

Put me in coach 4

 @dakotastudent

A photograph of three female figure skaters performing a synchronized routine on an ice rink. They are all wearing black long-sleeved leotards and black leggings. The skater on the left has blonde hair and is smiling. The skater in the middle has dark hair and is also smiling. The skater on the right has dark hair and is looking towards the other two. They are all in a similar pose, with one leg extended back and arms outstretched. The background is a plain white wall. The word "SYNCHRONIZED" is written in large, bold, black capital letters across the top of the image. The word "PASSION" is written in large, bold, black capital letters across the bottom of the image.

Photos by Kyle Zimmerman / Dakota Student

Skaters move in tandem Thursday, September 14, 2017 during Team North Dakota auditions held at the Olympic Arena in The Ralph Engelstad Arena.

On Thursday, Sept. 14, nine hopeful girls spent their evening at the Olympic Arena in the Ralph Engelstad Arena, showing their moves on the ice in the hopes of securing a spot on Team North Dakota, a collegiate synchronized figure skating team. Team North Dakota was the creation of Mallory Olson, a lifelong figure skater who, upon finding out that there were no big synchronized skating team in the area, charted one herself in 2012. Despite the fact that these girls were essentially competing for a few limited spots on the team, the atmosphere in

the area was very laidback and teamwork oriented. There was a lack of the fierce competitiveness one would expect at a try-outs for the award-winning team and more of a much friendly and helpful atmosphere. This was especially evident when Olson worked with the girls for the teamwork portion of the try-outs and the skaters with more experience helped out and gave tips to those who needed it.

For Lauren Wolfe, 18, who has been figure skating since she was 3-years-old and has had about 11 years of synchronized skating experience, Team North Dakota was her obvious choice for extracurricular activities upon getting into college. Wolfe, a Nursing student at UND, was

encouraged to join the club by Olson, who was the head coach at her home skating club in East Grand Forks, and her cousin, Ellie Akerlind, who has been on the team the last four years and who Wolfe looks up to.

The lifelong figure skater and now full-time college student has been working to master the balance of school and fun.

"I have always been super busy with skating and school," Wolfe says, "So I am used to planning out my studying around skating practice."

With Team North Dakota being a collegiate team in which all members are required to be full-time college students, Olson has said that she plans the two or three nights a week prac-

tices for early mornings or late evenings in order to work with the skaters' academic schedules.

The tryouts for the competitive team also focused on how the girls could improve their skills, rather than just showcase what they could bring to the group, giving the girls support and even an enjoyable time.

"Tryouts were a lot of fun," Wolfe says, "For me, knowing the coach already, I knew what to expect and you can always expect fun with Mallory."

The tryouts included drills that had the girls going up and down the ice, as well as moves that exemplified their abilities that are critical to synchronized skating in particular.

"We did element skills that

showed how well we can do different turns that will be used in the routines," Wolfe said, "Then, we did a couple of field elements that will make up the routine."

For the skaters, Team North Dakota not only offers them a way to keep their passions for skating alive, it's also a way to enhance their college experience.

"I am so excited to get to travel with the team and compete," Wolfe says, "There is nothing like skating a perfect routine with your closest friends and teammates. I'm also excited to get close and bond with the other skaters on the team."

Stephanie Hollman is a staff writer for Dakota Student. She can be reached at stephanie.hollman@und.edu



Skaters audition for Team North Dakota, a collegiate synchronized skating team, at the Olympic Arena in the Ralph Engelstad Arena on Thursday, Sept. 14, 2017.



Fixation on weight loss often negatively affects confidence and self-image of women. Pixabay

Jill Morton
Dakota Student

Every little girl grows up watching Disney movies and seeing the beautiful princesses in their gorgeous dresses. And then every girl starts dressing up and wanting to be beautiful just like their favorite princess. These are just some of the early messages that young girls see about how important physical appearance seems to be in our lives. Body image issues affect almost everyone, especially women in high school and college. Some of my really skinny friends think they're fat and they watch their weight religiously. This was a lot worse for one friend in particular when she was in high school. But as she's grown up, she realized that she's actually quite fit and in

good shape. She doesn't worry as much anymore. But that's not the case for everyone. Once a person is fixated on their weight or any part of their body image, they usually

these is better or worse. But it's incredibly unfortunate because I know girls who have the whole "hourglass" thing going on who wish they were more straight up

me sad to think about. How many of my own friends think about their weight or their looks on a daily basis? That passing comment of 'ugh, I'm fat' but played off with a

"If anyone ever told me I wasn't pretty enough for something, I'd smack them across the face. "

Jill Morton, Opinion Writer

just get more and more obsessed with it. They don't necessarily snap out of it once they grow up, like my friend did. Sometimes, people don't realize they can't change their actual body type. 70 percent of women of average weight want to be thinner, according to the Park Nicollet Melrose Center. Some women happen to be curvier than other women who are just straight up and down. Neither of

and down. But then those skinny girls wish they had bigger hips. So it seems to be a lose-lose situation. Women never seem to be happy with what they have. More than 90 percent of girls ages 15 to 17-years-old want to change at least one aspect of their physical appearance, with body weight ranking the highest according to statistic-brain.com. This is way too high. It truly makes

laugh. How much does she truly worry that she is overweight even though she eats very healthy? I could barely believe this next stat when I found it. 40 percent of women stated they would consider cosmetic surgery in the future according to the same site mentioned earlier. These shouldn't be the things girls are stressing about. I blame the media for these issues. Studies show that the more re-

ality television a young girl watches, the more likely she is to find appearance important according to dosomething.org. I was lucky that my parents didn't really let me watch reality TV as a child. I was also lucky that social media wasn't a huge thing until I was in high school, so I wasn't as impressionable as I would've been if I were younger. But I was still told from a young age what "beauty" is. It's a tall, blonde girl with perfect skin. If you can't match that, you're not pretty enough for this society. It even starts with kids' toys, like the beloved Barbie. Girls can't possibly look like a Barbie. It wouldn't even look good because they're so unhealthily skinny. All in all, I think that there's way too much of an emphasis placed on looks. How you look doesn't really matter at all compared to how smart you are, how much effort you put into something or what your attitude is like. Individuals can control these aspects of their lives, but they can't control what they look like, so it seems rather unfair to judge someone for what they cannot control. If anyone ever told me I wasn't pretty enough for something, I'd smack them across the face. But if someone told me I was too negative, I'd try and fix my attitude because I can control that, unlike my looks. Girls shouldn't be taught to analyze and dissect every little thing that isn't "perfect," they should learn to love their bodies how they were made.

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Reaction to the new Blackboard

Jacob Notermann
Dakota Student

Last month, the North Dakota University System unveiled the new Blackboard website to be used for fall classes, but the student response has been less than motivating. Rather than each university running its own version of Blackboard on its own servers, the NDUS now runs the site through cloud-based servers. This allows personnel involved on multiple campuses to only need to use one version of Blackboard.

“We have students who take courses from multiple institutions, and we have, in fact, programs actually set up that way, so having the same system, like Blackboard, throughout the university system makes sense.”

Peter Johnson, Interim VP for University and Public Affairs

Lori Swinney is the Director of the UND Center for Instructional and Learning Technologies. “We used to have to do downtime twice a year to do maintenance so that the system would have to totally shut down for two and a half to three days, but now the maintenance time happens with the cloud-based system instantly,” Swinney said. “So not needing to have downtime at all.” Students have noticed that the site has shut down multiple times since in its first month in full operation. Swinney said there was a “significant slowdown in the system” when the fall classes went live. “It may have seemed

like it was down but it was never taken down, because as the cloud system, their servers (...) adapted really quickly to help take care of it,” Swinney said. Peter Johnson, the Interim Vice President for University and Public Affairs, acknowledged the “growing pains” of going through a system transition of this scale. He said the university system and Blackboard are addressing issues as they come up, including adding the number of servers needed to speed up the website. “There’s still work to be done, there’s no ques-

so she restarted her training because she thought she had lost her progression. “I had logged into the new Blackboard and saw that all of my stuff was gone,” Schnellbach said. “I was like, ‘oh my goodness I have to take my training all over again.’ But it was just in the old Blackboard. It was all so annoying.” Her grade in the program, as well as her teaching assistant qualifications, would have been impacted by the switch had it not been for her catching what no one else told her.

til after classes were already underway. She also finds the mobile app’s independence from the UND mobile app inconvenient. “I like how it’s more up to date looking,” Roberts said. “It does look nice, it’s the only perk about it.” Another complaint students have about the new site is the inability to clear the profile notifications on the website. “I have 70 notifications up in the little corner, because they won’t disappear,” Roberts said. Schnellbach said she’s frustrated with having to frequently check the website to keep up with all of the notifications she receives. Ultimately, she said she prefers the old website. “It was more user-friendly and easier to navigate,” Schnellbach said. “It was easier for professors because I know a lot of professors are struggling with the new site.”

The new site, according to Johnson, helps the overall purpose of connecting all 11 NDUS campuses on one system and is happy with the product UND has. “We have students who take courses from multiple institutions, and we have, in fact, programs actually set up that way,” Johnson said. “So having the same system, like Blackboard, throughout the university system makes sense.”

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



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Photos by Nick Nelson / Dakota Student

“Put me in coach”

No redshirt needed for Noah Wanzek

Cole Johnson
Dakota Student

Over the last few years, the University of North Dakota’s football wide receiving corps has blossoming into one of the top wide receiving corps in the conference. This progression can partially be attributed to Noah Wanzek. Wanzek has been a solid player for UND throughout his tenure, and has been improving under the radar of the media coverage. Originally from Jamestown, North Dakota, where he had an excellent career for the Blue Jays. During his senior year

Wanzek was named to the North Dakota Class AA All-State second team finishing the year with over 600 yards receiving. He also participated in the annual Badlands Bowl where the top high school players from North Dakota face off against the top high school players from Montana. When it came to decide upon a school to play for at the collegiate level, Wanzek knew where he wanted to go. Wanzek wanted to continue his football career with UND because he knew and loved what he was going to be getting from the program. “I knew the culture

and the family UND creates, and they provided me with the best opportunity,” Wanzek said. Wanzek began his UND career like most college football freshmen, expecting to redshirt and have a year to learn and improve. Before the season started Wanzek did not think he was going to be playing his freshman year, but found out soon that his redshirt was being pulled. “I had a good camp, I realized it was possible but coming in I didn’t think it was possible because of how good all these guys were,” Wanzek said. This was an unex-

pected move, but provided Wanzek with in-game experience that helped him grow into the player he is today. Wanzek finished his first year fourth on the team in receptions and yards with 25 and 367 respectively. Wanzek also finished second on the team in touchdowns finishing the year with three. Getting his redshirt pulled was an unexpected experience for Wanzek but proved useful for the team. “It was fun. It was nuts. It was definitely a good learning experience,” Wanzek said. “It definitely made me better.” UND has come into this

year with high expectations after last year’s disappointing finish. UND came into the year ranked eighth in the Football Championship Subdivision rankings. After last Saturday’s win against Missouri State, UND is currently ranked no. 10. Wanzek is optimistic for this season, as he and the team look to build off last year’s success. “I’m hoping to build off last year, and go further in the playoffs,” Wanzek said. “Hopefully reaching that ultimate goal of winning a championship.” Wanzek’s game against Missouri State was his best game of his career at

UND. He set career highs in receptions, yards and touchdowns with seven receptions, 117 yards and two touchdowns. For the rest of the year Wanzek hopes for big things. “I want to stay consistent, and see what this team can do,” Wanzek said. Noah and the rest of the team hope they can achieve all their goals for an even better season than the last, but only time will tell.

Cole Johnson is a sports writer for Dakota Student. He can be reached at cole.johnson@und.edu



Wide receiver Noah Wanzek (left) celebrates one of his touchdowns against Missouri State with fellow Fighting Hawks Brady Oliveira (center) and De’mun Mercer (right) during this year’s Potato Bowl game.



Noah Wanzek, wide receiver for the Fighting Hawks football team, poses for a portrait at the High Performance Center on Tuesday, September 19, 2017.

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