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🚺 /thedakotastudent 🤝 /thedakotastudent 🚺 @dakotastudent



Photos by Nick Nelson / Dakota Student

An ROTC cadet rappels down Columbia Hall as Sergeant Jared Gass (right) watches on Thursday afternoon.

Diane Newberry

Dakota Student

A pair of electric blue Nikes stand on the edge of Columbia Hall's roof, the large white "swooshes" wavering in the late afternoon sunlight. Below are dozens of students and onlookers, staring quietly at the scene. From this height (nearly 70 feet), the tree-lined sidewalks and post-war houses of 4th, 5th and 6th avenue resemble miniature dioramas of the perfect American neighborhood.

shouts the sergeant. With one step, the owner of the Nikes begins his slow descent down Columbia Hall, hanging on to both his army-green rope and the directions being shouted at him by the sergeant that's peaking his shaved head over the building's edge. Tyler Collins, a freshman and aspiring pilot, has never rappelled off of a wall before.

"Just jump over the wall!"

joined the University of North Dakota Army Reserve Officer Training Corps looking to "expand (his) military portfolio."

On Thursday, Sept. 21, the ROTC coached several young cadets like Collins through rappelling down one of the tallest buildings on campus as way to inspire them and retain them within the program.

"It's kind of an exciting event that can help kids build confidence and something that we do in the army is rappel so a lot of people are afraid of heights," Senior Army Cadet Haley Balzart said. "So when you do something and you look back and say, 'wow, I did that and I'm pretty confident in myself' so it's just kind of something to get students involved."

Balzart said the cadets had been training for two weeks by practicing tying hip rappel seats with rope and rappelling off of a smaller practice wall in the armory. This training was led by

in the National Guard, he has older cadets who had graduated from Air Assault School.

> Despite their training, there was obvious tension among the freshman and sophomore students as they prepared, both mentally and physically, to walk up Columbia Hall's five stories. Next to their camouflage-clad peers, they seemed particularly unorganized wearing a variety of outfits including overalls, Minnesota Wild t-shirts and even the stock UND shirts given to freshman

> at the start of the year pep rally. "Anyone here who does not have a Kevlar, raise your hand," shouts the cadet in charge, referring to the hard Kevlar helmets used by the Army. Most of the hands in the small crowd go up.

> Surveying the scene, Senior Cadets Michael Jaeger, Jon Elmore and Allen Newell stand away from the action, perhaps thinking about how similar the newer recruits are to their past selves.

"Probably four years ago I

would say be prepared for the time commitment," Newell said, "If you're going to commit yourself to ROTC - it comes with a substantial amount of commitment you put in and what you get out. Like everything we've put in, we've already received back, we'll commission in less than a year so everything we've done is coming to fruition now in our senior year."

The other two men agree that while ROTC has been a significant lifestyle choice, they feel have benefitted from it.

"We have a different schedule than all our peers, but we're still able to have a normal college experience too," Jaeger said. "Still have normal friends, still have different majors. There's a lot of majors in this program and so we're able to do everything that a normal student would with just a little bit more of a professional commitment while we're in college."

Elmore said that one important element of the program to him

was the social dimension of it. "The biggest thing for me was it was a good way to meet friends because I'm from California and I came here in spring semester, so I didn't really know anybody and everybody in ROTC was very welcoming to me and I met some of my best friends here," he said.

Students enrolled in the ROTC program can choose to either contract into the Army after their sophomore year or to leave the program. Though they lose many cadets after these first two years, Jaeger says they'll "ask any cadets that do leave the program that they still had fun while they did it; they still enjoyed their freshman and sophomore year."

Tyler Collins has finished his descent, the third cadet successful in the endeavor. Today, he says he has "no regrets at all."

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





Suicide prevention

The importance of mental health in college

Aimee Coons

Dakota Student

As college students, we come up against countless challenges. To list the number of challenges a student might encounter during their time at UND is unfathomable. I transferred to UND in the fall semester of 2016. I had taken a few years off of school to travel, gain some work experience and finalize my choice of major. When the semester started, I felt as if I had no idea what I was doing. I was overwhelmed and depressed. My expectations of what my classes were going to be like were ruined and I was spiraling

down and I needed help. I have fought my battles with depression and thoughts of suicide. Those battles became unbearable as I entered college. Thankfully, instead of succumbing to the darkness, I received through UND help Counseling Services. After receiving wonderful support from the Counseling Services, I started reading the staggering amount of research on the mental health of college students; it has occurred to me the "typical college experience"

is a gross distortion of

reality. Students are not

prepared for the rigors

of college life, thus fall-

ing prey to the oppression of dashed hopes. Dr. Ken Carlson at the UND Counseling Center (UCC) is collecting research and statistics on suicide and suicide prevention. His research has found that 32.6 percent of students who come to UCC have had thoughts of harming themselves, and/or had thoughts of suicide. This statistic is

higher than the national average of 18.2 percent. I brought Dr. Carlson my thoughts on students not being prepared for college, and having crushed expectations of college life. Dr. Carlson agreed, explaining that most college students start college with the expec-

tations of performing as they did in high school, only to realize that college is very different. Dr. Carlson also pointed out that many students experience anxiety when they realize that they are potentially in the wrong major. 57 percent of students who come to UCC are experiencing uncertain-

ty with choice of major. Emory University published research stating suicide as the third leading cause for 15-24 year olds and second leading

cause for 25-34 year olds. Bestcolleges.com reports the top five mental health challenges for college students are depression, anxiety, suicide, eating disorders and addiction. 80 percent of students feel overpowered by the

crushing weight of their

responsibilities and half

of those students will not

for college students.

Thankfully, UCC is here to help students pull through the challenging circumstances they might face. In light of the recent budget cuts, we can hope

seek help of any kind. that surrounds mental Culminates in a 30 per- health is diminishing cent rise in suicide rates thanks to open-minded over the past six years talking and media coverage at the national level. I asked Dr. Carlson if the students of today are different than the students of previous generations. He stated that students of today aren't different;

"After receiving wonderful support from the Counseling Services, I started reading the staggering amount of research on the mental health of college students; it has occurred to me the "typical college experience" is a gross distortion of reality. Students are not prepared for the rigors of college life, thus falling prey to the oppression of dashed hopes."

Aimee Coons, Opinion writer

that the UND administration will remember that the mental health of the students is equally important as their physical health. Universities nationwide are putting their students at risk by not providing adequate mental health services. The Center for Collegiate Mental Health 2016 Annual Report showed only 50.4 of 139 surveyed universities have accredited counseling centers by the International Association of Counseling Services and 30.9 percent have no psychiatric services available.

Despite the rising rate of suicide, the stigma

they are simply choosing to get help. UND's Counseling Service Center's doors are open from 8:30 a.m. to 4:30 p.m., Monday through Friday, on the second floor of McCannel Hall. Counseling is a free service to students and anyone can walk in at any time to speak with someone. A person's mental health is equally important to their physical health. If you need help, do not hesitate to ask. You are not alone.

Aimee Coons is an opinion writer for Dakota Student. She can be reached at aimee.coons@und.edu



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Graphic by Shiny Mahlum / Dakota Student

Letter to the editor

This is a fun response to the opinion article written by Jill Morton, found on the Dakota Student website published on September 15, 2017.

Jill,

Good morning to you. My name is Vince Azzarello, and I'm the Marketing Director for the North Dakota State Fair. A Google Alert for "State Fair" pointed me towards your article, where you claim our friends to the east in Minnesota are better off than those of us in the great state of North Dakota. I hope you don't mind if I take a few minutes to respectfully stick up for the Peace Garden State.

Let me begin by saying I am not a North Dakota native. I was born in Ohio, and have lived everywhere from Indiana to Oregon. I've had the privilege of calling North Dakota my home for the past 7 years. It's true that many kids who dream underneath a starry North Dakota sky wish that someday they'll live in the big cities of Minnesota. Minnesota is an upwardlymobile place, for those who enjoy Uber and food bloggers. North Dakota has a different style, a different pace, a different atmosphere.

You're absolutely right about North Dakota sunsets! Throughout my travels I've never seen the shades of pink, purple, orange, and red that I've seen as the sun goes down on North Dakota. Speaking of the sun, I had never even heard of a sun dog, let alone seen one, until I had moved to Minot 7 years ago. You speak of the lakes in Minnesota, which is very true, they have tons of them. But North Dakota happens to be the home of the third largest reservoir in the country, featuring 1,530 miles of shoreline. Lake Sakakawea is a magnificent body of water, giving North Dakotans a place to fish, boat, and camp since it was created in 1956. Other lakes dot the landscape, like Devils Lake and Lake Darling. Speaking of outdoors, let's not forget some of our amazing National Parks. Theodore Roosevelt National Park is an amazing place to experience many unique facets of nature, the badlands.

With each season the

badlands put on a new look, making Theodore Roosevelt National Park something to experience in every season. Let's not forget about Medora, one of North Dakota's most popular attractions, featuring a fun look at the old west that all ages can enjoy.

As far as State Fair's go,

I may be a little biased. Yes, the Minnesota State Fair on average sees just shy of 2 million attendees each year. But when compared to the population, the percentages favor North Dakota! The North Dakota State Fair, 9 days of amazing rides, shows, rodeos, food, and fun, will welcome on average 300,000 guests each year, which comes out to just shy of 40% of the total population of the state. Per capita that beats Minnesota by 4%. The North Dakota State Fair is a point of pride for many North Dakotans, and we show that in our support of 4-H and FFA students, giving them a place to present their livestock, plants, and other achievements they've been tirelessly working on all year long. Smart-Asset.com has named the North Dakota State Fair one of the top 3 Fairs in the nation this year.

When I first moved to North Dakota, I too thought that this state might leave me wanting a little more. I searched out every attraction, large and small, that I could find just within 2 hours of Minot. What I found was a deep understanding of what makes North Dakota great: a rich history with a proud people, monuments that most people have never heard of, the best fishing and hunting you'll find anywhere, and towns that truly care about the people they share

this great state with. I could go on about the David Thompson monument, the Dicken's Festival in Garrison, disc golf in Bismarck, concerts in Fargo, the International Peace Gardens in Dunseith, and the World's Largest Historical Quilt in Antler, but I think it's best to let you discover them on your own. That's my challenge to you Jill: while you call North Dakota your home, travel, explore, and discover what is hiding beneath the surface. I simply started out with a road trip to a roadside attraction. That's a great place to start!

> Vince Azzarello contributing writer

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FEATURES





Photos by Devon Abler / Dakota Student

Francisco Alvarado-Juarez's multimedia installation "Yerba Linda / Pretty Weed" will be featured at the North Dakota Museum of Art until January 10, 2018.

Devon Abler

Dakota Student

North Dakota is known for many things: the prairies, hot summers, freezing winters and weeds. Weeds are tiny invasive plants that farmers are at an endless war with, but what if there was someone who wanted these plants for the purpose of beauty? Enter the North Da-

kota Museum of Art and you will find an exhibit that is focused on revealing the beauty of the weeds as a collaborative exhibit. Artists come from Minneapolis, New York, Pennsylvania and Iceland, focusing on displaying the beauty and resilience of these plants.

The highlight of the exhibits is a piece by Francisco Alvarado titled "Yerba Linda/Pretty Weed." Born in Honduras, the New York artist believes that nature is a metaphor for the complexity of the human condition. "Yerba Linda" is an exhibit that Mr. Alvarado has been showing throughout the world for over 25 years. Sarah Bower, the assistant to the director, was kind enough to walk me through the exhibit and explain to me the inspiration behind the theme. "Into the weeds was curated by our director Laurel Reuter and she brought it together with this idea that weeds are something we see as something to get rid of, but weeds are something that artist can see as beautiful things," Bowser said. "She pulled together a series of nine different artists to reflect a different viewpoint on weeds. These artists come from across the United States."

When most people think of art, they think of the standard paint, canvas and paintbrush. "Yerba Linda" is not found on a canvas. Painted and cut paper bags, acrylic paintings on canvas, three video projections, sound, dirt and organic material are the foundations of this exhibit that requires the space of an entire room. When one first walks into the space, it is hard to believe that this room once contained pristine white walls and floors.

The paper bags line the walls from floor to ceiling, leaving only room for the canvas paintings on the walls. Dirt is found on the floor, covered by organic material, and there are wood chips that are piled on the ground to form gopher holes. Bushes made of weeds form a hedge around the video projectors as the sounds of nature surrounds the observers. Greg Vettel, the exhibition coordinator and registrar, was in charge of setting up this event.

"The walls are covered in 3,600 hand painted, hand cut paper bags," Vettel said. "This exhibit goes back to 1993. Each place Francisco goes, he asks for volunteers to help hand paint and cut the bags. There are bags that were created by people here in Grand Forks. The weeds covering the floor came from my farm."

It was breathtaking the way the colors and sound collaborated together. I felt grounded within the exhibit, the smell of dirt wafting through the air and the sounds of nature echoing across the walls. Being enveloped within the exhibit leaves one feeling as though they are trapped within a wonderland of sorts. Instead of falling down a rabbit hole, one only needs to enter through a door in order to experience a new mindset filled with wonder.

Dakota North Museum of Art alternates different exhibits throughout the year. Many will only last for about two months, but the "Yerba Linda" exhibit is one that will be here for approximately four months. Because of the size and the significance of this exhibit, the museum desires all people to experience something that people here in North Dakota may not have had the chance to experience.

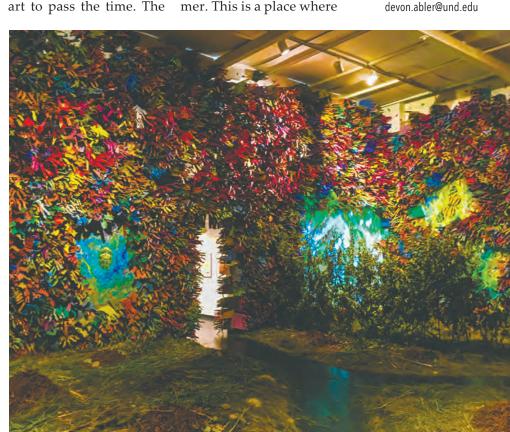
Why should students visit the museum? First, the museum is located behind Twamley Hall and many students walk past the building on the in way to and from classes. Second, all it takes is five minutes to stop by and experience a part of UND that is not a classroom. If it is raining, stop by the museum to wait it out and experience beautiful art to pass the time. The Director of Education, Matthew Anderson, gave his advice to students who are curious about visiting the museum.

"There are many reasons why students should visit a museum. For students in general, this museum is on campus, this is the state's art museum, the admission is free, why would you not check it out? There truly is not another place like this on campus. If you are at all curious about the museum or the exhibits, stop by," Anderson said. "We have food, world class exhibitions, concerts, classical concerts in the winter and bluegrass in the sum-

students can stop by and break up the routine of being a student and take a breath of fresh air and perspective. Stop by to

feed your creativity." Students who have a passion for art can also volunteer with the museum. To volunteer, just contact the Museum of Art at ndmoa.com. The museum is open from 9 a.m. to 5 p.m. on the weekdays and from 1 p.m. to 5 p.m. on the weekends. The café is open from 11 a.m. to 3 p.m. on weekdays only.

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



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The price of Thursday night football

Is the NFL risking player safety by hosting games on Thursdays?

Nick Erickson

Dakota Student

Roger Goodell has dealt with heavy scrutiny and criticism thrown his way over the course of his career as the commissioner of the NFL. Goodell came into the massively profitable NFL corporation to take the reins from Paul Tagilabue. Goodell has installed small changes to the league since arriving in August of 2006. He changed a few

rules, added the defenseless receiver rule into the game and added more yards being tacked onto the extra points after touchdowns are scored. One of the first things he added to the NFL was Thursday Night Football. Goodell instituted the program in November of 2006, only three months after coming on board in his current position. imple-Goodell

menting new rules to add to player safety and preservation of their health can be seen universally important to the future stature of the NFL. Penalizing defensive players for arriving with contact to the head on receivers who don't have time to react to an incoming defender and penalizing low hits to quarterbacks to prevent lower body injuries are all intelligent and respectable additions. So why has he introduced these new rules for defenseless players? For every personal foul that occurs during a game, whether it be a gnarly face mask, a late hit, roughing the passer, or a hit on a defenseless player, that player is

it's then taken out of their next game check. The largest fine you will see is for fighting, with players fined \$28,940, and the second largest is a hit on a defenseless player at \$23,152. Where does this money go? The NFL reported that \$4

million dollars per year

fined a set amount and

has gone to help former players. Fines currently go to the NFL Player Care Foundation and the Gene Upshaw Players Association's Player Assistance Trust. Players often wish for their fines to go to a specific charity, but the NFL doesn't cater to that wish under any circumstances.

This is seen as incredibly hypocritical alongside the Thursday Night implementa-Football tion. If he's so concerned about player safety, why does the NFL allow for teams to play after just four day's rest?

goes to show that it's well known that player safety really is an issue and Goodell sincerely doesn't care as long as he's making money. The NFL not only wants to own Sunday and Monday night; they also want to make Thursday feel like a national holiday every week as well. This is incredibly ignorant

sheer fact that those

two organizations exist

in order to help former

players with assistance

in medical, emotional

and financial issues

wards the player safety dilemma that Goodell continues to harp about, is he actually in the business of trying to protect players? On Jan. 29, 2015, the NFL decided to make a statement after all of the players had been making statements about how they dislike Thursday games. They reported with their health and safety report that an average of 4.8 injuries occur during Thursday games compared to 6.9 injuries per game on Sunday and Monday.

A person looks at that, and would probably argue that Thursdays really aren't that dangerous. Understand the relevance in the "per game" piece. On Thursdays, there is only one game being played and on average 4.8 injuries occur. On Sundays during the regular season, taking into account two, four, or six teams have a bye week, you have either 12, 13 or 14 games being played on Sunday and Monday. Of course the Sunday and Monday

Texans lineman

games are going to have

more injuries; They

have more games to

boost their num-

bers. Considering

that the Thursday

games are actual-

ly pretty close in

relevance with

those numbers,

it's showing

that arguably,

more players

are actually

being injured

Thursdaynights.

ity of hits

that occur

during foot-

on any given

Thursday,

Monday night

occur at the

line of scrim-

mage. Lineman

of 275 pounds

cadence.

or more ram into

each other at the

sound of the quar-

Marcus Trufant, be-

ing an average-size NFL

defensive back weighing

in at 5' 11" and just shy

of 200 pounds, can gen-

erate up to 1,600 pounds

of force in a tackle. His

weight and size doesn't

even stand out com-

pared to the more than

500 players that weighed

in at over 300 pounds

in the 2006 training

camps. Players have got-

ten even bigger it seems since then. When they

time to rest and recover.

undetected, even under

Concussions often go

terback's

games

ball

Sunday

The major-

the NFL's concussion protocol. Even with mild concussions, where players don't lose consciousness, their symptoms can last days, maybe even weeks. A lineman sustains a mild concussion during a game, stays in the game and finishes the game, and may not feel the full effects of the concussion immediately. He may feel fine and his symptoms can go unnoticed. However, then comes the next week. Allowing his noggin to recover for seven days is a lot better than shorting that recovery process by four. lineman Texans

Duane Brown spoke on the issue in 2013. "That Friday, everything was hurting; knees, hands, shoulders," Brown said. "I didn't get out of bed until that night. I didn't leave the house at all. You talk about player safety, but you want to extend the season and add Thursday games?

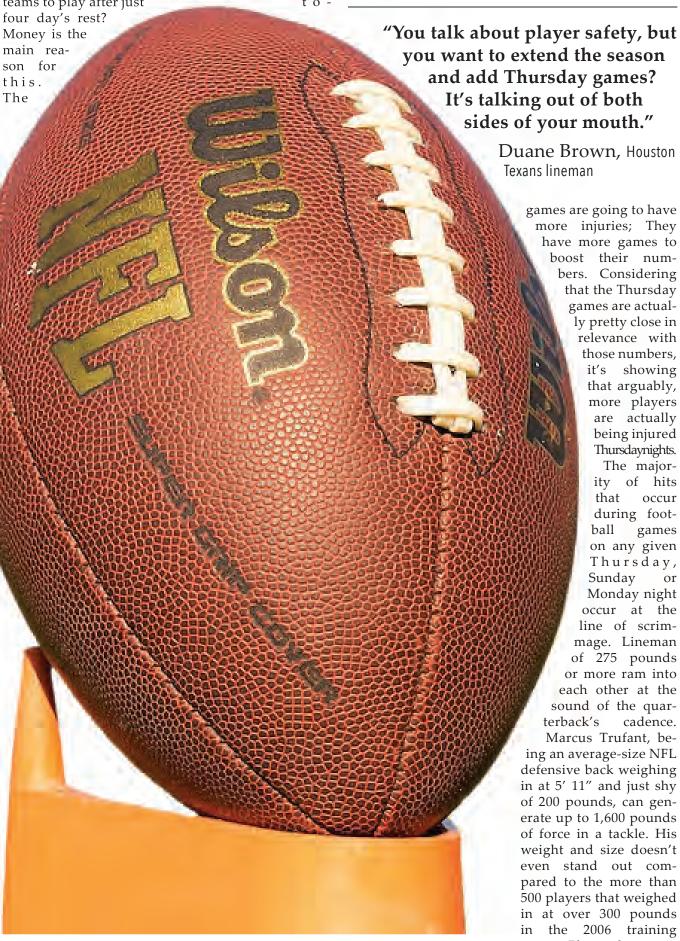
It's talking out of both

sides of your mouth."

Brown was rather young when making his comment at the age of 28 with six years of experience in the NFL, he should theoretically be more enabled in the recovery process. This just goes to show you that no matter your youth or experience, you still need a substantial amount of recovery time.

A large number of Americans love the NFL and love watching it every night it's on. But the importance of player safety is what should be taken into consideration the next time you decide to

watch Thursday nights. Know that the players are most likely still sore and in pain from their Sunday game four days before. Thursday nights don't have to be cut out of the NFL schedule, they should just be wise in the scheduling. Have a team coming off of a bye week play Thursday nights, not a team that is just coming off an absolute slaughterfest four days prior. Let the players recover, and you'll see more prospering times in the NFL.



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