

Sheehan explores world of old-weather runner

Rick Olson
They come and fade
but once Americans
their running shoes,
to keep running
as one of their
pastimes.
They have shelves of
to help runners learn
at their sport, but
SU students, facul-
and the public were
a special lecture by
Sheehan, author
books on health and

knit ski mask for protection.
Among other topics,
Sheehan discussed the run-
ner's diet.

"The body runs in a 24-hour
cycle. The acro-phase, or
peak, occurs at about 2 to 4
p.m. everyday."

Sheehan eats a high-protein
breakfast, usually bran cereal
or steak, eggs and coffee.
When he's finished running,
he always has a bowl of cereal
to put back the protein he lost
while running.

Sheehan's opinion on run-
ning and health is known na-
tionwide. He writes a monthly
column for the Physician and
Sportsmedicine magazine and
is the medical editor for Run-
ner's World magazine. He has
authored four books, "Dr.
Sheehan on Running," "Run-
ning and Being-The Total ex-
perience," "Dr. George
Sheehan's Medical Advice to
Runners" and "This Running
Life."

Sheehan began private
practice in internal medicine
in Red Bank, N.J., in 1949. He
presently is a member of the
Department of Electrocardi-
ology and Stress Testing at
Riverview Hospital in Red
Bank.

His talk was scheduled in
conjunction with SU's third
annual Health Fair, spon-
sored by the YMCA of NDSU.

Sheehan began running at
age 44, and today, the
physician runs ap-
proximately 30 miles a week.
He competes regularly in
running distances rang-
ing from one-half mile to a
marathon. He has
run in and completed
the Boston Marathons.
At the age of 50, Sheehan
set a 15-mile record for his age
at that time. He was
a member of his college's
cross-country team.

Sheehan noted the dif-
ference in opinion about cold-
weather running.

"The evidence we have in
the winter is contrary," he said.
"The air is cold before it gets to the
ground, so some say it isn't."
Sheehan recommends a
heavy winter gear a good double-



High winds and 19 inches of new snow combined to dramatically change the appearance of SU's campus over the weekend. Snow now lies deep over all of campus, causing headaches for snow removal crews and making it difficult to take those favorite shortcuts to class.

Bison move to third place

By Kevin R. Christ

Despite bad weather conditions the SU men's basketball team won two key North Central Conference games at the New Field House over the weekend.

Friday night the Bison slipped by Augustana 92-91 in overtime and Sunday afternoon SU crushed the Jackrabbits of South Dakota State 96-76.

Bison vs. Augustana

Augustana took an early lead in this thriller thanks to SU's cold shooting and Augustana's numerous free throws as the Vikings shot 22 free throws connecting on 15 of them.

Augustana took an apparent commanding lead (40-29) with 8:45 left in the

first half but the Bison bounced back with a three-point play by senior forward Jeff Giersch, a pair of buckets by Will Fletcher and Kelvin Wynn and another basket by Giersch to bring the Bison within two points (40-38) with 2:52 remaining in the half.

SU brought the score to 42-43 (Augustana) on a layup via steal by Wynn.

Augustana's Mark Smed, the second leading scorer in the NCC, hit the final basket of the first half to give the Vikings a 45-42 lead going into the locker room.

SU's only lead in regulation came with 18:02 left in the game on a Giersch bucket to give SU a 48-47 lead.

Augustana regained their lead on a layup by Carl Gonder which made it 49-48 with 17:51 left.

Augustana held a slim lead,

right up to the end of the game until SU's Mike Bindas came through with a steal leading to an unassisted layup to tie the game at 80 apiece.

Neither team was able to score in the remainder of regulation and the game went into overtime.

In overtime both teams traded baskets all the way up to an 86 tie when SU's Ed Hinkel popped in a pair of free throws and canned a field goal at 2:43 on an assist from Jeff Askew who leads the NCC in assists.

A foul by Bindas put Augustana's John Anderson to the line. The six-foot-one freshman made the front end of a bonus but missed the second to make it 87-88 SU.

Anderson then fouled Hinkel and Hinkel hit both

Basketball

To page 3



Dr. Sheehan

Clips

campus

AUSA

Casino Night will be discussed at the next meeting at 6:30 p.m. today in the cadet lounge in the Old Field House.

Raiders

All going out in the cold on the winter survival trip should attend the next meeting at 5:30 p.m. today in the cadet lounge of the Old Field House.

Campus Attractions

A Spring Blast organizational meeting will be held at 5 p.m. today in the Union Forum Room.

Mortar Board

Meet in Meinecke Lounge at 7:30 p.m. today.

IEEE

Northwestern Bell's own Kevin Kaeding will speak on communicating with light at the next IEEE business meeting at 7:30 p.m. tomorrow in EEE 219.

Judo Club

A meeting will be held at 6:30 p.m. tomorrow in the wrestling room of the New Field House.

Blue Key

An important meeting will be held at 9:30 p.m. tomorrow in Meinecke Lounge. Kate asks everyone to please attend.

Forum Lecture

As part of the Scholars Program, Charles Collins will present a speech on engineering ethics at 7:30 p.m. tomorrow in Family Life Center room 319.

Agronomy and Soil Science

Elections and regular business will take place at the next A & SS (formerly Crops and Soils) meeting at 6:30 p.m. tomorrow in Walster 221.

IRHC

The weekly meeting will be held at 7 p.m. Thursday in the Union Forum Room. Thanks for getting this in on time Brian!

Student Senate

All students are invited to attend an open discussion on how to improve the process by which students are appointed to various student government jobs. The meeting will be at 1 p.m. Thursday in the student government office.

SOTA

All students older than average are invited to attend the SOTA social-game night at 7:30 p.m. Friday at the United Campus Ministry.

Refreshments will be provided.

Scholars Program

A trip to Winnipeg is being offered to all SU students and will be leaving Saturday morning and coming back Sunday afternoon. For more information contact Wendy Lundgren at 241-2287 or Dan Falvey at 241-2601.

Rho Lambda

Pin ordering is on the agenda for the next Rho Lambda meeting to be at 4 p.m. Sunday in room 319-A of the 4-H Conference Center. Bring your checkbook.

Mardi Gras

Activities for the Newman Center festival include bingo, a dinner of tacos, chow mein and chili, a live auction, bake sale and drawing for raffle prizes. Prizes include a complete Sanyo stereo system, Sekai 10-speed bicycle and an Atari video game. The festival will be from 3 p.m. to 9 p.m. Sunday at the Newman Center.

Career Center

Summer job applications and information are in at the Career Center on the second floor of Old Main. Many application deadlines are soon.

Brown Bag Seminars

The YMCA of NDSU has scheduled three Brown Bag Seminars in February at 12:30 p.m. in Meinecke Lounge. Speakers and their topics include Public Service Commissioner Bruce Hagen, "North Dakota Utility Rate Regulations," Feb 3; Dennis McMahon, a registered representative from Piper, Jaffray and Hopwood Inc., "Stock Market Investments," Feb 10, and Anne Carlsen, former administrator of the Anne Carlsen School for Physically Handicapped, "Working Together as Equals," Feb. 17.

Bison Brevities

April 22, 23 and 24 have been announced as the dates for the annual amateur talent show sponsored by Blue Key. For more information contact Blue Key in the student government office.

Spectrum Critique

Famed humor columnist Art Buchwald will tell all about the Spectrum's mistakes of the last months. Holgate wants EVERYONE to be there. Trappers will be the topic after the meeting at 6:30 p.m. tomorrow in the office.

Spring

Spring Quarter

Pre-registration

Class schedules will be available by Thursday.

Quarto

Agriculture--Morrill 104
Humanities & Social Sciences, Math
Science, Univ. Studies--South Eng. 21

Home Economics--Home ec 260
Pharmacy--pharmacy library

Eng./Arch.--departmental offices

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By his opponent's next move by touch as well as sight, SU's Kevin Wynn (left) reaches out to Augustana Viking forward Carl

Basketball

From page 1

free throws to give SU a 90-87 lead with only 1:16 left in overtime.

A pair of free throws were missed by Smed and Bindas connected on a layup aided by a spectacular pass from Askew giving SU a 92-87 with 20 seconds left.

Six seconds later Askew fouled out and Anderson hit two free throws to make it 92-89 with 14 seconds left.

Bindas was fouled with 11 seconds left but missed the front end of a bonus and SU, not wanting to foul, allowed Anderson to drive for a layup making it 92-91 with three seconds left.

Augustana called a time out but the Bison inbounded the ball and ran the clock out.

Augustana had three big scorers in the game—Gonder, Anderson and Smed, scored 26, 25 and 24 points respectively.

SU had a balanced scoring attack with Giersch leading the way with 19 points including 9 of 10 from the field.

Also scoring big for SU were Wynn and Hinkel with 16 each and Askew and Bin-

das had 14 each for the Bison.

Bison vs. South Dakota State University

The Bison were hot against SDSU shooting a sizzling 59.1 percent from the field.

The game was originally scheduled for Saturday night but due to bad weather it was held Sunday afternoon.

SDSU grabbed an early lead aided by two technical fouls by SU head coach Erv Inniger making it 15-9 SDSU. Apparently Inniger's comments to the official did the Bison some good as SU took over from that point on.

The Bison took over the lead 19-17 on a basket from Askew.

SU increased their lead to 46-30 with 1:30 left in the first half on a Dave Gnacinski free throw.

SDSU's Kevin McNamara canned two free tosses to end the half at 46-32.

In the second half the Jackrabbits came out slowly not being able to score until there was 2:43 ran off the clock.

SDSU tried desperately to rally but the Herd kept a safe lead throughout the remainder of the game.

SU had super efforts from reserves Dave Gnacinski, Tom Wilbersheid, Richard Henry and Kevin Wynn.

"I just can't say enough about the players that come off the bench. They really work hard," Inniger said.

SU's biggest lead came with 2:06 left in the game as Bindas popped in a jumper to make it 92-71.

The Bison traded baskets with SDSU until the final buzzer went off with the score 96-76.

Askew was instrumental in his efforts for the Bison. The six-foot-one junior guard scored 25 points with nine assists and seven rebounds. Askew normally averages 1.8 rebounds a game.

Giersch had another big game scoring 21 points for SU and Fletcher and Gnacinski had 14 and 12 points respectively.

The fans received two extra treats at the game starting with free hamburgers at McDonalds due to the Bison's breaking the 95 point barrier and a spectacular half-time show put on by the high-flying Fargo-Moorhead Acro Team who received a well deserved standing ovation.

The next two Bison games are both against the Fighting Sioux of UND. Thursday night the Bison travel to Grand Forks and Saturday night UND invades Fargo.

Inniger commented on the UND games. "This is going to be a real brutal weekend. I truly hate these weekends because there's so much going on and the pressure is unbelievable. Two wins would be great but a split would still leave us right in the thick of things in the conference."

The Sioux lead the conference with a record of 5-1 and Nebraska-Omaha is second with a 4-1 record. The Bison are third with a conference record of 4-2 and have an 11-7 overall record.



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South Dakota Arts Council, Wisconsin Arts Board, with funds provided by the
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FMCT's 'On Golden Pond' explores fear of growing old

The worst thing about caring deeply for a part of one's life is realizing that eventually it must be left behind.

"On Golden Pond" is the Fargo-Moorhead community Theatre production which communicates the painful apprehension of growing old and leaving behind 48 memory-filled years on Golden Pond.

The play is a new American comedy that has been made into a recently-released and highly-acclaimed motion picture starring Henry Fonda and Katherine Hepburn.

Granted, the local production doesn't tout the magical duo of Fonda and Hepburn, but the beautiful combination of Scott Kildahl as Henry Thayer Jr., and Katherine

Murphy as wife Ethel is no poor substitute.

The painful apprehension of growing older and leaving the beloved surroundings is portrayed differently and effectively by each of the characters.

With every heavy-footed climb of the cabin staircase and slow-gaited traverse of the living room floor, Kildahl perfectly portrays the fatigue old age brings.

In contrast, Murphy's constant semi-frantic activity—meticulously arranging throw pillows and chasing daddy-long-legs at midnight—spoke of the fear of slowing down and admitting that time for them is growing short.

Inject into this twilight scene a powerful influence of youth. Their daughter Chelsea returns to Golden Pond with a lover and his son—the latter a precocious, city wise youth played by Matt Fleming.

The couple leaves for a European vacation, leaving the young son in the couple's care. The magic begins as the outlooks of the old man and the young boy collide, mingle and like the Reese's peanut butter cup commercial, both of them come away with something better than what they started out with.

The production will run Jan. 28 through the 31st and Feb. 4 through the 7th. Don't expect Fonda and Hepburn, but plan to enjoy this production thoroughly.

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N.D. high school debate tournament set at SU

(NB)—About 150 students from high schools throughout North Dakota are expected to compete in the North Dakota High School Debate Tournament Friday and Saturday, Feb. 5 and 6, at SU. The tournament is sponsored by the North Dakota High School Activities Association.

Events will include novice, junior varsity and varsity debate. The debate topic is "Resolved: The federal government should establish minimum education standards for elementary and secondary schools in the

United States."

The tournament will be held in Askanase Hall and the Memorial Union. A general meeting is scheduled at 8 p.m. Friday, Feb. 5, in Askanase Hall.

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Mon. Feb. 1

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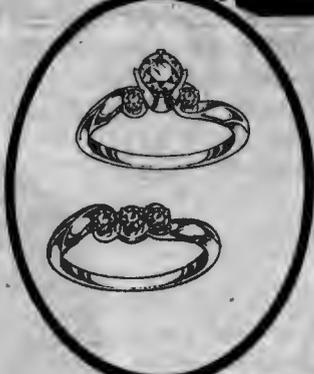
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male and female Herds ble their way to the net

men's Basketball

women's basketball team series of eight North Central games this weekend by two games at home. on routed the Augustana 7-56 in the first contest, but a 67-55 decision to the of South Dakota State.

97 - Augustana 56
on women cagers put on impressive offensive show on thus far as they crushed 97-56.

A two week layoff from competition due to bad weather didn't seem to bother the Herd as it opened an early 11-4 lead and was never threatened after that. SU led 43-19 at the half and at one time in the second half, led by as much as 34 points. Bison coach Amy Ruley said she was pleased with the all-around performance of her squad. "Augustana is a good team so when we beat them this handily it's a good sign," Ruley said.

Coach Ery Inniger and an official strike complimentary poses as they watch the women's basketball game Friday evening.



Mari Matheson and Shelley Oistad let the Bison with 15 points each. Sophomore Kim Brekke added 12. Augustana's Cindy Heyden led all scorers with 12 points.

South Dakota State 67 - SU 55
The Jackrabbits continued their domination over the Bison women as

they turned back the Herd 67-55 Sunday afternoon at New Field House. SU has not beaten South Dakota since the 1975-76 season. After the two teams battled to a 27-27 half time deadlock South Dakota scored six unanswered points to begin the second half and never trailed after that.

Fouls hurt the Bison in the final half as they lost Tina Keller and Laura Jacobson in the closing minutes.

Keller led the Bison with 14 points. Only two other Bison reached double figures.

Lori Knetter had 12 points and Oistad added 10 points.

Mary Korbel of South Dakota led all scorer's with 17 points.

With this weekend's split the Bison now stand at 11-4 won-lost.

Preview

Amy Ruley's women cagers will be looking to get back on the winning track Thursday when they tip off with the UND Sioux.

After a big win Friday night over Augustana the Bison dropped a close decision South Dakota State, a team which the women have never beaten.

The Bison received strong play this weekend from Tina Keller, Shelley Oistad and Mari Matheson.

Tip-off is at 5:30 p.m. at Grand Forks on Thursday and at 2:30 p.m. on Saturday in the New Field House.



'Korky' Heinen dribbles around Linda Simonsen of Augustana on her way to the basket in

n's Basketball

THE week. The week of the North Dakota college basketball war. the week that Bison coach Inniger calls a "coaches week." The Bison and Sioux step on Thursday night at Grand Forks will be the 237th meeting of teams and no other series the attention of the state as one. week's games are no exception. Sioux stand alone at the top NCC with a 5-1 record and at victory is a must if the Herd successfully defend its NCC

tory is to control senior guard Aarom Harris and senior center Dan Clausen who along with forward Jon Sonat, also a senior, give the Sioux "experience which is so valuable." Last year the series was played on back-to-back weekend nights. This season Thursday night's game is at Grand Forks and Saturday the action returns to New Field House. Inniger doesn't think this will be a factor because of the home-court advantage both teams have. "Both teams have a great advantage at home because of the great enthusiasm the fans put into the game," Inniger said. Past records show this to be true. Last season, the Sioux beat the Bison 72-59 on their court. The next night the Bison returned the favor by nipping UND 58-56 in New Field House. Both games are slated to begin at 8 p.m.



Lori Knetter leads teammates 'Korky' Heinen and Pati Rolf through the congratulations line after the Lady Bison defeated Augustana 97-56.

Stories by Greg Soukup
Photos by Roger Whaley

the toughest week of the me as a coach," said Inniger, ed people expect so much team and coach for these two said the key to a Bison vic-

LCT plans auditions for 'Candide' production

Auditions for a Little Country Theatre production of the musical "Candide" will be held from 3:30 to 6:30 p.m. Friday, Jan. 29, and from 2 to 5 p.m. Saturday, Jan. 30, in Askanase Auditorium.

There will be roles for 10 women and 14 men with most cast members portraying five to nine different characters. All members of the company will be required to sing and most will dance.

Auditioners will be required to sing, participate in a movement routine and read from the script. A prepared

vocal selection is optional, but an accompanist will be provided for those who prefer to bring their own musical selections. No scripts will be available before auditions but anyone having questions may contact Don Larew, associate professor of drama, 237-7791. Any SU student is eligible to audition.

The musical adaptation of "Candide" by Hugh Wheeler and Leonard Bernstein is based upon Voltaire's novel, satirizing the follies and vices of the human race.

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MISCELLANEOUS

Restless? Need a challenge? Catch the excitement of Martial arts. Join TAE KWON DO, one of the world's fastest growing sports. The SU TAE KWON DO Club is accepting new members now! Meeting 6-7 pm. Tues. and Thurs. in the Memorial Union Ballroom.

Congratulations to Kappa Delta's new Council: President, Lisa Hiebuchuk; Vice President, Connie Carlson; Secretary, Terry Johnson; Treasurer, Liane Tabbut; Assistant Treasurer, Lisa Nelson; Membership, Penny Hillman; Editor, Karen Gutteler.

"A trip with the Bison Basketball team (all expenses paid)" or "An SU stuffed Bison" of your very own from the Varsity Mart...all this can be yours. Win this & more at Casino Night January 27, in the ballroom.

Let Casino Night take you for a ride of your life with a how air balloon ride... Win this and more! Jan. 27 Ballroom

Congratulations to the new Phi Mu Initiates. The KD's are behind you all the way!

HOOT HOOT HOOT

Bi-zarre! see Or- chesis.

a dance concert. 8 pm, Feb. 4, 5, & 6 at SU Festival Hall. Tickets, \$3.50, \$3 in advance. Reservations, 237-8681.

Warm "hello"s to Dad, Dave, Merv, Sis and especially all the horses. It's about all they get that's warm nowadays!!

Thanks to all who took the Pepsi Challenge and helped us pass our Consumer Behavior class.

PJO, Happy 26th!!

WW



PIZZAS

& ICE CREAM PARLOR

Spaghetti-Pasta - Sandwiches-Salads

Eat In or Take Out

ALL YOU CAN EAT LUNCH \$2.89

all week

11:00 - 2:00

Lunch Includes:

Spaghetti, Pizza, Large Drink, Soup, Salad Bar.

TWO CONVENIENT LOCATIONS

3132 N. Broadway 237-3801

Drive up window No. Broadway Store

2311 S. University 293-5252

Free Delivery Spec

Thur., Fri., Sat., S

Medium & Large P

\$1.00 off large pizza



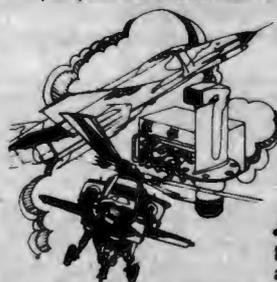
617 Center Ave. Moorhead Minn.

THIRSTY THURSDAY

Introducing Miller Lite on Tap

15¢ SPECIAL 6-11 p.m.

ME, EE, AERO ENGINEERS



3. ROOM

We Can Prove We're As Ambitious As You

Because you're on the go, two Rosemount announcements could have passed you by. But since this one caught your eye, we want you to notice we haven't been sitting still either. In 2 1/2 decades our temperature and pressure measurement and control instruments and systems:

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Wed., Feb. 10

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Announces acting, dancing & singing auditions for

CANDIDE

Fri., Jan. 29: 3:30-6:00 p.m.
Sat., Jan. 30: 2:00-5:00 p.m.

Askanase Auditorium, NDSU
Any NDSU student may audition

the entertainer

Murray Wolf can be fun. You can usually excitement of doing a few little things up. When it's fun to be in the fish tank. Water beloved with beer. Try someone's blow dryer cream. Scrawl "Welter" on the mirror with a piece of tape. Put the cat in the water. The list goes on.

form tonight at 8:15 at Festival Hall. The five-piece group includes the stylings of flute, oboe, clarinet, horn and bassoon.

The quintette plays a wide range of music from classical to contemporary. Best of all, the concert is free to SU students. Other students and senior citizens can get in for \$2.50, all others for \$4 at the Music Listening Lounge in the Memorial Union or at the Strauss store downtown.

Space, The Fictional Frontier

"The History of Science Fiction," a tongue-in-cheek look at the development of the sci-fi genre, is now being featured at the Moorhead State University Planetarium.

Through Feb. 14 you can

settle into one of the planetarium's comfortably padded chairs and drift away into the limits of imagination. All this for just \$2, \$1 for children under 12.

Mixed Media Menagerie

"The Pet Show," a mixed media presentation of real and imaginary animals, is currently on display at the Plains Art Museum. Assorted works by several prominent artists are included in this exhibit from the permanent collection.

The cost is 50 cents for students, children under 12 free and \$1 for all others. The museum is located at 521 Main Avenue, Moorhead.

And While You're There

Admission for the Plains

Art Museum also includes admission to the Rourke Art Gallery. So, if you happen to take in "The Pet Show" you can also see the Votaw Collection of West African Art for no additional cost.

The show includes ceremonial masks and other ritual objects from Nigeria, the Ivory Coast and Guinea.

A Field Day For Art Lovers

No less than three other art exhibits in the area are available, starting with the sculptural and graphic works of Manuel Neri at the SU Art Gallery. The collection, a compelling and almost sinister look at modern society, includes bronze sculptures, water colors, acrylics, monoprints, drawings and collages. It is also free.

A collection of the works of

Concordia sophomores and juniors will be on display until Friday at Concordia's Berg Art Center Gallery. The show is free and includes paintings, drawings, weavings, sculpture, ceramics and prints.

Moorhead State instructors will be showing their talents through Feb. 5 at a faculty art exhibit at MSU's Center for the Arts Gallery. The collection includes the works of 10 MSU faculty members and is free to the public.

Odds and Ends

SU's Campus Attractions is presenting a "bring your own pillow" film fest starting Friday night at 6:30 at the Old Field House. The fest features the animated film "Bambi Meets Godzilla," followed by "The Shining," "Outland" and "Alive." Free admission and popcorn.

The Fargo-Moorhead Community theatre's presentation of "On Golden Pond" resumes Thursday evening at 8:15. It will run Jan. 28-31 and Feb. 4-7, at 7:15 on Sundays, 8:15 on other days. Tickets, available at the F-M Community Theatre ticket office, are \$4 and \$5.

Watergate conspirator G. Gordon Liddy is scheduled to speak at SU Feb. 24. Liddy, the author of the book "Will," is one of the most popular speakers on the college lecture circuit. The event, sponsored by CA, is free to SU students and \$2 for others.

Finally, a reminder Loverboy will be at the New Field House Tuesday, Feb. 16. Of course, if you don't have a ticket by now, you're only hope is to pick one up on the black market.

Imagine yourself trying to choose between a Master's and a high-tech job... and getting both!



"Thanks to Hughes, I'm getting a good salary for working in project management on DP products, and full tuition for working toward my Master's," says Richard Brown, BSEE and BSME, State University of New York at Buffalo '80.

What kind of company is Hughes in Southern California? "A large company with many fields of interest for a young engineer. You can make a job change without a company change. And the level of professionalism is extremely high. The opportunity to become a true professional is fantastic!"

What can Hughes offer you regarding careers that will utilize your EE, Computer Science, Math or Physics degree?

Ask us when we're on campus

February 4.

See your placement office for an appointment.

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At Hughes, your future is limited only by your imagination.

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of campus

The Spectrum is taking applications for the following positions:

Spectrum editor-in-chief
Spectrum business manager
Reporters, columnists

Experience in newswriting and editing is helpful—Communications 201, 202, 203.

Please apply at the Spectrum editorial office—second floor, south side of the Memorial Union.

Supervisory skills seminar planned

(NB)—"Accounting for Non-Accountants: A Method for Managers," a workshop offered by SU's Division of Continuing Studies, will be held from 8:30 a.m. to 4:30 p.m. Wednesday, Feb. 17, at the Town House Motor Hotel in Fargo.

The workshop is designed specifically for non-accounting managers or professionals in general management, manufacturing, research, engineering or other fields where a knowledge of the fundamentals of accounting is necessary.

Participants in the workshop will learn about the concepts, principles and definitions used in accounting, the uses for accounts, journals, ledgers, entries and double-entry accounting, funds flow and cash flow statements, and other accounting principles.

The workshop will be led by Jerry C. Wegenast, director of the uniform accounting study for the State Board of Higher Education for North Dakota.

Accounting workshop scheduled

(NB)—A workshop designed to improve the skills of an individual in a supervisory capacity, "Supervisory Skills," will be offered by SU's Division of Continuing Studies from 8:30 a.m. to 4:30 p.m. Thursday, Feb. 11, in the Town House Motor Hotel.

The objective of the workshop is to translate complicated management theories into practical language and actions the supervisor can apply in the daily work environment.

The instructor will be Hank Tkachuk, chair of the department of speech communication at Concordia College. Owner of an organization dealing with management and communication skills for industries, Tkachuk has presented numerous workshops throughout North Dakota and Minnesota dealing with the aspects of becoming an effective supervisor.

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DR. JAMES MCANDREW
DR. DON GUNHUS
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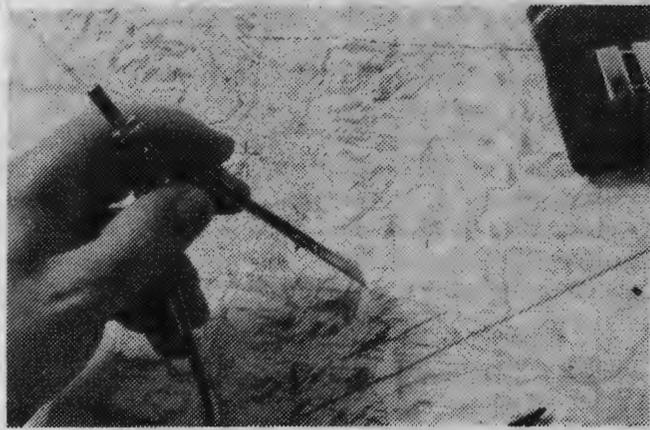
519 First Ave. N.

Fargo

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Contact Captain Ed Gorczyca at the Old Field House, Rm. 101 or call 237-7371

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"It's a lot easier with a Texas Instruments calculator designed to solve business problems."

Touch a few special keys on these Texas Instruments calculators, the TI Business Analyst-II™ and The MBA™, and lengthy time-value-of-money problems suddenly aren't lengthy anymore. You can automatically calculate profit margins, forecast

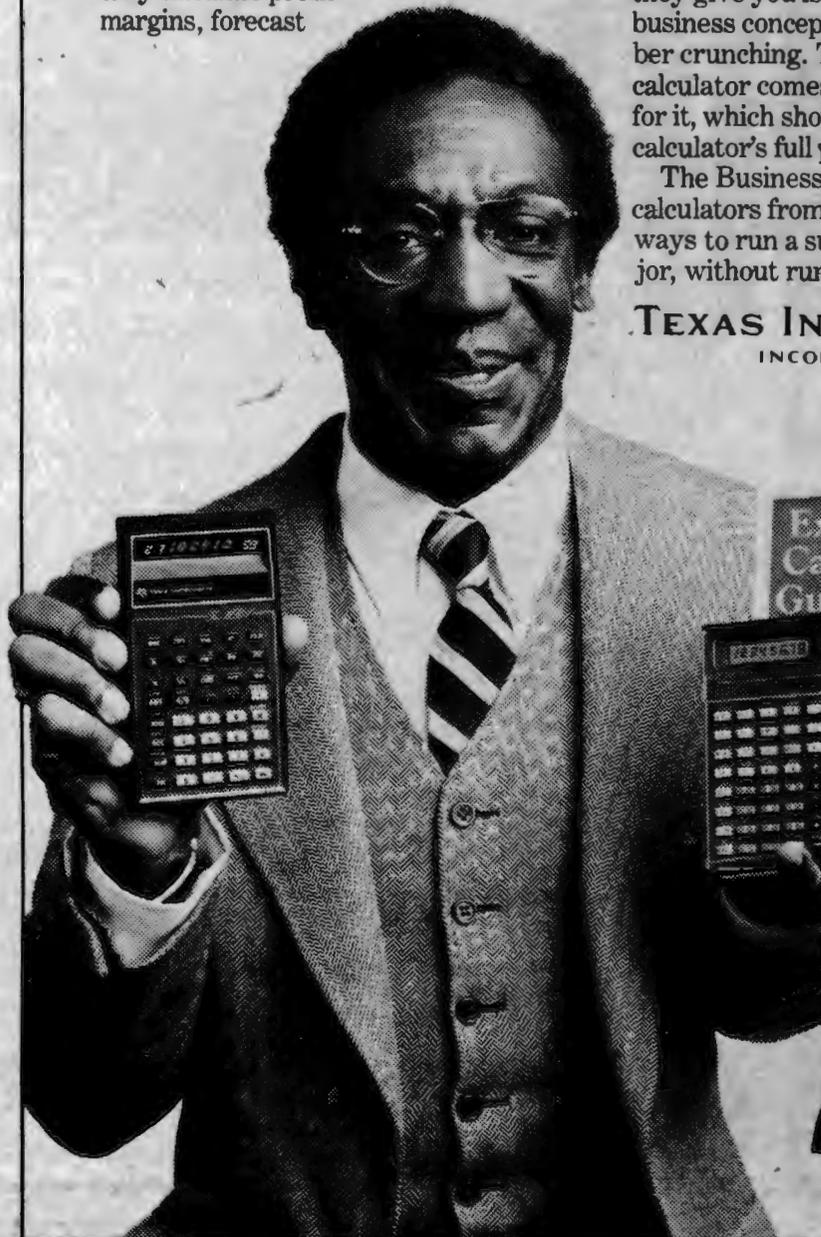
sales and earnings and perform statistics.

And problems with repetitive calculations are a piece of cake for the MBA, because it's programmable.

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TI Business
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NEED MONEY

FOR SCHOOL?

If you are planning to apply for a Guaranteed (Federally Insured) Student Loan through the Bank of North Dakota or Minnesota State Student Loan Program for the 1981-82 year*, your applications must be submitted to the Financial Aid Office **no later than 3:30 Wed., Feb. 10.**

NO APPLICATIONS WILL BE ACCEPTED AFTER THIS TIME.

If you plan to apply for such a loan through different lenders, you must submit your application to our office by March 19.

This includes Spring Quarter - it does not include summer session, 1982

Twin City Army Store

JANUARY CLEARANCE SALE

- 20% off all remaining genuine N3B(long) snorkel parkas. Features drawstring waist, dyneel lined hood, cuffs at wrists. Extreme cold temp. rating to keep you toasty warm! **Were \$130-now \$104 on sale (reg. sizes) XL sizes were \$140-now \$112!**
 - All commercial N3B parkas marked 20% off reg. retail L & XL sizes tan nylon/cotton outershell were \$70 **-now \$56** S & M sizes blue nylon outershell-were \$65-now \$52
 - 20% off remaining commercial N2B parkas-were \$55 **now only \$44**
 - Assorted winter knit caps-were \$4.98-now only \$2.49
- Check out our reg. low prices on items such as wool clothing, flight jackets, pants, caps, softpacks and much more! ***

405 NP Ave-Fargo N.D. 58102
701-232-5504

MC/VISA

Editorial columnists

Experience in newswriting and editing is required. Please apply at the Spectrum offices, second floor of the Union.

SCHLUMBERGER ENGINEERS DOWN TO EARTH



EE's, ME's Physics & Geophysics

We don't fly into the earth, but we do explore it. Just as the crew aboard a shuttle orbiter combines the latest technology and engineering training to explore space, a Schlumberger engineer uses the latest technology to evaluate subsurface formations. Special devices are lowered into wells drilled miles into the earth's crust. These earth probes operate under extreme environmental conditions to provide answers to the petroleum industry. Shuttle Orbiter? No. We use a half million dollar computerized mobile laboratory.

To investigate the possibility of you taking command of an Earth Explorer, interview with a Schlumberger Engineer at your College Placement Center.

Information Meeting

Wednesday, Jan. 27th, 7p.m., Family Life Center
Room 320 DE Refreshments Will Be Served,
All Interested Are Welcome To Attend

Interviews

Thursday, Jan. 28th
Friday, Jan. 29th

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letters to the editor

letters must be signed

letters must include
phone number
and NDSU affiliation

we reserve the right
to edit
all letters

due
5 p.m.
Sunday,
Wednesday



At The Half



A member of the F-M Acro Team is framed against our country's flag during the team's show at the postponed basketball Sunday against South Dakota State.



Tom Borr on the tri-tom drums and Paul Bougle on the tuba helped the men's and women's basketball teams on to victory Friday over Augustana with the support they gave as members of the pep band.

To All Recognized Organizations

A C.S.O meeting will be held at 7:00 p.m. on January 27th in the States Room.

Please have a representative the

Fargo City Bus Schedule



Service

Bus service is provided Monday through Saturday as indicated. Route #8 does not operate on Saturdays, nor is bus service provided on Sundays and major holidays.

Special needs transportation (Dial-A-Ride) is provided for senior citizens and handicapped persons: 24 hour in advance reservations are required.

Seniors and Handicapped

Seniors and ambulatory handicapped.....235-5535
Wheelchair-bound persons.....232-3231

Bus Fares

Single Ride.....60¢
Senior and handicapped.....30¢
Bus Tokens
40 count pkg. (.40 ea.) \$16.00

Children under 6 years with parent.....FREE

Ride N Shop tickets.....25¢ per ticket

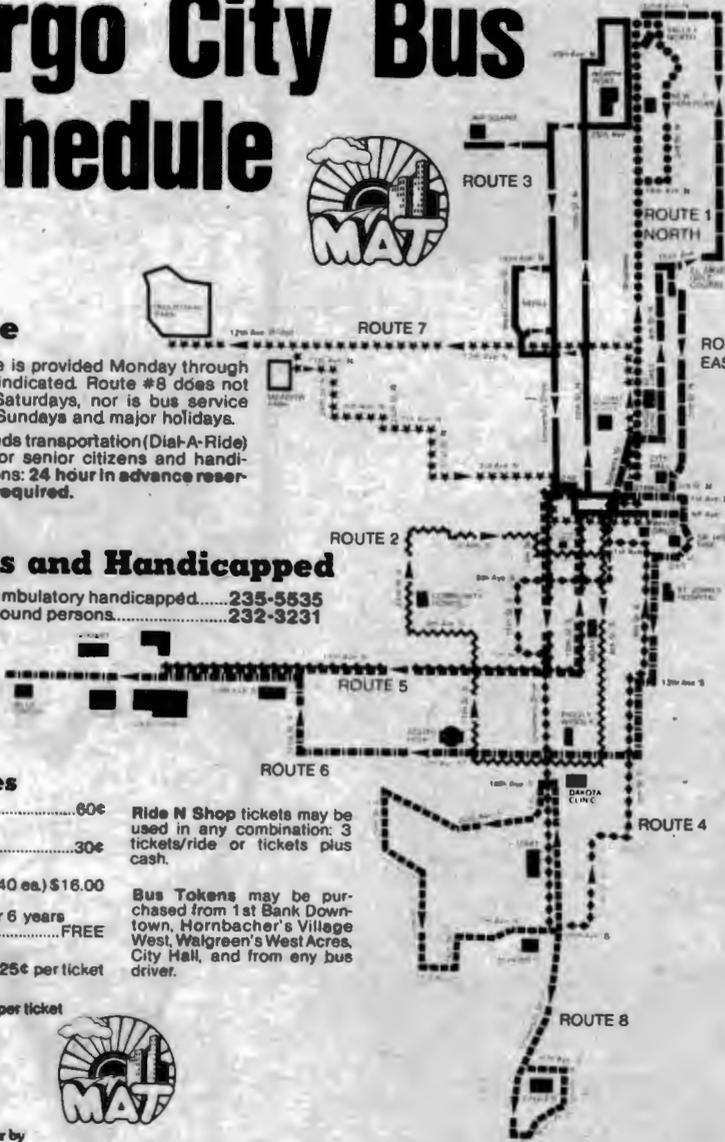
NDSU Students with ID.....25¢ per ticket

Ride N Shop tickets may be used in any combination: 3 tickets/ride or tickets plus cash.

Bus Tokens may be purchased from 1st Bank Downtown, Hornbacher's Village West, Walgreen's West Acres, City Hall, and from any bus driver.



Paid for by
FARGO METROPOLITAN AREA TRANSIT
and NDSU Student Government



1 FARGO CLINIC NORTH VALLEY NORTH

| Strass | Fargo Clinic | New Montross | Valley North | Fargo Clinic |
|--------|--------------|--------------|--------------|--------------|
| 6:15 | 6:17 | 6:23 | 6:25 | 6:35 |
| 6:45 | 6:47 | 6:53 | 6:55 | 7:05 |
| 7:15 | 7:17 | 7:23 | 7:25 | 7:35 |
| 7:45 | 7:47 | 7:53 | 7:55 | 8:05 |
| 8:15 | 8:17 | 8:23 | 8:25 | 8:35 |
| 8:45 | 8:47 | 8:53 | 8:55 | 9:05 |
| 9:15 | 9:17 | 9:23 | 9:25 | 9:35 |
| 9:45 | 9:47 | 9:53 | 9:55 | 10:05 |
| 10:15 | 10:17 | 10:23 | 10:25 | 10:35 |
| 10:45 | 10:47 | 10:53 | 10:55 | 11:05 |
| 11:15 | 11:17 | 11:23 | 11:25 | 11:35 |
| 11:45 | 11:47 | 11:53 | 11:55 | 12:05 |
| 12:15 | 12:17 | 12:23 | 12:25 | 12:35 |
| 12:45 | 12:47 | 12:53 | 12:55 | 1:05 |
| 1:15 | 1:17 | 1:23 | 1:25 | 1:35 |
| 1:45 | 1:47 | 1:53 | 1:55 | 2:05 |
| 2:15 | 2:17 | 2:23 | 2:25 | 2:35 |
| 2:45 | 2:47 | 2:53 | 2:55 | 3:05 |
| 3:15 | 3:17 | 3:23 | 3:25 | 3:35 |
| 3:45 | 3:47 | 3:53 | 3:55 | 4:05 |
| 4:15 | 4:17 | 4:23 | 4:25 | 4:35 |
| 4:45 | 4:47 | 4:53 | 4:55 | 5:05 |
| 5:15 | 5:17 | 5:23 | 5:25 | 5:35 |
| 5:45 | 5:47 | 5:53 | 5:55 | 6:05 |
| 6:15 | 6:17 | 6:23 | 6:25 | 6:35 |

1 ST. LUKE'S HOSPITAL VALLEY NORTH

| Strass | St. Luke's Hospital | Valley North | City Hall |
|--------|---------------------|--------------|-----------|
| 6:15 | 6:18 | 6:24 | 6:40 |
| 6:45 | 6:48 | 6:54 | 7:10 |
| 7:15 | 7:18 | 7:24 | 7:40 |
| 7:45 | 7:48 | 7:54 | 8:10 |
| 8:15 | 8:18 | 8:24 | 8:40 |
| 8:45 | 8:48 | 8:54 | 9:10 |
| 9:15 | 9:18 | 9:24 | 9:40 |
| 9:45 | 9:48 | 9:54 | 10:10 |
| 10:15 | 10:18 | 10:24 | 10:40 |
| 10:45 | 10:48 | 10:54 | 11:10 |
| 11:15 | 11:18 | 11:24 | 11:40 |
| 11:45 | 11:48 | 11:54 | 12:10 |
| 12:15 | 12:18 | 12:24 | 12:40 |
| 12:45 | 12:48 | 12:54 | 1:10 |
| 1:15 | 1:18 | 1:24 | 1:40 |
| 1:45 | 1:48 | 1:54 | 2:10 |
| 2:15 | 2:18 | 2:24 | 2:40 |
| 2:45 | 2:48 | 2:54 | 3:10 |
| 3:15 | 3:18 | 3:24 | 3:40 |
| 3:45 | 3:48 | 3:54 | 4:10 |
| 4:15 | 4:18 | 4:24 | 4:40 |
| 4:45 | 4:48 | 4:54 | 5:10 |
| 5:15 | 5:18 | 5:24 | 5:40 |
| 5:45 | 5:48 | 5:54 | 6:10 |
| 6:15 | 6:18 | 6:24 | 6:40 |

2 DAKOTA CLINIC SOUTH HIGH

| Strass | Court House | Dakota Clinic | South High | Community |
|--------|-------------|---------------|------------|-----------|
| 6:15 | 6:18 | 6:23 | 6:25 | 6:30 |
| 6:45 | 6:48 | 6:53 | 6:55 | 7:00 |
| 7:15 | 7:18 | 7:23 | 7:25 | 7:30 |
| 7:45 | 7:48 | 7:53 | 7:55 | 8:00 |
| 8:15 | 8:18 | 8:23 | 8:25 | 8:30 |
| 8:45 | 8:48 | 8:53 | 8:55 | 9:00 |
| 9:15 | 9:18 | 9:23 | 9:25 | 9:30 |
| 9:45 | 9:48 | 9:53 | 9:55 | 10:00 |
| 10:15 | 10:18 | 10:23 | 10:25 | 10:30 |
| 10:45 | 10:48 | 10:53 | 10:55 | 11:00 |
| 11:15 | 11:18 | 11:23 | 11:25 | 11:30 |
| 11:45 | 11:48 | 11:53 | 11:55 | 12:00 |
| 12:15 | 12:18 | 12:23 | 12:25 | 12:30 |
| 12:45 | 12:48 | 12:53 | 12:55 | 1:00 |
| 1:15 | 1:18 | 1:23 | 1:25 | 1:30 |
| 1:45 | 1:48 | 1:53 | 1:55 | 2:00 |
| 2:15 | 2:18 | 2:23 | 2:25 | 2:30 |
| 2:45 | 2:48 | 2:53 | 2:55 | 3:00 |
| 3:15 | 3:18 | 3:23 | 3:25 | 3:30 |
| 3:45 | 3:48 | 3:53 | 3:55 | 4:00 |
| 4:15 | 4:18 | 4:23 | 4:25 | 4:30 |
| 4:45 | 4:48 | 4:53 | 4:55 | 5:00 |
| 5:15 | 5:18 | 5:23 | 5:25 | 5:30 |
| 5:45 | 5:48 | 5:53 | 5:55 | 6:00 |
| 6:15 | 6:18 | 6:23 | 6:25 | 6:30 |

3 NDSU AIR GUARD VALLEY NORTH

| Strass | N. High | NDSU | Air Guard | Valley North | Air Guard | NDSU | University |
|--------|---------|-------|-----------|--------------|-----------|-------|------------|
| 6:15 | 6:18 | 6:24 | 6:30 | 6:35 | 6:41 | 6:54 | 7:01 |
| 6:45 | 6:48 | 6:54 | 7:00 | 7:05 | 7:11 | 7:24 | 7:31 |
| 7:15 | 7:18 | 7:24 | 7:30 | 7:35 | 7:41 | 7:54 | 8:01 |
| 7:45 | 7:48 | 7:54 | 8:00 | 8:05 | 8:11 | 8:24 | 8:31 |
| 8:15 | 8:18 | 8:24 | 8:30 | 8:35 | 8:41 | 8:54 | 9:01 |
| 8:45 | 8:48 | 8:54 | 9:00 | 9:05 | 9:11 | 9:24 | 9:31 |
| 9:15 | 9:18 | 9:24 | 9:30 | 9:35 | 9:41 | 9:54 | 10:01 |
| 9:45 | 9:48 | 9:54 | 10:00 | 10:05 | 10:11 | 10:24 | 10:31 |
| 10:15 | 10:18 | 10:24 | 10:30 | 10:35 | 10:41 | 10:54 | 11:01 |
| 10:45 | 10:48 | 10:54 | 11:00 | 11:05 | 11:11 | 11:24 | 11:31 |
| 11:15 | 11:18 | 11:24 | 11:30 | 11:35 | 11:41 | 11:54 | 12:01 |
| 11:45 | 11:48 | 11:54 | 12:00 | 12:05 | 12:11 | 12:24 | 12:31 |
| 12:15 | 12:18 | 12:24 | 12:30 | 12:35 | 12:41 | 12:54 | 1:01 |
| 12:45 | 12:48 | 12:54 | 1:00 | 1:05 | 1:11 | 1:24 | 1:31 |
| 1:15 | 1:18 | 1:24 | 1:30 | 1:35 | 1:41 | 1:54 | 2:01 |
| 1:45 | 1:48 | 1:54 | 2:00 | 2:05 | 2:11 | 2:24 | 2:31 |
| 2:15 | 2:18 | 2:24 | 2:30 | 2:35 | 2:41 | 2:54 | 3:01 |
| 2:45 | 2:48 | 2:54 | 3:00 | 3:05 | 3:11 | 3:24 | 3:31 |
| 3:15 | 3:18 | 3:24 | 3:30 | 3:35 | 3:41 | 3:54 | 4:01 |
| 3:45 | 3:48 | 3:54 | 4:00 | 4:05 | 4:11 | 4:24 | 4:31 |
| 4:15 | 4:18 | 4:24 | 4:30 | 4:35 | 4:41 | 4:54 | 5:01 |
| 4:45 | 4:48 | 4:54 | 5:00 | 5:05 | 5:11 | 5:24 | 5:31 |
| 5:15 | 5:18 | 5:24 | 5:30 | 5:35 | 5:41 | 5:54 | 6:01 |
| 5:45 | 5:48 | 5:54 | 6:00 | 6:05 | 6:11 | 6:24 | 6:31 |
| 6:15 | 6:18 | 6:24 | 6:30 | 6:35 | 6:41 | 6:54 | 7:01 |

4 DAKOTA CLINIC E-MART ST. JOHNS HOSP.

| Strass | Dakota Clinic | K-Mart | St. John's | Senior High |
|--------|---------------|--------|------------|-------------|
| 6:15 | 6:26 | 6:30 | 6:39 | 6:41 |
| 6:45 | 6:56 | 7:00 | 7:09 | 7:11 |
| 7:15 | 7:26 | 7:30 | 7:39 | 7:41 |
| 7:45 | 7:56 | 8:00 | 8:09 | 8:11 |
| 8:15 | 8:26 | 8:30 | 8:39 | 8:41 |
| 8:45 | 8:56 | 9:00 | 9:09 | 9:11 |
| 9:15 | 9:26 | 9:30 | 9:39 | 9:41 |
| 9:45 | 9:56 | 10:00 | 10:09 | 10:11 |
| 10:15 | 10:26 | 10:30 | 10:39 | 10:41 |
| 10:45 | 10:56 | 11:00 | 11:09 | 11:11 |
| 11:15 | 11:26 | 11:30 | 11:39 | 11:41 |
| 11:45 | 11:56 | 12:00 | 12:09 | 12:11 |
| 12:15 | 12:26 | 12:30 | 12:39 | 12:41 |
| 12:45 | 12:56 | 1:00 | 1:09 | 1:11 |
| 1:15 | 1:26 | 1:30 | 1:39 | 1:41 |
| 1:45 | 1:56 | 2:00 | 2:09 | 2:11 |
| 2:15 | 2:26 | 2:30 | 2:39 | 2:41 |
| 2:45 | 2:56 | 3:00 | 3:09 | 3:11 |
| 3:15 | 3:26 | 3:30 | 3:39 | 3:41 |
| 3:45 | 3:56 | 4:00 | 4:09 | 4:11 |
| 4:15 | 4:26 | 4:30 | 4:39 | 4:41 |
| 4:45 | 4:56 | 5:00 | 5:09 | 5:11 |
| 5:15 | 5:26 | 5:30 | 5:39 | 5:41 |
| 5:45 | 5:56 | 6:00 | 6:09 | 6:11 |
| 6:15 | 6:26 | 6:30 | 6:39 | 6:41 |

5 WEST ACRES

| Strass | West Acres | Senior |
|--------|------------|--------|
| 7:00 | 7:15 | 7:30 |
| 7:30 | 7:45 | 8:00 |
| 8:00 | 8:15 | 8:30 |
| 8:30 | 8:45 | 9:00 |
| 9:00 | 9:15 | 9:30 |
| 9:30 | 9:45 | 10:00 |
| 10:00 | 10:15 | 10:30 |
| 10:30 | 10:45 | 11:00 |
| 11:00 | 11:15 | 11:30 |
| 11:30 | 11:45 | 12:00 |
| 12:00 | 12:15 | 12:30 |
| 12:30 | 12:45 | 1:00 |
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| 6:00 | 6:15 | 6:30 |

6 DAKOTA CLINIC WEST ACRES BLUE CROSS

| Strass | West Acres | Dakota Clinic | Blue Cross | West Acres | Hi Rise |
|--------|------------|---------------|------------|------------|---------|
| 6:30 | 6:45 | 6:40 | 6:57 | 7:00 | 7:20 |
| 7:00 | 7:15 | 7:10 | 7:27 | 7:30 | 7:50 |
| 7:30 | 7:45 | 7:40 | 7:57 | 8:00 | 8:20 |
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| 5:00 | 5:15 | 5:10 | 5:27 | 5:30 | 5:50 |
| 5:30 | 5:45 | 5:40 | 5:57 | 6:00 | 6:20 |
| 6:00 | 6:15 | 6:10 | 6:27 | 6:30 | 6:50 |

7 MADISON INDUSTRIAL PARK

| Strass | Fargo Clinic | NDSU | Industrial Park | Meadow Park | 25th St | Hi Rise |
|--------|--------------|-------|-----------------|-------------|---------|---------|
| 6:15 | 6:17 | 6:21 | 6:26 | 6:31 | 6:36 | 6:38 |
| 6:45 | 6:47 | 6:51 | 6:56 | 7:01 | 7:06 | 7:08 |
| 7:15 | 7:17 | 7:21 | 7:26 | 7:31 | 7:36 | 7:38 |
| 7:45 | 7:47 | 7:51 | 7:56 | 8:01 | 8:06 | 8:08 |
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| 8:45 | 8:47 | 8:51 | 8:56 | 9:01 | 9:06 | 9:08 |
| 9:15 | 9:17 | 9:21 | 9:26 | 9:31 | 9:36 | 9:38 |
| 9:45 | 9:47 | 9:51 | 9:56 | 10:01 | 10:06 | 10:08 |
| 10:15 | 10:17 | 10:21 | 10:26 | 10:31 | 10:36 | 10:38 |
| 10:45 | 10:47 | 10:51 | 10:56 | 11:01 | 11:06 | 11:08 |
| 11:15 | 11:17 | 11:21 | 11:26 | 11 | | |

HOW THE HEALTH ARE YOU

Guide to the NDSU Health Center and Healthful Living

This guide is designed to provide information about the Health Center and its services, as well as give information on how to stay well and how to get you are sick. We hope it is a helpful reference you stay at NDSU. We try to answer some of the most frequently asked questions and some you have thought about.

About this guide you will find the word TAPE followed by a number. If you want more information, call the Health Center from 10:00 a.m. to 11:00 p.m. and ask for the TAPE name or number and you will hear a three minute recording on that subject.



If you have any questions, problems, or think you may be sick, call the NDSU Health Center or stop in. The staff will be happy to help you. HERE'S TO YOUR HEALTH!!!!

HEALTH CENTER

The Health Center is a fully-equipped clinic with an infirmary. The Health Center is located in the brick building north of Old Main between the Hall and Festival Hall. If you are a registered student at NDSU you are entitled to use the services of the Health Center. (TAPE 1401)

The Health Center has a nurse on duty 24 hours a day during the regular school year. It is open on a walk-in basis from 8:00 a.m. until dark every day, except during vacations. After dark the Center is locked. If you need medical attention at night, call 237-7331 to speak to a nurse, or ring the front doorbell to be admitted.

The Health Center has a doctor's services on a limited basis Monday through Friday. Because the doctor is very busy, please call to make an appointment. The doctor does not do routine physicals nor does he visit any student residences. The Center staff provides the services of a medical technologist and a pharmacist during the doctor's hours.

Health Center Services (TAPE 1402)

The Health Center provides other services besides contagious diseases and other illnesses:

Treatment - An acne program is available. Treatment may include medications and/or ultraviolet treatment.

Allergy Shots - Any student will be given allergy shots if the student brings in his/her physician's order for allergy serum. Shots are given only during business hours and a 20 minute waiting period is required after the injection.

Control Education - Educational information on control methods is available to students.

Counseling on Health Related Issues - Counseling on health-related issues such as human sexuality, programs, insomnia, etc., are provided. If necessary, the Center will make referrals to appropriate local agencies.

Nutritionist - A nutritionist is available to help you with any diet problems. A weight reduction program is offered throughout the year. The food service provides a variety of healthy and dietary foods for you.

Infirmary Services - Overnight infirmary services are available if you are too sick to stay in your dorm or apartment, but not sick enough to be admitted to a hospital. A \$5 fee is charged for each day in the infirmary which is covered by most health insurance policies. If you have spent time in the infirmary, the nurse will write you an excuse. No excuses will be given by the head nurse or doctor unless you have been in the infirmary three consecutive school days, missed an exam, or been seen at the Health Center.

Laboratory Testing - Complete blood counts, throat cultures, VD testing, pregnancy testing, mono testing, and others are available.

Pharmacy - The pharmacy is located in the basement of the Health Center. A pharmacist will fill prescriptions signed by any licensed physician. Medications sold in the pharmacy are priced with a student discount and are often less expensive than at other pharmacies.

* **Special Equipment** - Special equipment such as crutches, hot water bottles, or ice bags are provided at no charge. A deposit may be collected but will be refunded when the equipment is returned.

* **Vision Tests** - Vision tests needed for driver's license renewal are available at no cost.

* **X-Ray** - When a physician orders an X-ray diagnosis, you will be referred to a local clinic at your expense.

What's Free and What's Not?

Most services are provided without charge. There is no charge for the following services: physician's services, vision tests, birth control counseling, allergy shots, VD testing, VD treatment, diet counseling, and referrals.

Some services are performed for a small fee. These services include: infirmary stays, throat cultures, pap smears, pregnancy tests, mono tests, immunizations, and prescriptions.

Because the Health Center is not a hospital and does not have a full-time doctor, the following services are not available at the Center: routine physicals, major hospital care, and surgery.

Student Health Insurance (TAPE 1400)

A health insurance plan for registered students and their dependents is available through the Student Affairs Office. This insurance policy can be obtained by filling out a card during registration requesting coverage. Students requesting the coverage will have the premium added to the fee statement and payable the same as tuition each quarter.

The policy is effective from September 1, 1981, or the date of application, through September 1, 1982. The policy can be purchased during fall, winter, or spring registration and is pro-rated accordingly. The plan protects students at home, at school, or while traveling, 24 hours a day.

For more information, contact the Student Affairs Office in Old Main, or call 237-7701.

STAYING HEALTHY

Blood Pressure

High blood pressure, called hypertension, has no symptoms. Yet, if it is not treated it can lead to heart disease and stroke. Hypertension can be controlled by losing weight, exercising, lowering your salt intake, stopping smoking, and/or by taking prescribed medications. If you want to know your blood pressure, stop in at the Health Center and have it checked.

Breast Self-Examination

Breast cancer is one of the most common malignancies in women; one out of eleven women can expect cancer of the breast. Early detection is important to catch the cancer before it spreads. Breast examination can help detect any abnormalities early and aid in early breast cancer detection.

The best time to examine your breasts is immediately after your period. Examinations should be done every month so you learn what is and isn't normal for your body. If you find a lump see your doctor immediately. While over 80 percent of all breast lumps are not cancerous, you should be examined.

There are three steps in examining your breasts:

1. In the shower or bath, examine your breasts as your hands glide easily over the wet skin. Fingers flat, move gently over every part of the breast. Use the right hand to examine the left breast; left hand for right breast. Check for any lump, hard knot or thickening.

2. Before a mirror, inspect your breasts with arms at your sides. Raise your arms overhead, looking for any change in the breast contour, dimpling of skin, or changes in the nipple. Next, rest palms on hips and press down firmly, looking for any changes.

3. Lying down on your back, put a pillow under your head. With your left hand, fingers flat, press and examine your breasts again. Continue circling until every part of your breast has been examined, including the nipple. Repeat the entire process to examine your left breast, placing the pillow under your left shoulder, and left hand behind your head. While examining your breasts a ridge of firm tissue in the lower curve of each breast is normal. Finally, squeeze the nipple gently. If there is any discharge, report it to your doctor immediately. (TAPE 1085)

Contraception

Several different methods of contraception are available to you. Your life style and medical history should be considered when choosing your method of contraception. To select the right birth control method, consult the doctor at the Health Center. Birth control counseling is also available at the Center at no charge.

* **Abstinence** - This is a 100 percent effective method of birth control since there is no sexual intercourse at all.

* **Oral Contraception** - (The "pill") - If you take the pill every day, it is 99.66 percent effective in preventing pregnancy. Not everyone can use the pill. Your doctor will give you a physical examination and ask for information about your past and present health and your family's health history to determine if the pill is right for you. Many doctors recommend you do not take the pill if you are over 35, smoke, have high blood pressure, liver disease, or a history of heart disease. It is also suggested that if you drink a lot of alcohol the pill may not be for you. DO NOT take the pill if you are pregnant, or suspect you are, or if you are breast feeding. Check with your doctor if you are going to have surgery to see if he/she recommends you continue taking the pill. At present there is no evidence proving the pill increases your chances of getting cancer. If you are on the pill, however, you should have an annual physical, including a pap smear and breast exam. (TAPE 1115, 1118)

* **IUD** - (Intra-uterine device) - This is a metal or plastic device which is placed within the uterus by a doctor. If the IUD stays in place it is 97 to 99 percent effective. The IUD won't stay in place for about two out of ten women who try it. If you have an IUD, you may have more discomfort and/or more blood flow, which may occur during or between periods. You should check for the IUD strings at least once a week and always after each period. If you have problems, call a doctor. (TAPE 1116)

* **Diaphragms** - These are soft rubber cups which cover the cervix preventing sperm from entering the uterus. The diaphragm is fitted to your body by a doctor. The fit is very important. If your weight changes by more than 20 pounds, or if you've had pelvic injuries, have the diaphragm fit checked. A diaphragm must be used every time you have sexual intercourse and it must be used with a contraceptive jelly or cream. Your doctor will tell you how to properly fit and use your diaphragm. When used properly, diaphragms are 90-95 percent effective. (TAPE 1119)

* **Condoms** - These are rubber sheaths which are worn over the penis during intercourse. They prevent pregnancy by trapping the male sperm inside the condom. When placing the condom on, leave a half-inch space at the end of the sheath. Condoms used with jellies, creams, or foams are very effective and help prevent the spread of venereal disease. (TAPE 1121)

* **Natural Family Planning** - This is a method of birth control which relies on the monitoring of the basal body temperature and checking vaginal secretion to determine when a woman is ovulating. During this time, the couple will abstain from sexual intercourse. To learn more about this method, call Catholic Family Services at 235-4457. (TAPE 1123)

* **Foams, Jellies, Creams** - These methods of birth control rely on chemicals that kill sperm. They are inexpensive, require no prescription, and usually have no side effects. When used with other methods of birth control, such as condoms or diaphragms, they can be an effective means of birth control. (TAPE 1122)

* **Sterilization** - This type of birth control is 100 percent effective when done properly and is usually permanent. Male sterilization involves a vasectomy which is most often performed by a doctor in his office. Women who desire sterilization have tubal ligations (tubes tied). This procedure requires hospitalization as surgery is necessary. (TAPE 1120)

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Ear Care

The ear is generally self-cleaning. Do not attempt to remove all the ear wax as excessive cleaning of the ear is undesirable. It is generally recommended that the ear be cleansed only with a wet washcloth over the tip of a finger. If you experience an earache that is persistent, have a hearing loss, or drainage from the ear, see a doctor.

Exercise

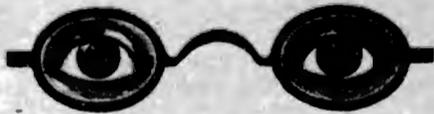
Physical fitness includes a balanced diet, proper rest and exercise. While at NDSU you have many facilities available to help you with your exercise program.

The New Field House has an indoor track, racquetball courts, weight room, sauna and swimming pool for student use. Tennis courts are just west of the New Field House. Call 237-8617 for more information on availability.

Students are encouraged to participate in the many one-credit courses offered by the NDSU Physical Education Department. Call 237-8981 for more information on class schedules and eligibility requirements.

The Human Performance Laboratory located in the New Field House can help students determine their current level of health-related physical fitness. The program includes a complete functional capacity test of aerobic fitness, pulmonary function, body composition, percentage of body fat, muscular strength and endurance, flexibility and a diet check. Membership services also include a consultation with a trained exercise physiologist and the development of a personalized exercise program. Call 237-7159 for membership information and application procedures.

Fargo-Moorhead offers bicycle trails, roller skating rinks, bowling alleys, racquetball clubs, golf courses, tennis courts, ice skating rinks, swimming pools and handball courts. Whether you jog, play racquetball, lift weights, do calisthenics or yoga, set an exercise program for yourself and follow it regularly. (TAPE 1332, 1356, 1374)



Eye Care

Taking care of your eyes is important and involves common sense. Have your eyes examined at least every two to five years. Protect your eyes when working around chemicals, poisons, or welding. Make sure your eyes are protected when participating in sports such as tennis, racquetball, handball or any other sports where the eyes may be injured.

If you experience any of the following symptoms see a doctor: persistent redness, continuing pain around the eye (especially after an injury), unequal size of the pupils, growth on the eyes or eyelids, trouble seeing clearly, floating spots, double vision, or fogginess around lights. If you wear contacts, don't overwear them or sleep with them in your eyes. If you feel a stabbing pain after overwear, see a doctor.

Foot Care

The best foot care is to keep your feet clean and dry. Trim your toenails occasionally, cutting straight across the nail; rounding the corners may cause ingrown toenails.

Plantar'swarts sometimes appear on the sole of the foot and may be painful; they should be treated by a doctor. Athlete's foot is a scalling or cracking of the skin, especially between the toes. It also appears as small blisters that contain fluid. Tinactin is a drug that can help athlete's foot and can be purchased at a drugstore without prescription.

If you have painful calluses, warts, ingrown toenails, or severe athlete's foot, visit your doctor.



Hangovers

The "morning-after flu" is the result of drinking too much alcohol resulting in a headache and/or an upset stomach. The best way to avoid hangovers is not to drink or to drink in moderation.

Alcohol is a diuretic which increases urination causing loss of water and salt from your body. If you drink too much, you may want to eat a tablespoon of honey before you go to bed to help metabolize the alcohol. The following morning drink plenty of fluids, salted tomato juice, coffee, and eat honey toast. Unfortunately, time is the only "cure" for a hangover.

Immunizations

Vaccinations are required to help you build immunity against certain diseases. You should have received shots to prevent polio, measles, mumps, diphtheria and tetanus. If you aren't sure you have received these shots, your family doctor or your parents should be able to tell you.

Some immunizations are required if you are traveling abroad. The Community Health Center can tell you what shots you need and administer them. Call 241-1360 for more information.

Nutrition

Eating a balanced diet is part of healthy living. To eat right you should eat a variety of foods which provide the necessary nutrients to build a healthy body. It is recommended that you eat from the four basic food groups every day: milk products, meats, vegetables and fruits, and bread and cereals. The Health Center has a nutritionist who will help you with any dietary problems or questions. (TAPE 1374)

Often college students find themselves gaining weight. The combination of too much eating and too little exercise can create this problem. There is no easy answer for losing weight—what is needed is a good diet plan and an exercise program. If you need help in losing weight or keeping your weight stable, visit the nutritionist at the Health Center. If you are on a food contract, the nutritionist and the food service can help you with a well-balanced diet.

If you find you have a compulsion to overeat, Overeaters Anonymous may be able to help you. Call 233-0020 or 235-9383 for information on their services. (TAPE 1329, 1330, 1333, 1334, 1335, 1336, 1337, 1338, 1339, and 1340)

Smoking

If you smoke, try to cut down on the number of cigarettes you smoke and smoke filtered or low-tar cigarettes. Women who smoke shouldn't take birth control pills. If you are pregnant, smoking will affect your baby, so try to stop smoking while you are pregnant. Smoking affects the body—it speeds up your heartbeat, kills lung cells, and slows reaction time. A link between smoking and lung cancer has been found, so if you smoke be aware of what you're doing to your body. (TAPE 1086, 1376)

Sun

The most common problem associated with the sun is sunburn. Varying degrees of sunburn occur after exposure to the sun. For mild burns, apply cold compresses if needed. When blisters form because of burns, apply cold compresses or soak in a tub of cool water. If blisters are extensive, see a doctor. Aspirin can reduce the pain associated with severe sunburn.

The best way to prevent sunburn is to gradually build up your sunning time starting with 10 to 15 minutes. Use a sunscreen which contains PABA when suntanning.

Suntan parlors are becoming quite popular, but many doctors warn against using them to get a tan: Prolonged exposure to either the sun or the rays in suntan parlors may prematurely age your skin and/or cause cancer of the skin.

Teeth

Dental Hygiene should be a part of your daily health care. Brush your teeth properly every day, preferably after every meal. If you can't brush, rinse your mouth after meals or eat an apple or carrot to clean your teeth. Flossing your teeth daily can help keep your gums and teeth healthy and clean. Watch your intake of sweets and sugar to help prevent cavities. (TAPE 1200, 1201)

Testicle Self-Exam

Self-examination of the testes is an important part of self-health care and should be included in male health maintenance care. To do a testicle exam, hold your scrotum in the palms of your hands and examine each testicle with the thumb and fingers of both hands. Your index and middle fingers should be on the underside of each testicle and your thumbs on top. Roll the testicles between your thumb and fingers; look for any hard, small lumps. If you notice any abnormalities see your doctor.



GETTING HEALTHY

Acne

Acne is the word used to describe the skin problems that affect the face, neck, back and chest. If you have acne, you're not alone—80 percent of young adults have some form of acne. No one knows exactly what causes acne. Flare-ups may occur after you eat certain foods or if you are under a lot of stress. Some females' acne gets worse just before the start of a period.

There are treatments available. Keep your face clean by washing at least twice a day. Sunlight sometimes helps clear up acne.

If you have acne, visit the Health Center and ask about their treatments which include medication and/or ultraviolet light. (TAPE 1373)

Allergies

Allergies are caused by foreign substances in the environment which cause a sensitivity reaction. Allergies usually develop because the body is sensitive to pollen, dust, plants, or animal hair. A skin patch test can be used to find what allergies you may have. Your doctor can prescribe medications which will help lessen allergic reactions. You may have to avoid those things which cause your allergies. The Health Center will give allergy shots at no cost to students who bring a doctor's prescription and the allergy serum.

Asthma

Asthma is the inability to breathe well and is caused when air passages in the lungs are narrowed. It is characterized by wheezing, shortness of breath, tightness in your chest, coughing and sudden attacks.

The causes of asthma are different for different people. For many, asthma is the result of an allergy. In some, asthma is caused by something in the body's chemistry. Most asthma is caused by a mixture of both.

If you are with someone who is having an asthma attack, stay calm and reassure the asthma victim. Have the person sit down and lean forward, resting their arms on a pillow or table. You may have to "breathe" with the person to help slow down his/her breathing rate. After the attack, let the patient rest.

Because an asthma attack may be dangerous, be prepared to take the asthmatic person to the hospital or the Health Center. If you have asthma see your doctor to determine what you need to prevent asthma attacks.

Colds

The common cold is caused by a virus. Cold symptoms include sneezing, chills, muscular aches, fever and malaise. A common cold usually lasts seven days. There is no specific cure for a cold. If you have a cold you should avoid getting chilled, get plenty of rest, drink lots of fluids and take aspirin if needed.

If you have a sore throat, earache, high fever, swollen glands, or if your cold lasts longer than a week, see your doctor—you may have a bacterial infection. (TAPE 1357, 1368, 1369)

Hayfever

Hayfever is an inflammation of the eyes and nasal passages caused by an allergy. Its symptoms include tickling and stuffiness of the nose, sneezing, and redness and itching of the eyes. Hayfever can be serious and lead to infection. If you have hayfever, visit your doctor to determine what type of hayfever you have and what provokes it. If you need allergy shots, the Health Center can give them. (TAPE 1359)

Hemorrhoids

Hemorrhoids, sometimes called piles, are a common affliction. Hemorrhoids are varicose veins in the rectal area. Causes for hemorrhoids include constipation, diarrhea, severe coughing, strain and pregnancy.

Hemorrhoids can be either external or internal. Internal hemorrhoids occur inside the rectum and are usually painless, but can cause bleeding. The bleeding is seldom severe and is bright red in appearance. External hemorrhoids occur outside the anal area. They are usually first noticed as a firm tender lump. This may be treated by sitting in a warm bath. The lump should begin to decrease in size in three to five days. There may be some bleeding. If the bleeding continues for more than five days, if the hemorrhoid doesn't reduce in size, or if the lump is bigger than one-half inch, see a doctor.

Hives

This is a common condition usually caused by allergies or an allergic reaction to drugs. Hives are welts that appear on the body, usually on the trunk of the body. They develop quickly, often in large numbers, and typically disappear in a few hours. If hives persist, they can be dangerous. To help stop the itching, take a cold shower, soda baths and use calamine lotion. Visit with a doctor to determine what causes your hives.

Insomnia

Insomnia is the most common sleep disorder. If you have difficulty falling asleep, the following hints may be helpful: avoid caffeine after 5 p.m. (coffee, colas, etc.); go to bed at the same time every night; do some light exercise; take a warm (not hot) bath; meditate; do relaxation exercises and don't use your bed for studying—use it for sleeping. These techniques work for most people. If you still have problems sleeping, visit the Health Center or the Counseling Center. (TAPE 1358)

Injuries

If you have had an injury, clean it with soap and water to help prevent infection. If you haven't had a tetanus shot in the last ten years, you may need one. If the injury becomes infected, appears red, swollen and warm to the touch, or has pus in the wound, see a doctor immediately.

* Burns — There are three categories of burns:

First degree burns — The skin appears pink or red and small blisters may appear. Most sunburns are first degree burns. Apply cold water to the burned area. DO NOT apply butter to the burn.

Second degree burns — Large, thick blisters form, often covering the entire burn. The area is deep red and shiny in appearance. Because of the danger of infection, do not break the blisters; see a doctor.

Third degree burns — The skin is destroyed and there is little pain. Anyone with a third degree burn should see a doctor immediately.

Chemical burns — Remove any chemically soaked clothing and rinse the area with clean, cool water for ten to fifteen minutes. Get medical attention immediately. Chemical burns in the eye should be treated as soon as possible. Get the person's head under a faucet, open the eye, and let the water wash over the eye—then seek medical help immediately.

* Bruises — These are the black-and-blue marks that indicate a local hemorrhage. Bruises are injuries that usually result from a blow. There may be some tenderness and swelling but it usually goes away rather quickly. If a bruise takes a long time to heal, see a doctor.

* Cuts — If your cut bleeds, apply pressure to the wound, elevate it, and apply cold compresses. If bleeding does not stop or if the cut is severe, see a doctor immediately.

* Punctures — Punctures are usually caused by sharp objects such as knives or nails. The wound may close very quickly and still become infected. Be sure to clean the wound thoroughly. If you have not had a tetanus shot in the past ten years, or if infection sets in, see a doctor immediately.

* Scrapes — Usually the outer layer of skin is scraped off. While there usually isn't much bleeding, the wound may be painful and susceptible to infection. Scrapes should be carefully cleaned with soap and water to prevent infection. If infection occurs, see a doctor.

* Sprains — A sprain is an injury to a ligament usually caused by stress. Sprains will be tender, swollen, discolored, and very painful with limited movement in the affected area. Elevate the injured area and apply ice immediately. If the sprain is severe, see a doctor.

* Strains — Strains are caused by overstretching tendons or overusing muscles. In acute strains, pain and swelling occur suddenly. To treat acute strains, rest the injured area and apply ice packs to reduce the swelling. See a doctor to determine the extent of the injury. In chronic stress, pain usually occurs several hours after overexertion. Symptoms include tenderness and stiffness with no swelling. Treatment includes resting areas until the stiffness decreases.

Mononucleosis

Although mononucleosis is sometimes called the "kissing disease," no one knows exactly how it is spread. It is caused by a virus which enlarges the lymph nodes. Other symptoms include fever, sore throat, chills, severe headache and fatigue. Mononucleosis may affect the liver and the spleen. Do not participate in excessive or rough activity and do not drink alcohol. Stay in bed until your fever, fatigue and headaches lessen. If you suspect you have mononucleosis, go to the Health Center for a blood test. (TAPE 1360)

Nosebleeds

Most nosebleeds are not serious. To stop a nosebleed, pinch the lower third of the nose, applying pressure for ten minutes. Ice can also be applied if the bleeding does not stop. If the bleeding continues, see a doctor or come to the Health Center.

Poison

If you or a friend come in contact with poison, call the Poison Information Center at 280-5575 for help and get to a doctor immediately. Make sure you bring the container the poison was in with the label on it. DO NOT force the person to vomit unless told to do so.



Shock

An individual in shock is seriously ill since shock can cause death. A person in shock may have different symptoms according to the degree of shock. Look for clammy and cool skin, an increased pulse rate, rapid and shallow breathing. The person may appear irritable and anxious. If the shock is severe, the person may become unconscious and body temperature will fall.

Lie the person down on his/her back, legs elevated, with knees kept straight and the head level or slightly higher than the chest. Loosen clothing, keep the person warm (DO NOT apply heat), and get him/her to a hospital.

Vomiting

If vomiting is caused by overeating, excessive drinking, influenza or morning sickness, you seldom need to see a doctor. In these cases, drink plenty of fluids to prevent dehydration. If you continue to vomit for more than eight hours, or if you vomit blood, see a doctor.

Venereal Disease

Venereal disease is the term used to describe many sexually transmitted diseases. It is estimated that up to ten million people in the United States contract VD each year. The three most common venereal diseases are gonorrhea, syphilis and genital herpes. If you suspect you have VD, please see a doctor. VD can be cured with the proper treatment, but only a doctor can treat you.

The surest way to avoid getting VD is to be sexually inactive. If you are going to engage in sexual intercourse, there are some preventative measures you can take. During intercourse, the male should wear a condom. This will help prevent the spread of VD between partners. Washing (males) and douching (females) may help, but it is not as effective as using a condom.

* Crabs — These are public lice that attach themselves to the skin under the pubic hair and cause itching. Although crabs are usually passed by sexual contact, they can be transmitted other ways as well. They are easy to diagnose and can be treated with Rid, a medicine that can be purchased at the pharmacy.

* **Gonorrhea** - This is the most common of all venereal diseases. For the male, the first symptoms are usually a burning pain when urinating, plus a discharge of pus from the penis. This occurs two to six days after contact with an infected person. A female with gonorrhea rarely notices any symptoms. In some cases, she may experience a burning sensation when urinating and a vaginal discharge. If gonorrhea is not adequately treated it may cause serious and painful conditions including arthritis, sterility, heart problems or serious pelvic disorders. Gonorrhea can be completely cured by early treatment. However, you can contract gonorrhea again and will need to be treated again. (TAPE 1701)

* **Genital herpes** - Estimates place this type of VD as the second most common type of venereal disease next to gonorrhea. Genital herpes is caused by a virus and there is no specific cure. Genital herpes (Herpes II) is related to the virus that causes the cold sore, however, most genital herpes is spread by sexual contact. Symptoms usually appear from three to seven days after sexual contact and can occur up to 20 days later. Usually, painful sores will develop around the vagina, vulva and the penis. Other symptoms include pain during urination, vaginal discharge, swelling of the genitals, fatigue and fever. While there is no cure, it is important to see your doctor if you suspect you have genital herpes. (TAPE 1704)

* **Genital warts** - These warts appear on or around the genital area. These warts will appear from one to three months after exposure. Genital warts should be removed by a doctor. Because these warts are sometimes hard to get rid of, it is best to avoid getting them. Use of the condom may prevent spread of warts. (TAPE 1702)

* **Syphilis** - This type of VD is less common than gonorrhea. It is contracted during sexual intercourse with primary symptoms appearing between 10 to 90 days after exposure. A painless sore (chancre), which looks like a pimple, blister or open sore, will appear. During the secondary stage there may be a rash on any part of the body, sores in the mouth, a sore throat, falling hair or a fever. These symptoms will eventually disappear, but you will still have syphilis. Syphilis must be treated by a doctor to be cured. (TAPE 1701)

Vaginitis - Vaginal infections are caused by an overgrowth of bacteria in the vagina. Some symptoms include discharge (either cream-colored, or yellow-green), an unpleasant odor, itching or swelling. If your symptoms don't disappear in a week, see a doctor. Don't leave vaginitis untreated; it may lead to more serious problems. (TAPE 1363)

Warts

Warts are caused by a virus and may affect any part of the body. There are three common types of warts: plantar warts, which appear on the sole of the foot; common warts, which usually appear on the hands and fingers, and venereal warts. Plantar warts and regular warts should be treated by a doctor. See the above section for information on genital warts.

GETTING MENTALLY HEALTHY

Alcoholics Anonymous/Al-Anon

Alcoholics Anonymous and Al-Anon are support organizations which help people with drinking problems and/or people who are relatives and friends of alcoholics. These groups offer peer support to alcoholics and their families. If you think you have a drinking problem or are having problems coping with someone's drinking, call AA at 293-0291 or call the Center for Student Counseling and Personal Growth at 237-7198.

If you would like to attend an AA meeting, Al-Anon or Alateen meeting visit the AA Club House at 1112 3rd Avenue South in Fargo. You may also want to visit the Coordinator of Chemically Dependent Student Services in Ceres Hall 209. (TAPE 1222, 1223, 1224, 1225, 1226, 1227)

Anxiety

Anxiety and tension are unfortunately common occurrences in daily life. An occasional bout of anxiety is normal and, while it may not be pleasant, it need not be a cause of additional concern.

However, for some people anxiety occurs frequently and creates more problems in coping with daily activities. If you find yourself or a friend having difficulty getting along with people, mistrusting friends, feeling trapped and inadequate, or dwelling on your anxiety, stop by the Health Center and talk to a nurse or doctor. You may also want to visit the Center for Student Counseling and Personal Growth in Old Main to talk to someone about your anxieties. (TAPE 1166)



Depression

We all experience everyday "blues," but this emotional state differs from serious depression. At least 15 percent of all adults suffer from some effects of depression—people under 30 have a higher incidence of depression than any other age group.

Depression has many symptoms, but not all of them may occur. Some symptoms include crying spells, anxiety, irritability, guilt feelings and a drop in self-confidence and self-esteem.

The emotional state of depressed people can change dramatically. They may find it hard to concentrate, have a poor memory, lose interest in the world and worry about death. Feelings of fatigue, loss in appetite, insomnia, headaches and a reduction in sex drive are frequent symptoms.

If your case of the "blues" seems to drag on and you can't seem to pull yourself out of the slump, call the Center for Student Counseling and Personal Growth at 237-7671 to talk with one of the counselors.

People who are depressed may attempt suicide—don't dismiss the warning signs! Call the Center for Student Counseling and Personal Growth or Hotline in the evening if you or a friend of yours threaten suicide. (TAPE 1160)

Drug Abuse

Drugs come in a variety of shapes and forms. Some, like morphine or valium, are used for medical purposes and are legally available only through prescription. Others, like caffeine, tobacco, aspirin, and alcohol are freely available. Many people use some form of drugs everyday without thinking—most of us have at some time used and abused drugs.

Most drugs used everyday are not addictive, however, psychological dependence on a drug and abuse of the drug can create serious problems. Alcohol and drugs taken together can be a deadly combination.

If you think you might have a problem with drug abuse, there are several agencies in the area that can help: Narcotics Anonymous, 232-4279; Hotline, 235-7335; Southeast Mental Health Center, 237-4513; or the Center for Student Counseling and Personal Growth, 237-7671.

If you've taken a drug that is causing a bad reaction, call the Poison Information Center at 280-5575, or call the emergency room at one of the area hospitals.

If you are buying "street" drugs... be careful. The substance you're buying may not be what you think it is. (TAPE 1230, 1231, 1232, 1233, 1234, 1235, 1236, 1238, 1239, 1240, 1241, 1242, 1243, 1244, 1358, 1361, 1365, 1371, 1372, 1376, 1377)



Eating Disorders

Anorexia nervosa and bulimia usually occur in women in their teens and early twenties. If untreated, anorexia can lead to life-long physical death.

Bulimia is a phase of anorexia nervosa. It includes compulsive eating of large quantities of food, then vomiting or taking laxatives to avoid weight gain.

Some symptoms of anorexia nervosa are weight loss, excessive exercising, refusal to eat for tiny portions, eating binges and self-induced vomiting, high energy level, distorted physical image, denial of hunger, excessive emphasis on school work or good grades and cessation of menstruation.

If you think you may be suffering from anorexia or bulimia, call the Center for Student Counseling and Personal Growth at 237-7671. A support group for people with eating disorders is available. (TAPE 1341)

Rape

Rape is a violent crime—NOT a sexual offense. Both male and female, range in age from 13 to 93 years. Studies show that about 71 percent of rapes are planned before the actual attack. About 40 percent of locally reported sexual assaults, the attacker knew each other in some way.

The best way to avoid being raped is to use prevention techniques: lock your doors at night, always check the back seat of your car before you enter it; avoid walking alone at night; look alert, walk in well-lit areas, and carry a whistle or shrieker in your hand.

If you are attacked—DO NOT fight back if you have a weapon. Your life is most important. If you are raped, do not bathe, douche, change clothes, or clean up. Call 293-7273 and ask for help from the Abuse Crisis Center. They are there to help you.

Relaxation

In college, pressures can mount up and you may feel yourself nervous and tense. There are techniques that can help you relax and ease your tensions. Different methods of relaxation exercises are available. Call the Center for Student Counseling and Personal Growth at 237-7671. (TAPE 1171)

The key to good medicine is preventive medicine. If you have a contagious disease or any other illness, visit the Health Center. The sooner you are diagnosed, the sooner it can be treated.

All records are completely CONFIDENTIAL. There is no possible embarrassment to you and no one will know about your disease.

The Health Center is here to provide the best care we can to the entire student body.

AREA HEALTH SERVICES

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|---|-----------------------------------|
| Alcoholics Anonymous | 1112 3rd Avenue South Fargo |
| Center for Student Counseling and Personal Growth | Old Main 201 NDSU |
| Child Abuse Prevention | 1015 7th Avenue North Moorhead |
| Community Health Center | 401 3rd Avenue North Fargo |
| Dakota Hospital | 1720 South Univ. Dr. Fargo |
| Fargo Fire Department | 637 NP Avenue Fargo |
| Fargo Police Department | 201 North 4th Street Fargo |
| Family Planning | 401 3rd Avenue North Fargo |
| Family Practice Center (St. John's Hospital) | 510 South 4th Street Fargo |
| F-M Ambulance | 1101 1st Avenue South Fargo |
| Hotline Information and Referral Service | 305 South 11th Street Fargo |
| Poison Information Center | 620 Main Avenue Fargo |
| Rape and Abuse Crisis Center | 620 Main Avenue Fargo |
| St. Ansgar Hospital | 715 North 11th Street Moorhead |
| St. John's Hospital | 510 South 4th Street Fargo |
| St. Luke's Hospital | North 5th and Mills Ave. Fargo |
| Southeast Mental Health | 108 South 8th Street Fargo |
| Suicide Prevention Center T.A.P.E. | |