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# Special Olympics on campus



Bailey Bjorge makes a long pass for a touchdown during Saturday's Special Olympics flag football tournament at Memorial Stadium.

Photos by Nick Nelson / Dakota Student

# Connecting the special needs community with UND students through athletics

On Saturday afternoon members of the UND Special Olympics Club, volunteers and students with special needs ventured out to the old football stadium for a flag football tournament. Athletes competing were traveling teams from North Dakota State University, Minot State University, the University of North Dakota and volunteers from the community. The teams were unified teams, pairing students with special needs with community

"Freshman year I knew that I wanted to partake in a club here at UND," Tamminen said. "I've always had a passion for working with students with special needs. The students in this club are awesome and filled with so much

"There are at least 15- 20  
UND students who are active  
in the Special Olympics club  
and we have many volunteers

"This is the College Special Olympics Club and we are dif-

**“This is the College Special Olympics Club and we are different than the Special Olympics Clubs out in the community. The mission of the College Special Olympics is to integrate students who have intellectual disabilities with UND students.”**

Emma Ilbedson, Special Olympics Club volunteer

ferent than the Special Olympics Clubs out in the community. The mission of the College Special Olympics is to integrate students who have intellectual disabilities with UND students. Our goal is to integrate athletes who are 13-30 years old with students to help build relationships with UND students and community members with special needs," Emma Ilbedson said.

While the group may focus on flag football in the fall, the group will be attending a national tournament in Seattle, Washington next year. This organization is always looking for committed students to come volunteer. If you are interested in learning more about the Special Olympics Club, visit the student involvement website and sign up for email notifications about upcoming events.

"I've been involved in special olympics since I was eight," Dahlgren said. "This is my first time playing flag football. This year, I decided to play flag football because I have friends playing flag football. I love playing sports with other UND students."

**Devon Abler** is a features writer for Dakota Student. She can be reached at [devon.abler@und.edu](mailto:devon.abler@und.edu)



Tyler Lee jukes a defenseman during the Special Olympics flag football tournament on Saturday, October 14, 2017.





Photo courtesy of Pixabay

Statistically, crime rates rise around Halloween every year.

# The freaks come out at night

Aimee Coons  
Dakota Student

Halloween has always been a fun time of the year. It’s a time to watch scary movies with your friends, dress up in elaborate costumes, eat excessive amounts of candy without feeling bad about yourself...but it can also be a time of true horror. Unfortunately, Halloween is a time of year crime rate tends to spike. With costumes and easy access to people, criminals see this as a prime time to commit havoc and terror. I have never participated in Halloween much. I would go trick-or-treating with my family as a kid, but my mother’s warnings of how dangerous Halloween could be always kept me from going to Halloween parties when I got into college. Watching scary movies with some friends was enough for me. Even though I did not attend Halloween parties, many of my friends did and unfortunately one of my good friends was drugged, raped and contracted a venereal disease at a Halloween party. The unfortunate fact is this could have happened at any party, but for some reason, it seems crimes happen more frequently around Halloween. As Halloween quickly

approaches and many students attend Halloween parties, go out to bars in celebration and go trick-or-treating, they must remember that the rules our parents taught us as children should still apply today. Common sense and situational awareness go a long way. One of the biggest safety rules of going to any party is to never let your drink out of your sight. According to The Guardian, the rate of people having their drinks spiked is rising rampantly. Both males and females are susceptible to having their drinks spiked for various reasons such as theft, sexual assault or a foolish prank. Go to parties or events with people you trust and will look out for you. Most importantly, never trust anyone with your drink, especially if they are pouring it out of your sight. In addition to keeping an eye on your drink, be aware of how much you drink. Halloween parties are known for excessive drinking. Crime rates rise on Halloween, but so do fatal accidents due to intoxication. Another common sense safety tip is to travel in groups at all times. In 2011, 18-year-old Taylor Van Diest was walking to meet up with a friend to celebrate Halloween when she was attacked and killed by a complete

stranger. There is always safety in numbers while walking to cars, bar hopping or even going to the bathroom. The chances of getting attacked decrease when the number of the group is increased. Drink spiking and attacks are unfortunately just the tip of the iceberg when it comes to documented crimes on Halloween. Reports over the years include poisoning of candy, burglary, sexual assault, rape, kidnapping and brutal murder. On Halloween 2004, an intruder broke into the home of three young women in their early 20s, stabbing two of them to death while the third escaped to call the police. It was later discovered that the killer was a friend of one of the roommates who had been murdered. Halloween can be a fun holiday and an excellent way to spend time with friends, but safety and common sense should still be prevalent in everyone’s mind. Crimes can happen any day at any time, but for whatever reason, be it a full moon or just “holiday spirit” the freaks come out at night on Halloween. Have fun this Halloween. Be safe and lock your doors; you never know what terrors walk in the night.

Aimee Coons is an opinion writer for Dakota Student. She can be reached at aimee.coons@und.edu

# Steam plant repairs long overdue

Nick Sallen  
Dakota Student

In April 2016, I wrote an opinion article in the Dakota Student based on the master plan executive summary. In the summary, a campus-wide facilities condition survey highlighted a variety of UND’s infrastructure strengths and weaknesses. The three buildings with the worst facilities condition index were the steam plant, Merrifield and O’Kelly.

“UND is committed to academic excellence and marketing, given the new medical school, law school and extensive rebranding efforts. While I understand these new additions greatly increase UND’s image to prospective students, if you can’t support the current infrastructure, new buildings and fancy posters will merely serve as a distraction.”

Nick Sallen, Copy editor

The goals of the master plan are to renovate the infrastructure of many buildings on campus, make campus more safe, prioritize the re-paving of cracked roads along campus and increase classroom and lab use efficiency. The average facility condition index rating for all campus buildings inspected is 0.20, or poor condition. When considering the buildings individually, 40 of the 70 received a “poor” rating. The minimum threshold for poor condition buildings is anything greater than 0.1. “Fair” ratings range from 0.05 to 0.1. Anything lower than 0.05 is in good condition. In my article I summarized why the steam plant is in dire need of repairs: “With seven boilers ranging from 24 to 52

years of age, four of the seven boilers are beyond their useful life of 40 years. With the worst index of all buildings surveyed at 0.55, if the steam plant does not receive new equipment soon it will fail. An emergency shutdown could lead to the suspension of classes and moving residents from UND housing units. In that situation, emergency response costs could be astronomical. The cost to make all of the necessary repairs totals to be around \$22 million

over the next 10 years.” Now, UND is beginning to plan out the future of the steam plant. I could not be happier to see development in this direction. UND is committed to academic excellence and marketing, given the new medical school, law school and extensive rebranding efforts. While I understand these new additions greatly increase UND’s image to prospective students, if you can’t support the current infrastructure, new buildings and fancy posters will merely serve as a distraction. In order to fund the current infrastructure repairs, campus ought to cut back spending on new things. Admittedly, I am not a supporter of the \$3 million marketing effort UND is prioritizing. I do not think the spending was wise, given our current budget woes. Rather, I would’ve liked to see funds allocated towards a few of the programs we’ve lost. In the summary, an investment of \$46 million per year over the next ten years will be needed to make the repairs across campus. If \$27 million is provided each year, buildings will maintain their poor condition. If anything less is provided, further deterioration is expected and the cost to repair buildings will only increase. The total cost of backlogged maintenance will increase from \$298 million to \$506 million in ten years if no action is taken. I urge UND to continue planning repairs for the worst facilities condition index buildings. It doesn’t take a survey to know that Merrifield and The College of Engineering need help. While these repairs are not highly marketable to prospective students like a new medical school is, they are fundamental for daily functioning on a college campus.

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# Parking changes to continue

Parking services works to meet the needs of an evolving campus



Photos by Nick Nelson / Dakota Student

Changes to parking policies on the UND campus were recently announced in a mass email to students, faculty and staff.

**Diane Newberry**  
Dakota Student

Like any student running late to class knows: as campus evolves, so too must parking. Over the next ten years, the University of North Dakota plans to make many changes to its buildings and layout. Parking considerations are an important aspect being considered in the notorious master plan. “It’s a moving piece right now,” Bob Shindele, Director of Parking and Transportation, said of the university’s current parking layout. The latest changes included the start of construction on a parking lot near Robin Hall to primarily serve aviation students, faculty and staff. There were also alterations to the zoning of the Columbia Hall lot. The total number of student spaces did not change, but Parking Services rearranged spots in the “A” (Administration) and “A/H/S” (Administration, Housing and Students) sections to consolidate. Shindele said Parking Services is looking into increasing student parking space at Columbia because more student groups and services have been moving their operations to the building. These

changes could take some time, however. “We’re really careful so we just don’t react fast and then have to change it again,” Shindele said. “(...) We just can’t say, ‘Yeah, let’s do it,’ and a month later it’s like ‘Oh no, it didn’t work’ and then have to go back. It’s two levels of confusion.” Changes have yet to be made to the zoning in the parking ramp located near the Memorial Union, but Shindele said in the future, there is the possibility of adding more pay-as-you-go spaces for visitors. As departments and organizations move across campus, Parking Services has been keeping in close communication with the Master Planning Committee and been diligent in collecting their own data to determine any pressing parking needs. One vital tool in this process is the License Plate Reading (LPR) system, introduced last year. “With our LPR system, if we know there are 100 spots in the lot, we go through, we read 50 plates, we know we have 50 percent occupancy in that lot,” Shindele said. “We can be a lot more accurate in our data.” The LPR system has also made Parking Services more accurate in issuing citations, de-

fending themselves against citation appeals and cracking down on parking permit sharing. Shindele understands that this may frustrate students, but said, “If we issued zero citations we’d be happy.” Though this may be true, there is no denying that Parking Services’ funding does rely, in some part, on proceeds from citations. They receive zero appropriated funds from the state and are completely self-funded. It is a closed system; their income comes mostly from parking pass fees, citation fees and money generated from special event parking. “All of that money comes right out of parking back into the lots,” Shindele said. “If there’s 10 bucks left over, we fill a pothole.” Students, faculty and staff should not expect any sudden shifts in parking lot zoning as the year goes on, but there will certainly be major changes moving forward. “It’s being evaluated right now as to what (it) will be,” Shindele said. “You know, there’ll be some work around campus next summer.”

Diane Newberry is the news editor for Dakota Student. She can be reached at [diane.newberry@und.edu](mailto:diane.newberry@und.edu)



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Bob Shindele, Director of Parking and Transportation



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Nick Nelson / Dakota Student  
UND inside linebacker Donnell Rodgers is tended to by a team physician and a student athletic trainer during the 2017 Potato Bowl game against Missouri State on Saturday, September 9, 2017.

# A busy year for UND's athletic trainers

## Observing the athletic training program in action

Madison Overby  
Dakota Student

The athletes of the University of North Dakota are in good hands with the athletic training staff who are working to provide them with care day-in and day-out. From the outside looking in, people realize there is a high risk of injury in college sports. It's easy to look on the sidelines during a football game and see the

**"I decided to go into athletic training because it was an opportunity to work with and help individuals come back from injuries. I've always been intrigued by the health field and athletic training was a great combination of health, medicine and sports."**

Blair Roemmich, Junior at UND

large number of players in casts or on crutches instead of being suited up. What some people don't realize is that probably at least a quarter of the football team is receiving treatment of some kind from the university's athletic trainers, this is what goes unnoticed. During the typical day of a trainer, they see a variety athletes.

The athletic trainers at the University of North Dakota have their home base in the Hyslop Sports Center, but there are trainers assigned to each sport. There is at least one certified athletic trainer per sport, but based on the size of the team, the number of student trainers that work with that sport varies. When they are assigned to a sport they attend those practices, weight lifting sessions, games and travel with

the team on the road. The training room in the Hyslop is run by Sara Bjerke. Bjerke is an instructor as well as an athletic trainer at UND. Under her, there are two graduate assistants and about 30 undergraduate students also working to help the injured athletes. The UND Department of Sports Medicine was founded in 1990. Since then, UND has offered

a Bachelor of Science in Athletic Training degree. UND was the first university in the nation to have an athletic training program placed directly in the School of Medicine and Health Sciences rather than the College of Arts and Sciences. After completing the undergraduate degree, students are able to take the National Athletic Trainer's Association Board of Certification exam to be qualified as a Certified Athletic Trainer (ATC). Blair Roemmich, a junior at UND, is currently on track to obtain his undergraduate degree in athletic training and plans to pursue a graduate degree in physical therapy following graduation. Before being accepted into the program, students must complete 100 hours of observation, fill out an application and have a minimum GPA of 2.75. The program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Although it is a rigorous program, it is rewarding. "I decided to go into athletic training because it was an opportunity to work with and help individuals come back from injuries," Roemmich said. "I've always

been intrigued by the health field and athletic training was a great combination of health, medicine and sports." The athletic trainers at UND works in line with a group of certified physical therapists. For more advanced cases, specifically post-surgery, the UND Center for Sports Medicine has physical therapists stationed in the Hyslop. Physical therapy is run by Cathy Ziegler and S. Jake Thompson, both of whom are certified physical therapists

**"During the typical day of a trainer, they see a variety athletes. The athletic trainers at the University of North Dakota have their home base in the Hyslop Sports Center, but there are trainers assigned to each sport. There is at least one certified athletic trainer per sport, but based on the size of the team, the number of student trainers that work with that sport varies."**

Madison Overby, Staff writer

offer assistance with anything from recovery to strengthening to rehabilitation programs. Right in line with the post-graduate plans of Roemmich, the athletic training department

and athletic trainers. The team that works in the Hyslop comes together to make sure the athletes are able to perform to the best of their ability. Although it isn't the easiest route, for the students and graduates in the program, the athlete's success is a constant reminder why they go through the schooling and training that they do. "My favorite part is seeing all the different athletes that come in and getting to work with them as well as other athletic training staff and medical personnel to get them healthy as fast as possible," Roemmich said.

Madison Overby is a staff writer for Dakota Student. She can be reached at madison.overby@und.edu



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