ben Lien, DFL-Moorhead, is an MSUM alumnus.

college campuses throughout the state. He vows to carry on the tradition of Langseth, chairman of the committee for more than a decade, who directed many millions of dollars to dozens of MSUM and M State projects throughout his

of Minnesota "making sure that any sacrifices don't come down on the backs of students - that we're not going to add to the burden of tuition costs for students."

He also said he plans to sit down with MnSCU leaders to

see which campus construction projects they would like prioritized.

Other issues the Moorhead-area legislators plan to address include permanent flood protection and assorted border cities legislation.

Lien credits MSUM for helping to prepare him for the policymaking big leagues.

"It was very instrumental in being able to understand the connection between government, public service and the folks you're serving - to be focused on the people you're serving as opposed to personal interests, personal agenda, personal ideology and partisanship," he said. "I'm really making (this job) about the district."

### Republican reaction

MSUM College Republicans "congratulates (Lien) on a great race and we wish him the best this session," president Anna Wilson said.

Wilson agreed with Lien and Eken's support for investing in education, but differed with the DFL-controlled legislature on likely the most dominant bill this session - the attempt to raise taxes on the wealthiest Minnesotans to fix the state's deficit.

"We think cutting spending is a necessary part of closing the gap," Wilson said. "We need to learn to live within our means."

She also said any increase in the minimum wage might hurt the local economy because "we'd be sending a lot of small

businesses across the border to North Dakota."

### Proud family

Up in his capitol office, Eken's smartly dressed children waited patiently to eat a late lunch as their father shuffled from appointment to appointment on his frenetic first day as a senator. Eken's jovial mother-in-law even made the trip from Twin Valley for the occasion.

During the swearing-in ceremony, Dan and Phyllis Lien stood behind their son on the House floor, beaming with pride for their son's achievement.

"It was really special to see it come true," Dan Lien said.

Phyllis Lien added: "He worked really hard for it and he got it."

Rep. Lien "will be a fair and strong representative for Moorhead and Oakport," his mom said.

Checking in with Lien last week at his downtown St. Paul flat, he said he's been putting in 10 to 11 hour days getting acquainted with the issues and the capitol environment. Other lawmakers, he said, have been great to work with thus far.

"People are really open to having serious conversations and making sure there are common understandings," he said. "They really want to make things work."

*Editor's Note: This reporter worked for the DFL during the 2012 election cycle.*

## Hard work pays off for physics team

BY SARAH TYRE  
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When Meredith McLinn, physics junior, Pragalv Karki, recent physics graduate, and Shouvik Bhattacharya, physics senior signed up for the University Physics Competition, they hoped they would be ranked highly among competing physics teams from all over the world. Receiving a bronze medal for their formal research paper on volcanism on super-earths, made their dreams come true.

"Receiving a bronze means that the hard work we put in as a team paid off,"



Shouvik Bhattacharya

Bhattacharya said.

One gold, four silver, and seven bronze medals were awarded. The three physics students competed against 24 other teams from around the world. Only one other team from the United States received a medal.

The three team members were given the choice between two questions. They had 48 hours to produce an answer in the form of a publication-ready research paper. They were not allowed to use any living sources to answer the question. The team used many different methods to come up with the solution, including computer models of hypothetical situations.

"They were literally going at it off-the-cuff and using the knowledge they gained. I was really proud of them. They were handed a completely open-ended problem," said Juan Cabanela, associate physics and astronomy professor and society of physics students adviser.

"Shouvik told me about the competition since he had participated the previous year," Karki said. "We were teammates in the Mathematical Contest of Modelling, so we decided to give a shot to the Physics University Competition as well."

All three students volunteered to compete. Both McLinn and Bhattacharya participated in the competition last year. They chose this competition because they wanted to compete against students from around the world and test their physics knowledge.

"These kinds of competitions increase our knowledge, credentials, competence and ability to solve problems. These qualities are useful for future jobs and more generally, in our everyday lives," Bhattacharya said.

The two questions were posted on the competition website. The questions are meant to pose real world problems and allow students to think the way scientists do in real life.

"These are bright students. They are gung-ho and excited. They should be proud of what they accomplished," Cabanela said.

The Society of Physics Students are planning a physics show in February. They are busy getting ready to host the Regional Physics Club meeting. Club members from Minnesota, Iowa, North Dakota, South Dakota and Nebraska will be invited to the two-day gathering in March.



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# Opinion

## Advocate Editorial Board

### Stay at home to prevent spreading germs

According to the Center for Disease Control and Prevention more than 5,000 people have been hospitalized in the U.S. to treat their flu-like symptoms. Respiratory diseases like influenza are spread from person-to-person as people sneeze or cough.

Busy schedules push people who are sick to suffer through their responsibilities, unknowingly infecting their co-workers, friends or family.

Although it is hard to take a break from the workload, it is important to stay at home and rest to not only ensure your own health but others' as well.

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 emailed to [advocate@mnstate.edu](mailto:advocate@mnstate.edu).

## Country girl supports stricter gun laws



BY APRIL KNUTSON  
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Virginia Tech, Columbine and Newtown: a bleak record of gun violence at the college, high school and elementary level.

Now I know there are many other elements to the shootings that tragically took place inside these educational systems, but these incidents in particular perpetuate a heated debate on gun control.

The Founding Fathers saw fit to protect the people's right to bear and keep arms right after they were free to speak their mind about their government and worship whichever god they choose. Today, these two amendments seem to oppose each other instead of lining up in the neat equation that the early patriots inscribed to give our country a fair and balanced future.

On a talk radio show, an avid National Rifle Association member compared his reaction to the recent tightening of gun control in certain states to "a liberals outrage if their freedom of speech was ever threatened."

Well perhaps I am un-American, because this comparison is ineffective to describe the current situation between lawmakers, gun violence victims and NRA enthusiasts.

In the Midwest, gun laws fit the popular pastime of hunting. In Minnesota, people are allowed to purchase handguns with a permit after taking a course. In North Dakota, people are able to purchase handguns or rifles without a permit. Although all gun owners must complete a background check. No felons are allowed to purchase or have a gun in

president believes this plan will "help prevent mass shootings while reducing the broader epidemic of gun violence in this country."

Now, to me, these restrictions are perfectly reasonable. Unfortunately, I don't understand why anyone would need a large powerful weapon just for sport? I think Nerf guns would be just as enjoyable.

But I must admit I may have some biases. I grew up in a small rural community in South Dakota where half the boys in school would be gone during opening weekend to hunt deer. However, I have never gone hunting or even shot a gun in my entire life. The only gun my father owned was the one his father left him, an old-double barrel shotgun, that he would shoot into the air if a coyote got too close to our front yard on the farm.

My lack of knowledge of the hunting sport or any other shooting hobby may render my opinion useless on this particular topic. But the

sheer violence we experience from day-to-day due to disagreements or disturbed individuals is staggering. Having easy access to guns only increases danger in our unstable world.

Sporting fanatics and hunters alike can keep their guns, provided they are approved and certified to have them.

*"Having easy access to guns only increases danger in our unstable world."*

any state. No one is allowed to carry guns in or near schools.

President Obama is currently rallying for stricter regulations such as "limiting access to guns and certain types of ammunition." The president also seeks to make mental-healthcare more attainable and increase federal funds for both research and law enforcement. The

## Evangelical decadence leads to empty faith



BY JOHN GOERKE  
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"We are fortunate to be alive at this moment in history. Never before has our nation enjoyed, at once, so much prosperity and social progress with so little internal crisis or so few external threats." William Jefferson Clinton didn't know it at the time, but 21 months after his last State of the Union with this boast, four commercial airliners were hijacked and used to kill over 3,000 people. On that day, in the haze of news stories and frenzied national unity, a question was asked, "What could drive a group of young men to do such a thing?" Over the last 12 years, the answer to that question has been a focal point in our national dialogue. Religion is trending as a topic for debate.

Ross Douthat doesn't acknowledge this, but his recent book "Bad Religion: How We Became a Nation of Heretics" renders another blow to the credibility of Clinton's proclamation. At the turn of the century, the U.S. was embroiled in a massive "internal crisis." The nature of American religion had been churning and heaving since the 1950s and it was only becoming more volatile.

Douthat's book is one-half history, one-half theology but still entirely readable and entertaining.

He tells the story of how Christian faith went from a postwar boom of popularity, with movies portraying Catholic priests in a positive light and Evangelical gatherings filling Madison Square Garden, to our present situation of collapsing Protestant denominations and a growing number of people who don't identify with a particular religion.

The story is not a battle between black and white, right and wrong, Christian and atheist. Looking under the surface of the recent polls about American religion, it is clear that America is actually more religious now than in 1954, with more people believing in an afterlife, having a personal experience of God, etc. The story is not a matter of equally passionate believers and nonbelievers butting heads, rather it is a story of Christian orthodoxy and a thousand heresies swirling around it. The story of 'Bad Religion' turns G.K. Chesterton into a prophet who saw orthodoxy as the unlikely survivor of the ages. Orthodoxy for him was a heavenly chariot that "flies thundering through the ages, the dull heresies sprawling and prostrate, the wild truth reeling but erect."

*"The story is not a battle between black and white, right and wrong, Christian and atheist. Looking under the surface of the recent polls about American religion, it is clear that America is actually more religious now than in 1954, with more people believing in an afterlife, having a personal experience of God, etc."*

The four dull heresies Douthat critiques are revisionist Christianity, the prosperity gospel, the "God" within and the kingdom on earth. The first of these heresies is the awkward love-child of mainline Protestantism and modernity. With the twentieth century moving forward, a great deal of pressure was brought to bear on Christianity. It's the same old questions some skeptics raise today: How can you believe in God in an age of science? Isn't it silly to believe that the Bible was really written by God? Was Jesus really the person you claim him to be?

Certain denominations, the Episcopalians for example, began to bend and break their long-held beliefs about the nature of Christian faith, in the hopes of appealing to a larger portion of the audience. This turned Christianity into a sort of social justice club, complete with communion. The problem is that social justice Christianity quickly loses its ability to keep people in the pews. As Douthat asks, why not just take the political activism straight and do something else on Sunday? If you need a close-to-home example of failing social justice Christianity, just look to the Evangelical Lutheran Church in America, the founders of Concordia College. They lost 400 congregations in the past couple of years, a fact which led Bishop Mark Hanson to call this period a "dark winter" for Evangelical Lutheranism.

There are those who still need a sense of the divine in their lives. Unsure of where to get it, they look within themselves. The followers of Deepak Chopra and Oprah Winfrey get a scolding critique by Douthat, who plainly points out that when God wants you to leave your family, travel abroad and have guilt-free sex with mysterious men (as in the case of Elizabeth

Gilbert, author of 'Eat, Pray, Love') it's not God you've found, but yourself. It is no accident that documented narcissism has been rising at almost the same rate as Chopra's book sales or Oprah's ratings. Being told to treat yourself as holy is a very tasty poison.

The book always comes back to the same suggestion. The answer to those who want to turn Jesus into a poster-boy for their particular cause, to those who want God to grant them all the money they can ever want, to those who see their political party as being God's chosen people, to those who look within and obey their inner god's every impulse, the answer just might be orthodox Christianity. And what would that look like?

# Sports & Health

## Men split weekend series



Jordan Riewer drives to the basket.

JESSICA FLEMING • flemingjes@mnstate.edu

BY JANA E BOSWELL  
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The MSUM men's basketball team earned a split in their home games this weekend.

The Dragons took on the University of Sioux Falls (S.D.) Cougars Friday finishing with an 80-53 win. MSUM came out in the first half with strong momentum and set the pace for the game with good ball-screen defense. Capitalizing on turnovers and shooting over 60 percent to create a 20-point lead over the Cougars by half time.

In the second half, the Dragons came out with relentless intensity

and kept the lead. Eleven of the Dragon players lent a hand in the 55 percent shooting while holding the Cougars to just 34 percent. Alex Novak led the team with 18 points, four rebounds and two assists.

The Dragons went into Saturday's game against Southwest Minnesota State University with a confidence that wasn't transferred onto the court. With a game that highlighted 10 ties and 11 lead changes, the Dragons turnovers gave 15 extra points for the Mustangs in the first half alone. However, two lay-ups and a 3-pointer from senior guard Anthony Tucker gave the Dragons a 39-31 lead at halftime.

The Mustangs came out with good ball movement and offensive rebounds in the second half to tie the game at 45 by 14:56. The Dragons and Mustangs flip-flopped the lead for the remainder of the half. The Dragons were trailing by three at the end of the second half until freshman Tyler Vaughan drained a NBA 3-pointer with only six seconds, sending the game into overtime. In overtime, the Dragons kept fighting, but a six point run by the Mustangs crushed their hopes as the Dragons fell 86-82. Head coach Chad Walthall and Tucker agreed that offensive rebounds and turnovers contributed to the heart-wrenching loss against the Mustangs.

"You just have to move on," Walthall said. "We have 10 more games, so we talked about the turnovers and offensive rebounds in the second half. To beat a very talented offensive team you're going to have to not give them that many opportunities."

Tucker said, "We have to figure out a way when we are up to push the lead, we always give up leads and we need to sustain them and make the game easier."

Tucker was named player of the game with 30 points, including 5 of 9 from the 3-point line and two assists. Freshman Ben Figini added 14 points while Alex Novak pitched in a double-double with 12 points, 11 rebounds and led with four assists. Riewer finished the game with 12 points and three assists.

## Women earn weekend sweep in NSIC action

BY MADALYN LASKE &  
MEREDITH WATHNE  
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The MSUM women's basketball team took on the University of Sioux Falls (S.D.) Cougars in Northern Sun Intercollegiate Conference women's basketball last Friday.

The Dragons claimed a 73-65 victory over the Cougars and Kaycee Charette was a big reason for the victory. The senior put up a season-high 20 points and grabbed seven rebounds as she shot 78 percent from the field.

"Last month she has been playing with good energy and effort, it just really hasn't shown in the box score," Dragons head coach Karla Nelson said.

After even play in the first 15 minutes, Haley Thomforde drained a momentum changing 3-pointer with five minutes remaining in the half. MSUM went on a 17-1 scoring frenzy, with no Cougar answer, giving the Dragons a 34-26 lead at the half.

"We played with a lot of energy first half" said Nelson, "we moved better offensively and defended better."

Sioux Falls closed the gap to only four points early in the second half, but that's as close as they would get to a lead.

Thomforde was consistent throughout the game with an impressive stat line of nine points, eight rebounds, eight assists and three steals. But it was Charette's

ten points per half that sealed the game for MSUM.

"You battle your opponent and you battle yourself," Nelson continued, "(the victory) was really important. It gives you confidence."

The victory snapped a three game losing streak for the Dragons, who sit near the middle of the NSIC with a 6-6 conference record and 9-7 overall.

The Dragons continued strong play on the last night of their three-game home stand with a 72-62 defeat against the Southwest Minnesota State University Mustangs.

Charette picked up where she left off, opening the night with a 3-pointer from Marisa Yernatich. The Dragons lead by as much as 10 points in the first half, but went to the locker room with a five-point lead at the half.

Early in the second half, the Mustangs pulled within two points, threatening MSUM's lead. But a 7-0 run sparked by a Morgan Zabel layup gave the Dragons the momentum they needed to close out the game, winning 72-62.

The Dragons shot 41.7 percent from the field and out rebounded the Mustangs 45 to 32. Thomforde and Zabel paced MSUM with 15 points apiece while Charette added 13. Junior Megan Strese led with 13 rebounds.

The Dragons start a four-game road trip this weekend, facing off with Bemidji State (Minn.) on Jan. 25 and the University of Minnesota, Crookston on Jan. 26.

## Wrestling off to strong start in conference

BY BREANN LENZMEIER  
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The Dragons opened NSIC wrestling this past week against Northern State and St. Cloud State University. The Dragons won the match 30-16, earning bonus points in most of the ten matches.

"We always preach getting bonus points in matches whether through a technical fall or by pin," Nelson said. "We knew it could be a close match so it's important to get those points."

The Dragons won seven of the matches and wrestled tough

in each match. The Dragons improved their dual record to 6-2, next they faced the No. 1 ranked team, St. Cloud State University (Minn.).

Wrestling in St. Cloud, Minn., the team went up against a tough opponent. The Dragons lost the dual 34-3 which made their dual record at 6-3.

"We gave a good effort," Nelson said of the dual. "We scored first in a lot of matches... we didn't continue to wrestle the full seven minutes which is something we need to do to win matches."

Philippe Walker earned the

lone victory in the match for the Dragons winning in double overtime and was rewarded a point because of riding time.

Overall Nelson said the team is wrestling well and is continuing to work hard.

"If we wrestle hard each time out and continue to improve we should finish the season well," he said, "Right now we're pretty healthy and it is important to stay that way for the season."

The Dragons return home on Jan. 31 to host Minnesota State University Mankato in NSIC action.

### RECORD, FROM FRONT

the record at the time she was focused on the game. Proving to be a big boost to the team, junior Morgan Zabel gave the Dragons the shot they needed at the perfect time.

With the team trailing in the final seconds Zabel, put up a three pointer with a last second shot that gave the Dragons the victory.

Yernatich started playing basketball with her father.

She learned from her father how to shoot and practiced with throughout the summers and in school.

"It just came more natural,"

said Yernatich of shooting the three point shot.

Looking back on her career Yernatich said the memories with her teammates on the trips they've taken and the bonding experiences they've had will be her greatest moments for her.

Nelson credits Yernatich's commitment, work in the offseason and dedication to becoming a part of MSUM history.

"She is a consistent threat from the arch which opens up our post players," Nelson said of Yernatich and her ability to hit a key 3- pointer at anytime

during the game.

"Both on and off the court she has been great...we've been very fortunate," Nelson said of Yernatich and the impact she has made on the MSUM women's basketball program.

With the support of her family and friends Yernatich is making the most of the time she has left playing the game she has loved since a young age.

With the record set, Yernatich is looking to lead the Dragons to a strong finish this season and leave with memories that will last for years.

BREANN LENZMEIER • lenzmeiebr@mnstate.edu  
Angel Vega pins his opponent.

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# News

## Advo Asks: 'How will the new printing quota impact you?'



"Most stuff has gone online, so I don't think it's going to have that much impact."  
- Dustin Swanson, health and physical education senior



"Honestly, I don't think I print 500 pages."  
- Matthew Hudrlik, physical education and coaching junior



"I print enough that I think it will affect me. I have my own printer, but it's a lot easier to print at school."  
- Bridget McKenna, elementary education junior



"I'll have to be more aware of how much I print. I'll use five bucks up this semester."  
- Sally Lunde, elementary special education junior

"It's going to be a little more spendy this semester."  
- Kendra Steinke, communications and psychology sophomore

### PRINTING, FROM FRONT

cut their printing by more than 20,000 pages.

"Students are making better decisions, and the system is helping them do that," Heckaman said.

Heckaman stated that there were an increased number of large print jobs that showed up on the release queue but were never printed. Before they would have just printed, but now students are making a choice and deleting jobs they don't need, he said.

The newly implemented printing

quota is expected to save \$22,000, which will be used for technology upgrades in the classrooms.

#### Affected students plan to cut back or pay extra

While the data shows that the vast majority of students won't be affected by the quota, a few students will need to either purchase additional pages or cut back on their printing.

Many of the students affected are either in writing intensive

programs or are involved in student organizations.

Sally Lunde, an elementary special education junior, said many of her professors expect her to print full Powerpoint slideshows to review during lectures and take notes.

"I'll have to be more aware of how much I print," she said, suggesting she would probably spend the money to purchase additional pages.

Kendra Steinke, a

communications and psychology sophomore, said she would also be affected by the printing quota. Steinke is in Gamma Phi Beta and often prints mailbox stuffers, posters and handouts for the sorority.

"It's going to be a little more spendy this year," she said.

But, that might not be true. Heckaman said IT and Student Senate are in active discussion to create an alternate environment for student organizations.

The goal is to set up a system that allows the student leaders to indicate if they are printing for class purposes or for their organizations.

### FLU, FROM FRONT

Symptoms	Cold	Flu
Fever	Rare	- Usual, High (100 to 102 degrees) - Last 3 to 4 days.
Headache	Rare	Common
Aches and Pains	Slight	Usual, often severe
Feeling tired/weak	Sometimes	Usual, can last up to 2 weeks
Extreme Tiredness	Never	Usual, at the start of illness
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate, hacking	Common, can be severe

influenza with over 1,000 cases affecting those under 10 years old or over 60 years old. There have been six deaths, and 12 counties have 50 plus cases, including Cass County.

Influenza does occur year round but is typically highest from October to May and hits the hardest in January and February. However, this season, numbers have already surpassed past records and continue to climb, creating a worse-than-average season, according to Thomas Frieden, director of the Centers for Disease Control and Prevention.

The flu vaccination is the No. 1 way to get protection from the illness. According to the CDC, the shot reduces chances of getting the flu, and its severity, by 60 percent.

"It helps a lot, it will reduce the amount of time you are ill and the severity if you get it," Stroup said. "It protects you, you may get a little variation of one because there are so many strains, but overall it will protect you."

Flu shots are still available,

but limited; Hendrix Health Center recently ran out. There are some clinics in the Fargo-Moorhead area that still have shots available, but it is recommended to call in advance to make sure the clinic has the vaccination on hand. Bear in mind, it takes roughly two weeks for the protection to develop after getting the vaccine.

Many people have opted to get the seasonal flu shot in this epidemic. However, for those that choose to go without the shot, there are other preventative measures.

To prevent the flu, avoid close contact with people, especially those who are sick; stay home if sick — it helps recovery and prevents spreading the illness; cover noses and mouths with tissues; clean hands, wash often with soap and water or use alcohol-based hand sanitizer; avoid touching eyes, nose or mouth and practice other good health habits, like eating healthy, getting enough sleep and exercise.

Several students at MSUM have heeded doctor's warnings

and gone in to get the vaccination.

"I got the flu shot," said Kendra Steinke, a communications studies sophomore. "My mom is a nurse so she is pretty on top of that."

Although many people did get the shot, there are students that chose not to at MSUM.

"No I didn't get the flu shot," said Jenna Weinberger, a mass communications junior. "If I'm going to get the flu I might as well get it."

However, if one is diagnosed with influenza, or is experiencing some of the symptoms, the treatment and effects of the flu will keep one down for quite some time.

"If one is diagnosed with the flu, they are written out of school for at least a week," Stroup said. "They can only return after being fever-free for 24 hours without using a reducing agent like Tylenol or Ibuprofen."

Those who are experiencing flu-like symptoms should call their primary healthcare provider or Hendrix Health Center at 218.477.2211 and schedule an appointment today.

# EXTRA HOURS

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