Take a knee Mason jars



UND soccer head coach Chris Logan (left) speaks with associate head coach Chris Citowicki (center) and assistant coach Danielle Mendez during a home soccer match against Idaho State earlier this season

### **Madison Overby**

Dakota Student

kota women's soccer Chris Logan was named Big Sky Conference Coach of the Year on Oct. 31 when the conference released the 2017 Big All-Conference Logan is the first coach in

program history to earn conference Coach of the Year at the Division I level and clearly well-deserved.

Logan led the women's soccer team to one the most successful season they have seen since the program moved to Division I.

The team improved its record

by four wins compared to last Logan has a lot to look foryear as they finished up 6-8-4 ward to in years to come. The overall and 4-5-1 in the Big Sky  $\,$  team is returning all  $\,$  three  $\,$  of which is the best of the program the All-Big Sky Conference se-

"Logan is the first coach in program history to earn conference Coach of the Year at the Division I level and it's clearly well-deserved."

Madison Overby, Sports writer

since joining the Big Sky in 2012. Although the team just barely missed out on postseason play,

lections of Catherine Klein, Ka-

tie Moller and Emma Contino. Sophomore Catherine Klein was named 2017 Big Sky Conference goalkeeper of the year, while junior Katie Moller forward was named All-Big Sky First Team. This marks the first time UND has had a player on the Big-Sky First Team, and with Klein and Moller together, this also marks the first time in history at any division that UND has placed two players on the first-team roster in the same season. Junior defenseman Emma Contino was all named All-Big Sky Honorable Mention.

The successful season was in direct correlation with the coaching change of hiring Chris Logan. The team's success makes him a popular selection for conference coach of the year.

Early in the season, sopho-Karleen Yapello had a positive take on Logan and the upcoming season.

"With the help of our new coaching staff, we are able to



Dakota Student File Photo In his first year, UND soccer head coach Chris Logan was named Big Sky coach of

really push to our team's full potential," Yapello said. "What makes Chris Logan and our other coaches stand out is how they believe in us. They have high

expectations for us and we have

the year on October 31, 2017.

high expectations for ourselves." One of the things that Logan emphasized most in his team was the belief in themselves and their teammates that they were able to achieve great things

if they put their mind to it. In short, belief goes a long way. "I think making sure the environment is one that allows people to flourish is a good starting point to allowing the program to progress and become more competitive," Logan said. "Longer term

hopefully this ideology of believ-

ing in yourself leads to greater

The shift in mentality is making great changes on and off the field. The players growing together as a team led to a better record. Based on the 2017 Big

Sky All-Conference Team, this

was recognized on the field and

on the sidelines. The Coach of

the Year selection is peer-based

and the coach of the year award

success on and off the field."

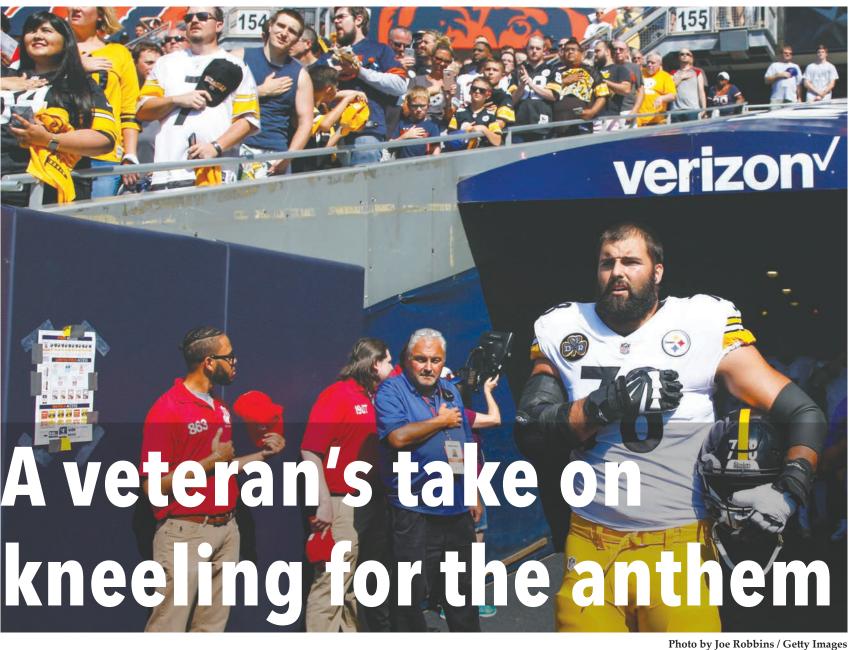
is not one that is taken lightly. The team and Logan are looking forward to achieving even greater successes in the seasons to come.

UND head soccer coach Chris Logan speaks with players during the halftime break against Idaho State earlier this season.

CORRECTION

In the Oct. 27 issue of the Dakota Student, there was an inaccurate figure which read, "In 2016, 1,098 individuals were sexually assaulted on the University of North Dakota Campus." This has been updated to say "according to ND CAWS, there were 1,098 primary (first-time) reports of sexual assault in North Dakota in 2016."

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



problem with peaceful

protest. It's the right of

Alejandro Villanueva (#78), an Army veteran, of the Pittsburgh Steelers stands by himself in the tunnel for the national anthem prior to the game against the Chicago Bears at Soldier Field on September 24, 2017 in Chicago, Illinois.

#### Glen Able

Contributing Writer

I'm a black Navy veteran and I believe in peaceful protest. Somewhere along the way it appears we have lost respect for people who choose to protest peacefully. The media has flooded the nation with the demonstrations that are violent and unacceptable. However, when people choose to protest in a peaceful matter, they are often criticized and frowned upon.

A perfect example of this is the kneeling during the national anthem, which professional football players are currently doing. As a black male having served active duty in the United States Navy, you may be curious as to my position on this matter. Would I kneel or stand?

What people are failing to realize is that this is a form of peaceful protest. After witnessing how violent the protests on

this one matter around the country have become, should we honestly be criticizing this method of it? How would you suggest a professional athlete protest this matter? Should he/she go stand on the street along with everyone else? Or better yet, maybe they should have a press conference stating how they feel about the matter and just forget they are not only representing themselves, but their team as well.

You might be asking at this point, "Why during the national anthem? That is not an appropriate time to be protesting." Technically, that's when the entire world is watching, so why not? What better time to get your point across than when you have the attention of millions of Americans? Is it not the right of every American to protest in a way he/she chooses? Isn't that why we volunteer to serve in the Armed Forces, to keep the ideology that this country

was founded on alive?

The anthem means something different to every American. To me it represents the hopes, dreams, goals and peace of Americans. Shouldn't equality be the goal of this nation? People join and fight so we have the right to choose how we would like to protest, assuming it is in a peaceful way. Is that not what is taking place when the profes-

I simply don't choose to protest this way. Yes, I absolutely stand behind black Americans fighting the racial injustice and police brutality and "Before you criticize how people choose to demonstrate their opinion on a certain matter, ask yourself, 'Are they doing it peacefully? Are they

would stand. Because

that's my choice. I don't

choose to protest in that

way. At this point, you

are probably calling me

a traitor to my people -

Uncle Tom, or whatever

other insulting name you

can manifest. However,

within their rights?'" Glen Able, Contributing writer

disagree with this type of protest, would you rather something more violent and drastic take place? As a black American veteran, would I kneel

or stand? Personally, I

sional athletes are kneel- I show that support in ing during the anthem? my own way. I've vol-A peaceful non-verbal unteered and fought for form of protest. If you this country and I've also volunteered in the community I grew up in.

But I don't choose to kneel during the anthem. I also don't look down on the athletes and Americans who choose to protest by kneeling because the bottom line is that it's their choice to protest that way whether you or I agree with it or not. I have absolutely no

every American to protest in a way he/she decides to, if it doesn't violate the rights of others. If this is the only way to start the uncomfortable conversation about racial injustice then shall be it. People are choosing to focus on how they are

choosing to protest rather than trying to solve the reason these players are acting in this manner but focusing rather. These are my thoughts on the matter and mine alone. I don't expect you to change the way you feel about this issue. I'm simply asking you to keep an open mind and not be judgmental. I hope this article has caused some type of emotion for you, my reader, and has challenged you to think about what is going on.

Before you criticize how people choose to demonstrate their opinion on a certain matter, ask yourself, "Are they doing it peacefully? Are they within their rights?" In my opinion there are much bigger issues than criticizing people who are protesting in a peaceful matter.

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## STEEL PAN BAND PRESENTED BY THE UND DEPARTMENT OF MUSIC MONDAY, NOV. 6th 8:00 PM \$3.00 Students & Seniors \$7.00 Adults \$14.00 Families of 4 CHESTER FRITZ AUDITORIUM

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### Classifieds

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Part time position for son, Kedney Moving Must be an active, at- DeMers Ave. person. Apply in per-

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**FEATURES** 



Using mason jars instead of plastic or paper cups to store beverages is an environmentally-friendly way to minimize disposable product use.

# Will they take it?

## Bringing the Mason Jar Project to Grand Forks

Devon Abler

Dakota Student

While searching the vast depths of the internet, I stumbled across a blog titled "Trash is for Tossers," written by a woman living in New York named Lauren Singer. I continued to read Singer's blog, and she mentioned that swapping out disposable plastic and paper cups for reusable mugs are a simple and effective way to help reduce a person's carbon footprint. As I contemplated this thought, I wondered how many area coffee shops would be receptive to a reusable substitution instead of a disposable cup. I made a list of six coffee shops,

brought six clean mason jars with me and set out to investigate.

Stop one: Bully Brew

The barista accepted the mason jar and began to ask questions about

Will they take it? Yes. They took the jar and were more than happy to save the environment. Stop two: Caribou

Coffee

The mission of Cari-

dressing recycling, water conservation, waste reduction and energy efficiency in our coffeehouses." I walked into the establishment and was greeted with an en-

"I wondered how many area coffee shops would be receptive to a reusable substitution instead of a disposable cup. I made a list of six coffee shops, brought six clean mason jars with me and set out

Devon Abler, Staff writer

to investigate."

what I was doing and she stated that it was interesting, then handed our passion, 'Do Good' me my drink and I left. also focuses on ad-

the project. I explained bou Coffee, as found on their website states that "While coffee is

thusiastic "Yes," when I offered my mason jar. "We actually do a lot of promotions for customers who bring in reus-

lotti, a barista at Caribou said. "This month, we had a special breast cancer awareness mug where proceeds from the mug would go towards breast cancer research."

Stop three: Starbucks

I made the stop during the afternoon coffee rush hour and they were more than happy to receive my mug. Starbucks also encourages its customers to bring a reusable mug with them to help reduce the amount of disposable paper cups that are sent to the landfills.

**Stop four: Archives** 

One of my mason jars broke, so I brought a reusable coffee mug instead. They gladly accepted my mug and the barista informed me that

able mugs," Nina Picco- that while they do not see many students using reusable mugs, they do see students opting for a ceramic mug to use inside the building.

The final stop: Urban Stampede

Based on the results from the previous five coffee shops, I was expecting them to accept my mason jar. "People bring in their own mugs and use them while they are here. We have a lot of recycling that we take out too." Ramsey Hoey, the barista that served me, said, "We care about our environmental impact and make sure we use sustainable options."

My heart was happy and I left the establishment with a mason jar of coffee to warm my cold hands.

the environmentally "For student, simply conscious swapping out a paper or plastic to go cup with a mason jar or a reusable coffee mug while helping to reduce a student's carbon footprint."

Devon Abler, Staff writer

they were also committed to using fair trade and ethically sourced coffees and teas along with reusable mugs.

Stop five: The Ember They are another coffee shop that is committed to serving ethically sourced coffees and teas and accepted my mason jar. When I asked if they see many students bringing reusable mugs, the barista remarked

For the environmentally conscious student, simply swapping out a paper or plastic to go cup with a mason jar or a reusable coffee mug while helping to reduce a student's carbon footprint.



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



Photo courtesy of Pixabay

# Nursing students educate the community on prescription drug disposal

## Memorial Union hosts "Got Drugs? Pitch Your Pills" event

Jacob Notermann

Dakota Student

In the wake of the national opioid epidemic being declared a public health crisis, students at the University of North Dakota took action on the issue. Last Thursday, a class of 12 clinical nursing students held an event promoting proper protocol for disposing old or unwanted medications. The event "Got Drugs?

most common issue is And that's dangerous." the access for children getting their parents' medications or digging through the garbage and then that can lead to more harmful events such as drug overdose or toxic effects."

third-semester nursing student, said turnout for the event was higher than anticipated.

The surrendered medications were handed over to the University Police Department, which

posing medications can have, including medications tampering with the city's water supply and animals consum-Carlee Miller, another ing them while going through garbage cans. "With the opioid crisis going on in the com-

munity, that's been a big reason as to why we felt that this was an appropriate event to hold and educate people about," Miller said. "And then we also have information about other locations people can drop off medications."

She went on to men-

tion the environmental

impact not properly dis-

For those who missed the event or want to medications in the future, there are do-ityourself methods. Some include mixing all of unwanted pills with wet dirt, kitty litter or coffee grounds in order to dissolve the contents. All of the important information on the bottle labels should then be blacked out with

permanent marker. "A lot of the information isn't really brought to the forefront of people's minds unless they see statistics and see people actively participating in events like this," Salwei said. "I feel it's been really impactful as a student to see all the hard work you put in towards something that's such a serious cause in our community today."

The event wasn't only informative regarding medications. It also served as a mechanism for nursing students to show the impact nurses have on the community.

awareness that nurses are involved in all areas "A lot of people don't of health and that public realize that this is some- health nursing has a very

"A lot of people don't realize that this is something nurses do, necessarily. I think people think of nurses in the hospital setting, but just bringing awareness that nurses are involved in all areas of health and that public health nursing has a very widespread outreach in the community."

Carlee Miller, Third-semester nursing student

thing nurses do, neces- widespread outreach sarily," Miller said. "I in the community."

**Grand Forks medication drop-off sites** 

both sides of the counter.

"We each had a part in organizing advertising and all the logistics of the program to see what it would be like as a public health nurse to advocate for your community and for the safety and the environment," Salwei said.

Other local medication drop-off sites include the Grand Forks Law **Enforcement Center and** the East Grand Forks Police Department. Both of these locations, as well as the University Police Department, will accept the pills at any time.

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

CIVIL COMMITMENT

"It's a major event, especially with children in the home. Often, the most common issue is the access for children getting their parents' medications or digging through the garbage and then that can lead to more harmful events such as drug overdose or toxic effects."

Paige Salwei, Third-semester nursing student

Pitch Your Pills" was housed in the Memorial Union, where students and the community at large partook in an educational and environmental cause. Paige Salwei, a thirdsemester nursing student, was one of the students running the event. She said her public health course set up the "group intervention project" in order to promote public health the community. "It's a major event, especially with children in the home," Salwei said. "Often, the

was then submitted to the medication drop box that can be regularly found at the Univer-

sity Police Department. "Oftentimes, people just aren't aware that you don't want to just throw your pills in the garbage because that can result in drug-seekers going through your garbage, which is a problem," Miller said. "I think a lot of people just don't think about the proper way, and then they just fill up in their medicine cabinet. When they do think about it, they just throw them away.

properly dispose old think people think of Salwei said the event nurses in the hospital was a great learning setting, but just bringing experience for those on

> **Grand Forks Law Enforcement Center** 122 S 5th St #123, Grand Forks, ND 58201

**East Grand Forks Police Department** 520 Demers Ave, East Grand Forks, MN 56721

**University Police Department** 3851 Campus Rd, Grand Forks, North Dakota 58202



**MEETINGS** 

If Needed



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