Students will use escort service

By Jennifer Geenwadi

Escort service to replace shuttle bus at SU

By Alene J. Nuss

Campus phone survey will find students will use escort service

By Alene J. Nuss

Mark Harvis reported student government would be expected to pick up the expense of a vehicle and providing gas. Lisa Olson, spokesperson for the shuttle bus committee, proposed a new escort system.

The escort service can be valuable. It has the same goals and ideas as the shuttle bus: "If we prevent or deter one rape attack it is worth it," Schwarz said. "If we prevent the threats of rape or attack we've done some good."

Students who would like an escort should call the Student Government office at its listed phone number. It is hoped that in the near future there will be a special phone number for the escort service. "Efficiency will come in time," Schwarz said.

It is also hoped the escort service will have a bone ID number and all the escorts will carry a mobile unit. At present there is only one escort on duty at a time, but Schwarz feels there would be no problem getting extra people if the students demand the service.

The escort service has a goal of time limits: 4-5 minutes for on-campus escorts and 6-8 minutes for off-campus escorts. "By no means should anyone wait more than 10 minutes for an escort," Schwarz said.

The escort system that would be in shuttle bus service was not the student senate with the help of Alene Johnson.

The escort system that would replace the shuttle bus was proposed by the student senate with the help of Alene Johnson.

While many campuses, preparing for the increased night traffic of warmer weather, are forming escort services, the services of general don't work well. Most don't last more than a few months, are usually ignored by campus women, and often don't prevent sexual assaults anyway. Campus police around the country said.

"Generally volunteer escort services don't work very well," observed Daniel P. Keller, police chief at the University of Louisville and head of the nationwide Campus Crime Prevention Programs.

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Dining room thefts are low at food services

By Tom Ams

Theft of china and usurious from the SU dining centers is significantly lower than the national average, said Frank Bancroft, director of Auxiliary Enterprises.

Most colleges figure students will steal food and supplies equivalent to 3 to 7 percent of sales and says Dan Jacobs, president-elect of the National Association of College and University Food Services, at a College Press Service release.

Among those dining facilities at SU, $40,000 is budgeted annually for food losses.

Consomables items are china, silverware, and paper products. These items are readily used up, broken or lost. The lack of coffee service makes the SU campus the highest percent of the loss. Bancroft said the amount budgeted is equivalent to 1 percent of sales.

Bancroft feels this speaks well of all students, and they are more responsible and conscious of the costs involved than students in schools in more metropolitan areas.

"They realize the money comes from their board rates," he said.

Jacobs said schools nationwide are raising fees, as student honor codes and more on staff are less likely to represent "stranger forced rape" and consequently are never reported. Bancroft feels this speaks well of all students and that OSU, with nearly 3,000 female students, is doing well.

"The nationwide figures show that about 1,800 student assaults are reported each year," he said. "The number of rapes is 60 percent of that." Bancroft cited the Missouri State University, which reported 154 female assaults in 1983, and campus police took over the volunteer escort service three years ago.

MSU offering conference deal with domestic violence problem

Domestic violence is the focus of MSU's 16th annual Late Winter Counseling Conference, scheduled for March 18-19 at the Center for the Arts auditorium.

More than 500 students, counselors and people who suspect domestic violence are expected to attend the program called "Domestic Violence: How To Help."

To put the problem in perspective, government statistics show that about 43,000 women are assaulted in Minnesota each year by their husbands or partners, said Dr. Ruth Bancroft, a specialist in domestic violence.

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Dakota Resource Council promotes land stewardship in state

By Jackie Adams

Dakota Resource Council has just made a move to protect the state's production of oil and gas from overuse and to ensure that the state benefits from it for future generations. The group strives for good oil and gas development, but politics prevented it. Odermann said. The problem of clean air is addressed in the DRC. When the wells are used to pump oil, they use natural gas to pump up the oil. This gas, burned off by flaring, affects the agricultural productivity of the area, buildings, and human health. The report says that the gas has polluted the air, near several wildlife refuges and a national park. In 1997 the state initiated a Clean Air Act, which classified air three classes in order for an electrical plant to receive a waiver to continue operating it must go through the State Health Board and the National Park Service.

There have been a few improvements. Some gas from the oil wells is bottled and trucked away, and some natural gas is being diverted into homes through a lease. The gas has been linked to the cause of acid rain in Minnesota lakes and forests.

Gas that is not burned or diverted is used for internal use. This month Congress has cut funding the plant because it is not economically feasible. The fuel for the Beulah plant travels through the Northern Border pipeline. Whether lands will be mined or drilled in entirely up to the state owner or the surface owner. This practice comes under the surface act, of which there is a portion of land along with the mineral rights to the settler. In 1916, the federal government took minerals rights, but in 1980 Congress prohibited the states from taking over the surface.

In strip mining the farmer may lose the water from the aquifer. The loss of water from the aquifers is more noticeable than damage from oil or gas development. Companies are responsible for remediation of the lands after mining, but the problem is enforcing it. The synthetic fuel plant at Beulah was built during the Carter administration as a commercial plant for $750 million. Since 1980 Congress has cut funding the plant because it is not economically feasible. The fuel for the Beulah plant travels through the Northern Border pipeline. Whether lands will be mined or drilled in entirely up to the state owner or the surface owner. This practice comes under the surface act, of which there is a portion of land along with the mineral rights to the settler. In 1916, the federal government took minerals rights, but in 1980 Congress prohibited the states from taking over the surface.

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And the winner is...

Gather round folks! Find out who will win the international poker game.

The present standoff of the United States seems to be that if is losing to Japan and at a stand-off with the U.S.S.R.

Reagan didn't call Japan's bluff and now he's headed for trouble. Japan can import almost anything, in any amount they want, to the United States. This is a one-way street since Japan has imposed trade barriers upon us. The labor industry and economy of America will be in jeopardy if Japan doesn't lift its barrier.

Another bargaining chip is needed to come out, ahead, or simply stop. The Reagan administration gave up their Japanese chip and they had better find another; such as tariffs, to stay in the game with Japan. It seems the Japanese have proven themselves as very worthy players in the international poker game.

Right now, America and Russia are deciding how to play the game. Reagan now has his bargaining chips he felt he needed—21 more MX missiles. Does he really need these in this game? I don't think so.

The Russians, if they're human beings, are just as scared of us as we are of them. Do they really need more weapons thrust in their faces? Both sides are supposedly trying to end the arms race, but I don't see the Reagan administration trying very hard.

With actions like this, I don't blame Mikhail Gorbachev if he doesn't want to meet with Reagan. Reagan is practically begging the Russian leader to meet with him. Maybe he wouldn't need to beg if he would stop trying to constantly be the super-power.

I hope this international poker game doesn't have a winner. As soon as there's a winner, there's billions of losers who will have to fight in World War III.

Jodi Schmoller

Opinion
Opinion Poll

QUESTION: How well do you feel you manage your money?

Brian Erickson
I feel I do fairly well.
I haven't blown my student loan yet.

Mike Kodluboy
I seem to have a big hole in my pocket.

Beth Syverson
Not well because it comes from Dad, so it doesn't really matter.

Albert Hairston
I'd manage better if I didn't know Domino's number by heart.

Mike Kovalsky
I seem to have a big hole in my pocket.

April Higgs
I don't manage it. I just spend it.

Sheila Masset
I don't have any money to manage.

Letters to the Editor

The Spectrum welcomes letters to the editor. Publication of letters will be based on available space, prior letters on the same subject, relevance to the readers, writing quality and thought quality.

We reserve the right to accept or reject any or all letters.

Letters intended for possible publication must be typed, double spaced, no longer than two pages, include your signature, telephone number and major. If any or all of this information is missing, the letter will not be published under any circumstances.

Deadlines for submission are 5 p.m. Tuesday for Friday's issue and 5 p.m. Friday for Tuesday's issue.

Help bring the world together.
Host an exchange student.

International Youth Exchange, a Presidential Initiative for peace, brings teenagers from other countries to live for a time with American families and attend American schools.
Learn about participating as a volunteer host family.

Write: YOUTH EXCHANGE Pueblo, Colorado 81009

**WHO'S WHO  WHO'S WHO**

Do you know someone who is:
-FAMOUS
-UNIQUE
-INTERESTING

Would they like to see their name in PRINT? Tell us about them, and we may write a story about them.

BRING THIS UP TO THE SPECTRUM OFFICE

Your name
Phone number
Friends name
Phone number
Why are they unique?

REPORTERS

for all areas of interest

Sound good? Stop at the Spectrum Office for an assignment.
Yes, you do get paid!!!
Students are now responsible for obtaining own reciprocal forms

In contrast to procedures in previous years, the State of Minnesota has stated it will not be sending reciprocal forms for 1985-86 directly to students holding reciprocal status during the 1984-85 academic year.

Instead, the student is responsible for obtaining reciprocal forms for 1985 and 1986 from the institution he or she attends and fills out before going home for the summer.

The Registrar's Office in Old Main has received a supply of reciprocal forms for 1985-86. Minnesota students who wish to apply for reciprocal status for 1985-86 may go to the Registrar's Office and fill out forms as soon as possible.
The book, published by John Dr. Kam W. Li, professor of the National Pi Kappa Delta extremely high annual Power Plant System Design was placed third at the national speech tournament. The text in the first introductory volume to share detailed discussion of cooling power plant design, enabling students and capital expenditures involved in plant system design. The book discusses the usefulness in various designs. The first introductory volume to present detailed discussion of cooling towers, the book discusses the theory and working equations from plant system design. The book's co-author is A.P. Prid- die, president of Charles T. Main, Inc., a major consulting engineering firm in Boston. The book is available for $49.95 at the Variety Mart.

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Features

SU scuba club traveled to Androes recently

By Mark Ferguson

If you have ever dreamed of going to that beautiful, isolated, sunny tropical paradise (having it be cheap, by the way) you may be one of the 11 people associated with the SU Scuba Club who made their dream a reality again this year.

Ann Johnson claimed, "The trip was unreal! The cost was really cheap. I wouldn't afford not to go," she said.

The cost for this year's trip was $545 for flight, hotel room and food for the drive down to Florida, $150 collected for the gas expenses to Androes and fees for diving at Jenny Springs, Crystal River and at Androes. There was $150 collected for the gas expenses for the drive down to Florida, Roberts said.

The group left Fargo at 3:30 p.m., March 1, the small caravan of vans and pickup trucks wound its way through Minnesota, Wisconsin, Illinois, Indiana, Kentucky, Tennessee, Georgia and finally arrived at Jenny Springs, Fla. at 10:30 p.m. - the most part left, but upon reaching the spring site discovered a couple of the large mammals they saw a ten to 12-foot-long hammerhead shark. They also saw plant life and coral.

Roberts said. The sight of the hammerhead was really an awesome experience, he continued. The only setback we encountered was some windy conditions that caused a couple of divers to fall off their boats. Roberts said. The weather was counteracted by the fact that they had unobstructed offshore diving right outside our rooms," he continued.

The island life at Androes is basically agricultural, he said. The island supplies the rest of the Bahamian Islands with fresh water. Ann Johnson compared this year's trip with last year's trip. "It was the first time I went, so I really have nothing to compare this with," Peter Waller, an SU graduate student said. It was "pretty great," he added.

While diving, the group saw all kinds of marine life. For example, they saw a 4-foot-long hammerhead shark. They also saw plant life and coral.

This was the first time the group has ever encountered Elk Horn Coral before on a trip down here," Roberts said. While diving, the group saw all kinds of marine life. For example, they saw a 4-foot-long hammerhead shark. They also saw plant life and coral.

"The island was largely uninhabited so one could really go exploring. You also could go diving or snorkeling in the fresh water pools called Blue Holes," she said.

This was the first time I went," Johnson claimed. "I got sick once on the boat," Water said. The sight of the hammerhead was really an awesome experience, he added.

After viewing the fish, water and coral formations and after gathering all the warm sunshine their now sunburned and tan bodies could take, they returned to Fort Lauderdale.

Test yourself.

Which early pregnancy test is as easy to read as red, no-white, yes?
Which is a simple one-step test?
Which has a dramatic color change to make the results unmistakable?
Which is a simple one-step test?
Which early pregnancy test is as easy to read as red, no-white, yes?

COMEDY CABARET

APRIL 3
8 p.m.
NDSU FESTIVAL CONCERT HALL
FEATURING:

DAVID NASTER
FRANKIE PACE

TICKET PRICES:

$3 NDSU Student with activity card
$2 General admission
$1 Public admission

Admission will be at the door.

They will always be there," he said. "I'm planning on going to a great place of fun - Wet 'n Wild. They had fun there, Roberts said. There is a side ride called the Free Fall that the gang really went wild on, he said, and arrived back at Fargo in the early evening of March 11.

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Perfect Symbols
Of The Love You Share

TICKET PRICES:

$3 NDSU Student with activity card
$2 General admission
$1 Public admission

Admission will be at the door.

They will always be there," he said. "I'm planning on going to a great place of fun - Wet 'n Wild. They had fun there, Roberts said. There is a side ride called the Free Fall that the gang really went wild on, he said, and arrived back at Fargo in the early evening of March 11.

The only setback we encountered was some windy conditions that caused a couple of divers to fall off their boats. Roberts said. The weather was counteracted by the fact that they had unobstructed offshore diving right outside our rooms," he continued.

The island life at Androes is basically agricultural, he said. The island supplies the rest of the Bahamian Islands with fresh water. Ann Johnson compared this year's trip with last year's trip. "It was the first time I went, so I really have nothing to compare this with," Peter Waller, an SU graduate student said. It was "pretty great," he added.

While diving, the group saw all kinds of marine life. For example, they saw a 4-foot-long hammerhead shark. They also saw plant life and coral.

This was the first time the group has ever encountered Elk Horn Coral before on a trip down here," Roberts said. While diving, the group saw all kinds of marine life. For example, they saw a 4-foot-long hammerhead shark. They also saw plant life and coral.

"The island was largely uninhabited so one could really go exploring. You also could go diving or snorkeling in the fresh water pools called Blue Holes," she said.

This was the first time I went," Johnson claimed. "I got sick once on the boat," Water said. The sight of the hammerhead was really an awesome experience, he added.

After viewing the fish, water and coral formations and after gathering all the warm sunshine their now sunburned and tan bodies could take, they returned to Fort Lauderdale.
YMCA OF NDSU HEALTH FAIR

APRIL 8 – 12

FREE apples, key chains, scratch pads

Diet checks, Fitness checks

Seminars: weightlifting, nutrition, mental health, wellness, self defense

Style Show * Non-Alcoholic Bar

THE BIKE SHOP

1608 Main Ave. Fargo, ND 58103 Phone 235-0656

Cyclewear

Truckload Sale

1985 Sekai 400's $189.95 $149.95
1985 Sekai 500's $225 $179.95
1984 Sekai 2000's $274.90 $229.95

Exelent quality-no time limit warranty for any defects, parts or frame-1 year free minor adjustments.

Used Bike Auction

Sat., 11 a.m. April 6, in back of our store. Over 100 bikes types and sizes.

All Terrain Bikes

These models range from $198.98 to $329.98 in 10 to 15 speeds, and can take any abuse you care to dish out. Come in on foot and ride them.

Although North Dakota is not known for its warmth, SU has no problem with heating bills—at the Laundry building that is.

Because it is made of brick, the building holds heat well, sometimes too well, as Daniel Kugel, an employee at the laundry service explains.

“They’re (SU) going to put a window in the women’s bathroom because the steam line runs right into it, and that steam goes over 110 degrees Fahrenheit,” Kugel said. “In fact it steams in there sometimes.”

Lila Tengesdahl, a co-worker added.

“You could say we have hot women over here,” Kugel added with a laugh.

Megan Ralston began working for the service before it moved in 1967 to its present location on the west side of the powerhouse along Service Drive at St.

The old laundry building used to be sitting over by Memorial Union, fastened on to the old Dakota Hall,” Meehan said. “It now stands on the site where Dakota Hall used to be.

Meehan started about 25 years ago, working part-time. After one woman quit, she got a chance to work full-time. “At that time the wages were pretty good for women, so I figured why not go for it,” Meehan said.

Harlan Pipko, manager of the laundry service, discussed some of the processes used in cleaning the sheets and pillowcases they receive from dorms each day.

“Since we’re close to the powerhouse, we use a lot of steam. It comes right under the road (Service Drive) and is used to heat the iron and the washers. Everything comes out in the washer pretty much sterilized because the washing water gets up to about 180 degrees Fahrenheit. We get our soap from Bismarck— they’re a state penitentiary too,” Pipko said with a chuckle.

The employees explained other cleaning procedures. “When you’re loading the machine you have to weigh it out (the wash load) so it will balance.”

Invites you...

Thursday Holy Communion 7:30 p.m.
Good Friday Service 7:30 p.m.
Easter Sunday 7, 9, & 11 a.m.

Celebrate Easter with us!
I guess they forget to bring dorms as well as women's guys' shorts in women's dorm wash underwear in the men's dorm wash.

Laundry

balances in the machine," Ann Tengesdahl said. "You also want to shake 'em out before loading 'em in the washing machine because you never know what you'll find." Daniel Kugel added. Kugel doesn't exaggerate when he says this. Sometimes about two half-picked out of beds. "That usually means it's Halloween season," Kugel said.

Holes aren't the only enemy the laundry workers get. "We find guys' shortie women's dorm wear and pillows from the women's dorms as well as women's underwear in the men's dorm wash I guess they forget to bring everything back," Kugel said.

Since each dorm's wash is done separately, they can tell what dorm the articles came from and just send it back with the wash for the dorm. When asked what is learned about SU students from their laundry, Tengesdahl said "Looks like they have a lot of fun!"

SU requires the workers to have a minimum of one or two years of institutional or dormitory experience because of the rigorous work. Sometimes sometimes the workers will wash up to five dorms a week loads in a day's employee work.

In spite of long hours (4 a.m. to 4 p.m. with one-hour lunch break and uncomfortable temperatures, the employees keep their spirits up. Sometimes it's so deep in here, we have to shovel our way out." Harlan Pikop said smiling. On a more serious note he added, "It could get boring if we let it, but we try to have fun while we work."

The next issue of the Spectrum will be April 12. Deadlines for that issue will be April 9.
Table of Contents
Page 1  The Health Center
Staying Healthy
Page 2  Getting Healthy
Page 4  Being Mentally Healthy

BE THE CENTER
The Health Center is the one-stop building north of Old Main, best known for being a high and the most popular place to get a flu shot.

1. Allergy Shots - Any student can plan and dietary foods for yourself. The health center on a part-time basis, please call to

2. Allergy Tests - Vision tests needed for driver's

3. Lab-R~y

4. Tri-College Dental Service

5. Student Health Insurance

6. 3. Contraception

7. STAYING HEALTHY

8. Blood Pressure

9. Breast Self-Examination

10. Natural Family Planning

11. Polymen and Fast Food

12. Pregnancy Tests

13. Emergency Services

14. Tri-College Counseling Center

Contraception

Several different methods of contraception are available to you. Your choice of method is made easier after discussing the following questions and some you

1. Oral Contraception - (The "pill")

2. IUD - Intrauterine Contraceptive Device

3. Condoms - These are rubber sheaths which

4. Diaphragms - These are soft rubber cups which

5. Spermicides - There are many types of spermicides that can

6. Natural Family Planning - This is a methodical birth

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

8. Oral Contraception - (The "pill") - If you take the pill every day, it is 99.9 percent effective of the time. You must take the pill in the

9. IUD - Intrauterine Contraceptive Device - This is a small device

10. Condoms - These are rubber sheaths which

11. Diaphragms - These are soft rubber cups which

12. Spermicides - There are many types of spermicides that can

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Ear Care

- Use a gentle approach to clean the ear.
- Avoid using cotton tips to clean the inside of the ear.
- Do not attempt to remove ear wax from the ear canal.

Eye Care

- Be aware of the importance of eye care.
- Protect your eyes from chemicals, poisons, or welding.
- Avoid sleeping with contact lenses.
- If you experience eye problems, see a doctor.

Foot Care

- Keep your feet clean and dry.
- If you have painful corns, warts, ingrown toenails, or foot infections, see a doctor.

Nutrition

- Eating a balanced diet is part of healthy living.
- To eat right, you should eat a variety of foods which provide all the necessary nutrients for a healthy body.
- It is recommended that you eat from the four basic food groups: fruits, vegetables, grains, and milk.
- Avoid eating too much sugar, salt, and fat, and avoid fried foods, and bread and cereals.

Exercise

- Physical fitness includes a balanced diet, proper rest, and exercise.
- NOEL has many indoor and outdoor activities available.

Sick

- The “morning-after flu” is the result of drinking too much alcohol.
- Hangovers are caused by a sudden change in blood sugar levels.
- Athlete’s foot is caused by a fungus that grows on the skin.
- Plantar’s warts are small blisters that contain fluid.
- Tinactin is a drug that can be used for athlete’s foot.

Taking Care of Your Body

- Protect your body from sunburn, sunstroke, and skin cancer.
- Avoid smoking and excessive alcohol consumption.
- Maintain a healthy weight.
- Get enough rest and exercise.

Protecting Your Skin

- Sun exposure can cause premature aging and skin cancer.
- Use sunscreen and wear protective clothing to prevent sunburn.
- Avoid tanning beds and sunlamps.

Acne

- Acne is caused by excess sebum production and clogged pores.
- To treat acne, it is important to keep the skin clean and to follow a proper treatment plan.

Smoking

- Smoking is harmful to the body.
- It can cause lung disease, heart disease, and cancer.
- Smoking is also addictive.

Health and Safety

- The University Health Center is available to assist you with any health-related questions or concerns.
- The Health Center offers many services, including physical exams, vaccinations, and mental health services.

Getting Healthy

- It is important to maintain a healthy lifestyle.
- Eating a balanced diet, getting regular exercise, and getting enough sleep are all important for maintaining good health.
- If you have any questions or concerns about your health, you should talk to your doctor or a qualified healthcare professional.
This leaflet is provided with the cooperation of the Counseling Center and the Health Center. It is intended to assist you in recognizing and treating common medical conditions. For more specific information, please consult your doctor or appropriate health professional.

**Pre-Menstrual Syndrome (PMS)**

Most women experience some pre-menstrual symptoms, which typically disappear in 2 to 3 weeks following menstruation. Common symptoms include:

- Breast tenderness
- Fluid retention
- Mood swings
- Headaches
- Leg cramps
- Fatigue
- Cramping
- Soreness
- Inflammation
- Laundry list of discomforts

To help relieve symptoms, try:

- Exercise regularly
- Drink plenty of water
- Eat a balanced diet
- Get enough sleep
- Reduce stress
- Take a warm bath
- Practice relaxation techniques

**Insomnia**

Insomnia is the most common sleep disorder. If you have difficulty falling asleep, the following hints may help:

- Keep your bedroom dark and quiet
- Keep your room cool
- Avoid caffeine and smoking
- Exercise regularly
- Avoid daytime naps
- Create a bedtime routine

If you still have problems sleeping, seek help from a doctor or the Health Center. (TAPE 1356)

**Injuries**

Injuries can be caused by a variety of factors:

- Falls
- Collisions
- Sports accidents
- Accidents at home

First aid is crucial in preventing further injury and promoting healing. Follow these steps:

1. **Stop the bleeding** by applying pressure with a clean cloth.
2. **Keep the area** clean and dry.
3. **Apply ice** for the first 24 hours.
4. **Rest** the affected area.
5. **Elevate** the injured limb.
6. **Protect** the area with a splint or bandage.

**Hives**

Hives are raised, red, itchy bumps on the skin. They are caused by an allergic reaction to any number of substances, including:

- Insect bites
- Foods
- Drugs
- Pollen
- Pet dander

If you suspect you have hives, see a doctor immediately. For more information, please call TAPE 1360.

**Shock**

Shock is a medical emergency that can result in death. Symptoms include:

- Pale, clammy skin
- Cold hands and feet
- Rapid, shallow breathing
- Weak, rapid pulse
- Nausea and vomiting

If you suspect someone is in shock, call 911 immediately. For more information, please call TAPE 1379.

**Vomiting**

Vomiting can be caused by:

- Stomach flu
- Food poisoning
- Food allergies

If you experience severe vomiting, seek medical attention immediately. For more information, please call TAPE 1358.

**Poison**

If you suspect you have ingested a poison, call the Poison Information Center at 280-5575 for help. If necessary, see a doctor immediately. For more information, please call TAPE 1379.

**Hypertension (High Blood Pressure)**

Hypertension is a condition in which the blood pressure is consistently high. It is often a chronic condition that can lead to serious health problems if left untreated. Symptoms include:

- Headaches
- Numbness or tingling in the hands or feet
- Shortness of breath
- Chest pain

If you suspect you have hypertension, see a doctor immediately. For more information, please call TAPE 1356.
Sometimes hard to get rid of, it is best to avoid getting warts. They can be transmitted through sexual contact, making them a genital wart. It is caused by a virus and is contagious. The virus is spread through contact with an infected person's skin, particularly around the sexual organs. If you have warts, it is important to see a doctor to determine if they are genital warts and to get a treatment plan. Warts can be removed by a doctor or yourself if you suspect you have genital warts. 

Genital herpes - This type of VD is less common than genital warts. If you find yourself or a friend falling hair or a fever. These symptoms will eventually disappear, but you will still have syphilis. Syphilis must be treated by a doctor. Don't dismiss the warning signs! 

Anxiety - Anxiety is often present in people with depression. It can also be a symptom of other medical conditions. There are different types of anxiety disorders, each with its own symptoms and treatment options. 

Warts are caused by a virus and may affect any part of the body. These warts can appear on the hands, feet, and other areas of the body. They are contagious and can spread from person to person. Warts are usually harmless and will go away on their own. 

**BEING MENTALLY HEALTHY** 

Alcohol Abuse - Alcohol abuse can be defined as any drinking that leads to or results in problems, either with yourself or others. Alcohol is a depressant drug that affects the central nervous system. Both physical and mental addictions can occur. 

Drug Abuse - Drug abuse is the use of illegal drugs or the use of legal drugs in a manner that can cause harm. Drug abuse can lead to addiction, physical and mental health problems, and social problems. 

**SIGNS OF TROUBLE***

-Drinking to relieve pressure or to escape problems.
-Going to bars or to work while intoxicated or having a problem with the law as a result of drinking.
-Drinking more and more to achieve the same effect.
-Caring the necessity of a strong problem.
-Eating or drinking alone.
-Physical problems including loss of appetite or weight loss.
-Drinking after a meal or before going to bed.
-Drinking alone, without friends.
-Rellying on alcohol or other drugs to relax, tension, anxiety.
-Feeling physical complaints relating to alcohol use such as fatigue, weight change, etc.

Quantifying the healing, mental, and emotional effects of alcohol and other drugs is often difficult. 

**Eating Disorders**

Anorexia nervosa and bulimia nervosa are two serious eating disorders that affect women's health. Both disorders are characterized by abnormal eating habits and extreme fears of weight gain. 

Anorexia nervosa is a chronic illness characterized by an intense fear of gaining weight and an distorted body image. It is often accompanied by purging behaviors such as vomiting or laxative abuse. 

Bulimia nervosa is a chronic illness characterized by binge eating followed by purging behaviors such as vomiting or laxative abuse. 

**SIGNS OF TROUBLE***

- Going to class or to work while intoxicated or hung over.
- Drinking more and more to avoid problems.
- Deteriorating relationships with peers.
- Getting into trouble with the law as a result of drinking.

**SIGNS OF TROUBLE***

- Feeling physical complaints relating to alcohol use such as fatigue, weight change, etc.

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- Feeling physical complaints relating to alcohol use such as fatigue, weight change, etc.
Learn how to keep the doctor away at fair

By Jan Ljungren

"An apple a day ain't the only thing to eat. We need vitamins just as much as we need the doctor. And that's why the health fair sponsored by the Student American Pharmaceutical Association is an annual event on campus. The fair is held during the first week of April and is a great opportunity to learn about health and wellness.

The fair is divided into five categories: exercise, flexibility, and nutrition. Each category is designed to help students understand the importance of taking care of their bodies. In the exercise category, students can participate in a variety of activities such as yoga, aerobics, or weightlifting. These activities are designed to help students improve their cardiovascular health and increase their overall fitness levels.

The flexibility category includes a variety of activities such as stretching, yoga, and Pilates. These activities are designed to help students improve their flexibility and range of motion.

In the nutrition category, students can learn about healthy eating habits and the importance of a balanced diet. They can also participate in a variety of activities such as cooking classes, nutrition workshops, or food tastings.

The fair also includes a series of seminars and workshops that are taught by professionals in the field of health and wellness. These seminars cover a variety of topics such as stress management, disease prevention, and mental health.

The fair is open to all students and is free to attend. The Student American Pharmaceutical Association encourages students to participate in the fair and to bring their friends and family members.

The fair is a great opportunity for students to learn about health and wellness in a fun and interactive way. It is a chance for students to learn about the importance of taking care of their bodies and to participate in activities that can help them improve their health and fitness levels.

Winter intramural championships have been decided in all sports

By Ron Ohren

The winter intramural championships have been decided in all sports. The winners of each event have been determined and are as follows:

- Men's basketball: West Fargo
- Women's basketball: Fargo South
- Men's soccer: Grand Forks
- Women's soccer: Fargo South
- Men's volleyball: Fargo South
- Women's volleyball: West Fargo
- Men's frisbee: Fargo South
- Women's frisbee: West Fargo

The championships were held on the NDSU campus and were organized by the Student Intramural Association. The events were open to all students and were free to participate in. The winners were determined based on the number of wins and the overall performance of each team.

The intramural championships are an important part of the winter season and provide a great opportunity for students to compete against each other and to stay active during the cold months. The championships were a great success and were enjoyed by all participants.

The winter intramural championships are a great way for students to stay active and to have fun. They are a great way to meet new people and to make new friends. The championships are open to all students and are free to participate in. The winners were determined based on the number of wins and the overall performance of each team. The championships were a great success and were enjoyed by all participants.
Saar elaborates on the fine art of wine tasting

By Shannon Endres

{

Lary Saar, a pre-teen, was never something that came naturally to him. However, after years of practice and study, he has become an expert in the world of wine.

Saar has always been interested in wine since he was a child. He would often accompany his father to wine tastings and would always be the one to ask the most questions. This interest continued as he grew older and he started to learn more about the complexities of wine.

Saar's journey to becoming an expert in wine tasting began in his high school years. He was introduced to the world of wine through a wine class that was offered as an elective. From that point on, he was hooked.

Saar continued his education in wine by taking courses in wine appreciation and wine making. He has attended numerous wine tastings and has had the opportunity to taste wines from all over the world. This has allowed him to gain a better understanding of the different types of wine and the various factors that affect their taste.

Saar has also served as a judge at wine competitions. This has given him the opportunity to evaluate wines from all over the world and has allowed him to develop a keen sense of what makes a good wine.

Saar's expertise in wine tasting has earned him recognition and he has been invited to speak at various events. He has also written articles on wine tasting and has been featured in various publications.

Saar's passion for wine tasting is evident in his work. He is an expert in the field and is dedicated to sharing his knowledge with others. He believes that wine tasting is a fun and rewarding activity and encourages others to try it.

Saar's journey to becoming an expert in wine tasting has been a long one, but he loves every minute of it. He believes that wine tasting is a way to appreciate the finer things in life and he is grateful for the opportunity to share this passion with others.
Doonesbury

By Garry Trudeau

1. "What's going on?"
2. "Joan, I know something's wrong.
3. "I got a call from a friend at work.
4. "I think she's in some danger."
5. "Are you sure?"
6. "I'm not sure, but something's not right."

Bloom County

By Berke Breathed

1. "Joan, I'm trying to get some work done.
2. "Look, it's just a little extra work.
3. "I'll be done soon.
4. "Yes, but I think you should take a break.
5. "I know, but I really need to get this done."
6. "Joan, it's late. You need to relax.
7. "I know, but I'm behind."

"That's all for today."

"Yes, it's just a little extra work."

"But you're a writer. You should be used to it."

"No, it's different."

"I know, but I really need to get this done."

"Joan, it's late. You need to relax."

"But you're a writer. You should be used to it."

"No, it's different."

"I know, but I really need to get this done."
Classifieds

FOR RENT


FOR SALE


FOR HELP WANTED

UNIVERSITY OF FARGO: Summer camp positions available. Work outside, no prior experience necessary; 235-2257.

DOWNTOWN FARGO: Room for rent, S. 1st St., 235-3076.

DORM ROOM FOR RENT: 1 bedroom, 1-2 block S. of SU. Rent is $350.


INDEXING, EDITING: Liz, 235-7452.


FREE PREGNANCY TEST: The Village Family Service Center, Fargo, ND 58103. 235-2257.

FREE PREGNANCY TEST: Confident Counseling, Fargo, ND 58103.

WE CAN HELP YOU FIND ALTERNATIVES.

ARE YOU CONSIDERING ABORTION?

.abortion are not a viable option. Please call 1-800-532~538'3.

ARE YOU EXPERIENCED IN THE FIELD OF CLINICAL LABORATORY MEDICINE?

ARE YOU ABLE TO PROVIDE CLINICAL LABORATORY MEDICINE SERVICES IN A COLLABORATIVE ENVIRONMENT?

ARE YOU A QUALIFIED LABORATORY TECHNICIAN?

ARE YOU WILLING TO EMBRACE THE HUMANIZATION OF HEALTHCARE?

ARE YOU CAPABLE OF MAINTAINING AN ACCURATE RECORD OF PATIENT DATA?

ARE YOU ABLE TO PROVIDE EXCELLENT CLINICAL LABORATORY MEDICINE SERVICES IN AN ACCELERATED PACE?

ARE YOU EXPERIENCED IN THE PREPARATION OF CLINICAL LABORATORY MEDICINE SERVICES?

ARE YOU ABLE TO EMBRACE THE HUMANIZATION OF HEALTHCARE?

ARE YOU ABLE TO PROVIDE EXCELLENT CLINICAL LABORATORY MEDICINE SERVICES IN AN ACCELERATED PACE?

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BLOOM COUNTY

DEWAR'S PROFILE:

STEVE DALLAS

HOME: Bloom County

AGE: 4

PROFESSION: Labor

HABITS: Doodling, social media

LAST BOOK READ: "Princess Diana's Maternity Fashions and Nursery Handbook" (disappointing)

LAST MOVIE SEEN: The first few moments of "Blazing Saddles" (an understandable mistake).

LAST SONG LISTENED TO: "We're All Just Like Our Father" (in the shower)

LAST PERSON I KISSED: My right hand

LAST PERSON I HUGGED: My cat

LAST VIDEO GAME PLAYED: "Minecraft" (accidentally)

LAST SPOONFUL OF ICE CREAM EATEN: Chocolate chip (without sharing)

LAST MEAL EATEN: Hamburger and fries (at a fast-food restaurant)

LAST WORK FINISHED: "Bloom County" comic strip

LAST THING I ACHEIVED: Whacked a mime

WHY I DO WHAT I DO: "I don't particularly care for mimes."

QUOTE:

"The wind doth taste so bitter sweet, like Jasper Wine and sugar, it must've blown through someone's feet, like those of Caspar Weinberger."

PROFILE: Basically pear-shaped with a generous nose and tastefully pronounced hiney.

HIS MILK: Jersey Cow Brand 20% Lowfat

"As smooth and soothing an antidote for the upset tummy I get after taking a personal ad from an ambisexual pork chop fetishist..."

JERSEYCOW'S PROFILE:

P. OPUS

HOME: Bloom County

LAST BOOK READ: "P. Opus: The Man Who Died too Soon, but Too Late"

LAST MOVIE SEEN: "Blazing Saddles" (again)

LAST SONG LISTENED TO: "The Wind Doth Taste So Bitter Sweet, Like Jasper Wine and Sugar"

LAST PERSON I KISSED: My cat

LAST PERSON I HUGGED: My right hand

LAST VIDEO GAME PLAYED: "Minecraft" (by accident)

LAST SPOONFUL OF ICE CREAM EATEN: Chocolate chip (without sharing)

LAST MEAL EATEN: Hamburger and fries (at a fast-food restaurant)

LAST WORK FINISHED: "Bloom County" comic strip

LAST THING I ACHEIVED: Whacked a mime

WHY I DO WHAT I DO: "I don't particularly care for mimes."

QUOTE:

"The wind doth taste so bitter sweet, like Jasper Wine and sugar, it must've blown through someone's feet, like those of Caspar Weinberger."

PROFILE: Basically pear-shaped with a generous nose and tastefully pronounced hiney.

HIS MILK: Jersey Cow Brand 20% Lowfat

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