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Mitten made

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

Kyle Kinnamon
Dakota Student

"The tradition and wanting to win a National Championship," Wolanin said when

“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.”

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."

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

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

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.



(AP Photo / Gene J. Puskar)
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

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 defenseless players. In 2009, several key rule changes were ap-

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 helmet-to-helmet hits. New protections were also afforded to defenders, making it illegal for an offensive player to deliver a blind-side block by using the helmet, shoulder or forearm to deliver a blow to a defensive player's head or neck area. Additional safety-related rules in connection to kickoffs and kickoff returns

were also approved. Some believe the game has become too soft. These people 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 new discoveries in the long-term damage will change the desire to play that football players have. Football and hitting 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 to make the league

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 pads 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 plaguing NFL players, fans of the players and fantasy owners. I think the NFL has 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.

Nick Sallen is the copy editor for Dakota Student. He can be reached at nicholas.sallen@ndus.edu

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 their "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 dress 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 delinquents, 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 and reprioritizing, this should be at the top of their list.

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Photo courtesy of UND Theatre Arts
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, Auntie 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-

mances selling out night 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

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 care and snow fell from 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. 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 drawback to competing unattached is that the athlete must provide their own travel.

By redshirting their freshmen, the University of Minnesota cross country and track team hopes to let the runners acclimate to the change in environment and training program before they are thrown into some of the top DI races in the nation.

“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 of 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 because of injuries. Clay also provides the opportunity to come back after deciding to take a redshirt season. For example, freshman

Lydia Kantonen came into the season with a muscle injury near her shin. She had been cross-training in the pool or on a bike for about four months when the athletic trainers cleared her to start running. After training for three weeks with Coach Clay and the rest of 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 athletes to use it wisely.

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



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

Dakota Student File Photos



Wellness Center to institute new dress code

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

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 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 regulations for the facility, to be put into effect Jan. 1, 2018. The new dress code specif-

ically targets upper-body garments, stating that students will no longer be allowed to wear "shirts that have an armpit gap that is less than the palm of your hand" or shirts that "expose skin below

shirt, and a man in a modified t-shirt, cut to expose his sides or back. The current Wellness Center dress code, outlined in the Policies, Rules and Regulations section of the Participants' Man-

During exercise, people are "participat(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.

"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." The sign has visual aids demonstrating attire that will be frowned upon, including a woman in just a sports bra, or a sports bra and a low-hanging

ual, does not have any in-depth rules pertaining 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.

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

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UND student Kayla McCloud dances during a XaBeat exercise class at the Wellness Center.