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# Take Back the Night

Photos by Nick Nelson / Dakota Student  
Monday.

# It's On Us week begins with Monday night rally

On Monday night, members of the UND community gathered together in the Memorial Union Ballroom to show solidarity for survivors of domestic abuse, sexual assault and rape. The UND Women's Center and the Community Violence Intervention Center (CVIC) hosted the event. Two survivors shared their stories with over one hundred people, asking the community to work harder towards taking preventative measures to reduce violence

against women and children.

Jordan (last name omitted to protect advocate) is the campus representative for CVIC at UND. He is a campus advocate for students who have experienced acts of violence, assault and rape. This shows the community that the task of fighting violence against women is not a role that lands only on women and survivors. It is also a role that men are willing to take on.

"I am an advocate 20 hours a week on campus," Jordan said. "I am on campus all day Mondays, Wednesday afternoons, Thursday afternoons and on Fridays in the

morning. Advocacy for students, along with emotional support, includes accompanying them to hearings, assisting them with class changes, attaining no contact orders/restraining orders and assisting them with anything that may follow after an incident of domestic abuse or sexual assault."

In 2016, 1,098 individuals were sexually assaulted on the University of North Dakota Campus. One in three women will be assaulted in their life, while one in ten men will be assaulted in their life. Out of the women who have been assaulted, only 20 percent will report the incident to law enforcement. Males rarely report cases of assault or rape. Nine out of ten victims knew their offender. These statistics were shown at the "Take Back the Night" rally. Two survivors shared their stories with students, faculty members, community members and Mark Kennedy, the President of UND.

"Even preventing one or two assaults is a major victory in itself," Kennedy said. "It is also important to educate others on how to treat others with the proper respect when it comes to intimate matters. This is why rallies such as the one tonight matter."

The university has stated they are committed to ending violence within the Grand Forks community and on the UND campus. "It's On Us" is a national campaign that has asked everyone to step up and realize that changing the conversation starts with us.

"It truly takes all of us to work together if we are going to be com-



Kelsey Cariveau, the 2017 Dru Sjodin Memorial Scholarship winner, speaks during Monday's Take Back the Night rally at the Memorial Union ballroom.



UND students, faculty, staff and community members march past luminaries on University Avenue.

mitted to ending violence within the community and on this campus," Amber Flynn, the director of the UND women's center, said.

While reporting seems like a daunting decision for someone who has experienced trauma, CVIC is here for students who have experienced an act of violence or assault to learn about their options and take the necessary steps to find healing.

"Anyone who works for the university, except for student health and the university counseling center, is mandated to report sexual assault or acts of violence," Jordan said. "Being that I do not work for the university, I am not mandated to report these events, so everything that is said between

the student and I remains confidential and I think that service is important because that provides them with a safe place where they are not introduced to a formal process if that is not what they want."

If you have experienced stalking, harassment, sexual assault or rape, please contact CVIC at 701-317-1860, the University Counseling Center, or the National Sexual Assault Telephone Hotline at 800-656-4673. If you feel that you are in immediate danger or a life-threatening situation, please call 911 as soon as possible.

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



# “Mom, I swear video games are good for me”

Jill Morton  
Dakota Student

I’m sure many of us have tried to convince our parents at one point or another that playing video games is a good thing. Maybe you’ve even tried to convince yourself of that now that you’re a real adult, on your own in the real world. But let’s be real; that’s bogus. It’s just something we try to tell our parents to make them let us play videogames endlessly. However, video games can be a great learning tool to improve your life. The reasoning my brother would always use in how video games can be just as educational as history class. Some specific types of games actually have a lot of storylines with actual historical events in them. My brother played a lot of Civilization games. The gist of the game is to build a civilization from a small settlement. As you go through the game, you learn about the true history of many of the societies of that time period. Another way that video games can help us in everyday life is with reaction time. This is especially true for action packed games. According to a study from the University of Roch-

ester, “Research shows that video game players develop a heightened sensitivity to what is going on around them.” This goes beyond mere video games. People who game frequently can use these skills in other areas of their lives as well. This could even potentially

active games like Just Dance or Wii Sports. These help people stay active in an easier and more fun way. It’s also more ideal when dealing with the inclement weather. You can’t go play baseball when it’s snowing outside, but you can certainly stay warm

“According to a study from the University of Rochester, 'Research shows that video game players develop a heightened sensitivity to what is going on around them.' This goes beyond mere video games. People who game frequently can use these skills in other areas of their lives as well. This could even potentially help in real sports with improved reaction times.”

Jill Morton, Opinion writer

help in real sports with improved reaction times. Video games can also keep people active. This might sound contradictory, but think about how much more effort you’re putting in when you’re playing a video game versus when you’re sitting on the couch watching TV or mindlessly scrolling through social media on your phone. There are a lot of super

inside and get your game on with Wii baseball. It’s also less dangerous for those “worrywart” parents. A player is way less likely to sprain their ankle playing Wii baseball than running around the bases outside in the dirt. Those are a few good arguments if you ever need to convince someone of this. However, I’m going to say it again, this is bogus. Playing real sports outside is better and learning history in school is more accurate. I would say it’s much better for an individual to socialize out in the real world and not spend all their free time in front of a screen. However, on days with poor weather or when you have a little extra free time, playing an active or historically accurate video game can be beneficial to your everyday life.

Jill Morton is an opinion writer for Dakota Student. She can be reached at jill.morton@ndus.edu

# Chase your fears

Quinn Robinson-Duff  
Dakota Student

At this very moment, you are the oldest you have ever been, yet, the youngest you will ever be. It’s what you do with your life, with your age and time on this earth that will make it count. Some people want to get a good job and a big house and live a happy life with a happy family. Others want to live a nomadic life, but what’s the best way to live? The one who gets a good job and house and family will set their life up for security and comfort. Is that good? Is that the meaning of life, to be safe? Heck no, it’s the one who travels and chooses to challenge themselves to see new things each day that will find more meaning and comfort in life. Getting married, settling down and having kids as soon as possible is missing the point of life. There is no reason to be eager in this world, no rush to get to an end game. It is not about the destination but the journey along the way. Joy comes from the unexpected twists and turns we have in life. There is an adventurous spirit that lives within all of us. Humans do not belong in an office, they do not belong working a nine to five job. We must seek opportunities that frighten us, and not let fear hold us back, for fear is just false evidence appearing real. Fear takes many shapes and forms but it’s fear of the unknown that can scare us the most. There is two ways we can approach fear of the unknown. Either shoo it away like a bumble bee or embrace it. Embracing the unknown feeds our human spirit. Doing something that causes us to be scared creates a more personal relationship between one’s faith and themselves. It’s funny, the closer we are to death and fear, the more we feel alive. I remember the first girl I asked out in High School. Blonde hair, funny and sweet. But the fear of asking her out was surreal at the time. What if she says no? What if I get embarrassed? What if this and that? I needed to come up with a way to ask her out. I had an idea where I

was going to do a card trick and the card she would end up getting would ask her out. I was nervous, sweating. If I could see my face it was most likely be bright red. My heart was pumping and I could feel an adrenaline rush come over myself. I tried to speak but the word couldn’t come out so I just said, “Wanna see a card trick?” almost throwing up as I was saying the words. She got the card and the dreadful words came out, “I’m taken.” She already had a boyfriend and I didn’t know. I was crushed but at the same time felt a great sigh of relief. I walked away with a feeling of euphoria, even though she said no I looked at myself and said, “Well at least I tried and went for it,” and that was more important to me than anything. I did something I was dreadfully scared to do and never regretted it. Pushing ourselves into boundaries we do not know, in elements that we have not seen will provide us with an experience we will never forget. The meaning of life comes from the experiences and memories we put together in our life by conquering fear. It is our job to give our life the most experiences as possible. Being able to look back and have no regrets. Bronnie Ware is an Australian nurse who recorded the dying biggest regret, “I wish I’d had the courage to live a life true to myself, not the life others expected of me.” This was the most common answer received among the dying. This reveals something about human nature and that once we see that it’s all said and done, it will be we things we never did that is the most regrettable. Find what you want to do in life and go after it. Try new things and discover yourself, your strengths and your weaknesses. Live your life the way you want. It’s pointless to do anything but. Don’t stress what other people do, your family or your friends. Just go out and capture the world for yourself. Love yourself with everything you’ve got and don’t look back.

Quinn Robinson-Duff is an opinion writer for Dakota Student. He can be reached at quinn.robinsonduff@und.edu



Photo courtesy of Pixabay  
Though it may seem counterintuitive, video games in moderation can improve certain aspects of life.

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Photo courtesy of Uber

# Student woes with Uber

Ride sharing services debuted in Grand Forks this spring— how well have they been serving students?

**Jacob Notermann**  
Dakota Student

This past spring, both Lyft and Uber expanded their business into Grand Forks. Since then, there have been mixed reactions to how the companies conduct their operations. At the very beginning, there was a lot of buzz and media coverage around these two platforms coming to town. In November of 2015, the University of North Dakota Student Senate and then-Student Body President Matt Kopp passed a bill that allocated “up to \$3,000 from the Student Government General Account Fund to introduce a marketing campaign supporting Uber...” With hockey season now underway, there are more opportunities for drivers to get customers. With that, students are getting their first impressions. While getting a ride to campus for only a few dollars has its advantages, it’s not always that good of a deal. One of Uber’s more

infamous business components is “price surging.” This is when demand for rides at one time leads to the company hiking up prices by almost 250 percent. Many times, these surges come without warning and can leave students stranded if

night, Moser found himself too intoxicated to drive himself home. “I was planning on getting an Uber, because I was in no condition to drive or walk three and a half miles on University Avenue,” Moser said. After combing

Despite this, he said this business practice isn’t harmful to the customer, because the customers know what the price of the ride is before they agree to ride.

“It really definitely decreased my opinion of them, but I’m still going to give them a chance,” Moser said. “If I ever need their services, I’ll call upon them unless they absurdly price me again, which I hope does not happen.”

UND student Savannah Sibold is originally from Arizona, and has used Uber before. In fact, she said she “loves” it. In her experience, she has fallen victim to price surging as well. “Back home, when I would go to an Arizona State football game, I would need to go not even a mile down the road and it would be \$27,” Sibold said.

Now living in Grand Forks for school, she doesn’t have a car to get around town in. This leaves her with fewer options for transportation and a more dependent relationship with what she calls

“One of Uber’s more infamous business components is ‘price surging.’ This is when demand for rides at one time leads to the company hiking up prices by almost 250 percent. Many times, these surges come without warning and can leave students stranded if they’re seeking a ride at times of high demand.”

Jacob Notermann, Staff writer

they’re seeking a ride at times of high demand. Dylan Moser is a student at UND. He said he has never used Uber before, but not for a lack of trying. Moser was at his friend’s house to watch the Floyd Mayweather Jr. vs Conor McGregor fight. At the end of the

through Uber, he was able to find a \$4 drive home. However, once the fight was over, Moser said the price surged to \$48. This is an increase of 1200 percent. “I wasn’t about that, so I ended up walking three and a half miles home safely,” Moser said.



Photo courtesy of Uber

a “reliable source.” “Every person I’ve had with Uber has been nice,” Sibold said. “They engage in conversations with you and don’t make it awkward and they just talk to and you feel like you know them.” A deeper examina-

tion of Uber’s smaller competitor, Lyft, will be featured in the next issue of the Dakota Student.

Jacob Notermann is a staff writer for Dakota Student. He can be reached at jacob.notermann@und.edu

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The Fighting Hawks take on Colorado College in a road series on Friday and Saturday in Colorado Springs.

Dakota Student File Photo

# ALTITUDE

## How the UND hockey team hopes to elevate its game against Colorado College

**Kyle Kinnamon**  
Dakota Student

Colorado has always been a major talking point in sports, not only for their sports team’s ability to win championships, but because of the home field/ice advantage. The advantage comes from the altitude. Throughout the history of sports teams in Colorado, the home team has always had the advantage of being accustomed to the altitude. Colorado’s major sports teams reside in Denver. The city of Denver is 5,280 feet above sea-level and houses four

major sports teams: the Denver Nuggets, Denver Broncos, Colorado Rockies and Colorado Avalanche. Almost all the teams have been able to use the altitude to their advantage. The two main teams able to use the altitude to their advantage are the Colorado Rockies and the Denver Broncos. The Rockies’ ballpark, Coors Field, averaged the longest homeruns at 414.4 feet. The next closest ballpark’s homeruns averaged at least 10 feet shorter. The Denver Broncos’ stadium, Sports Authority Field, holds the record for the longest field goal in the

NFL at 64 yards. The long field goals and long homeruns are all due to the thin air and altitude at those stadiums, respectively. Kicking long field goals and hitting long homeruns are not the only advantage to playing in the high altitude. The players on those teams are accustomed to the thin air and rarely deal with side effects of the altitude change. As for opposing teams, the sudden change in altitude can cause altitude sickness and possibly sideline those players for the game. The University of North Dakota men’s hockey team is no

stranger to playing in Colorado and having to adjust to the altitude changes. UND faces both Denver and Colorado College every year, and UND faces Colorado College this weekend. UND has the advantage in series against both teams, but they’re down in series when playing in Colorado. Against Denver, UND is 143-123-12 overall, but 53-72-3 in Denver. Against Colorado College, UND is 155-81-11, but a measly 53-58-4 in Colorado Springs. UND is leaving a day early for Colorado Springs to adjust to the even higher al-

titude there. Colorado Springs is 6,035 feet above sea-level. The coaching staff and players are hoping this extra day will benefit the team when getting familiar with the thin air and altitude during games and practice. This weekend marks the beginning of NCHC conference play for UND. NCHC games have always been historically tough on both teams, but UND is up for the challenge. “We’re in the NCHC now,” sophomore defenseman Colton Poolman said. “These points are just as important as non-conference. Colorado College is

off to a good start. We’ll be motivated.” “(Minnesota) was an emotional series,” senior forward Trevor Olson said. “We need to use the same emotion. Colorado College plays us tough. These games mean everything.” UND has not performed well historically in Colorado Springs, but UND looks to feed off the energy of last weekend against the University of Minnesota Golden Gophers and carry that into the Colorado College series.

**Kyle Kinnamon** is a staff writer for Dakota Student. He can be reached at [kyle.kinnamon@und.edu](mailto:kyle.kinnamon@und.edu)

# Fighting Hawks go the distance in Big Sky

**Madison Overby**  
Dakota Student

As the University of North Dakota women’s cross country team prepares to toe the line of the Big Sky Conference cross country meet in Ogden, Utah this Saturday, there is a very different look to the conference roster than anyone was expecting coming into the year. Approaching the cross country season in early August, three of the top five returners were out with some sort of injury. In addition to that, one of the incoming freshman expected to fill the varsity roster, Lydia Kantonen, was also sidelined with an injury. At pre-physicals, Erica Eades was diagnosed with a stress fracture in the tibia and I was diagnosed with a stress fracture in the fibula. Both injuries were far enough along in the healing process that they showed up on the x-ray, which for stress fractures indicates that they’ve been healing for at least three weeks.

The normal healing time for a stress fracture varies anywhere from six to eight weeks but they can persist for much longer than that. Kantonen tested negative for any sort of stress fracture or reaction so the trainers were treating her injury as a muscular injury. The other top returner, senior Alyssa Anderson, had been battling an injury since December and was already planning on sitting out the cross country season. Despite the bleak outlook, head coach Richard Clay was expecting that Lydia, Erica and I would be back competing by early-October. Early-October came and went without the return of Eades, Kantonen or myself. However, Eades and Kantonen were beginning to get their base mileage up and planned on returning for the home meet. Although two runners were potentially going to be joining the roster, Clay was forced to look at the season realistically. He decided that I was going to redshirt and Eades

and Kantonen were going to run unattached at the home meet so that redshirting would still be an option for them. The conference meet, the most important meet of the season, was on the back burner for the time being. Clay had begun to look at the conference meet as just another meet where the team would have to focus more on individuals doing well than doing well as a team. “Clay really adjusted the goals of the team after seeing everyone compete at the home meet,” Oscarson said. “He used to be very focused on how we could do well individually at conference and now it’s a lot more team-based. We should be able to perform well together.” At the home meet, the Ron Pynn Invitational, the team was filled with nerves as the crowd was one of the biggest that the Ron Pynn had ever drawn. The race started out as any other race had during the previous meets of this season. When the crowd of runners passed

mile one, no one was racing out of the ordinary. Steadily throughout the race, the gap between UND’s first and eighth was getting smaller. Crossing the finish line first for UND was freshman Ellyssa Peterson, followed closely by sophomore Hannah Oscarson. After seeing the results of the Ron Pynn Invite, Clay was able to look towards the conference meet in a new light. A majority of the top seven runners had run season-best times by 30 seconds or more. Including Kantonen, who is now going to be travelling with the team to Ogden on the conference

roster after competing in only one race during the regular season and cross-training on the elliptical, bike or in the pool for a large part of the season. The conference team now consists of: Hannah Oscarson and Janessa Meuleners, two of last season’s top five runners; Ellyssa Peterson, Lydia Kantonen, Kendra Franck and Amanda Robbins, freshmen on the team; Sydney Raboin, who was a transfer student on the team her sophomore year but did not compete on the team last year; Megan Olson, who did not make the conference roster last season. Although the look of

the team is different than was expected early pre-season, the runners are hoping to make a strong showing at the conference meet this weekend and place better than the team did in years past. “I want us to run as a pack. After the home meet, our times are so much closer that that could now be an option,” Oscarson said. “Running as a pack benefits everyone, you just feel so much stronger.”

**Madison Overby** is a staff writer for Dakota Student. She can be reached at [madison.overby@und.edu](mailto:madison.overby@und.edu)



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