Red & Green

October 8, 2009 Vol. 91 No. 5

Minot State University, Minot, N.D. 58701

www.minotstateu.edu/redgreen/



Submitted photo

Nursing professor Marita Hoffart volunteers to be duct taped to a wall in Memorial Hall by nursing students. Pictured are (kneeling, from the left) Amber Widmayer, Amber Barnes; (standing, from the left) Michaelyn Gessner, Hoffart and Natasha Shipman. Hoffart was duct taped by the students to raise funds for their trip to Tanzania.

Professor donates body to worthy cause

Four nursing students, one nursing instructor and one local nurse duct taped a nursing instructor to the wall last week. Minot State University's Marita Hoffart stood patiently on a box while students placed

Four nursing students, one tape all over her. The event's purpose was to raise funds for nursing students to travel to g instructor to the wall last Tanzania.

Organizers sold duct tape by the yard and the roll. They

See Nursing – Page 2

Minutes before the big game



Photo by Jesse Kelly

Students (from the left) Danielle Stuart, Amber Davis, Andria Livingston and Tonya Stuart participate in tailgating festivities, despite cloudy and cold conditions. For highlights and scores of Saturday's game, turn to page 10.

Big prizes for the best scare

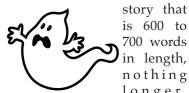
By Bryce Berginski Editor

Minot State University's English department, in cooperation with the Sigma Tau Delta English club, is making a change to the old "trick-ortreat" children's rhyme.

Rather than providing something to eat, they are pro-

viding a dramatic reading of a prize-winning ghost story on Oct. 29.

The English department and English club are hosting a ghost story contest. Any student who wants to can participate, not just students who are English majors. Students participating would write a



l o n g e r. The kind of stories they are looking for are descriptive

See Stories - Page 2

News

Giving the gift of life



Photo by Cassandra Neuharth MSU student Jhondarr Lopez and Mark Lyman, director of Public Information, volunteer to give blood during the blood drive last week. MSU Student Ambassadors and Student Government Association sponsored the drive.

... Nursing continued from page 1

then placed the strips across Hoffart in an attempt to stick her to the wall. On removal of the box, she stuck briefly to the wall, and then slid down.

The Student Nurse's Association and Omicron Tau, an MSU nursing honor society, recently held a medical supplies drive for FHSSA. Rhoda Owens, Omicron Tau president, suggested an actual visit to expand MSU's understanding of global nursing.

On Dec. 30, nursing students Amber Barnes, Michaelyn Gessner, Sara Samulenok and Amber Widmayer will travel to Moshi, Tanzania, to participate in a partnership they began last fall with Foundation for Hospices of Sub Sahara Africa.

Interested students, faculty, and nursing individuals in the Minot community planned the trip during the semester break. Fundraising efforts begun this summer were successful in raising some of the travel expenses. Laurie Dimler, the nursing instructor traveling with the group, is grateful for the support of the nursing faculty, students and community in the fundraising efforts.

"Our next effort before our travel is for medical supplies that we will take with us to Moshi," she said.

An upcoming event will collect hand sanitizer, multivitamins, band aids, and monetary donations so the hospice can buy other needed supplies.

... Stories continued from page 1

and create a mood that is scary, macabre, and supernatural and straddles the borderline between reality and the imagination.

Entrants must turn in a hard copy to Sherry Wheeling in the Humanities office, Hartnett Hall room 148. They must also e-mail a digital copy to her by the end of the business day Oct. 20, 2009. Members of the English department faculty will look at the stories that day and choose the top three winners on Oct. 22. Sigma Tau Delta will treat the top three as guests of honor at a pizza party.

The Red & Green campus newspaper will publish the first place story in the Oct. 29 issue. Members of the theatre department will dramatically read it on KMSU radio that night. People from the art department will make illustrations to go along with the

ok story.

This is the first time the English department and the English club have joined forces for an event like this, and more could arise if it is successful.

"We are seeking to engage the campus in literary endeavors and storytelling," Robert Kibler, English department coordinator, said of the event. "Literature serves to teach, move, and delight. For this we are putting more emphasis on the latter."

YOUniversity promotes career programs, higher ed. schools

(YOUniversity, Boynton Beach, Fla.) YOUniversityTV, a college video resource community promoting higher education and assisting college-bound students with the college-selection process, today announced the launch of its new weekly blog, "A day in the life of ...," on Seventeen magazine's Freshman 15 micro-site. The new blog, written by all three of YOUniversityTV hosts, is dedicated to careers and career advice.

Each week, YOUniversityTV hosts Nicole Erin, Sheana Klasfeld and Ferrari St. Paul will feature a different career on their new blog based on their first-hand experience working alongside professionals for a day. The careers showcased on the blog will include some of the most conventional careers appealing to today's new hires, as well as those that are a little less than ordinary.

Erin, Klasfeld and St. Paul, who have traveled across the



country to film YOUniversityTV's hundreds of College Video Tours (CVTs), will also include а YOUniversityTV career video with each blog entry, which gives their readers an in-depth look at what it would be like to spend a day in the life of each different profession -- more than 100 careers are featured on the YOUniversityTV site.

"The new blog on behalf of YOUniversityTV's hostesses is an opportunity for them to share with Seventeen readers everything they've learned and experienced throughout the filming of these career videos," said Ron Reis, co-founder and CEO of YOUniversityTV. "The blog creates a fun way for teens to learn about different professions, while also giving them the opportunity to lead discussions about the careers they're interested in pursuing."

YOUniversityTV is a College Video Resource Community dedicated to promoting higher education by assisting collegebound students with the college-selection process, providing access to videos and educational resources for top colleges across the U.S. - more than 400 YOUniversityTV, to date. founded in 2008, is based in Boynton Beach, Fla. To experience life at the YOUniversityTV campus, visit www.youniversitytv.com. To engage with YOUniversityTV on Twitter follow the link twitter.com/youniversitytv.

Editor's note: Minot State University partnered with YOUniversity in 2008 to promote MSU on the Web. MSU's video can be viewed at www.youniversitytv.com/youl ife/cvt.php#vidid=3591.

News

2009 KMSU Auction: 'Make the Call, Win it All!'

By Cassandra Neuharth Comm 281

The 2009 KMSU auction at Minot State University will kick off at 6 p.m. on Thursday, Dec. 3. The money raised will go towards purchasing new equipment for the broadcasting department, scholarships for local area high school students and to helping one person in need. This is the 11th year for the QVCstyle event.

Students throughout the broadcasting department have begun gathering donations of items to auction off live on Channel 19. Viewers will call in and place bids on-air during the allotted time period. The high bid wins the package.

This is a marketing

tor Ken Nelson • Pastors Mike & Kari Panco firstlutheranchurchminot.com

opportunity for Minot businesses. The White, Red, and Green Clubs will provide different marketing promotions for a business giving a donation.

In May of 2009, students the Minot State on University campus were finishing up tests and getting ready to toss their caps. For one MSU faculty member, the test was to stay positive and strong.

Honors Program Director Lynne Rumney, diagnosed with stage three breast cancer, will be the recipient for this year's auction. Rumney, along with her husband John Rumney, has been with MSU for 13 years. She said she has been moved and touched by the MSU students involved with the auc-

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n 2nd er 4th Weekends of each mo

tion, as well as by all the faculty members and students supporting her through these tough times.

Rumney will speak on the preview show the night of the auction. She said she sees this as an opportunity to draw awareness to MSU students and faculty who are coping now or who have coped with cancer. Rumney said she appreciates the thoughtfulness.

For further information or to to donate to the auccheck tion, 011 www.kmsuauction.com or contact Jenn Thorgramson at jennifer.thorgramson@my.min

otstateu.edu. Broadcasting students encourage everyone to "Make the Call, Win It All!"

🚓 Augustana

Sunday Worship.

Education Hou

Don't miss these Hispanic Awareness Month student presentations.

- Oct. 15 Brazil and Peru
- Oct. 22 Mexico

Multicultural Center, first floor of the Student Center, at noon





Need to complete a project, but don't have a computer at home?

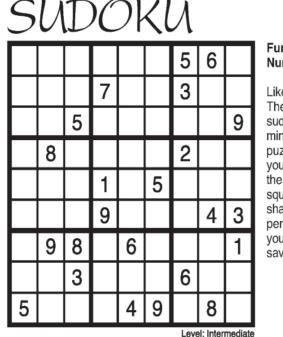
Holy Co

Old Main 316 is open four nights a week for your convenience.

MONDAY THROUGH THURSDAY 5 p.m. – 10 p.m.

A lab assistant is on duty to help you with any questions/concerns you might have.

Games



Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row. column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

2	8	L	6	7	3	9	٢	G
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8	Z	6	g	2	٢	4	ε	9
9	G	2	L	3	4	6	8	٢
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4	١				L		9	6
L	9	G	3	6	2	٢	4	8

SNSWER:

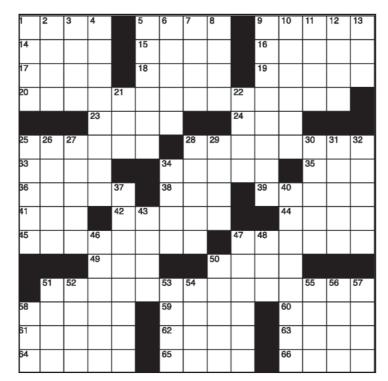
Red & Green

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Sydney Ruest



CLUES ACROSS

- 1. Proof of pymt. (abbr.)
- 5. A baby carriage
- 9. Elephant's name
- 14. Honolulu's island
- 15. Walks with a cane
- 16. Ancient Greek marketplace
- 17. Mimic
- 18. From a distance
- 19. Rutilus
- 20. Filled with melancholy
- 23. Pesetas
- 24. Emmet
- 25. Older in years
- 28. Misleads
- 33. S____e: apoplexy
- 34. Gives off a strong smell
- 35. Black tropical American cuckoo
- 36. Am, composer Ned
- 38. Hole punching tool

STAFF WRITERS

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Letter Policy: Letters to the editor must bear the writer's name, address and telephone number. Students must include year in school and major. Only letters from students, faculty or staff will be published. We will not print unsigned letters, and we reserve the right to edit all letters for factors such as clarity, punctuation, spelling and length. We reserve the right to refuse to print letters we consider libelous, superfluous or ridiculous. Please submit all letters before noon on the Friday prior to publication. Students are limited to four letters for publication per semester. Letters may be e-mailed to redgreen@minotstateu.edu.

Views expressed by this publication are not necessarily those of the university, its administration, faculty or student body and is not responsible for the content. Red & Green is printed at Minot Daily News, Minot, N.D.

39. Wrap

- 41. Electronic warfare support measures

- 49.
- 50. Goidelic language
- 58. Central Dravidian
- 59. Leopold & _

- 62. Food grain
- 63. Palin's youngest
- 64. Foundations
- 65. Summer sandwiches
- 66. Things considered
- individually

- 42. Mythological titan 44. Be in want of
- 45. More highly nacred
- 47. Tips
- P: senior organization
- 51. 36th president
- 60. German car
- 61. An abundant supply

- For solution see page 9

22. Baseball great Connie 25. Throat infection 26. Irregularly notched

CLUES DOWN

1. Street or highway

6. Floating structures

9. Wife of a baron

10. Genus Dasyprocta

11. Small water vessel

13. Exclamation of approval

21. Intl. Trade Organization

7. An Indian wet nurse

8. Nothing more than specified

3. Stinks!

12. Instep

4. Toll road 5. Two-dimensional

2. Organized crime head

- 27. <u>Jean Baker</u>, M. Monroe
- 28. Vacuum flask
- 29. Soft-finned fishes
- 30. Monitor lizard
- 31. Establish by law
- 32. Kitchen basins
- 34. Abnormal breath
- 37. Illnesses
- 40. Estrange
- 43. Beginner
- 46. Persistent irritation
- 47. Investigations
- ____kosh, WI 54901 48. 50. Put out by force
- 51. Tibetan priest
- 52. Putting nightmares 53. Mediation council
- 54. Pus-filled sore
- 55. Chapter of the Koran
- 56. Of an ode
- 57. Being on the left side
- 58. Tag the base runner out

Red & Green

Due date approaching for spring graduation applications

News

By Kevin Mehrer Comm 281

This school year has only started, but the due date for students' graduation applications is coming up. Students graduating in the spring of 2010 must turn their applications in to advisers by Oct. 16. After receiving the applications, the advisers have until Oct. 30 to turn them in. Minot State University students graduating in the summer or fall of 2010 must turn in their applications to their advisers by March 12.

that it is the students' respon-

sibility to read the correspondence we send them in emails," Registrar Jennifer Sick said. "Graduate applicants should not e-mail me or call my office because their advisers more than likely still have their applications, and they will turn them in by Oct. 30."

Sick also said it is the students' responsibility to make sure they have all the classes they need to graduate.

Graduation applications are very important to the college because they make sure that all students have their classes "I would like to point out in order to graduate. These applications are also impor-

Minot State UNIVERSITY

MSU Alumni Association Scholarship

Are you a child or grandchild of an MSU alumnus, faculty or staff member? You could be eligible for a scholarship for the 2010-11 school year.

Get your application and selection criteria online at www.minotstateu.edu/alumni/scholarship.shtml

Scholarship deadline for the 2010-11 academic year is February 10, 2010.

If you have any questions, please contact the Alumni Office at 858-3234. tant after college for applicants' alumnae information so that the student and the college can stay in touch.

Registration for spring classes starts Oct. 20. Sick advises seniors to be mindful of what classes they need to

take for their own major to graduate. She encourages all students to register for their classes as soon as possible.



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Arts & Entertainment

Seven minutes that could change your life



Photo by Penny Lipsey Members of Campus Crusade for Christ act out a play in the Beaver Dam. Ciara Klein (center) represented humanity, Kristan Faul (far left) played Jesus, David Koble (left) played the Boyfriend, and Faith Matishek played Money. The skit on Thursday was set to the song "Everything" by Lifehouse.

For those of you with murder in your heart, bats in our belfry, slithery warm things on your dinner table, here is your chance to share and win! Submit your ghost story to the Pivision of Humanities office by Oct. 20. For more info., see article on page 1.



Band battle to take place Oct. 15

Joe Davis Staff Writer

The Minot State University Battle of the Bands has become one of the biggest nights for Minot local talent. Showcasing music of every genre, the Battle has packed the Beaver Dam for the past two years with excited listeners and impassioned artists eager to earn the crown as champion. This year's Battle will take place Thursday, Oct. 15, at 7 p.m. in the Beaver Dam.

Sign-up begins in early October. At least one of the band members must be a student at Minot State. Each band will have no longer than 10 minutes to perform. The first,

second and third place winners receive cash prizes. Do you have what it takes to win the MSU Battle of the Bands? For more information

to win the MSU Battle of the Bands? For more information please visit the SAC Web site or contact Kayla Cote in the SGA office.

MSU's Interdisciplinary Social

Monday, Oct. 12 Memorial 114 5 - 7 P.M.

Pizza, soda and treats!

In recognition of **Disabilities Awareness Month**, please join us for an interdisciplinary social event. Our purposes are to broaden the foundation of information across disciplines and to build teaming skills among people who will eventually work together on intervention and assessment teams, both on campus and in future work sites.

This year's film, "Including Samuel," relates to disabilities, and will be viewed and discussed in interdisciplinary teams. Groups will have the opportunity to broaden their perceptions and understanding of disabilities and each other's disciplines.

- Disability Awareness Month Committee

All students from all majors welcome

Especially education, social work, criminal justice, communications disorders, nursing, special education and service career majors.

Sports

Red & Green

Beavers win big over Trojans

MSU dominates Dakota State on both sides of the line

Eric Manlove Comm 281

The Minot State University football team knew that things were going to go their way before the game ever started against Dakota State last Saturday. The Trojans, who arrived at Herb Parker Stadium just an hour prior to the 1:30 kickoff, started the game by receiving a delay of game penalty on the opening kickoff. The Beavers scored just a minute and 55 seconds later on sophomore running back Tyson Schatz' first touchdown of the year. Minot State went on to a 38-6 victory, with a variety of support from many different players.

The Beavers scored three more times before the halftime break. Jon Meier connected with Johnny Lester and Zac Rudolph and running back Nico Youngren added a score of his own. The Beavers ran the ball for a combined total of 256 yards, the majority coming from three different backs as Schatz, Youngren and Blake Eggl combined for 248 of those yards.

"It's a pretty great variety if we can have three running backs that are averaging that many yards and getting that many yards a game," senior



Photo by Jesse Kelly Kyle Nichols (No. 95) tackles a Dakota State University player along with Tyson Snelling (No. 10) during Saturday's game at Herb Parker Stadium. John Denne (No. 27) looks on.

center Bart Archdekin said. "It doesn't matter which running back is out there, the offensive line is going to make holes for them to run to."

Making big holes has been a common theme for the front five this year as they have helped pave the way to the Dakota Athletic Conference's best rushing team so far this season. MSU is averaging 202 yards per game on the ground, which is 27 yards better than the next best in the conference. Thanks to that great running game, Minot State was able to get a lot of different people into the game against Dakota State, which provided a chance for the Beavers to show off their depth.

"Anytime we can get those

guys in there and playing and used to the system, have them get used to game time, it's a good thing," Archdekin said.

With that depth Minot State was able to score a couple more times. Junior quarterback James Layvester connected on seven of his passes, including a touchdown. MSU's defense never missed a beat when subbing new players in. The defense was able to force three Trojan turnovers and sack the Dakota State quarterback twice.

The Beavers head to South Dakota next week to take on South Dakota Mines. Minot State will look to improve on its 3-0 conference record with kickoff at 1 p.m. MDT in Rapid City at O'Harra Stadium.



Photo by Jesse Kelly

Zac Rudolph (No. 18) outmanuevers a Dakota State player to score a touchdown. The Minot State Beavers defeated the Dakota State Trojans of Madison, S.D., 38-6 on Saturday.



2010 Spring Registration

Registration for current students begins Oct. 20

Don't wait ... Check out the spring class schedule and arrange a meeting with your adviser today!



Sports

Red & Green





Photos by Jesse Kelly

ABOVE: Janice Rose Reinbolt prepares to set the ball as MSU plays defense against Valley City State University Saturday in the Dome. The Vikings won over the Beavers, 3-1.

LEFT: Jill Lockie sets the ball over the net while Kara Schumacher watches during Friday's home opener in the Dome. Jamestown College prevailed, 3-0

MSU Wellness Fair

Thursday, Nov. 5, 9:30 a.m. - 2 p.m. Student Center Atrium

Come see the many displays and visit with various MSU and community vendors. They will provide healthy lifestyle resources to enable you to make self-care decisions that will have a positive impact towards a healthful, active life!

DON'T MISS THE MANY DOOR PRIZES!

SPONSORED BY THE MSU WELLNESS TEAM



Weight Management Club 8:30 a.m., Mondays, Oct. 12, 26, Nov. 9, 23, Dec. 7, 21 Jones Room, Student Center OPEN TO ALL MSU STUDENTS, STAFF & FACULTY



News

Red & Green

Irradiation: not as bad as one thinks

(Metro Services) — Talk of radiation brings to mind all sorts of negative images. After all, radiation is often a factor in cancer and other diseases. However, according to the Food and Drug Administration (FDA), not all radiation is harmful. In fact, in small doses, radiation can actually protect people from other harmful things lurking unseen.

The FDA approves irradiation of meat and poultry and allows its use for a variety of other foods, including fresh fruits and vegetables, and spices in the United States. The agency determined that the process is safe and effective in decreasing or eliminating harmful bacteria.

Insects, fungi and bacteria are all predators that can contaminate food or cause diseases in humans. Much as processing food by heat or refrigeration can combat the proliferation of contaminants, so too can irradiation. This enables food to be stored longer and safely for consumption.

Irradiation of food will not make the food radioactive or dangerous, say experts. The food does not come in contact with a radioactive substance. Rather, it passes through an irradiation field of ionizing radiation. The levels are so low that there isn't enough radiation to disintegrate even the nucleus of one atom in a food molecule. Irradiation does produce chemical changes in foods. These substances are called "radiolytic products." They have been scrutinized by scientists in making safety assessments of irradiated foods. Research has found that changes in food created by irradiation are minor compared to those created by cooking and are unable to be detected except with highly sensitive lab equipment.

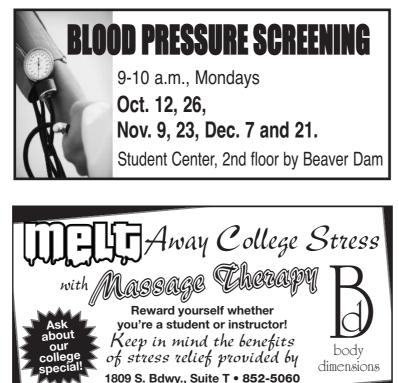
Irradiated foods are just as tasty and nutritious as nonirradiated foods. There is no more breakdown of vitamins and minerals in the food due to irradiation than would occur during the typical aging or ripening process. Food that has been irradiated is not sterile and will have most, but not all. microorganisms destroyed. Therefore, it is still necessary to properly store and cook food for safe consumption.

Facilities that handle the irradiation of food must

include many safety features to prevent both environmental and worker exposure. Living in close proximity to such a place will not increase your risk of radiation exposure.

In an age where more and more food imported or grown domestically is being contaminated with microorganisms and leading to widespread illness epidemics, irradiation presents a viable and safe way to limit such food contamination, say experts. Food that has been irradiated is showing up in supermarkets more frequently and can be identified by labeling, not by any change in the food's appearance or texture.

To learn more about irradiation, visit the FDA Web site at www.fda.gov



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MSU's Interdisciplinary Social

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Pizza, soda and treats!

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This year's film, "Including Samuel," relates to disabilities, and will be viewed and discussed in interdisciplinary teams. Groups will have the opportunity to broaden their perceptions and understanding of disabilities and each other's disciplines.

- Disability Awareness Month Committee

All students from all majors welcome

Especially education, social work, criminal justice, communications disorders, nursing, special education and service career majors.

Swine flu: what you need to know

(Metro Services) — H1N1 Flu, commonly known as swine flu, is an illness that is causing people to become sick primarily across the United States, Canada and Mexico. Discovered in April 2009, the virus is spread through person-to-person contact much in the way traditional influenza is transmitted.

As of May 3, 2009, there were 226 reported cases of swine flu in the United States, one death, and 30 states affected.

Why the name Swine Flu?

H1N1 was originally called "swine flu" because testing showed that many of the genes in this new virus were very similar to flu viruses that can occur normally in North American pigs. However, further study unearthed that the virus is very different from pig flu. It has a combination of genes from flu viruses found in pigs, some avian genes, and some human genes, according the Centers for Disease Control and Prevention (CDC).

Signs and Symptoms

H1N1 flu produces symptoms similar to regular flu. These include fever, cough, sore throat, body aches, headache, chills, and fatigue. There have also been reports of diarrhea and vomiting with this strain of flu.

Swine Flu Q&A

1. *How is H1N1 spread?*

This flu is thought to be spread the same as the regular seasonal flu; mainly through coughing or sneezing by people already infected. In some cases, you can be affected by touching something with the flu virus on it and then touching your mouth or nose.

2. Can swine flu be passed through pork products?

Eating properly handled and prepared pork products is completely safe. H1N1 flu is not spread through pork food products.

3. Is swine flu dangerous?

Just like any flu, H1N1 has the potential to be a more serious risk for certain individuals, including young children, pregnant women, those over age 65, and people with chronic medical conditions, says the CDC. However, generally H1N1 is well tolerated and passes in a few days as with seasonal flu. If you experience greater-than-normal symptoms of flu or if you experience great discomfort, a visit to the doctor is recommended to determine a course of treatment.

4. Where am I most at risk for infection?

Person-to-person contact in close quarters yields a higher rate of infection with H1N1, which is why many schools have temporarily closed to disinfect items shared and used by students. The virus is unlikely to spread through public water supplies and even in water parks, fountains, pools, and spas because that water is treated with disinfectants, such as chlorine.

5. What are the best ways to prevent swine flu infection?

hand-washing Frequent with warm water and soap is key to preventing transmission of many viruses and bacteria. Children should be encouraged to wash their hands thoroughly and frequently as well. Hand sanitizers that contain at least 60 percent alcohol are also effective when hand-washing is not possible. Avoid touching your nose and mouth after touching public surfaces. Steer clear of people who are sick or those you suspect may have the flu virus. You may also want to limit time in close quarters, such as on public transportation, if possible. Refrain from sharing personal items, such as eating and drinking utensils and personal hygiene products. If you are sick, stay home from work or school to prevent the virus from spreading. The flu may take at least a week to run its course.

6. What can I do to disinfect my house or work areas?

Keep surfaces clean by wiping them down with a household disinfectant according to the directions on the product. Areas of focus should include kitchen counters, bathroom counters, sink knobs, bedside tables, doorknobs, telephones, remote controls, computer keyboards, or any other surface frequently used. Studies have shown that an influenza virus can survive on environmental surfaces and can infect a person for up to 2 to 8 hours after being deposited on the surface.

Did you know?

(Metro Services) — Though many people might feel as though they're purely fictional, haunted houses have actually found their way into the American legal system. In 1991, the Supreme Court of New York, Appellate Division ruled, in the case of Stambovsky v. Ackley,

that a seller must disclose that a house has a reputation of being haunted because such a reputation could impair the value of the home. While the decision didn't claim haunted houses are real, the ruling did acknowledge that reputation for being haunted requires disclosure to any prospective buyers.

Fall sniffles could be allergies

are many people who look forward to the cooler, crisp days of autumn. They're interested in seeing the foliage change color to those bright blazes of crimson and orange.

However, for the millions of allergy sufferers out there, autumn may be as tricky to navigate as the spring season. That's because pollen, mold and ragweed are common offenders come this time of year. Heading outdoors to rake leaves or enjoy the scenery can cause itchy eyes, the sniffles and more. The trouble is, many people fail to realize allergies can occur in the autumn, and chalk their sniffles and sneezes up to the common cold.

If you suffer from seasonal allergies, don't wait until symptoms are in full

(Metro Services) There force before taking action. Autumn comes around every year and you can be proactive about keeping allergies at bay.

> •Monitor the air. Get pollen and ragweed counts from any number of sources that keep track of this information. Many times you can receive the air quality information when you're checking up on the weather.

> • Avoid the outdoors as much as possible during peak levels. While you can't hermetically seal yourself inside, limiting exposure to high levels of allergens can help you feel better.

> • Pay attention to clues. If you find you're the only person sneezing and suffering in your home, or your symptoms are not going away after a week, chances are it's allergies and not a cold.

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Sports

Red & Green

Beavers sweep team titles in home invite

Stanley, Aberle medalists; Kelly and Gleich 3rd and 4th

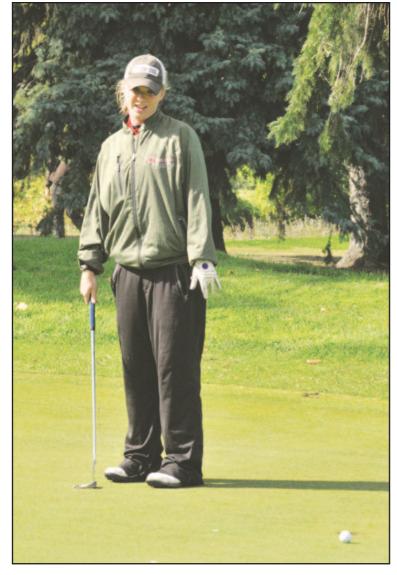


Photo by Jesse Kelly Whitney Stanley watches her miss putt Sept. 28 during the second day of play at the MSU invite in Dakota Athletic Conference golf at the Minot Country Club. Stanley shot an 84 on both Sunday and Monday, giving her medalist honors. The women won the two-day event with a team total of 705. Jamestown College was second with 728.



Gabe Gourneau putts during the second round of the Minot State invite in Dakota Athletic Conference golf at the Minot Country Club Sept. 28. The men won the team title with a 614.



Photo by Jesse Kelly

Aaron Allard tees off Sept. 28 at the Minot Country Club. Justin Aberle tied for top honors with Kyle Chan of Dakota State University with a two-day total of 151. MSU's Jordan Kelly and Casey Gleich placed third and fourth, respectively.

