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Dakota Student

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NEW BREW IN TOWN

Photos by Nick Nelson / Dakota Student

Half Brothers Brewing Company will offer 11 beers at their grand opening on Friday, October 6, 2017 in downtown Grand Forks.

Shelby Johnson
Dakota Student

“Local. Local. Local.”
Chad Gunderson’s goal is to make his brewery a community space for the people of Grand Forks. From the artwork hung on the wall to the local bands that will play for the whole brewery to hear, he wanted to create a space that everyone could enjoy. Although he grew up in Bemidji, Minnesota, Chad fell in love with Grand Forks during his college years at the University of North Dakota. He studied business and had a couple of part-time jobs while enrolled. “One of those (part-time jobs) was at Happy Harry’s north so that kind of sparked the brewing side of things,” Gunderson said. “So I started home brewing and kind of looked over their craft beer section which

was very small at the time when I was going to school here. We kind of grew that at Happy Harry’s and also grew my passion for brewing.”

“This is more of a brewery feel to it. It’s wide open. We’re not a restaurant, per sé. We’re more of, like, a tasting room. We’re trying to be a community space. A place you can come down and hang out.”

Chad Gunderson , President-owner of Half Brothers

Gunderson knew that his biggest competitor in Grand Forks would be Rhombus Brewing. He wanted to take a different approach than the well-known restaurant. “This is more of a brewery feel

to it. It’s wide open. We’re not a restaurant, per sé. We’re more of, like, a tasting room,” Gunderson said. “We’re trying to be a

community space. A place you can come down and hang out.” Walking into the new brewery, wide open are perfect words for the space. Unlike Rhombus, customers can see the brew room



Chris Kastner fills kegs at Half Brothers Brewing Company early Wednesday afternoon in anticipation of the company’s grand opening on Friday, October 6, 2017.

while they drink the beer it came from. The bright and rustic furniture fits the bare brick walls completely. The large space is original and creative everywhere you look. Being a part of the community is very important to this business. In-

the brewery for people to continue to enjoy. Gunderson believes that making the space unique will make it stand out over the other restaurants, bars and breweries in town. The brewery’s soft opening calmed Gunderson’s worries. He needed

"Gunderson believes that making the space unique will make it stand out over the other restaurants, bars and breweries in town."

Shelby Johnson, Features editor

stead of paper to cover the windows while the renovation was going on, Gunderson wanted local artwork to be displayed. He asked on Facebook if anyone would be interested in creating something they could display in the eight big windows that cover the front of the brewery. “It really blew up,” Gunderson said. “It was really cool.” His dream of making this brewery a community space started to come together right away. Since the soft opening, the artwork was taken from the windows and scattered around to know that his staff and himself were ready for the public. Gunderson was pleasantly surprised. Gunderson said that he couldn’t wait for the next step for his brewery. Their grand opening is Friday, Oct. 6 at 8 p.m. Also, you can follow them on Facebook to watch their success step by step.

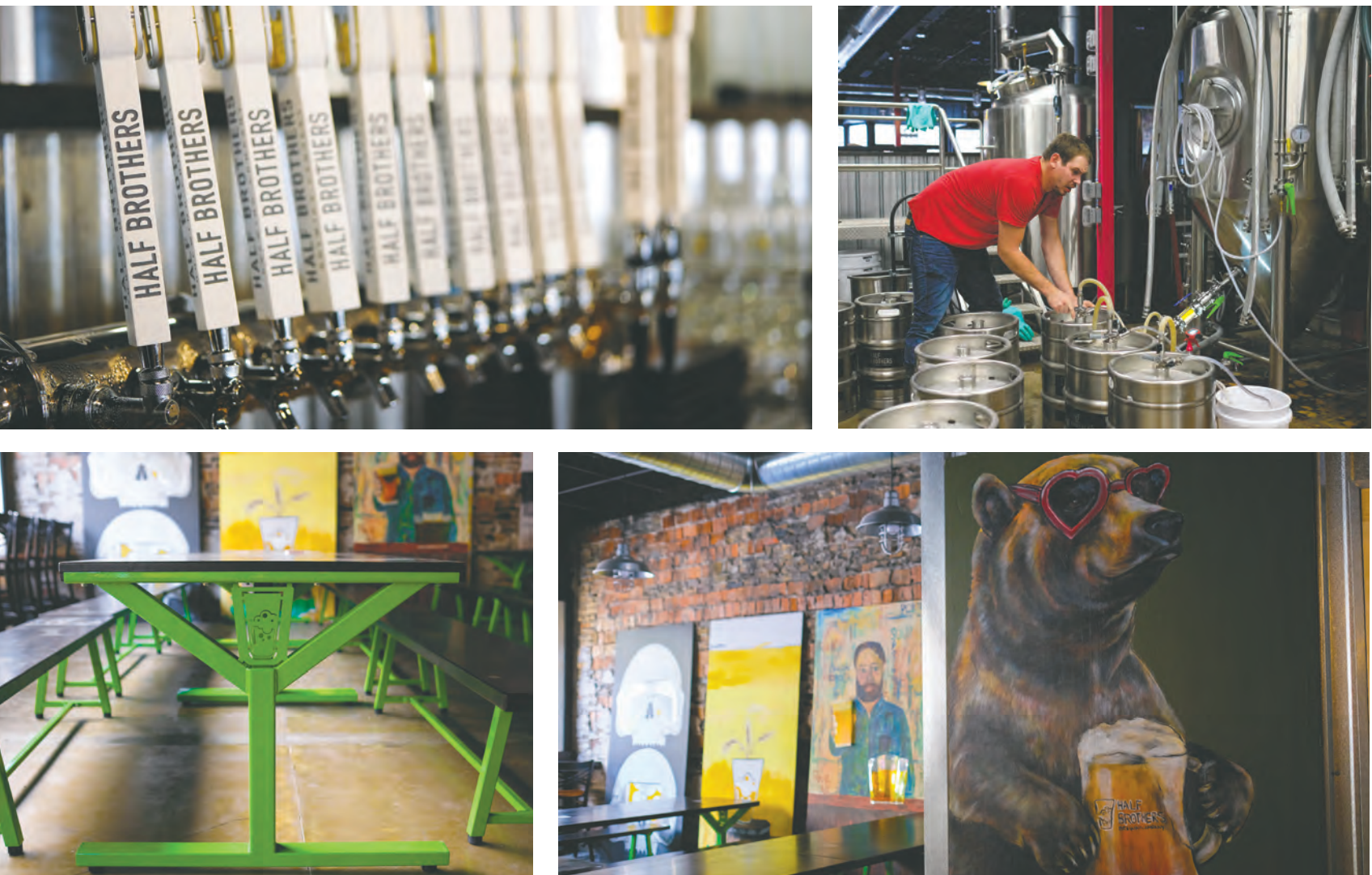
For more photos of Half Brothers Brewery, go to page 2.

Shelby Johnson is the features editor for Dakota Student. She can be reached at shelby.marie.johnson@und.edu



Chad Gunderson is the president-owner of Half Brothers Brewing Company in downtown Grand Forks.

Continued from front page, photos of Half Brothers Brewery



The necessity of sleep to college students

How important is getting your zzzzzzs?

Jill Morton
Dakota Student

How often do you wake up wanting more than anything to throw your alarm clock across the room and crawl back under your warm blankets? Turns out, a lot of people feel this way most mornings. An article in the Huffington Post noted one in three Americans are getting less than the necessary amount needed every night. Teenagers should be getting between eight and ten hours of sleep, and adults need

between seven and nine hours according to the Sleep Association. College kids are notorious for not getting enough sleep. We pull

weekend it's no better because so many people stay out late and never actually get a chance to fully catch up on sleep. The Huffington Post

"College kids are notorious for not getting enough sleep. We pull all-nighters far too often, and stay up late to study for tomorrow's test more frequently than is healthy."

Jill Morton , Opinion writer

all-nighters far too often, and stay up late to study for tomorrow's test more frequently than is healthy. Then on the

reports that 10 percent of Americans get less than five hours of sleep each night. I would bet nine percent of those people

are college students. I realize sleeping doesn't always seem like the most important thing in your life with so many other things going on. However, the rest of your life will be easier if you are well rested. Studying for a test is plenty important, but if you start falling asleep during the test because you stayed up so late, that certainly won't help you. You also become more forgetful when you're sleep deprived, which will undoubtedly hinder your ability to remember important facts for your test.

It's also key to sleep enough because according to the US Department of Health, sleeping improves learning, and the whole point of going to college should be the school part. Also, the less you sleep, the less well you can function, and then it takes longer to finish even simple tasks. If you just got enough sleep in the first place, you wouldn't struggle so much with

easy tasks and you would get done sooner so that you can then sleep more, which is the goal of most college students.

Sleep is essential for many reasons, mainly to hold onto the health benefits that go along with a full night's sleep. The Huffington Post states that getting enough sleep can help reduce the risk of diabetes, high blood pressure and other health concerns. Lack of sleep can also make your skin worse and lead to obesity. If you're too tired, you will acquire an increase in appetite.

Naps might not actually be as great as you'd think. Humans really need to sleep in one big chunk according to Dr. Jamie Zeitzer, a psychiatry and behavioral science professor at Stanford University. Napping should be a supplement rather than a substitute for a good night's sleep. A good rule of thumb to know if you're sleeping enough is if you sleep in on the weekends, it means you're not sleeping enough throughout the rest of the week.

Jill Morton is a staff writer for Dakota Student. She can be reached at jill.morton@endus.edu

THE DAKOTA STUDENT

EDITORIAL

Editor-in-chief
Matt Eidson
stewart.eidson@und.edu

News Editor
Diane Newberry
diane.newberry@und.edu

Opinion Editor
Brendan McCabe
brendan.mccabe@und.edu

Features Editor
Shelby Johnson
shelby.marie.johnson@und.edu

Sports Editor
Allyson Bento
allysonmarie.bento@und.edu

Photo Editor
Nick Nelson
nicholasgnelson@gmail.com

Business
Autumn Graber
autumn.graber@und.edu
701-777-2678

Graphic Design
Heather Schuler and Shiny Mahlum
heather.m.schuler@und.edu
rachel.mahlum@und.edu

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Classifieds

Help Wanted:

Zion United Methodist Church is currently accepting applications for a part-time childcare worker in our church nursery. Nursery hours are Sunday mornings from 9am-12pm. Interested candidates should email a resume with a cover letter and three references to office@zion-umc.org.

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A Mother’s Memoir of Our Family’s Transgender Experience

by RoxAnne Moore

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Wednesday, October 11

2:00 p.m.

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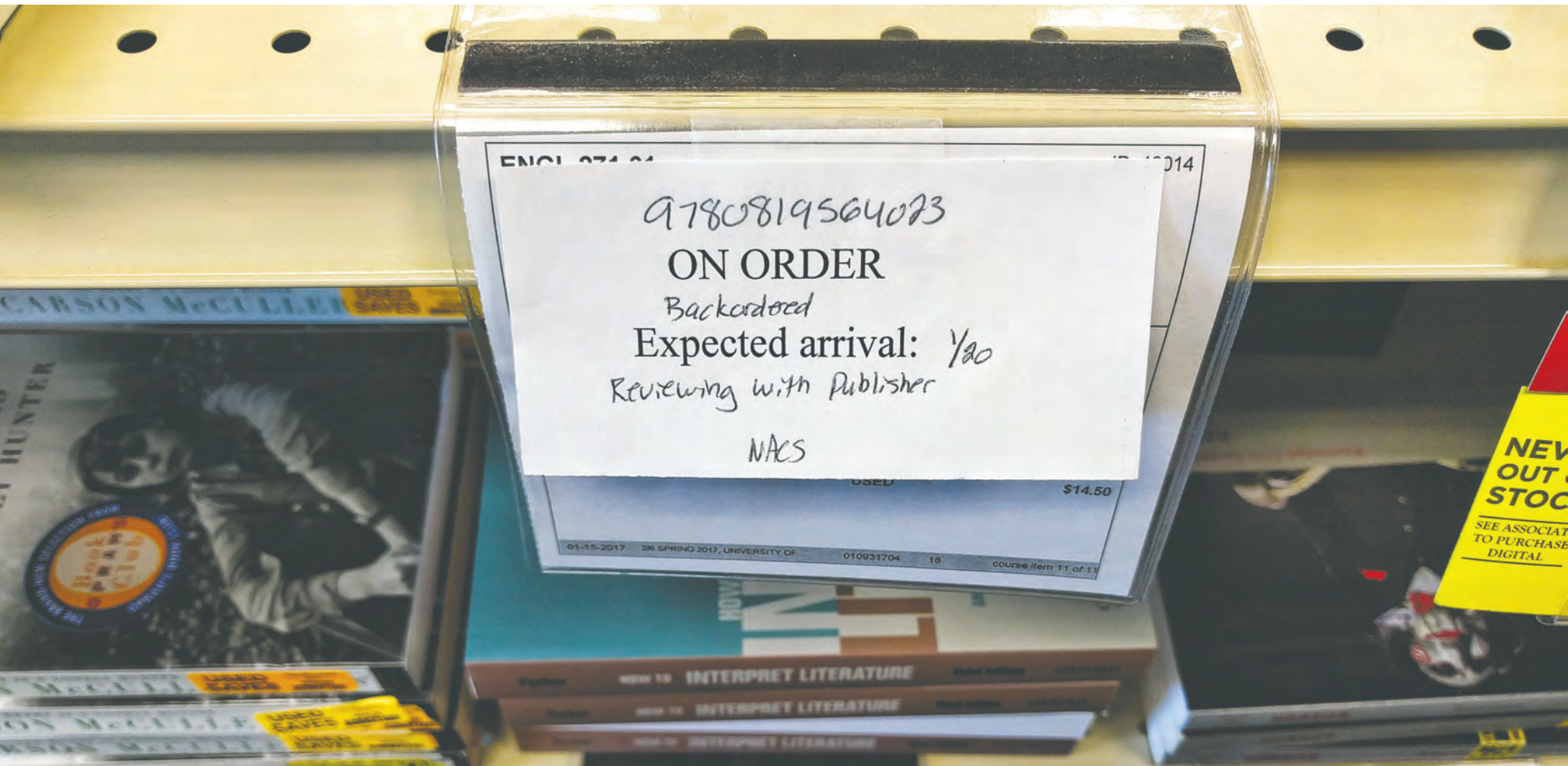
Out of the Blue

A Mother’s Memoir of Our Family’s Transgender Experience

ROXANNE MOORE

Making more free books available to students

Expansion of open educational resources could mean spending less on textbooks



Dakota Student file photo

Diane Newberry
Dakota Student

Even amidst budget upheaval, the University of North Dakota has saved students \$3.7 million in textbook costs over the last two academic years through a revolutionary new program. Dean of Libraries and Information Resources Stephanie Walker had just started work in her position at UND when she was asked to lead a workshop meant to introduce the concept of Open Educational Resources (OERs) to faculty. A veteran librarian, Walker has been working in some capacity with OERs since 2001. OERs were considered a radical concept then, and in many ways, still are today: free scholarly research, educational materials and textbooks offered online. The OER movement has been a direct reaction to the rising cost of publishing and consuming scholarly materials. “In 2015, even the president of Harvard told her faculty in an open letter, ‘We cannot afford to buy you everything,’” Walker said, “It’s just too damned expensive. And if Harvard can’t afford it, believe me, nobody else can either.” Walker explained that funding for OER programs are most often “really patchwork.” UND’s initiative has been fund-

ed through grant money from the North Dakota State Senate and allocations from the office of the provost, the College of Arts and Sciences and reserve funds from student government after a unanimous vote in the Student Senate last year. This funding went toward education of faculty and grants that incentivize professors to adapt their classes in order to utilize OERs. The library has also been able to roll out an Institutional Repository, a website where OERs can be congregated for easy access. Walker said this was imperative in the progress of OER use on campus. “I’m a librarian,” said Walker. “I can’t tell faculty to use ‘x’ textbook, but I can put them up on our site and make them available to people.” Currently, 24 courses offered at UND are utilizing free OER textbooks. Three of these courses are Calculus 1, 2 and 3, which formerly required a textbook bundle that cost students \$406. The OER initiative has been targeting lower level classes such as Psychology 111, Sociology 110 and Communications 100 in order to benefit the greatest number of students. “I would like to see us get to the point where (...) for most students, they can get through their first year without buying a textbook. That would be really nice,” Walker said.

Virginia Clinton, assistant professor in educational foundations and research, began her career at UND by teaching Psychology 111 classes. Clinton found herself “appalled” by the direct, aggressive marketing to professors by traditional textbook companies. “I just found all of that rather sickening, to be honest,” Clinton said. “Nothing against people making money on a good product, but I just don’t think that education is a place for commercialization and for corporations to be making money off of our students.” Clinton learned about OERs through the chair of her department, and began making a concerted effort to incorporate OERs in any class that she could. “The big motivation with open source textbooks is to save students money because we all know college education has gotten more expensive,” Clinton said. “That reduces equitable access to education, which is rather antithetical to the whole point of having high quality public education like UND.” In a study conducted by Clinton, controlling for factors such as high school GPA, students in an introductory course using a traditional textbook and students in an introductory course using an OER achieved “comparable grades.”

On top of that, Clinton found that students had similar perceptions of the textbook whether traditional or OER and that they were utilizing them in the same manner. The only discernable difference between the two groups was that “withdrawal rate was quite a bit lower with the open source textbook,” which is “consistent with other literature on open source textbooks.” Clinton hypothesizes that this may be because students are not able to buy the traditional textbook upfront

and drop the class when they realize they cannot be successful without it. Although there are many benefits to using OERs, there are still hurdles. Walker points out that while there are many resources available on basic, introductory subjects, more narrow areas of interest do not necessarily have free literature widely available. Walker recounts this story of a mechanical engineering professor trying to find a textbook to use for one of his 300 level classes: “We

sat down with this guy and we looked for two weeks, two solid weeks. Three different librarians tried to help him. He looked everywhere. We couldn’t find a darn thing on his topic area.” Still, the future continues to look hopeful for OERs at UND. This semester, the library was able to fulfill the needs of 13 of the 14 professor applications for OER grants.

Diane Newberry is the news editor for Dakota Student. She can be reached at diane.newberry@und.edu

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Ellyssa Peterson, a freshman student athlete from Nashwauk, Minnesota, is a member of the UND cross country team.

Nick Nelson / Dakota Student

UND freshman chasing her dreams at the collegiate level

Madison Overby
Dakota Student

Ellyssa Peterson, a freshman at the University of North Dakota, always had her eyes set on running at the collegiate level. Many high school athletes at small schools have trouble succeeding and getting recognized because of the lack of resources and the focus of recruiters on the larger schools in the state. For Peterson, this was not a problem.

Growing up in the small town of Nashwauk, Minnesota, population less than 1,000, Peterson was able to find an extreme amount of success in both cross country and track. She was section champion in cross country as well as the 1,600m and the 3,200m run in track. She also placed third in the 3,200m run at state as a sophomore in high school.

Peterson started running at a young age. She was inspired by her mom, a marathon runner.

She remembers around the age of six, her dad mowed down a trail in the back of her property for her mom to run on.

“When my mom would go running, I’d always tag along for a mile or two. I guess since then I just never stopped running,” Peterson said.

Although her mom isn’t the biggest fan of short races, they still run a couple 5k’s during the summer to get some speed work in and use the time as a benchmark for Peterson’s upcoming seasons.

son’s upcoming seasons.

In Nashwauk, a majority of kids who go on to college attend Bemidji State University, which is about an hour and 15 minutes away. Peterson said of their graduating class that went somewhere other than Bemidji there was group of people who went to the University of Minnesota Duluth and one that went to the University of Minnesota Twin Cities. However, when Peterson began her college search, she looked

at UND right away.

“It just seemed like the right choice,” Peterson said. “I loved the PT (Physical Therapy) school, then I met the team and everyone just seemed really cool.”

As a freshman this year, Peterson has consistently been the team’s number two runner behind sophomore and training partner, Hannah Oscarson.

“(In high school) I basically had to run with the boys because the girls were way too slow,” Peterson said.

In addition to having a team that can train alongside her, Peterson also enjoys the change in pace from her high school training to collegiate-level training. The intensity and variety is much different from how it was for her in high school.

Coach of the cross country team and distance events in track, Richard Clay, puts together a training

plan that ranges anywhere from short speed workouts to fast-paced 3k repeats to relaxed 11 mile runs and seemingly everything in between.


“In high school it seemed like we either had long days or speed,” Peterson said. “Clay really changes it up which is what I like about the program so much. It’s not just six 400’s every single workout.”

Peterson hopes that with the better training and support of the team she can continue to improve throughout her college career.

“I’d love to break 18 minutes (in the 5k),” Peterson said. “But mainly, I just want to keep getting better, stronger and faster. I want to give it my all.”

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

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