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Communication breakdown leads to flurry of tows

BY JASMINE MAKI
makija@mnstate.edu

Moorhead city officials. MSUM Public Safety. The students. – Who's to blame?

More than 126 cars were towed from the blue snow district during the 12-hour snow removal periods last Wednesday and Thursday, Lt. Tory Jacobson said.

It was the first time the three-day procedure for snow removal was used since established last year; and although city officials said they did everything they could to warn the public, many students were still unaware of the temporary parking regulations.

On Wednesday, no parking on the north and east sides of the street went into affect from 8 a.m. to 8 p.m. – about 80 cars were parked illegally and towed. On Thursday, about 50 more were towed from the south and west sides of the street.

City officials make effort to warn residents

“We’re certain we gave enough warning,” Jacobson said. “We understand it’s difficult to reach everyone ... some people have



JESSICA FLEMING • flemingjes@mnstate.edu

More than 120 cars were parked illegally and towed from around MSUM and Concordia campuses during the 12-hour snow removal periods on Wednesday and Thursday.



Submitted photo

Alumni Foundation works to raise money for Founders Scholarship at annual gala

BY APRIL KNUTSON
knutsonap@mnstate.edu

The Alumni Foundation will host the fifth annual Founders Scholarship Gala on Feb. 15.

The Alumni Foundation plans this event with help from faculty and staff in the financial aid, marketing, theater, athletics, IT and event services departments.

“MSUM faculty and staff

are very supportive of efforts that help our amazing MSUM students,” Alumni Foundation director of development Jenni Walthall said.

The gala raises money through specific gifts made throughout the year by generous donors. This year’s corporate sponsor from the Fargo-Moorhead community is Bremer Bank.

All proceeds of this event go

to Founders Scholarship. The competitive needs-based \$2,500 scholarship is named after the founders of MSUM. The founders of MSUM created an educational opportunity that has enriched lives since 1888.

“Long ago our students were affectionately known as ‘scramblers’ because they came from modest means, worked hard and left with a brighter future,”

GALA, BACK PAGE

MSUM taps former dance pro as new prof

BY JANA E. BOSWELL
boswellja@mnstate.edu

As a new adjunct professor, Lewis E. Whitlock III said he hopes to bring his expertise in directing dance and music to the theater department at MSUM.

A Minnesota native, Whitlock fell in love with dance at the wee age of 4 in Minneapolis and hasn’t lost his passion since. Although he quit dancing professionally at age 33, Whitlock continues to teach and direct in areas of dance, music and theater. Whitlock was initially working toward a degree in history. It wasn’t until he was auditioning for a play that one of his professors noticed his major and convinced him to switch his focus to speech, due to the fact that theater didn’t have its own department yet.

“It was the right thing for me,” Whitlock said. “It tapped into all the things that I was

interested in.”

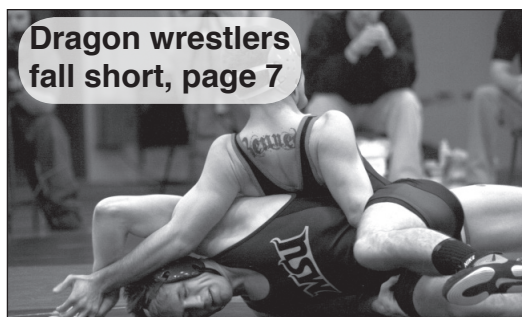
Not having a degree in dance has never held Whitlock back as he has studied, directed and danced in productions in more than 10 countries, as well as traveled throughout the United States. Whitlock found himself as a cultural envoy for the U.S. embassy in Kazakhstan, a country he claimed is similar to Minnesota. Before teaching in Kazakhstan, Whitlock was in Latvia, which he found intriguing culturally and significantly different from America.

“It really helped me appreciate who and what the United States really is,” Whitlock said.

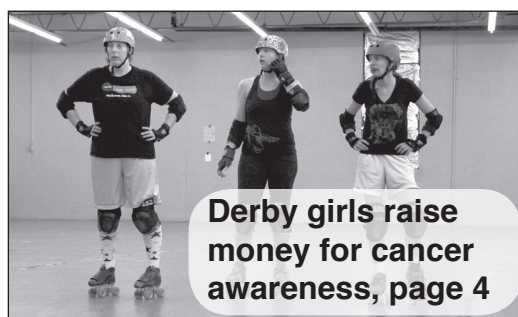
Coming back to America, Whitlock became a part of the national center of African American artists in Roxbury, Mich. While there, he started getting into doing more television productions, mainly educational programs. From

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Briefs

Campus Calendar 2.05-2.09

2.05	5 - 8:30 p.m. Safe Zone training, CMU 227
	8 - 10 p.m. MEISA open mic night, CMU main lounge
2.06	6 - 8:30 p.m. Mick's Scuba, Nemzek 202
2.07	10:30 a.m. - 12 p.m. Town hall meeting, CMU Ballroom
	4:30 - 5:20 p.m. Career Development Center Job Search workshop, MA 167
2.08	3 - 5:30 p.m. Pre-game social, Nemzek North Gym
	4:30 - 5:30 p.m. Green Dragons Earth Day planning, CMU 207
2.09	7 a.m. - 10 p.m. Red Dragon swim meet, Nemzek Pool



Story idea?
advocate@mnstate.edu

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. Friday 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.

"One time a bus driver told me I look like a mix between Dwight Schrute and Mr. Bean... it's the meanest thing that's ever been said to me."

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The Advocate is always looking for talented writers, photographers, columnists and illustrators. Meetings are held at 12 p.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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World News

American tourist killed in Turkey

Turkish authorities have confirmed the death of an American woman who went missing in Istanbul and was killed by an apparent blow to the head, but questions about the mysterious ordeal remain.

Sarai Sierra, a 33-year-old mother of two from New York City, was last heard from on Jan. 21, the day she was due to fly home from vacation—her first trip abroad.

Turkey's state-run news agency said 15 people have been detained in connection with her death.

Affleck pulls another upset

Could the Oscar underdog Argo take best picture? Ben Affleck won the 65th Directors Guild of America Award for his Iran hostage drama, cleaning up a sweep of top prizes from awards season. Having already won the Critics' Choice Award for best picture and best director, a Golden Globe for best picture, a SAG award for best ensemble and a PGA award for best-produced picture.

No film has ever won all of the aforementioned prizes without winning best picture at the Oscars.

Ocean forgives Brown

It's probably safe to say Frank Ocean is the bigger man in this situation. Despite earlier reports that the singer would be pressing charges after Chris Brown allegedly punched him in a recording studio, Ocean said Saturday he will not be pursuing a case against the famously aggressive Brown.

"As a child I thought if someone jumped me it would result in me murdering or mutilating a man," Ocean wrote in a post on his Tumblr page. "But as a man I am not a killer. I'm an artist and a modern person. I'll choose sanity. No criminal charges. No civil lawsuit. Forgiveness, albeit difficult, is wisdom. Peace, albeit trite, is what I want in my short life. Peace."

Suicide highlights dangers of Adderall

Richard Fee was in college when, like many other undergrads, he had his first taste of Adderall. It wasn't long before he was dangerously addicted to the legal stimulant, with irresponsible doctors dashing off scripts without properly evaluating his side effects. At 24, two years after he had his first taste—and two weeks after his doctor finally refused to prescribe him the medication—Fee hanged himself.

While Fee's case is unusual, his patterns of abusing the medication are not. A 2006 study found that 10 percent of adolescents and young adults who misused A.D.H.D. stimulants became addicted to them, and even careful, doctor-supervised use of the medication can trigger psychotic behavior in one in 400 patients.

World news from dailybeast.com



MSUM Briefs

Dragon Frost event schedule

Tuesday
Soup feed - CMU main lounge 12 to 2 p.m.

Dr. Bernard Franklin, Success in your future - Weld, 7 p.m. sponsored by the Office of Diversity and Inclusion and Dragon Entertainment Group

MEISA open mic night - CMU main lounge, 8 to 10 p.m.

Wednesday
Ice cream social - CMU main lounge, 10:30 a.m. to 2:30 p.m. Sponsored by the Comstock Union Committee and the CMU

Cancer survivorship panel - CMU Ballroom, 6:30 to 8:30 p.m.

Thursday
Residence hall challenge - snow fort building contest (weather permitting)

Battleship - Nemzek Pool, 9 p.m. Pool party and karaoke following event

Friday
Pizza party - Nemzek, 5:30 p.m.

Go Pink Silent Auction - Nemzek 5:30 p.m.

Women's basketball vs. Augustana - Nemzek, 6 p.m. Featuring the FM Acro Team

Men's basketball vs. Augustana - Nemzek, 8 p.m.

Royalty coronation - Nemzek Immediately following the men's game

Friday Nights in Nemzek free movie - "Pitch Perfect"

Saturday
Freeze your Fanny Fun Run - Nemzek, registration at 10 a.m. event starts at 11 a.m.

Women's basketball vs. Wayne State - Nemzek, 4 p.m.

Men's basketball vs. Wayne State - Nemzek, 6 p.m.

DJ Dance - CMU Ballroom 9 p.m. to 1 a.m. \$3 for singles, \$5 for couples

IT switches offices

To facilitate progression of library renovations, Instructional Technology Services (ITS) will be vacating their current offices in LI 114 behind the IT Help Desk

IT can be found in their new office in MacLean 273.

For any technology problems, IT can be contacted at 218.477.2603 and support@mnstate.edu.

Security Update

Director of Public Safety

Greg Lemke

1.25
Theft of parking sign reported from the north side of the CMU.

Auto boot placed on vehicle in Parking Lot G-1 for fraud, one referred to campus judicial.

Roommate dispute reported in East Snarr.

1.26
Suspicious activity reported in Grantham.

Fire Alarm in Nelson, false alarm - burnt food.

Noise complaint in East Snarr, five referred to campus judicial.

1.27
Noise complaint in East Snarr, four individuals cited by Moorhead Police Department for minor consuming, five individuals total referred to campus judicial.

1.28
Requested welfare check in Nelson, contact made-subject okay.

Requested welfare check in Hagen, contact made-subject okay.

1.29
Suspicious activity reported in Dahl, referred to Moorhead Police Department.

Property damage report taken in Parking Lot G-9.

Safety Tip of the Week

Preventing Sexual Assault

Rape or sexual assault can happen to anyone, male or female, and it's *never* the victim's fault. You may not be able to prevent all sexual assaults, but you can lessen the risks by following some simple tips. Make a plan before you go out. Stick with your friends. Make sure you always have a ride home or a plan to walk home with a friend. Always keep your cell phone charged and on you. Always carry enough money to take a taxi home. Trust your instincts. Be clear about what's okay for you. Don't expect the other person to read your mind. If something doesn't feel right to you, leave and get to a safe place immediately. If you feel uncomfortable, leave or yell 'STOP' and 'HELP' until the person stops. Many perpetrators of sexual assault are someone the victim knows. Alcohol is the most common date-rape drug. In fact, alcohol may be involved in almost 75 percent of all sexual assaults reported. If you are going to drink, don't drink too much where you can't make good decisions. Avoid being alone with someone who has been drinking.

To report a problem contact Public Safety at 218.477.2449

Have a question about Public Safety?
Submit your questions to
Greg Lemke at greg.lemke@mnstate.edu

Audition for spring musical

Come and audition for the MSUM production of Tony Kushner's translation of Bertholt Brecht's most important play, "Mother Courage and Her Children."

Auditions will be held from 6 to 9:30 p.m. Feb. 8. Sign up for an audition time in the theater office.

This play with music follows the travails of a family as they try to make a living in a world torn apart by war. It is an epic production covering a large span of time and place, ranging in tone from the tragic to the comic, with 26 roles, nine with significant singing.

For auditions, students need to prepare a 90 second package that includes at least one monologue and a short piece from a ballad. Direct any questions to director Patrick Carriere at patrick.carriere@mnstate.edu or music director and composer Jeffery Izzo at jeffery.izzo@mnstate.edu.

MSUM Art and Design student featured in art magazine

Featured in the February 2013 issue of Ceramics Monthly is an earthenware piece by Department of Art and Design ceramics major Catie Miller.

Miller's piece is named "Hoarder Stacks" and is part of a collection called "Exposure."

International bellydancers to visit Moorhead

Bellydance Superstars Productions' Club Bellydance started a North America tour Jan. 19 and will be making a stop in Moorhead on Feb. 12.

Club Bellydance is a two-act performance concept that features select dancers from the internationally renowned Bellydance Superstars and locally-based premier belly dancers. Bellydance Superstars' Sabah, Moria, Sabrina, Victoria and Nathalie will showcase new choreography and ideas designed for the intimate, club-style show.

The show begins at 7:30 p.m. on Feb. 12 at the Garage Bar, 3108 9th St. S., Moorhead.

MSUM faculty, staff receive publishing award

Doris Walker-Dalhouse, professor Emerita, Derick Dalhouse, psychology, Carol H. Sibley and Korella Selzler, library, have received an award for a research article published in the "Journal of Reading Education."

This "Outstanding Article Award" was selected by the Organization of Teacher Educators in Reading of the International Reading Association.

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

A & E

MSUM musicians head to jug band competition

BY **BRYCE HAUGEN**
haugenbr@mnstate.edu

They're called Alien Brain and the Jugular Vein and Amanda Nygard is their leader.

Musicians streamed in and out of the MSUM music senior's south Moorhead house Friday night carrying instruments of a bygone era. Nygard was hosting practice for her jug band, and her living room reverberated with the sounds of a washboard, fiddle, jaw harp, mandolin, guitar and, of course, the low rumble of the signature ceramic jug. The band was preparing for its third annual trip to the Minneapolis Battle of the Jug Bands, which is now in its 30th year of celebrating this obscure form of blues-influenced music that



Submitted photo

incorporates homemade and traditional instruments. Alien Brain and the Jugular Vein is scheduled to perform around 6 p.m. on Sunday at the Cabooze.

"It's always been a family affair and these guys are my 'family' - my friend family," Nygard said.

How close the seven band members have grown over the past few years is obvious in their banter.

"The rule is we rip on

whoever is not here," said Lyle Landstrom, a scruffy middle-aged civil engineer, as he plucked on his guitar.

His daughter, undeclared MSUM freshman Sam Landstrom, joined the band when she was 15. She said being in Alien Brain and the Jugular Vein has "been irritating but been rewarding in other ways. We really know how to get on each other's nerves and it seems like everybody likes to do that."

Three years ago, when her other band couldn't make it to the Battle of the Jug Bands, Nygard found some replacement players. And they've been together ever since.

Locally, the band has played benefit shows, including for the Rape and Abuse Crisis Center.

JUG BAND, PAGE 4

Oscar predictions and preferences Actor in leading and supporting role

BRIAN ASHBURN • ashburnbr@mnstate.edu

Actor in a leading role

Although it's considered the tightest race in years, Daniel Day-Lewis's portrayal of Lincoln has swept the awards season with ease, as he should; anyone who saw "Lincoln" will agree that he was flawless and captivating.

The other four nominees deserve the recognition for their incredible performances.

Hugh Jackman was the driving force behind the plot of "Les Miserables" and starved himself for days to look worn down. Bradley Cooper was at his best in "Silver Linings Playbook," and both Denzel and Joaquin delivered excellent performances.

But at the end of the day, there is no doubt Day-Lewis will walk away with his well-deserved third Academy Award statue.

Actor in a supporting role

The awards season has been all over the board in this category, with wins given to Tommy Lee Jones, Philip Seymour Hoffman and Christoph Waltz.

The Academy will likely lean toward Jones, especially since "Lincoln" will have a strong showing the whole night.

However, Christoph Waltz's hilarious badass bounty hunter in "Django Unchained" deserves the win over Jones. Waltz was arguably the best part about "Django," whereas Jones' presence wasn't as heavily felt.

Honorable mention goes to Robert DeNiro's raw, emotional performance in "Silver Linings Playbook."



Who do you think will win? Prepare your predictions for an Oscar contest in the Feb. 19 issue of the Advocate

MSUM students attend Sundance Film Festival

BY **CONOR HOLT**
holtco@mnstate.edu

Being a film student has many advantages: the ability to make films with school-provided equipment, to receive feedback and advice from your peers in classrooms, and to simply study film for a living. But one advantage I only discovered last year was the ability to attend the Sundance Film Festival with a film student pass, a one-way ticket to seeing a bunch of awesome movies for a great price. So, with my roommate and fellow film student Emily Lichtenberg, I packed my bags and headed to Park City, Utah, to attend one of the most important film festivals in the world. No pressure.

My favorite film at the festival was Lake Bell's In A World..., a hilarious comedy about a struggling vocal coach (Bell) who tries to break into the male-dominated trailer voice-over world. Bell also wrote and directed the film, her feature debut, and she dominates in all three roles, crafting a witty, sharp Hollywood satire with a strong, funny protagonist. The supporting cast, including Rob Corddry, Michaela Watkins, and Fred Melamed, is also fantastic, and the film is an all around delight.

Another excellent film I saw at the festival was Ryan Coogler's Fruitvale, based on the true-life story of Oscar Grant, a 22-year old black man killed by police in Oakland, Calif., on New Year's Eve, 2008. The film looks at the last day of Oscar's life, depicting a charming young man trying to make amends for the mistakes in his life, before being cruelly cut down by an over-aggressive police force. As Oscar, Michael B. Jordan (Friday Night Lights & Chronicle) gives a full-bodied, emotional performance and Octavia Spencer also impresses as Oscar's mother. This is Coogler's first feature film, and it's a stunning debut (the film ended up winning both the Grand Jury prize and the

Audience Award at Sundance).

With my film student pass, I was also able to attend three film-student-only events. The first was a meet-and-greet with some of the festival programmers, where we learned about what they look for in submitted films, and the challenges of watching movies as a full-time career. The second was a meet-and-



Conor Holt • holtco@mnstate.edu
Sundance Festival in Park City, Utah

greet with members of the industry, who all come to Sundance to seek out what's new in cinema. I was thankful my aunt had made business cards for me to hand out. And finally, the third event was a speed-dating event with filmmakers at the festival, where each filmmaker spent 10 minutes at each table of film students. There was more great information on how to get a film into Sundance, and business cards were passed around. Each two-hour event was a whirlwind, but I am so lucky to have been there.

All in all, my first Sundance was an exhausting, exhilarating time. In between seeing midnight movies about rock stars and short films about stud cats, I met a ton of amazing people and learned an incredible amount about filmmaking and the film industry. And beyond all the films and the industry and the whatnot, I had a great time just hanging out with other festival-goers, talking about movies and simply being excited to be there. I hope to return many times in the future.

JADE PRESENTS

KEEPING MUSIC LIVE!



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



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



THE PRICE IS RIGHT LIVE
Come On Down & Win Big!
Friday, Feb. 22
Fargo Civic Center
7:30pm Show • All Ages



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



SOULFLY
w/ Incite & Lody Kong
Wednesday, Feb. 27
House Of Rock @ The Hub
7pm Doors • Ages 21+



HAIRBALL
w/ Sweet Siren
Friday, Mar. 15
The Venue @ The Hub
8:30pm Doors • Ages 21+



EASTON CORBIN
Country Superstar!
Thursday, Mar. 21
The Venue @ The Hub
6pm Doors • All Ages



TRACY MORGAN
Excuse My French
Saturday, Mar. 23
Fargo Theatre
6pm Doors • Mature Aud.

UPCOMING SHOWS

THE WONDER YEARS • Monday, Mar. 18 • All Ages • The Aquarium • EARLY SHOW!
SUM 41 • Friday, Mar. 29 • All Ages • The Venue @ The Hub
SHINEDOWN/3 DAYS GRACE/P.O.D. • Wednesday, Mar. 30 • All Ages • FARGODOME
TWIZTID • Tuesday, Apr. 2 • All Ages • The Venue @ The Hub
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
RODNEY ATKINS • Tuesday, Apr. 16 • All Ages • The Venue @ The Hub
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 Ampitheatre / 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

Be besties with your testes entertains, informs



The first 50 participants were given free T-shirts, designed by graphic design students.

Submitted photo

BY SARAH TYRE
tyresa@mnstate.edu

When MSUM Wellness Educators learned that January was testicular cancer awareness month, they thought an appropriate way to spread awareness would be to host a dodgeball tournament.

The event, "Be Besties with your Testes" was open to all students on Jan. 31 in the Wellness Center. The silliness was apparent in the names of the teams. For example, the team "Dragon Balls Deep" did particularly well in the tournament.

"We hope that male students will see that because we're basing this event around testicular cancer, it exists and shouldn't be ignored. It can happen to anyone at any age," said Kelli Nadeau, mass communications junior and wellness educator.

The Wellness Educators are an organization based out of Hendrix Clinic and Counseling Center. They work to promote healthy living on campus. For this event, they teamed up with the intramural coordinators on campus.

"People are comfortable with breast cancer now. This was a way to get the message of testicular cancer and self exams out," said Lynn Peterson, the Wellness Educators adviser.

At their weekly meeting, the wellness educators came up with the idea of the dodgeball tournament. Potential names included "Go Nuts" and "We Bust our Balls."

The Wellness Educators said students think cancer only happens to older people, so they wanted to emphasize that it happens to young people too.

"Testicular cancer is the number one cancer for men ages 20 to 39. It's also the most curable cancer if it's caught early," Peterson said.

Cards with instructions on how to perform a self examination were handed out at the tournament. T-shirts were given to the first 50 people to arrive.

The cards informed students that self exams should be performed once a month. It is important to remember that testicular cancer can be cured. Finding it early is the best way to fight it.

"Dodgeball tournaments are always fun, and this is a funny way to talk about something serious," said Ryan Olson, an exercise science junior.

The Wellness Educators are recruiting new members. Applications are available in the Hendrix Clinic and Counseling Center.

Derby girls battle breast cancer



MEGAN HAVIG • havigme@mnstate.edu

Alex Vruno (far left) and Sam Adducci (middle in white helmet) block the opponent.

BY MEGAN HAVIG
havigme@mnstate.edu

The Fargo Civic Center will be bathed in pink this Saturday as two teams from the Fargo-Moorhead Derby Girls compete against two from the Winnipeg Roller Derby League.

All proceeds from the "bout," or game, go toward the Go Pink with the Dragons' cancer charity. MSUM will in turn give the money to the Roger Maris Cancer Center.

Alex Vruno, or "Nutmeg," as she is known to her teammates, is excited about the bout. The 26-year-old Fargoan has participated in the F-M Derby Girls for five years. She said this will be their third year hosting the Go Pink charity.

"MSUM has been good to us," Vruno said. "We get excited about it because everyone gets to wear pink and the track is

covered in pink."

Vruno said being a part of roller derby kept her in Fargo longer than she anticipated.

"It made me feel a lot closer to the community," she said. "I love to be able to kick people's ass."

Another derby member, Sam Adducci, or Sedducci, a 2012 MSUM graduate, will guest-compete in Saturday's bout. Adducci said she used to attend the MSUM Go Pink events when she was a student and will now be able to help host one.

"Being able to do what I love (play Derby) and help the community simultaneously is an awesome feeling," Adducci said.

Doors will open at 6:30 p.m. and the bout will begin at 7 p.m. Tickets prices are as follows: \$12 for adults, \$10 with student ID, \$7 for children

6 to 12 years old and free for children 5 and under. Tickets are available at the Civic Center Box Office or are at ticketmaster.com



MEGAN HAVIG • havigme@mnstate.edu

Alex Vruno is known by her teammates as "Nutmeg".

My one reason?
To provide hope for people in need.
You only need one reason to donate plasma.

Find out how becoming a plasma donor can make a difference for patients and help you earn extra money. As a new donor, you can earn up to \$85 this week.

Talecris Plasma Resources
800 Holiday Drive, Moorhead
(218) 287-2700

In addition to meeting the donation criteria, you must provide a valid photo I.D., proof of your current address and your Social Security or immigration card to donate. Must be 18 years of age or older to donate.

GRIFOLS
Pride for Donors. Passion for Patients.

Want a spring break body?

It Works!
THIS IS WHAT IT DOES!

TIGHTENS, TONES, AND FIRMS IN AS LITTLE AS 45 MINUTES
REDUCES THE APPEARANCE OF CELLULITE
GIVES YOU FAST & LASTING RESULTS FROM A BOTANICALLY BASED FORMULA

HOLLYWOOD'S BEST-KEPT SECRET!
AS SEEN AT: THE OSCARS® & EMMY® AWARDS
CELEBRITY GIFT SUITES AND ON THE SET OF SEX & THE CITY 2!

I can help!

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Features

WHITLOCK, FROM FRONT

there he went to New York to work with George Faison's dance company and he toured across the United States. After touring with that company he took his talents to the national company of the hit musical "The Wiz." Working with prominent people such as Ossie Davis and Ruby D., Whitlock not only gained even more experience but he began making a name for himself.

"That was truly wonderful, watching Ruby D. work on a day-to-day basis is amazing," Whitlock said.

After that work he got into a production called "Zoot Suite" that ran on Broadway. Upon closing of the show the director contacted Whitlock about bringing him to a work in another company in Los Angeles but because of the gas crisis it instead closed. Things weren't looking so well for the production of the company until Whitlock received a call one day asking to be a part of a

anything."

Being an assistant to directors and choreographers, Whitlock got the experience he needed to finally become one himself. He found that his degree in speech was most helpful when dealing with directors and actors; helping the communication between them was his strong point. Although he has taught a range of classes, he admits that directing is his favorite.

"You get to be all the characters, you must investigate it like that," Whitlock said. "Your focus is what's being communicated to the audience and what are all the images, symbols all those things have to be coordinated as well."

After finally relocating back to Minneapolis, Whitlock found a passion in teaching and had the opportunity to teach without needing his license. Teaching three classes and a wide range of students from

"You get to be all the characters. You must investigate it like that." - Lewis E. Whitlock III

movie that they were making in honor of "Zoot Suite".

"I remember the director said to me while we were doing the show that he didn't like the costumes made for me," Whitlock said. "I just thought: Well I am a dancer and the only thing you can ever say when you're a dancer is 'Does it fit?' and if it didn't that was the only time you could say

freshman to seniors at MSUM, he likes how interested and involved his students are in class. Whitlock said his biggest accomplishment was a production that he created that went on for 14 years before finally ending. He said he hopes to stay at MSUM and continue teaching while getting involved as much as he can in the dance community around the area.



ALECS PETERS • petersal@mnstate.edu
Lewis E. Whitlock III instructs the dance production and tap classes.

JUG BAND, FROM PAGE 3

In the past month, they've gigged at the Northsider Bar in north Moorhead's All Star Bowl. But right now, the focus is winning the coveted waffle iron - spray painted gold - bestowed upon the champion of the battle of the Jug Bands. While some bands at the battle have elaborate period costumes and staging, Alien Brain and the Jugular Vein decided

against it - although one year they did wear tin foil hats.

"Our music is more of the thing," Nygard said, before fiddling to the 1928 Harry McClintock tune, "The Bum Song." "I think we've gotten a lot better."

Last year, the band took second place out of a few dozen competitors, and Nygard took

home the "triangle of power" individual prize for being the best multi-instrumentalist. Band members are confident they can seize the waffle iron this year.

Besides Alien Brain and the Jugular Vein, Nygard leads the roots outfit Amanda Standalone and the Pastry Shop Girls. And last month, she tried out for The Voice.

Nygard maintains a philosophical outlook about not advancing in that competition.

"Anything that will be sustainable and will actually grow has to happen in its own time," she said. "You climb the ladder just like any other thing. Sometimes the idea of making it to the top seems absurd ... I'm a folk musician, man. C'mon."

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Opinion

Advocate Editorial Board

MSUM parking snafu

This past summer the city of Moorhead passed a new snow emergency law, which led to upwards of 120 cars being towed this past week. Students, faculty and community members alike were outraged to learn that their cars had been towed with little warning. Despite it being broadcast on the news, and printed in the paper, many still were unaware that the towing was occurring. The university notified students via email and text alert, but not until three hours after the towing had already begun.

The Advocate staff feels that neither the city nor university is fully to blame for the lack of communication. However, both sides should have better notified the public and student body. Likewise, students should strive to stay informed about their community.

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. Friday and can be sent to MSUM Box 130, dropped off in The Advocate office or emailed to advocate@mnstate.edu.

Provide more options in sex ed



BY JANAE BOSWELL
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Next month will mark two years since North Dakota passed a bill outlining sex education curriculum in high schools based entirely on promoting abstinence. It is unfair that the government can control what teachers present to their students.

Abstinence-only should be included in sex education. I can understand why parents would want abstinence-only education to be taught. However, abstinence shouldn't be the only thing taught.

Younger generations need to know about safe sex and the possibilities of contracting a sexually transmitted infection (STI). This could not only prevent the spread of STIs but lower the rate of teen pregnancy. Shows like "Teen Mom" are showing teenagers what it's like to be a teen parent but not the dangers that come along with having sex at a young age.

Just because teachers inform students about abstinence doesn't mean they will be abstinent. Teachers should stress abstinence in their lessons because that is the only method that completely prevents all the issues that can happen while having sex.

Yet with Valentine's Day coming up, talking about safe sex is important. The best people to preach abstinence to teenagers would be their parents. A teacher talking about abstinence will help to

convince students but the most effective influences are parents.

Growing up, my mother talked to me about abstinence a lot. She also talked about STIs and the experience of being a mother at age 21. My aunt passed away from AIDS before she reached 30 years old. All of these things helped me make the decision to be abstinent while all of my friends were already having sex. Graduating from a North Dakota high school, more than 50 percent of the girls in my class were already mothers. It is because they didn't teach us enough in health class about pregnancy.

Once, while I was in high school, there was an outbreak of STIs, mainly chlamydia. Half of the students in our class had no idea what chlamydia was. I know that if they were taught more about safe sex it would have lowered that rate. I agree completely that abstinence should be taught in sex education because it is the main thing that can prevent all of

"Younger generations need to know about safe sex and the possibilities of contracting a sexually transmitted infection."

these issues but the possibility of teens being abstinent now isn't very likely. More than 50 percent of teenagers lose their virginity

in high school, and I'm sure a large majority of that is on Valentine's Day.

North Dakota is going about sex education the wrong way. Yes, teach abstinence, but don't make it your core curriculum because it is not realistic. The legislators are too hopeful that preaching abstinence will stop teens from having sex but in reality it won't. Teenagers are in that stage where they are experimenting with a lot of different things and they are feeling peer pressure for the first time. If anything, we need take into account ways to help them have safe sex and educate them on teen pregnancy.

Each teen is their own person and regardless of what they are taught, they will do what they want anyway. Like my mother always used to say growing up: "You can lead a horse to water, but you can't force it to drink."

Do you think teaching teens abstinence only in sex education is the most effective way to go? Tweet @MSUMAdvocate #SexEducation #Abstinence

Language lessons from a language lover



BY APRIL KNUTSON
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This is a column that I have been waiting to write. It pertains to one my pet peeves. Do forgive me, as it has long festered in my fingers as I continue to lament the sad, sad deterioration of our language.

Texting, facebooking and leet speak warp words, add letters and elongate one syllable words to long, drawn-out ridiculous exclamations, like the meaning of these re-sculpted words is directly related to the amount of key strokes it takes to type them.

It doesn't matter the sentiment. Happy, sad or surprised, more letters mean a more exuberant

reaction.

For example:

- Omggggggggggg, that's sooo cool.
- Noooo, I missss you!
- Yesss, lets' do it.
- Look at my hur (referring to hair)

Now I am in favor of self-expression, but when did it become a symbol of "cool" to misspell words, add letters and

English, or in particular the American version, is a hodge-podge of influences from many nations. Our

rich history has added words, transformed spellings and refined figures of speech including the recent patriotic phrasing of "Murica."

I suppose the American poet E.E. Cummings would agree with all of you. He used unique typography to create interesting work. His quest for self-expression led him to disregard common rules of punctuation and syntax.

The internet or texting allows for more flexible rules of communication. But this exposure to constant relativity of language infiltrates into everyday uses. I fear soon there will be no need for spaces, "you" will

be shrunk to "u" and capitalizing "i" will be a long lost legend.

Perhaps I am alone in being irked by this slow progression to shorting, twisting and omitting words. But it doesn't take long to find proper words to communicate effectively. Language is rich and interactive. We are cheating it by dumbing it down, lazily using extra letters to emphasize our

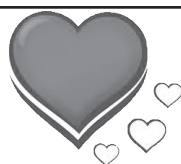
"Language is rich and interactive. We are cheating it by dumbing it down, lazily using extra letters to emphasize our points."

points. Please observe some alternatives to the above expressions:

- W o w , that is really interesting.
- No, my friend, I miss your company.
- Yes, that particular activity sounds really fun.
- This is my new hairstyle.

Self-expression is relevant and language is fluid, but let's retain some of our refinement even in fast-paced, period-less, digital lives.

What Facebook expression should we delete? Tweet @MSUMAdvocate #losinglanguage



Do you have any funny or romantic Valentine's Day stories? Submit your stories to

advocate@mnstate.edu



Sports & Health

Wrestling team falls in NSIC action to ranked opponents

BY BREANN LENZMEIER
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The Dragon wrestling team hosted two ranked opponents in Northern Sun Intercollegiate Conference action this past week. With the season drawing to an end, each match is critical to both the individuals and the team as they prepare for regional action.

First up for the Dragons was a dual against No. 10 Minnesota State University, Mankato. The Dragons wrestled tough against the Mavericks but came up short in the dual losing 19-24.

"I thought we wrestled well against Mankato ... we had some fire," said Kris Nelson, head wrestling coach.

The Dragons won four of the 10 matches with Angel Vega and Gerad Fugleberg leading the way. Vega earned a decision and Fugleberg won by major decision.

After a close match, the Dragons were back in action when they hosted No. 6 Upper Iowa. The Peacocks won eight of the 10 matches with the Dragons getting wins from Vega and Fugleberg. The final score was 6-28.

"I thought we came out a

little flat today, ... they beat us to the punch from the beginning."

Nelson said one thing the team will need to work on is when the wrestlers choose the down position.

"If we're going to choose the down position, we have to be able to get out."

Coming off two tough losses in conference wrestling, Nelson said the team shouldn't hang their heads on the tough losses but rather get back in the practice room and regroup for the Concordia dual.

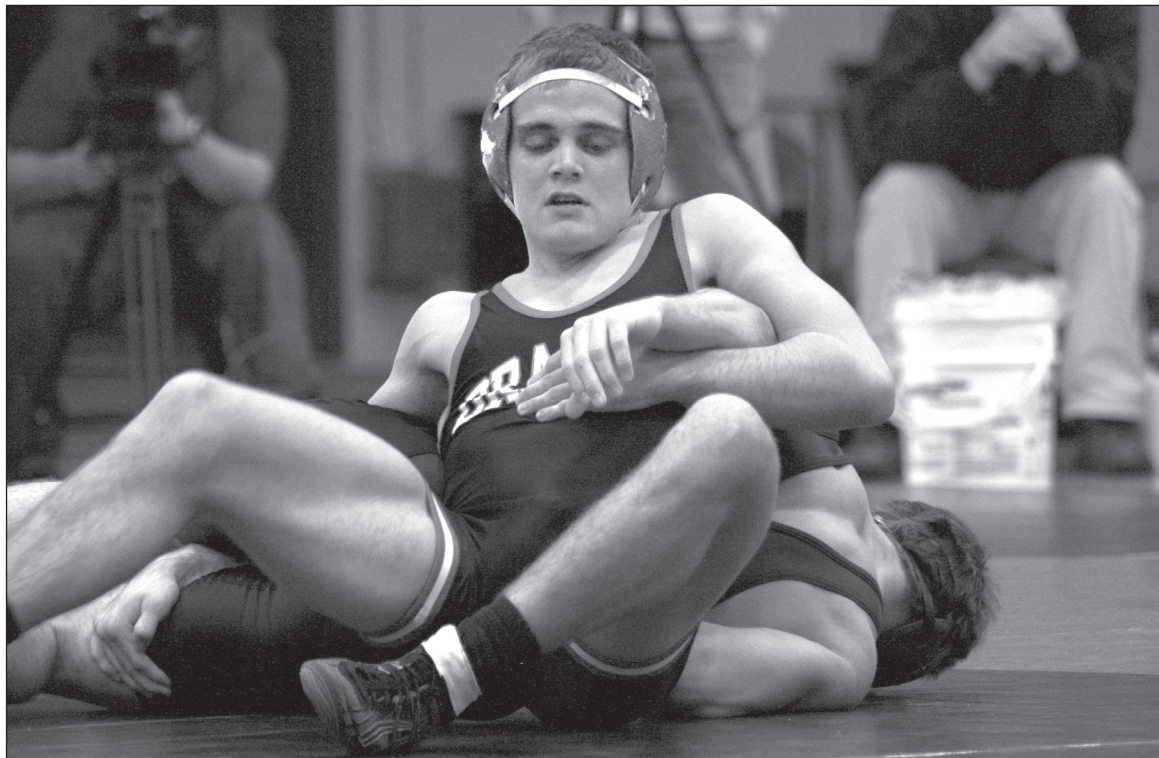
The team will look to improve their seed for the regional conference duals when they travel to Augustana and Southwest Minnesota State University.

The dual against Upper Iowa marked the last home dual for the season and the last home match for seniors Jake Bennett and Kerron Williams.

Williams is nearing 25 wins and Bennett is closing in on 50 wins.

"They've been great leaders for our team," Nelson said.

He said Bennett's and



Jake Bennett works for the win in dual action last Thursday at MSUM.

BREANN LENZMEIER • lenzmeiebr@mnstate.edu

William's hard work has shown their dedication to the program and to underclassmen how hard work can pay off in the end.

"We're going to miss them in the room and competing for the team next season," Nelson said. The biggest thing he said,

is to keep working hard and to give 100 percent each time the wrestlers step out on the mat.

With the home schedule

finished, the team will travel a short distance west to face Concordia in non-conference action.

Changes to swimming, diving facilities designed to improve athletes' performance

BY LEWIS GRANT
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When the swimming and diving teams returned after winter break, they dove into several changes floating in their home waters of Nemzek.

Swimmers walked on to new starting blocks, recently changed to adhere to NCAA standards. The blocks now have grip handles, as well as a rear platform, allowing swimmers to perform greater lifts and launches.

The blocks will give MSUM swimmers an advantage heading into the conference season.

"Our swimmers get to practice with equipment everyday that no other team in the conference has yet," head swimming coach Todd Peters said.

The divers returned to a facility with two replaced springboards and the addition of a third

springboard. The changes stem from the suggestions of diving coach Nate Brisley, who said new boards would improve divers' performance levels.

"New technology in the boards provides more grip," Brisley said, "and also allows for a much safer, smoother and higher jump."

The changes are part of Brisley's plans to revamp the diving team, from the facility to roster size.

Brisley said he wants a team of 10 divers, up from the team's current four.

"More divers would bring out the best in the divers, as well as create a really supportive environment," he said.

A dry land training facility is also being built, which will be completed by next season. The training facility, Peters said, will feature a box trampoline with harnesses to perfect dives before

divers even hit the water. The renovations cost \$80,000, which came from an athletic fund. A dry land springboard will also be housed in the facility, designed to help divers practice their techniques before splashing into the pool.

"The dry land room is going to be very beneficial for our team leading into the conference meet and especially for the off season leading into next season," junior diver Kelsey Jandro said.

The Dragons will compete in the inaugural Northern Sun Intercollegiate Conference meet in Rochester, Minn., on Feb. 7 to 10, followed by the Division II NCAA Championships in Geneva, Ohio, on March 5 to 9.

The Dragon women's swimming and diving team is looking for great meets, aiming for repeat trips to nationals for both swimmers and divers.



JESSICA FLEMING • flemingjes@mnstate.edu

The swimming pool in Nemzek Hall was recently outfitted with new equipment from an athletic fund.



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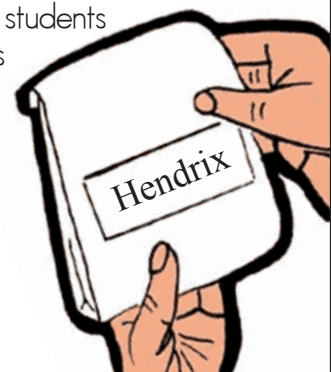
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News

TOWING, FROM FRONT

gone so far as saying we should contact each individual by phone. We don't have the resources to do that."

Moorhead city officials sent out press releases to the local media organizations and contacted both Concordia and MSUM.

"There were multiple public meetings, mailers to home owners in the district and to campuses in orientation packets," said Chad Martin, Moorhead's operations director.

Two blue snow district signs are also in place on each block of the snow district. The signs read: "Snow Removal District - Subject to tow" along with a web address directing drivers to more information on scheduling.

Martin admitted that there may have been some gray areas on Tuesday, with emails worded unclearly, but he said with the mass flurry of information on Wednesday, students should have known.

"We're never trying to surprise people," Jacobson said. "We advertise, contact the media ... whatever they can do to get themselves in the know."

Students towed by surprise

Despite the efforts of city officials to warn the public, many students were still caught off guard.

Chelsea Marquette, an art and design senior, was walking to her car after class Wednesday morning when she realized her car had been towed. She ran inside to warn her roommate, who was also parked illegally.

Her roommate Chantel Fugere, an art and design senior, said she thought she made it to her car in time because it hadn't been towed, but she was wrong.

"I was about to get in my car to move it when an officer pulled up next to me and told me I could not move my vehicle," she said.

The officer told Fugere that the towing company had already been called for impound.

"There was already a tow truck assigned to that vehicle," Jacobson said, later explaining that once a car is called in for impound it has to be taken or the owner has to pay an upfront fee for the arrival because there's a contract between the city and towing company for sending a truck and driver.

Unclear email fails to help students

Fugere hadn't known about the temporary parking regulations because she had not checked her email Wednesday morning.

The email wasn't sent to the MSUM student listserv until about 8:45 a.m., after towing had already begun.

Fugere said she believes the number of illegally parked and towed cars could have been significantly lower if the email had been sent 24 hours in advance and if the email had been stated more clearly.

"When I did go home and read the email it really made no sense to me," she said. "Because it said don't park in front of even number houses in residential areas, but parking in front of an academic building, to me, is not parking in a residential area."

Fugere and Marquette were both parked along the north side of Ninth Avenue in front of Hendrix Clinic and Counseling Center.

Along with the email, a text message was also sent to students signed up for e2campus text alerts. The text message was sent at 10:55 a.m. on Wednesday.

Although many students are

placing blame on the school for not notifying them earlier, Jessica Jaspersen, a mass communications and English senior, said we can't place the blame on just one person.

"I think it would be easy to place blame on a specific person, for example Greg Lemke who did not send out the e-mail until Wednesday morning when Concordia sent out the e-mail on Tuesday," Jaspersen said. "However, the city of Moorhead should have broadcast many announcements in between fall and winter, as well as before and after the first snow fall no matter the amount of snowfall."

Jaspersen's boyfriend, Joel Kromer, a social work senior, had his car towed from 13th Avenue on Wednesday.

"Joel and I did not receive any information prior to Wednesday, and we both do not have cable, buy the newspaper or listen to the radio on a regular basis, which perhaps would have informed us of the snow removal plan," Jaspersen said.

Time, money wasted due to towing

Due to the miscommunication or lack thereof, much time and money was wasted on both the city's side and the students' side.

"Moorhead wasted the time of the towing company they hired, the time of the police officers, the time of many students and taxpayers money," Jaspersen said.

Although the only role of the police was to assist the wrecker, Jacobson said, "It's going to be several thousand dollars just to the police department. It was very non-cost efficient."

Students also bore some of the burden. It cost \$95 to retrieve one's car from the impound lot, plus an additional \$10 for each day the car was held, which caused financial stress for some students.

"It's an extreme inconvenience, and the worst time it could happen," said Marquette, who couldn't afford to retrieve her car until she got paid on Friday.

Kromer also couldn't afford to pay the fee until he was paid on Friday, but was able to negotiate a deal with the police to only pay the original \$95.

Now that people are aware of the snow removal district, the city expects everyone to be better informed and prepared for the next snow removal.

For more information and a full map of the blue snow removal district, visit www.ci.moorhead.mn.us/snowdistrict.

GALA, FROM FRONT

Walthall said.

Since 2009, the Founders Scholarship has been awarded to passionate and talented students. Last year, 10 Founders Scholarships were awarded. Since its inception, more than \$60,000 has been awarded to 26 MSUM students.

"MSUM students should know that there a lot of people on our campus and throughout the

F-M community rooting for them and who understand there can be some financial struggles during the college years. Many of us have been in that same position and want to show our support of our amazing students," Walthall said.

One of this year's Founders Scholarship recipients, Amie Nowacki, is studying biology and said she hopes to become

a doctor of veterinary science someday. This summer, Nowacki conducted research in Costa Rica where she was a wildlife biology intern. This experience encouraged her to continue to travel abroad. Nowacki will be speaking at the gala about her experience and how the Founders scholarship has benefited her.

Other Founders Scholarships recipients include Kelsey

Amundson, Tyler Anderson, Taylor Esler, Morgan Holmgren, Jordan Maahs, Katelyn McMahan, Andrew Pederson, Aaron Rush and Robert Trefethern.

The Founders Scholarship Gala was first held 10 years ago. Each year, the event entertains its attendees with a variety of speakers and activities. Besides the food, raffle and wine tasting, attendees will be dancing to The

Front Fenders, a high-energy rock and roll band. Guests can also look forward to MSUM alumnus and actor Kevin Sorbo making an appearance at the event as this year's special guest speaker.

Guests of the gala can bid in the silent auction which, includes: Disney Park passes, hotel and restaurant gift certificates, art, an iPad and even the opportunity to be an extra in a Kevin Sorbo film.

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