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Dakota Student

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Student Senate Race Continues

Odoala and Jeudy announce candidacy

Theresa Hanley
Dakota Student

This student body election will have three names on the ballot. The last time there were three executive tickets running was in 2017. Recently to join the race are Cora Ijeoma Odoala and Saphyra Turnier Jeudy. Neither of the who have any experience in student government, but their hopes are to: Link Up UND.

Running for Student Body President is Cora Ijeoma Odoala. She is a junior and is studying mechanical engineering. She is involved in the society of women engineers, society of mechanical engineers, national society of black engineers and the African Student Union.

She decided to run for Student Body President because she feels like there are things that are lacking within the UND community. Most specifically conversations.

"I want to have different conversations with different students to get their viewpoint on different things and I have noticed that there a lot of issues on campus. I have always been a very passionate person when it comes to making change, being a leader in my community. I saw that student government had elections open and I know what students need to get changed, this is why I wanted to run for president," Odoala said.

Due to her involvement around campus, she sees that this gives her an advantage in comparison to the other candidates. Her running mate is also very involved on campus.

Saphyra Turnier Jeudy is also a junior. She is studying Philosophy with a Pre-Law emphasis and a minor in Chinese. She is involved with the African Student Union, the Black Student Association, Philosophy club and Chi Alpha.

She is running for many different reasons, but her main focus is that her and Odoala see many disconnects across campus, but most specifically, that most students are not aware of who is on student government, and what their role on campus is.

"We are ready to be uncomfortable, if it needs to be to get to where we want to be, when she [Odoala] called me that day, I realized I never even heard of



Cora Ijeoma Odoala and Saphyra Turnier Jeudy are the third pair to announce their Candidacy.

Photo Courtesy of Cora Ijeoma Odoala and Saphyra Turnier Jeudy

it [student government] and that was the interesting part, we have representatives but we don't know their faces, we don't know their names, and what they are doing for us," Jeudy said. "That is something we wanted to work on, to bring it [student government] to the students. So, we can represent them, if they don't know about us, we don't get to represent them and their opinions."

Along with the disconnect on campus, they want more students to get involved within the community. At Odoala's former university, Oklahoma State, it was required that students participated in some form of community service. This require-

ment could have been from their major or the clubs that they are involved in on campus. She would like to see that over time, programs encourage their students to be more involved within their community.

"We are representing the student body and we are also encouraging students to be more involved in the community whether it is paid or not paid. It builds character and I have noticed that not a lot of students here are involved as much," Odoala said. "I think an important part of your college experience is to go out into your college town and to meet the people and help them out in any way that you can. It is im-

portant for your community too, students are spending four or more years here, it's important that they have that interaction with their town"

They also want to set the tone for other students who are interested in student government or simply getting involved but not sure how to do it.

"We want to be a role model for other students, that if they are interested, they should know that they can do it. We can randomly come out of nowhere and run for Student Government. We want to be role models for people, and encourage others to be involved in a different way than maybe they are or not," Odoala said.

Student Government elections will happen on April 17. On April 9, there will be an open forum at 3 p.m. for students to meet the executive candidates. This will take place at Wilkerson Commons, at the stage area.

Theresa Hanley is a News Writer for Dakota Student. She can be reached at theresa.hanley@und.edu

Joe Black's: A Cinderella Story

The 'Barch' Madness underdog no one saw coming

Madison Feltman
Dakota Student

'Barch' Madness: The search for America's Best College Bar all began with a simple tweet and has taken the nation by storm. Barstool UND began the race by asking supporters to choose 'the greatest bar in Grand Forks.' A poll was released which allowed Twitter users to vote for which bar they felt would represent Grand Forks best in the Barch Madness competition. Joe Black's defeated two other popular joints,

Bonzer's and Brick and Barley, by a landslide.

The competition began with 64 bars across the nation entering the competition in hopes of receiving a 'big blowout party complete with a bar tab, Barstools inaugural perpetual trophy, a banner to hang as they please, barstool merchandise, and more.' The competition is currently being played in five rounds of Twitter polls to determine which bar will be advancing, with an alternative voting option of tweeting the bar's twitter handle and the hashtag #BarstoolsBestBar. Coming into

the competition as the No. 10 seed Joe Black's has become quite the Cinderella Story.

UND has gone up against four major competitors: University of Oregon, Texas A&M, University of Arkansas and our most recent hefty competitor Washington State University. The small-time Grand Forks bar has managed to slide into a slight victory in each round. In a state that has more farms and bars than people, it only makes sense that the community can rally behind and represent a little joint such as Joe Black's.

With the upset over Wash-

ington State's favorite campus bar 'The Cougar,' the little bar from up north has become one of the top four best college bars in America. There was little time for celebration as JB's quickly needed to gear up for its next strong opponent, Penn State.

With Penn State's campus bar 'Champs' having the support of the recently reunited Jonas Brothers, UND was in for a challenge. Barstool UND pulled out all the stops asking several UND hockey alumni turned NHL and North Dakota raised Josh Duhamel to retweet and urge their followers to vote as

well. With several players such as TJ Oshie, Cam Johnson and Brock Boeser tweeting North Dakota was able hold their own. Many previous competitors as well as neighboring universities such as North Dakota State University and South Dakota State University have also urged their supporters to help the underdog move on.

Story continued on page 2

Joe Black's story from front page

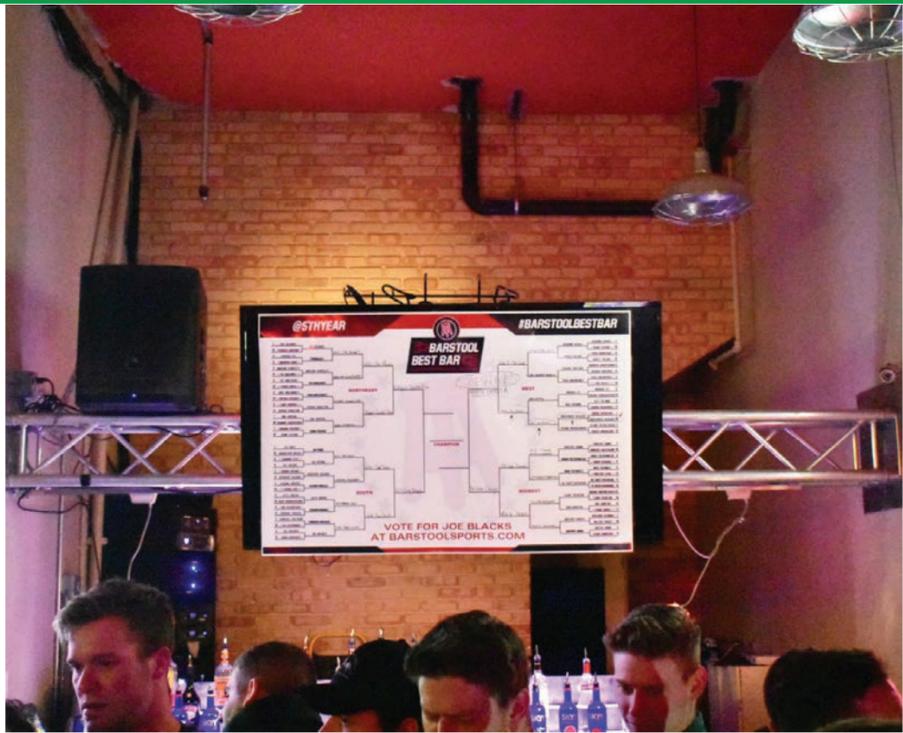
Voting for the final four began on Saturday April 6 and with an insanely large number of votes coming in for the poll, '5th year' announced that the voting will be changed due to an issue with the capacity of votes the twitter system can handle.

"This was the inaugural year for the #Barstool-BestBar contest and the first time any company has attempted a bracket style polling of this scale. While we envisioned a successful campaign that got students, alumni and bar patrons involved, We admittedly did not foresee it getting to the size where outside poll interference would become standard in the competition." The '5th year' account tweeted.

Therefore, the account has suspended the twitter polls and instituted a new form of voting. Each bar will have a unique hashtag and one tweet using the hashtag will equal one vote, with no more vote per individual account. At the end of the round the bar with the most tweets will move on.

Voting began on Sunday April 7 and concluded Monday April 8.

Madison Feltman is the News Editor for Dakota Student. She can be reached at madison.feltman@und.edu



Joe Black's advanced to the final four of Barch Madness.

Quinn Robinson-Duff/Dakota Student

UND set to award honorary degrees

Cortnie Cottrell
Dakota Student

UND is awarding four honorary degrees to former students, the first will be awarded to actor Josh Duhamel at the Spring 2019 graduation ceremony. The other three award recipients are former Senator Heidi Hietkamp, aviation legend Clay Lacy and Continental Resources CEO Harold Hamm. The date for receiving the award to Hietkamp, Hamm and Lacy has not been determined yet.

An honorary degree is an academic degree that waives the traditional requirements, such as enrollment, residence, a capstone course, and the passing of comprehensive examinations. Members of the University Council are asked to nominate outstanding individuals for an honorary degree to be awarded at commencement ceremonies, in which many schools present the degree to famous alumni. Honorary degrees were first introduced and awarded at Harvard University in 1692 and have been continued in many universities since.

North Dakota native and Hollywood actor, Duhamel was born in Minot, North Dakota and before his acting debut, the football player earned his bachelor's degree in biology at Minot State University with the intention of pursuing dentistry. By chance, he got into show business and modeling which eventually lead him to acting. He went on to star many different TV shows and movies and was previously married to the famous singer, Fergie. Duhamel will be attending an event the Friday before graduation to honor new faculty members and other honorary de-



Heidi Hietkamp is one of the four individuals to receive an honorary degree.

File Photo/Dakota Student

gree recipients.

"We are extremely proud to have Mr. Duhamel as an unwavering ambassador for the University of North Dakota and our entire state," UND President Mark Kennedy said. "He has shown himself to be a champion of North Dakota throughout his acclaimed movie career, demonstrating to audiences around the world the tremendous talent we produce in our

communities."

Heidi Hietkamp was born and raised in Mandator, North Dakota, and graduated from UND with a double major undergraduate degree in history and political science. In 1986, she was hired as the Tax Commissioner of North Dakota in which she served as from 1988-1992. Hietkamp won election for Attorney General of North Dakota in 1992 and later became the first

woman from North Dakota to be elected as the U.S. Senate.

Throughout Hietkamp's career, she has continued to be available to UND students and has supported the University's mission in many ways. She has regularly been involved with UND political science students and in 2013, Hietkamp delivered the annual Frank Wenstrom lecture to an audience of students, staff, faculty and community members. Hietkamp is a big advocate for striving to better ourselves by standing up for others, helping others and that public service is important. Also in 2017, Hietkamp worked with the University in hosting a day-long conference on Arctic policy.

Clay Lacy began his service in 2006 on the UND Aerospace Foundation Board and, through his greater knowledge of business aviation, provided financial advice to save the Foundation millions of dollars.

Lacy also is the founder and chief executive officer of Clay Lacy Aviation, which was established in 1968. This was the first executive jet charter company in the western United States. Lacy has flown more than 300 aircraft types, accumulated more than 50,000 flight hours and collected more hours

flying turbine aircraft than any other pilot in the entire world.

Harold Hamm has provided valuable service to UND that has significantly enhanced student opportunities and learning. In 2012, he established two scholarships and two professorships at UND.

Hamm founded his own oil company named, Continental. His company is an independent oil and natural gas exploration and production company in which he serves as its chairman and CEO.

Hamm has visited UND numerous times over the years to meet with students and faculty of the College of Engineering & Mines and the nearby Laird Core and Sample Library, keeping him a true legend at the university.

Along with other honorary degree recipients, UND is proud to be giving these awards to such great alumni and legends of North Dakota.

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STUDENT
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The Dakota Student is a student-operated newspaper published by the university of North Dakota.

Opinions expressed in this publication are not necessarily those of UND or the administration, faculty, staff and student body of UND.

The Dakota Student is published every Tuesday during the academic year except during holidays, vacation breaks and exam periods.

The Dakota Student is printed at Grand Forks Herald on PEFC Certified paper, using soy-based inks.

The Dakota Student welcomes feedback regarding articles and photographs, and prints corrections for articles containing factual errors.

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Practicing Gratitude

A reminder to reflect on the things important to you

Se Kwon
Dakota Student

Have you taken the time to appreciate the things in life and show gratitude? If not, you should.

received, not to mention how rewarding this compliment felt.

On Oct. 28, 2016, I lost my mother to stage IV gallbladder cancer. It was about a six month process; I found out that my mom was diagnosed at the end of my sophomore year of high

something I constantly beat myself up for after my mom passed away. I'd think about it everyday, cry about it alone in my room and never say a word about it. My friends back home know that I rarely brought up this topic because it was so incredibly difficult

and if I have time, I'll journal my thoughts. At the end of the day, I'll journal about the things I'm grateful for and how my day went. I try to pay attention to the little things in life, which helps me not take things for granted. I can say that I still take many things in life for granted, again it's a bad habit that everyone has but it's different once you start noticing what you're actually taking

for granted. So I guess to sum this all up, I've been starting and ending my days with gratitude, writing about all the things I'm grateful for and it's been extremely eye-opening. This has helped one of my classmates and I'm hoping that this will help you too. It's important to appreciate your loved ones but it's also important to notice the little things and appreciate those too. So

here's my challenge to you, start and end your days with gratitude. Also, make sure you tell the special people in your life how much they mean to you, that's a step in the right direction.

Se Kwon is a columnist for Dakota Student. She can be reached at se.kwon@und.edu

I've been starting and ending my days with gratitude, writing about all the things I'm grateful for and it's been extremely eye-opening.

Se Kwon, Columnist

school year, I did a little presentation for my class on how important it is to start and end your day with gratitude. I also participated in a video project with one of my classmates on something very similar- we made a video on my journey and how important it is to not take things for granted. Recently, a classmate from one of my classes reached out to me and said how starting and ending her days with gratitude helped her significantly after she lost her dad. She told me that I had a huge impact on her life and that was the best compliment I have ever

school and everything changed. I started to reflect on so many things, especially the memories I made with my mom. After months of trips to different hospitals, my mom's battle unfortunately came to an end. Although I lost my best friend, I learned some of the most valuable life lessons.

When I was younger, I was guilty of being disrespectful to my parents, being unnecessarily moody towards them, and I acted 'too cool for them.' Don't get me wrong, this is normal- it actually is a huge part of growing up. However, this is

to express how I was feeling. I usually would fake a smile and act strong for my friends and family.

As I started opening up and journaling about my feelings more, I told myself that something good will come out of this. Something good did come out of it, I learned an important lesson that I will apply everyday. The lesson is to start and end my day with gratitude and not take things in life for granted, I promise it sounds way easier than it actually is. Almost everyday, I start my days laying in bed and think about the things I'm grateful for

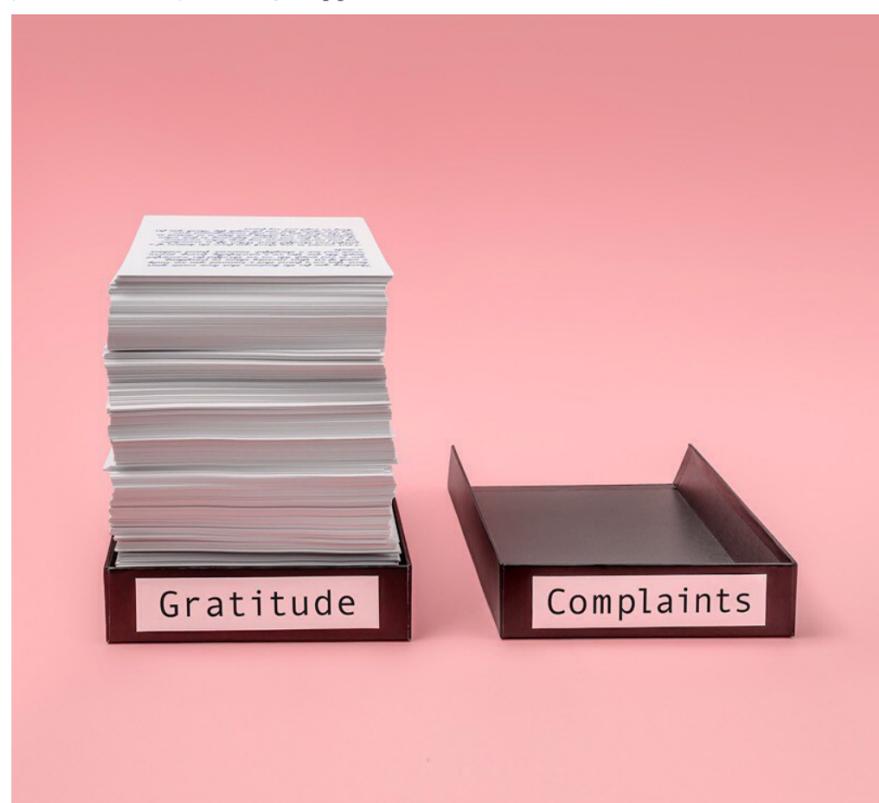


Photo courtesy of Flickr

A reminder to have more moments of gratitude than complaints.

Pick Up After Yourself

Mason Dunleavy
Dakota Student

As we are facing a massive garbage problem around the world, it makes me wonder why some people still do not give a damn about the environment. On my walk to class, I see the streets littered with beer cans, broken bottles and loads of trash that students throw on the side of the road. Am I the only one who wants a decent looking campus?

Now the typical response to that, "why don't you pick it up then?" The thing is, I should not have to.

Nobody should have to pick up another person's trash. Does mommy still hold your hand when you cross the road? Does it just look sick when you spike the can on the ground? With some students having no issues with their finances, while also partying nearly every day, it makes me wonder if they have a care in the world at all.

Grand Forks and UND are losing money picking up your trash. They have to divert resources in order to maintain the appearance of the streets. So, by throwing your trash on the sidewalks or streets,

not only are you making the university look bad, but you are also wasting taxpayer money and your money by making people pick up the mess you made.

Who would want to go to a university that is littered with trash? The university is losing money with fewer students enrolling. Trash everywhere is not going to help that problem. Why wouldn't we want more money coming into the university that doesn't involve raising tuition? That means better infrastructure and more resources for students.

Is it a lack of respect for others, or just simple

laziness? The only way this problem is going to be fixed

extra step. I want a university that

known as a trend follower? Why not make the first step

The only way this problem is going to be fixed is if people start caring. Fixing the problem before it becomes a problem, just throw it away. Take the extra step.

Mason Dunleavy, Columnist

is if people start caring. Fix the problem before it becomes a problem, just throw it away. Take the

I'm proud of. A university that I can come back to and admire the beauty of its long-standing traditions. UND was founded in 1883. Why are we trashing something that has been around longer than the state itself? Take a second and think about something other than yourself before you make decisions.

This should apply to the rest of the world also, not just the campus. Do we want a sustaining Earth or do we want to live in a landfill? I would rather not live in trash, but that decision is not entirely up to me. If everyone picked up their trash and recycled what they could this would not be a problem.

Should we make more incentives to throw trash away and recycle? I do not know if even that would work. It bewilders me that some people lack the decency to clean up after themselves. It is not that hard, people.

What about other countries that do not care about the environment? It is a fair argument, but when has the United States been

towards a healthier Earth? If everyone cared about each other just a little more, the world would be a better place.

I understand that a Busch Light or a few gulps of Fireball can help with weekly stress endured from school work, but be responsible with your trash. Throw it away. You could wash it out and recycle it too if that doesn't take too much time out of your busy day.

Mason Dunleavy is a columnist for Dakota Student. He can be reached at mason.dunleavy@und.edu



Dakota Student/ Trevor Alvshere

A beer can that was found in the middle of campus right by the Hughes Fine Arts Center.

The Excitement for Spring Fever

A reaction to the new festivities put on for students

Quinn Robinson-Duff
Dakota Student

We're bringing it back, the glory days, the days of celebration and youthful exuberance. The days of celebrating a long harsh winter with the spring and summer. Springfest... kind of. It's

now called Spring Fever and it's an attempt to bring back something that was so great about this town, something to look forward to at the end of the school year.

This rendition, again, brings me great joy to announce the arrival of Two Friends to this town. Grand Forks needs

electronic music, it brings a sense diversity. It showcases different types of people and everyone is having a good time.

There is dancing everywhere, jubilation and people are filled with pure ecstasy. If there could be any similar action that produces the

same effect, it would be jam bands and the Grateful Dead but more electronic.

People seem to abnormally express their goodness at EDM shows. All over, its like you become a family, everyone expresses a sense of love.

With the arrival of Two Friends, Grand Forks will be experiencing a change in pace. NO country artist, local covers or folk musicians. This time it's going to be electronic. Something the younger generation likes. Something that has been missing in this town.

It will expose people to new ideas and music. Its collaboration will bring about celebration.

Spring Fever is right before finals, students are stressing over every

single test, to get that glorious A and some just trying to maintain a solid C. For those on the borderline of passing and for those excelling. Spring Fever is for you.

Let loose, have fun, just for one day forget about all that stress. Join together with your friends, have a laugh, make some memories, sometimes you will never forget.

That's the essence of life isn't it? To enjoy it? Live it how you want to live it? We get too caught up in our own world so lets mix it up a little bit. Get out of that comfort zone and attempt something new. Listen to something fresh. See the light shine on people as you challenge your experiences. Take it in and live a little.

Two Friends will bring

excitement and joyous occasions for this town and the university. They will bring the light and shine it down among us.

Showcasing a large EDM concert to this otherwise isolated town can be a challenging task if you do not talk to the right people. It's not something Grand Forks is accustomed to. But it will prove to be a great festivity.

The sun will be shining down that day. Happiness will be filling the air.

Two Friends is our light at the end of the tunnel as summer approaches. Its going to kick off this summer right.

Quinn Robinson-Duff is a columnist for Dakota Student. He can be reached at quinn.robinsonduff@und.edu

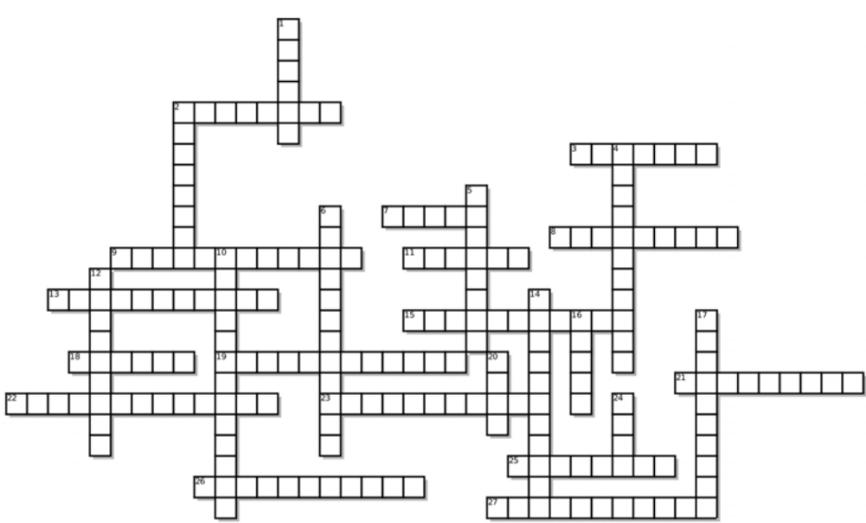


Photo courtesy of Two Friends Facebook

A full crowd at one of Two Friends recent concerts.

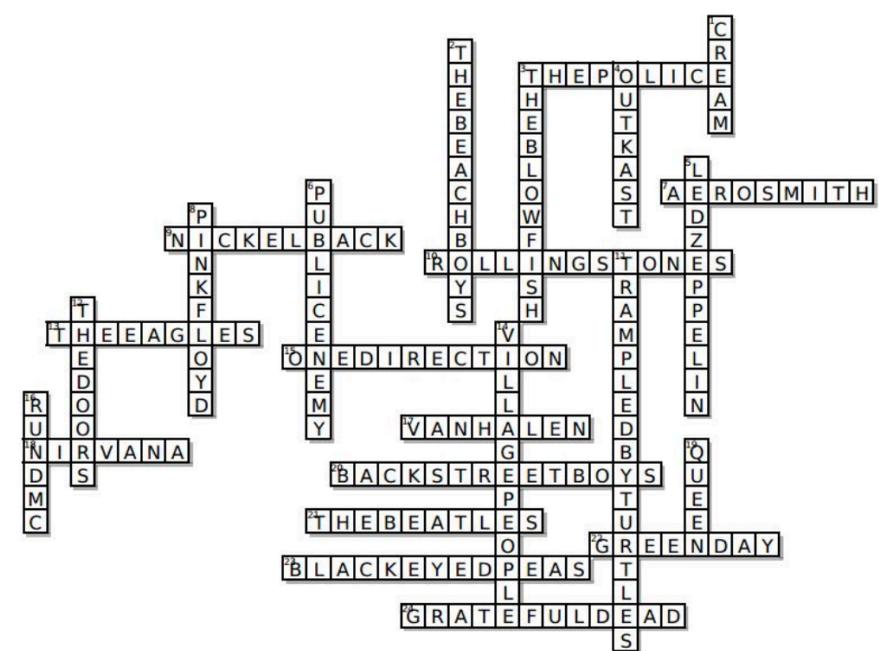
TAKE A BREAK

TV SHOWS



- ACROSS**
- 2 Jerry, Elaine, George and Kramer
 - 3 Zoey Deschanel and her roommates
 - 7 Celebrity house tours
 - 8 The Griffin's man
 - 9 24/7 sports coverage
 - 11 AMC advertising drama
 - 13 Not the altos or tenors
 - 15 Gator-hunting southerners
 - 18 FX's cartoon spy
 - 19 TNT's alien invasion drama
 - 21 Mike Rowe's messy occupations
 - 22 "You win or you die" show
 - 23 Bearded hunting family
 - 25 Collectors gone crazy
- DOWN**
- 1 Purple dinosaur show
 - 2 Island-based reality show
 - 4 AMC's zombie series
 - 5 Horatio Cane's Florida group
 - 6 Simon Cowell's USA talent show
 - 10 No-rules biker gang
 - 12 Football-headed cartoon character
 - 14 Snooki, JWowW and The Situation
 - 16 Ashton Kutcher's prank show
 - 17 "Survey says" gameshow
 - 20 Not found
 - 24 Musical high-school series

ANSWERS TO April 2 MUSIC GROUPS PUZZLE



- ACROSS**
- 3 Law enforcement group
 - 7 Steven Tyler's rock band
 - 9 Band featuring Chad Kroeger
 - 10 The tumbling rocks
 - 13 America's national bird band
 - 15 Current British boy band
 - 17 "Panama" and "Running with the Devil" band
 - 18 Kurt Cobain's grunge band
 - 20 Not the side-street girls
 - 21 John, Paul, Ringo and George
 - 22 Opposite of "Red Night"
 - 23 Fergie's and Will.i.am's group
 - 24 Happily deceased
- DOWN**
- 1 The _____ of the crop
 - 2 "California Girls" singers
 - 3 Hootie's gang
 - 4 "Hey ya" group
 - 5 Poorly designed blimp
 - 6 Flava Flav's 80's rap group
 - 8 "Wish you were here" creators
 - 11 String band from Duluth, MN
 - 12 Jim Morrison's psychedelic group
 - 14 YMCA singers
 - 16 80's rap group featuring Jam Master Jay
 - 19 Not "King"

Classifieds

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Dakota Student

Relay For Life Comes to the UND Campus

Molly Andrews
Dakota Student

UND Relay for Life returned back to campus after a year hiatus bringing in more than \$11,000.

Relay for Life is a fundraiser for The American Cancer Society. It is a team cancer walk that is put on by volunteers all around the country.

19 teams signed up and participated in the UND Relay for Life. This event took place on Friday in the Hyslop Sports Center on campus. It lasted six hours and required at least one person from the team to remain moving the entire time. This person symbolizes that cancer never sleeps, and for a night neither do the teams.

The night consisted of games, a silent auction, food and more. There was something for everyone.

The University of North Dakota has its own relay committee. Karissa Crofoot, who is a junior here at the university studying Education, is the head of the UND Relay for Life committee. Alongside her were many other student volunteers including Grace DeVault, a senior studying Geology, who is the Team Development Chair.

DeVault spent countless hours recruiting teams and keeping them involved up until the event.

"There are a lot of us that have a lot of different jobs that we are doing and we are all just kinda running crazy right now but it all comes together," DeVault said.

Crofoot is passionate about this event and has been involved with Relay for Life for the past seven years.

"I originally joined UND Relay for Life because I was involved in Relay for Life at my high school and so I had been doing it for four years," Crofoot said. "I love the organization and what it stands for and how it helps individuals with cancer."

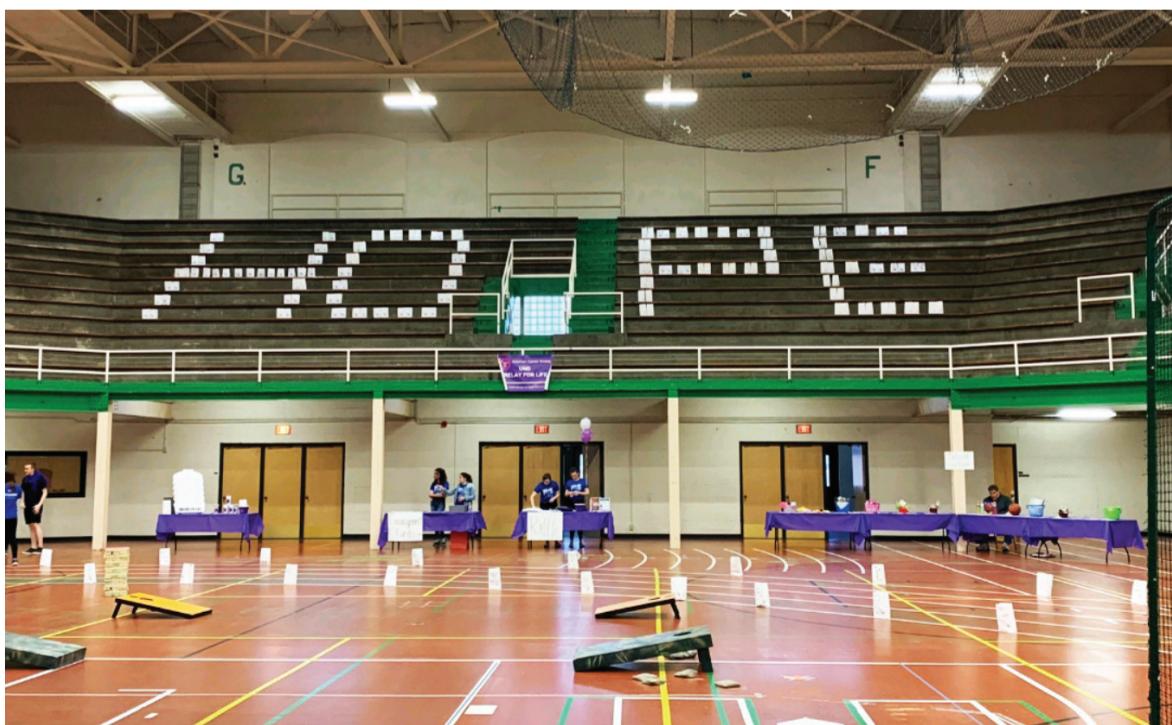
To Crofoot's knowledge, Relay for Life has previously taken place here at UND from 2013-2015. There was a break for a year or so and then it picked back up as a Mr. Relay pageant. Whatever the event may be, the overall goal has been the same.

"We celebrate those who have fought cancer, remember those who have lost their battles to cancer and we fight back against the disease," Crofoot said. "We come together as a big group and fundraise for cancer research and cancer patients to help benefit them."

DeVault holds this event close to her heart as she talked about how cancer has personally affected her, her family and her friends.

"Basically all of my grandparents have had cancer and friends of the family," DeVault said. "It is important in a way because it is such a relevant cause to everybody basically that ya know, why not be involved?"

Relay for Life is an event that not only celebrates and remembers a



Volunteers setting up for Relay for Life

Photo Courtesy of Bridget Reuss

community but also raises awareness about cancer.

"Everyone is affected by cancer in some way,

helps a community bond together and share experiences and stories while working together to raise

know more about your neighbors, and your classmates and everything," Crofoot said.

"It makes your community closer because you know more about your neighbors, and your classmates and everything"

-Karissa Crofoot, Head of UND Relay for Life

shape and form and, so, if we can increase awareness and make our community more aware," Crofoot said.

Because of this event, it

money for a cause that many people have been affected by.

"It makes your community closer because you

Not only does this event add to the Grand Forks community, but it also has outreach to the entire country.

"We are raising money for cancer research and cancer is one of the leading causes of death in the United States, so, it has a pretty relevant impact right there," DeVault said. "It goes as far as giving back to the entire country."

If you are interested in Relay for Life or would like more information, you can "like" their facebook page: UND Relay for Life.

Molly Andrews is the A&C editor for Dakota Student. She can be reached at molly.andrews@und.edu

Intervention Theatre Presents Sex & Drugs Show

Noah Sell
Dakota Student

Last Tuesday night, the Sex and Drugs Show, otherwise known as Intervention Theater, gave the community a unique firsthand look into what it's like to be a bystander in different harmful scenarios.

The It's On Us student organization—along with the CVIC at UND prevention specialist Peggy Jo and substance abuse prevention coordinator Jodi Ramberg—hosted GTC Dramatic Dialogues in the Memorial Union Ballroom.

"The way that it works is that the actors will be role-playing in some scenes, but they will actually pause and the moderator will engage the audience and ask them for their responses," Ramberg said. "There's some alcohol scenes in there, there's some flirting scenes in there, there's some peer pressure scenes, there's a romantic scene that ends questionably."

Each script differed and was able to show the audience how they can react as bystanders in dangerous situations whether it be with alcohol and/or sexual assault. Be showing different scenarios, the audience was able to take a second and think about how they could potentially react if they were in or witnessing a situation such as these.

"There's ways where you can see that the bystander role can be taken and maybe people take it, maybe they don't, it all depends on what their script is tonight, but it really shows all the components of being a bystander in any kind of situation with alcohol or sexual acts that can be harmful or healthy," Peggy Jo said.

When the moderator "paused" the scenes, the actors would stay in character as members of the audience asked them questions about their behavior



UND Students acting in the Sex and Drugs Show

Trevor Alvesshere/ Dakota Student

or questioned the choices they were making. This added to the immersion of each scene as it gave people a chance to experience how it would feel to be a bystander in each situation and think about how they would respond to it.

"These situations happen. The message is that they need to do something about it. They have a responsibility to stand up in front of their peers and say, 'That shouldn't happen,' whether it's an alcohol incident or a sexual violence incident," Peggy Jo said. "Hopefully their getting some kind of tool or skill tonight that helps them make that choice of stepping in instead of walking away and wondering if that person is okay."

The main message that people at UND, such as Peggy Jo and Ramberg,

want to get across to students is to "see something, say something, do something," and they hope

as responding directly, distracting or delegating," Ramberg said.

'Directly' is when a

or anyone that can help.

Even if a student is not comfortable doing something directly to end a

thing," Peggy Jo said. "You don't want to just passively watch something happen that are dangerous for students, so we want people to either do something directly or cause a distraction or call 911 early, before the overdose happens or before the assault happens. We want people intervening in safe, early, effective and kind ways."

"A lot of times people freeze because they don't know what to do, so we try to make the message as simple as possible, and these guys are going to reiterate it that it's as simple as responding directly, distracting or delegating."

- Jodi Ramberg, Substance Abuse Prevention Coordinator

that it is straightforward enough to remember in a situation where something needs to be done.

"A lot of times people freeze because they don't know what to do, so we try to make the message as simple as possible, and these guys are going to reiterate it that it's as simple

person actually does something about a situation. 'Distraction' is when a person gets the attention away from the problem that is arising. It can be as simple as spilling a drink or making a joke. Lastly, 'delegating' is just letting somebody else know whether it be a friend, RA, the police

harmful situation, Ramberg wants them to know what their options are, and that they can still help by taking attention away from the situation or engaging help from someone else.

"It's the same for a potential alcohol poisoning as it is for a potential sexual assault, do some-

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Communication Appreciation Day

Celebrating the UND Communication Department



Quinn Robinson-Duff/ Dakota Student

People attending Communication Appreciation Day

Molly Andrews
Dakota Student

Pizza, wings and prizes were all available at Communication Appreciation Day.

The University of North Dakota is beginning to revamp their Communication department which has resulted in a new campaign to get more students to enroll in the program.

This event was just the beginning of efforts being made to help more students understand not only the communication department, but the opportunities that a communication degree can offer students.

Communication Appreciation Day was an opportunity for students with any major to learn more about what can be done with a communication degree and to help students meet and get in touch with students that are already enrolled in the program. This event of-

fered students a chance to chat with communication advisors, talk to people that are working with communication degrees, and mingle with students that are communication majors.

This event also offered

Two students that are currently taking the class and running this campaign are Alexandra Skime, a senior in the communication department, and Emily Windjue who is a sophomore. They are both lead-

ers of the media strategy team for the course. They were in charge of getting the numbers and asking around to see what students preferred for advertisements and what would work best for this event.

Because of this, students that end up switching their major multiple times tend to fall back on the communication department without having knowledge of what they can do with their degree.

"At first I was almost

new to me but I really love it," Windjue said. "I love everything about communications. I think it is such a valuable skill and I think it is a very overlooked department. And there are so many amazing opportunities."

spread awareness to students, whether declared or undeclared, about the opportunities a person can have with a communication degree.

"We really want people to see that Communication doesn't have to be your default major," Windjue said. "It can be your starting point and work from there."

"You can do so many things with a comm degree," Skime said.

Communication Appreciation day had a large turnout and offered students an opportunity to get to know professors, students and advisors that work within the communication department.

"We really want people to see that Communication doesn't have to be your default major. It can be your starting point and work from there."

-Emily Windjue, Leader of the Media Strategy Team

students free food and a chance to win tickets to Spring Fever which is featuring Two Friends.

The Communication Department offers an Advertising and Public Relations campaign class, also known as COMM 430, who were the ones that planned, prepped and executed this event. It was a team effort by the students who are enrolled in the course.

Skime's journey with the communication department is something many can relate to. Communication is often said to be the default or backup major for many students.

like this is my default," Skime said. "After actually getting into the program I was like wow this is actually what I want to do and I didn't realize all of the opportunities comm had."

Although Windjue had little prior knowledge before entering the program, she is now happy with her decision with the communications department.

"Comm was kind of

One of the selling points of the major for Windjue was the real world experience that the communication department gives you.

"You are able to get real world experience, especially with this class, we got real world field experience that is incomparable to any other class I've taken," Windjue said.

Overall the event was put into place to help

Molly Andrews is the A&C editor for Dakota Student. She can be reached at molly.andrews@und.edu



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Communication Alumni talking about their jobs

Quinn Robinson-Duff/ Dakota Student

The road to Lord Stanley begins



Photo courtesy of Wikimedia Commons

The Stanley Cup playoffs begin this week and last nearly two months.

Kyle Kinnamon
Dakota Student

The Stanley Cup Playoffs are underway for the National Hockey League. Sixteen teams compete in the two month long tournament, with the hopes of being the number one team and being the team to hoist the famous Stanley Cup.

EASTERN CONFERENCE

Tampa Bay Lightning vs. Columbus Blue Jackets

The record-breaking Lightning look to surge past the Blue Jackets in the first round. The Lightning dominated all year long, en route to 62 wins, tying the NHL record for wins in a season. Tampa Bay is lead by 25-year-old Art Ross Trophy (NHL scoring leader) winner, Nikita Kucherov and backstopped by 24-year-old goaltender Andrei Vasilevskiy, who won 39 games in 53 attempts. The Lightning are an incredibly deep team, with the ability to roll all four lines.

The wheeling and dealing Blue Jackets did what they had to, and made the Stanley Cup Playoffs. The Blue Jackets made major moves at the NHL Trade Deadline earlier this year, acquiring Ryan Dzingel and Matt Duchene from the Ottawa Senators.

The Blue Jackets' gritty yet fast pace makes them a dark horse in the playoffs. They will look to be the Los Angeles Kings of 2012, finding a way to win it all despite being the eighth seed. Anything can happen in the Stanley Cup Playoffs.

Washington Capitals vs. Carolina Hurricanes

Defending Stanley Cup Champions, Washington Capitals, quest for a repeat starts with fac-

ing off against the "storm surging" Carolina Hurricanes. The Capitals look to be a deeper team than they were last year, and hope to not disappoint in their chase of back-to-back Stanley Cups.

The Hurricanes have been the story of the NHL all year long. They also made headlines with their innovative post-game celebrations, which deemed them a "Bunch of Jerks" by Hockey Night in Canada's Don Cherry. The Hurricanes embraced it and made t-shirts out of the quote.

The Hurricanes were 16-17-5 on New Year's Eve. Once the new year came, the team has been virtually unstoppable, going 30-12-2 en route to their first Stanley Cup Playoffs since the 2008-09 season.

The series will be close and could be the first upset of the playoffs.

Boston Bruins vs. Toronto Maple Leafs

The Boston Bruins will go up against the Toronto Maple Leafs for the third-straight time that both teams have made the playoffs. The last two series went to game seven and ended up in the Bruins favor. This includes the infamous game seven collapse in 2013 when the Maple Leafs blew a three goal lead with 14 minutes and 31 seconds left in the game.

The Bruins' chemistry is top notch with Brad Marchand, Patrice Bergeron and David Pastranak. While the Maple Leafs' addition of first line center John Tavares this off-season could be what the Maple Leafs need to finally get past the Bruins.

The Bruins are a strong team with a dominant first line, great defense and top power play. While the Maple Leafs have deep scoring, decent defense and top

penalty kill. These teams are strong where the other is not. This series will come down to special teams, momentum and goaltending.

New York Islanders vs. Pittsburgh Penguins

The Islanders hope to eliminate the Penguins before they find a way to get deep into the playoffs.

The Islanders have gone from the 31st ranked defensive team a year ago to first in the NHL this year. The addition of former Washington Capitals head coach and recent Stanley Cup Champion, Barry Trotz, and former Toronto Maple Leafs General Manager Lou Lamoriello, have been exactly what the Islanders have needed. The Islanders do not look to win games four to three. The Islanders will win two to one, with their defensive ability.

The Penguins have been quiet this season. Yet, still managed 100 points on the season only three behind the Islanders. The Penguins will rely on experience of captain Sidney Crosby, Evgeni Malkin, Phil Kessel and Kristopher Letang, with help from young talent in Jake Guentzel and goaltender Matt Murray to carry them past the Islanders.

WESTERN CONFERENCE

Calgary Flames vs. Colorado Avalanche

Being the second wild card team, the Avalanche look to extinguish the red hot Calgary Flames. The Flames recorded their second most points in a season in franchise history, 107 points, while seemingly under the radar having the best record in the western conference.

Lead by Johnny Gaudreau and incredible defense anchored by captain Mark Giordano, the Flames have been a force to be reckoned

1943-44	Montreal
1942-43	Detroit
1941-42	Toronto
1940-41	Boston
1939-40	New York
1938-39	Boston
1937-38	Chicago
1936-37	Detroit
1935-36	Detroit
1934-35	Montreal
1933-34	Chicago
1932-33	New York
1931-32	Toronto
1930-31	Montreal
1929-30	Montreal
1928-29	Boston
1927-28	New York
1926-27	Ottawa
1925-26	Montreal
1924-25	Victoria
1923-24	Montreal
1922-23	Ottawa
1921-22	Toronto
1920-21	Ottawa
1919-20	Ottawa
1918-19	No Dec
1917-18	Toronto
1916-17	Seattle
1915-16	Montreal
1914-15	Vancouver
1913-14	Toronto
1912-13	Quebec
1911-12	Quebec
1910-11	Ottawa
1909-10	Montreal
1908-09	Ottawa
1907-08	Montreal
1906-07	Montreal
1906-07	Kenora
1906-07	Montreal
1905-06	Ottawa
1904-05	Ottawa

with all season long.

The Avalanche squeaked into the playoffs barely beating out the Arizona Coyotes for the last wild card spot. The Avalanche will try to use their speed and skill, lead by Nathan MacKinnon and Mikko Rantenen, to extinguish the Flames.

Nashville Predators vs. Dallas Stars

The Predators face off against central division rival, the Stars, in the first round. The Predators resemble the Lightning in that they have four lines that can score, defensive cores that are offensive and an incredible goaltender. The Predators will use their ability to play four lines to shut down the Stars less deep forward group.

The Stars were in shambles early in the season, with the owner calling out players for not being good enough. Since then, the team has turned it around. They are anchored by captain Jaime Benn and Tyler Seguin, with help from 19 year old rookie defenseman Miro Heiskanen, the Stars could find a way past the Predators.

San Jose Sharks vs. Vegas Golden Knights

The star-studded Sharks take on the white hot Golden Knights. The Sharks look to win their first ever Stanley Cup this year after going all in on trading for top defenseman Erik Karlsson in the off-season. The Sharks are in the Stanley Cup or bust mode this season. The Sharks' experience and skill is top notch.

The Golden Knights look to reach the Stanley Cup finals for the second straight season. With the addition of Mark Stone from the Ottawa Senators at the trade deadline and Max Pacioretty from the Montreal Canadiens prior to the season, the Golden Knights are truly a scary team.

This series should be the western conference finals, but due to playoff format it is the first round. May the best team win.

Winnipeg Jets vs. St. Louis Blues

The stagnant Jets face off against the streaking Blues. The Jets were a top team in the NHL earlier in the season but recently have capped off. They are still a very high quality team, but the confidence is lacking. The Jets hope to reset going into the first round, and use the crowd at the Bell MTS Centre to ignite the passion once again.

The Blues were down and out early in the season tied for 25th best team in the NHL. After firing Head Coach Mike Yeo and taking each game one by one, the Blues have been unstoppable. They finished the regular season tied with the Jets in points and one point behind the Predators for the central division title.

The series will be hard hitting and high scoring. Bodies will be thrown around and every check will be finished.

Kyle Kinnamon is a sports writer for Dakota Student. He can be reached at kyle.kinnamon@und.edu



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