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Kyle Zimmerman / Dakota Student

UND defenseman Christian Wolanin (#24) evades Manitoba's Nick Zajac during an exhibition series earlier this season.

Christian Wolanin's hot start to his junior season

Kyle Kinnamon

Dakota Student

The electrifying, risk-taking and emotional defensemen Christian Wolanin has finally come into his own this season for the University of North Dakota Men's Hockey team. The 6'1 offensive defensemen from Detroit, Michigan is currently in the midst of his junior season at North Dakota, and he has finally become the player he wants to be.

For more content

Wolanin came to North Dakota in 2015 after playing three seasons in the United States Hockey League. In the USHL, Wolanin boasted 75 points during his three seasons, playing for the Green Bay Gamblers and the Muskegon Lumberjacks, where Wolanin was granted the alternate captaincy.

After Wolanin's final season in the USHL, he was drafted by the Ottawa Senators in the fourth round of the 2015 NHL Entry Draft. Wolanin came to North Dakota as a young defenseman looking to make a name for him-

ing with a deep defensive core. "The tradition and wanting to win a National Championship," Wolanin said when asked about his decision to commit to North Dakota.

self, but had to deal with play-

or sixth defensemen his freshman season, and sometimes being benched as the seventh defensemen because the team had tremendous depth. "It sucks pretty bad," Wola-

Wolanin played as the fifth fensive skill, Head Coach Brad Berry and his assistants put Wolanin at forward on the fourth line for some games because he is a difference maker on the ice.

"It was tough not playing forward since my days at home in

"I love our fans. We are lucky to have fans who care so much, that they are even willing to go out of their way to say something negative. But, that is just passion and what you play for."

Christian Wolanin, UND defenseman

nin said. "But, that is what every player has to go through. But, for me being able to learn from players like Troy Stetcher, Gage Ausmus, Keaton Thompson and Paul LaDue, it was truly a blessing being able to come in and learn

from those guys for two years." Wolanin possessed such of-

Midgets," Wolanin said. "But, it was fun to just be in the lineup. Any chance you get to be in the lineup is an honor, and it's a lot better than sitting in the stands in your suit. If they wanted me to play forward, I'd play forward. And if it happens this year, I'll gladly stay in the lineup and help out."

Wolanin has earned his way up to the top pair defense over his years at North Dakota, learning from players such as Ausmus, LaDue and Stecher.

"Learning the daily things, how hard it is to come into college hockey, and show up every night no matter who we're playing is what I will take most from them," Wolanin said.

Wolanin is a polarizing player for the fans of North Dakota. His risk-taking play and offensive ability is perhaps Wolanin's biggest asset, but also

can be his biggest weakness. Fans have had a love/hate relationship with his style of play over Wolanin's tenure at North Dakota. Fans have never held back their emotions during the game when it has come to Wolanin's play, always yelling "Shoot!" and "Hold the line Wolanin!" during the games,

especially on the power play. "You can play for me, if you think you're better than me," Wolanin said. "I love our fans. We are lucky to have fans who care so much, that they are even willing to go out of their way to say something negative. But, that is just passion and what you play for."

This year, the student section has started the chant "We

love Wolanin!" when Wolanin has the puck on the power play. Fans will never be satisfied with the play, but that is to be expected at a diehard hock-

ey school like North Dakota. "I haven't noticed the new chant," Wolanin said. "But, tell who ever started that one thanks from me, I really appreciate it."

Wolanin is taking everything in and trying to constantly improve his game. His confidence is unmatched on the ice. Wolanin's role has increased tremendously, basically quarterbacking the play at all times when he is on the ice. With the added responsibility on Wolanin, he is still looking to become better.

"I think that I can improve on being the best I can be every night," Wolanin said. "It is one thing to show up on Friday and be a standout defensemen, and then show up on Saturday and be not as good."

Wolanin is a key piece in the puzzle for North Dakota to become NCAA National Champions once again. Wolanin and the team understand the road to the National Championship is long and difficult, but are up to the challenge.



Pittsburgh Steelers running back Le'Veon Bell (26) holds his knee as Steelers' head trainer John Norwig tends to him after he was injured in the first half of an NFL football game against the Cincinnati Bengals, November 1, 2015 in Pittsburgh.

The NFL has not gone soft were also approved.

Nick Sallen Dakota Student

Player safety is a top priority for the NFL. In the early 1900's, football players looked more like rugby players wearing little to no chest protection and no helmet. The league has continuously taken steps to ensure safety to its participants, including making changes and enhancements to game safety rules. Nowadays players look more like modern day gladiators with high tech equipment which aims to keep them safe, and many more players are fined for illegal hits to the helmet or on neck area. Additional players. In 2009, several key connection to kickoffs football players have.

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proved by NFL team owners which eliminated many unnecessary hits on defenseless players and linemen. These changes included making it illegal for a defensive player to hit a defenseless receiver in the head or neck area with a hit using the forearm or shoulder, in addition to the current prohibition against helmetto-helmet hits. New protections were also afforded to defenders, making it illegal for an offensive player to deliver a blindside block by using the helmet, shoulder or forearm to deliver a blow to a defensive player's head or safety-related rules in rule changes were ap- and kickoff returns

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Some believe the game has become too These people soft. question the NFL's recent attempts to make the league safer. They might argue that the rule changes to increase safety are

wrecking the way the game is played. Fans who don't like the new safety rules might say, "Hey, football is a dangerous game. The players know that's going in. Let them play." The problem with

this logic is that the long-term damage from concussions is just now being studied. But I don't think discoveries in the long-term damage will change the desire to play that

are inextricably linked, so it's hard to know how much protection is needed and what is going too far. Many of the highlight reel hits from the NFL have collisions which were legal a decade ago, but now many of those hits would come with fines and a possible suspension. However, I do think quarterbacks have been afforded

too many protections. Every era there are stricter rules in place safer. Deacon Jones, one of the best pass rushers in NFL history, was famous for his head slap to offensive lineman. The slap would definitely be flagged according to today's rules.

I think it is great that the NFL is making thigh and knee mandatory. Improved equipment technology is always good, such as the recent better-fitting helmets.

But the NFL is far from soft. Even with the new advancements in equipment technology and recent safety changes, injuries are still plagu-NFL players, fans of the players and fantasy owners.

I think the NFL has Football and hitting benefitted from limiting contact in the summer months where OTAs and training camp occur, leading up to the start of the season. Going forward, I think limiting contact during the regular season practices would decrease the injury rate and ultimately be beneficial for the long-term health of the players.

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AFTER-HOURS

MEETINGS

If Needed

Letter to the editor

I experienced Career Services present to one of my classes this semester on professionalism and professional dress, and was very disappointed in the lack of progressive thought and awareness on their part. The main points stressed the importance of rigid, sexist, classist, old fashioned work norms that UND should be working to break with a new generation of innovative and educated workers. There was a lot of

stress on how women should "keep it classy", cover their bodies, not be a distraction, etc. In a climate where victims of sexual assault and harassment are finally becoming empowered, it's disheartening to hear these sorts of statements made about women and "distracting" bodies. In addition, there were mentions of investing in quality (read expensive) clothing, that perpetuates the thinking that only people who fit the traditional, heteronormative, white, middle class clothing uniform can produce quality work in the business environment. This was also unrelatable for certain members of my class. For example, there are some members of the Muslim community who differently than Westerners typically do. This sort of presentation is completely pointless to them. We were also told to cover up tattoos and piercings, as if people who possess such things are all delinguents, as was

believed in the 50's. This presentation was given during a Media & Diversity class, where the message should especially be inclusion and valuing diversity. With all of the changes that UND has been implementing with budget cuts reprioritizing, this should be at the top of their list.

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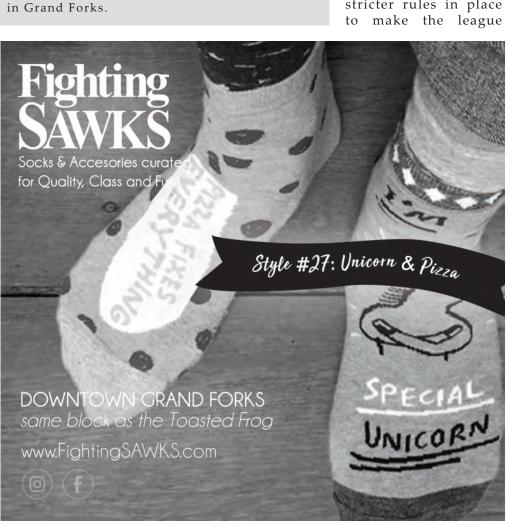
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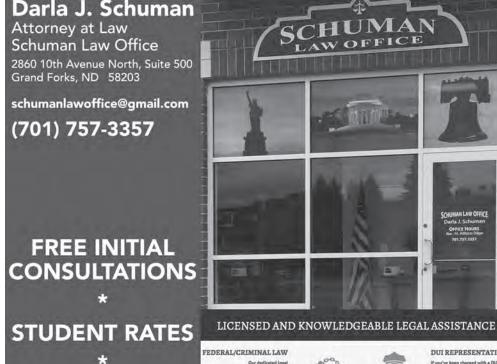
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CIVIL COMMITMENT







Frank L. Baum's "Wizard of Oz" runs Nov. 9-11 and 16-18 at the Burtness Theatre.

Wizard of Oz at the Burtness

Devon Abler

Dakota Student

Burtness Theater was transformed into a humble farm in the middle of the plains of Kansas over the weekend. Students in the University of North Dakota theater department transformed this farm into the magnificent land of Oz, taking the audience members

along for the journey. The farm hands transformed into the Tin Man, Cowardly Lion and Scarecrow, Aunty Em transformed into Glinda the Good Witch and Dorothy was accompanied by Toto, played by a dog named Lucy. The Munchkins were played by children from the community, delighting the crowd with colorful costumes and the cuteness that

only a child can bring. This was one of the theater's most anticipated shows, with perfor-

after night. While watching the performance, the UND pit orchestra was not as strong as it had been in the years before. It also appeared that the vocalists were vocally fatigued. However, that did not stop them from

mances selling out night machine, blowing fog throughout the stage. Strobe lights were also used during the tornado scene, so individuals who have seizures should take caution when viewing the show.

Overall, this was a production that was

"This was one of the theater's most anticipated shows, with performances selling out night after night."

Devon Abler, Staff writer

bringing the magical experience of traveling through the Land of Oz to the audience.

There was wit and sarcasm scattered throughout each scene, making this show for all ages. Scenes were built with the sky to announce the arrival of Glinda the Good Witch. For the Wicked Witch of the West, the theater department utilized a fog

thoroughly entertaining and captivated my attention from the opening scene. Will Dorothy ever make it back to Kansas? You will have to find out November 16, 17 and 18 at 7:30 p.m. at the Burtness Theater. care and snow fell from Tickets are \$10 for students and \$20 for adults.

> **Devon Abler** is a staff writer for Dakota Student. She can be reached at devon.abler@und.edu

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Taking a redshirt year

What a redshirt is, and why it's becoming more common

Madison Overby

Dakota Student

It's becoming more and more common in the world of college sports to have athletes take a "redshirt" year. This means that the athlete can practice with the team and is required to continue going to school, but cannot compete under the name of the college or university during the season they decide to sit out.

Redshirting is most prevalent in sports where incoming freshman aren't at the level they need to be to compete well against the competition or in sports where injuries are common. Taking a redshirt year allows for the athlete to compete for a fifth year with the team.

Some colleges want to make the most of their athletes and get the best four years they can. Teams with this goal will most likely encourage incoming freshman to redshirt. However, by doing this, the coaches are taking the risk that the athlete might get injured at some point during the following four years and end up wasting an entire season.

An example of a team that does this is the University of Minnesota cross country and track team. The coaches firmly recommend that every one of the incoming freshmen redshirt, and most do unless they have a strong opposition to the idea.

The University of Minnesota's redshirt freshmen travel to different meets close to home and run unattached (wearing no school apparel) at the DIII level. One big opportunity to come drawback to compet- back after deciding to ing unattached is that take a redshirt season. the athlete must pro- For example, freshman

freshmen, the University of Minnesota cross country and track team training in the pool or hopes to let the run-

change in environment and training program before they are thrown into some of the top

vide their own travel. Lydia Kantonen came By redshirting their into the season with a muscle injury near her shin. She had been crosson a bike for about four ners acclimate to the months when the athletic trainers cleared her to start running.

After training for three weeks with Coach DI races in the nation. Clay and the rest of the

"Redshirting is becoming increasingly popular throughout all of the sports on college campuses. The ticking clock of eligibility for college athletes is able to be extended just that much more and it's up to the athletes to use it wisely."

Madison Overby, Staff writer

This doesn't necessarily mean that their freshmen aren't worthy of wearing the Minnesota jersey. In fact, just last year, U of M freshman Megan Hasz ran a time that would have broken the school record in the 5K while competing unattached.

Comparatively, some coaches see more benefit to letting freshmen compete on the team just in case something were to happen in later years that would prevent an athlete from competing.

The University North Dakota's cross country coach, Richard Clay, agrees more with this philosophy, and so far this mentality has saved a lot of seasons for UND's runners.

Just this year, three women on the cross country team redshirted the season just letes to use it wisely. because of injuries. Clay also provides the

team, Kantonen ran unattached at the home meet and finished up as the third runner on the team, putting her well within the range of the varsity squad which consists of seven runners.

Kantonen was given the option to abandon the redshirt season by competing on the conference roster in Utah, which she decided to do.

There are a lot of advantages and disadvantages to taking a redshirt season and a lot of thought goes into choosing whether or not to take one. Redshirting is becoming increasingly popular throughout all of the sports on college campuses. The ticking clock of eligibility for college athletes is able to be extended just that much more and it's up to the ath-

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Nick Nelson / Dakota Student

Fighting Hawks football players line up against Missouri State during this season's Potato Bowl game at the Alerus Center.



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NEWS



Students exercise on stationary bikes and treadmills on a winter afternoon at the UND Wellness Center.

Dakota Student File Photos

Diane Newberry Dakota Student It's a typical wintery afternoon at the University of North Dakota Wellness Center, the setting sun saturating the modern, glass-enclosed lobby with

Wellness Center to institute new dress code

New shirt guidelines will be put in place to prevent spread of disease

light. A sweaty student, finished with his work out for the day, walks past a prominently displayed sign next to the main desk. Ironically, his outfit, featuring a t-shirt dramatically sliced down the sides, is in flagrant disregard of the new rules posted on said sign.

Frequent users of the Wellness Center were likely surprised last week when the sign announced stricter dress code regulaput into effect Jan. 1, 2018. ically targets upper-body garments, stating that students will no longer be allowed to wear "shirts

shirt, and a man in a modified t-shirt, cut to expose his sides or back.

The current Wellness that have an armpit gap Center dress code, outthat is less than the palm lined in the Policies, Rules of your hand" or shirts and Regulations section that "expose skin below of the Participants' Man-

"Though dress codes are often perceived as simply a way to preserve modesty, the Wellness Center has promoted this recent change as, first and foremost, a way to 'reduce the risk of bacterial disease transmission."

Diane Newberry, News editor

the bra line in back." ual, does not have any

will be frowned upon, intions for the facility, to be cluding a woman in just a sports bra, or a sports The new dress code specif- bra and a low-hanging

The sign has visual aids in-depth rules pertaindemonstrating attire that ing to upper-body clothing, only specifying that "shoes, shirts, shorts and/ or pants must be worn."

> Though dress codes are often perceived as simply a way to preserve modesty, the Wellness Center has promoted this recent change as, first and foremost, a way to "reduce the risk of bacterial disease transmission."

In 2010, the National Athletic Trainer's Association (NATA) published an influential paper regarding the risks athletes face of contracting bacterial, fungal and viral skin infections. Although their paper was written in regards to athletes, the risks spoken about apply to all group exercise settings.

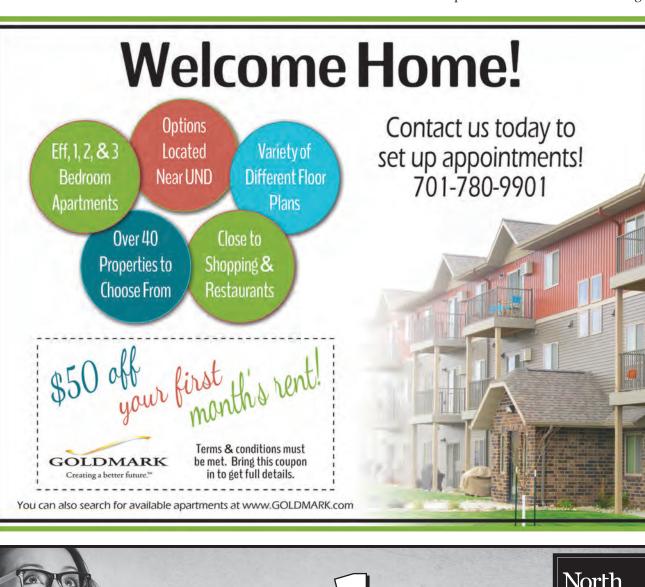
During exercise, people are "particpat(ing) in high-risk activities and have constant assaults to the integrity of their skin, making transmission that much easier," NATA said.

According to a report by the New York Times, at any given time, one in three Americans is carrying a skin disease that can be spread to others, and more than half of the outbreaks of these infectious diseases occur in competitive athletes due to the environments they frequent.

It's worth noting that nowhere in NATA's guidelines is it specifically stated that people in gyms and similar settings should avoid leaving their upper torsos bare. Most guidelines focus on general hygiene and cleanliness before and after a workout, as well as the sanitation of exercise equipment. The onus is typically put on the individual rather than the facility.

The Wellness Center's dress code has likely been put in place to minimize skin to skin contact and skin's contact with exercise equipment, lest people fail to properly sanitize equipment they use.

Diane Newberry is the news editor for Dakota Student. She can be reached at







UND student Kayla McCloud dances during a XaBeat exercise class