

For more content

# Dakota Student

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# MAJOR HOUSING CHANGES



Trevor Alveshere/ Dakota Student

University Place student apartments are set to become incoming freshman housing.

### Looking at the uncertainty of future housing

#### Cortnie Cottrell

Dakota Student

As of the start of the Spring Semester, 2019 housing team concluded rearranging the housing situation at the University of North Dakota will be beneficial to all residents that will be living on campus. Currently, there are a total of 14 residence halls, but at the beginning of fall semester 2019, there will be twelve and the University Place will be open to first year students. Leaving the current residents with the option to either live in a different residence hall or to live in an oncampus apartment. Housi

representatives strongly encourage students to live on-campus because they have found that individuals who live in the UND residence halls they will be able to use students, especially the have overall higher GPAs their dining dollars, meal first-year students," Abbi when compared to off- plan and bonus meals all Smith, UND freshman

campus students. They also benefit from many conveniences and are more likely to be active in the positive environment the Squires dining center that the UND campus offers.

With that, Squires, Walsh and Bek residence halls will no longer be available for firststudents, with speculations that Walsh will soon join the list of residence buildings eliminated. being The reason for this rearrangement is to keep all first-year students together and to place them in the residence halls that are closest to Wilkerson which has the main dining center and package pick-up area.

Due to the stipulation that first-year students are required to have an unlimited meal plan, this first year living because

at the Wilkerson dining said. "This will allow for center. There is also a possibility that at the beginning of next year, will no longer be a buffet style dining center, but instead it will turn into a dining area similar to the Old Main Market which is located in the

Memorial Union. Olivia According to Gadeerry, a housing office employee, the start and end date for the construction the rearrangement are currently unofficial, but will be decided in the near future. With the rearrangement, residence halls McVey and West will not be available next year, as they are being torn down.

"As being a first-year student at UND myself, I believe that this new will allow for efficient housing arrangement will be more beneficial for all students the opportunity to meet others in which who are experiencing the

new college life as well." As for all changes, conflict may with residents whom are currently living in University Place. Even though they will not able to continue their stay at University Place, they will be able to reside near others in which are closer in age and experience. This new set up in housing will allow for new students and returning students to be in close proximity

of each other, that have similar experiences and for the majority, age gaps will be more similar to

each other. have you questions regarding the plans for next year or anything regarding UND housing at all contact the housing office, they are more than willing to answer any of your questions.

> Cortnie Cottrell is a News Writer for Dakota Student. She can be reached at cortnie.cottrell@und.edu



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"I believe that this new housing arrangement will be more beneficial for all students, especially first-year students."

**Abbi Smith**, UND Freshman





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ACCESS. INNOVATION. EXCELLENCE.

The state is looking to change student voting rights.

# Scan and Vote: Potential Changes

Theresa Hanley Dakota Student

The North Dakota State legislature has been busy this session discussing changes to the Century Code. One of the bills that would change the Century Code if passed, is an addition to what an eligible voter identification card is for college students. In a state that has one of the largest voter turnout rates in the country, usually around 50 percent, whereas the national average is around 40 percent. There has been an upward trend in college-age voters, some members of the legislature see that it is time to make voting as a college student easier.

Before the recent 2018 election, it was extremely easy to vote

in North Dakota as Transportation. In order college student. You could show up to your polling place, sign an affidavit regardless of where your state identification card was issued, and vote. But, on Oct 9, 2018, the Supreme Court ruled that the new voter ID law in North Dakota could be upheld.

Currently in North Dakota you are eligible to vote if you meet one of the two requirements. One being you have a permanent address in North Dakota, or two you are able to prove you have lived in North Dakota for over thirty days. When you show up to the polling place on election day, you need a North Dakota driver's license or a North to college voters in Dakota identification card, issued by Department the of

to get either of these items, you must have lived in North Dakota for over thirty days.

North Dakota has been a catalyst in voter ID reform laws. North Dakota is the only state that has no voter registration requirement, a policy that those who are advocates for changes voter accessibility However, admire. some see the lack of voter registration law to be an open door for voter fraud to begin.

A compromise is awaiting currently its time in committee legislature the this session. It brings together accessibility North Dakota the University System

that some politicians in North Dakota are looking for. HB 1479, a bill introduced by Matt Eidson, (D, 43) would cause some changes to voter ID laws in regard to students, therefore, requiring changes to the North Dakota Century Code under chapter 15-10.

These changes would allow students to scan their IDs at their designated polling locations within their college community. Exactly how your state issued ID is scanned at the polling place, your student ID card would serve the same According purpose. Representative Eidson, "this bill will not raise the cost of ID cards" to students.

University of North and the voter ID laws Dakota's webpage states that only 33.76 percent of the student body is a resident of North Dakota therefore may be voting in their state of permanent residence, usually by an absentee ballot. However, in a presidential election

year, students may want to vote in North Dakota, and are not aware that they have to get a DOT issued ID because that was not the law when they voted in the past presidential election North Dakota. Although these

Trevor Alveshere/ Dakota Student

be changes may and confusing not completely making sense, in words of Representative Eidson, "It's simple: if you live in N.D., go to school in N.D., have a job in N.D., and spend money in N.D., you should be able to vote in N.D." Any updates on

HB 1479 as it moves through the process can be followed at legis. nd.gov. If you have any opinions, concerns, or questions about the bill, contact Representative Matt Eidson (District email through meidson@nd.gov.

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

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UNIVERSITY OF NORTH DAKOTA

& LIBERAL ARTS

WEDNESDAY FEB. 6, 2019

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### Quick access to millennials dream bank

The Venmo card: worth it or nah?

Megan Vogt Dakota Student

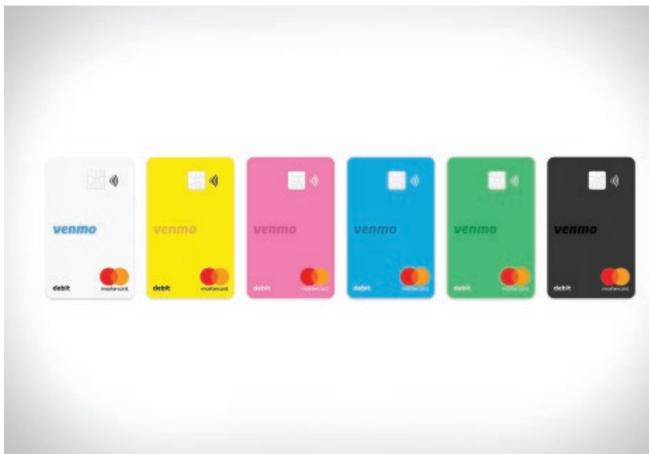
Our It is 2019. advancements technology are by increasing day day. From phones that unlock with a scan of our faces to cars that drive themselves to transferring money within seconds. One of the latest trends is Venmo. Venmo is an app that allows the transfer of money from bank account to bank account within seconds. One of the latest things that released Venmo is a physical Venmo Card. The Venmo card is Mastercard that allows you to use your Venmo balance wherever you want without the hassle of waiting for it to be transferred into your bank account, or pay the 25 cents service fee for instant transfer. It is a debit card that can be controlled within the app. If you are to misplace or lose your card, you can deactivate it within seconds straight from the app. If you find it, you are able to reactivate it within the app. It is a millennials

dréam bank. Having a Venmo account is almost expected. Just like almost

Facebook or Snapchat account, it is assumed that college aged students have a Venmo account. It is almost the latest trend in social media. Not in the fact that you can update your status or show the world the picture of you holding a parrot on some island in the dead of winter because you are "missing the warm weather," but rather it is a technology advancement that can help engage social activities.

Having a Venmo account in general now allows spontaneous trips to McDonalds to get a Diet Coke if you don't have your wallet handy, a quick split up of the tab after ordering Deeks Pizza, or splitting the cost of an Uber without worrying about when people will pay you back.

I think the Venmo Card is something that is useful if you get venmoed often. I personally do not use Venmo as often as other people do, usually I am the one that is paying another person. So having a card that I wouldn't use just takes up space. With that being said, I am totally someone who would hop on the most people expect would hop on the vou to have a bandwagon of getting



The six different color options available for the Venmo card are white, yellow, pink, blue, green and black.

Photo courtesy of Flickr

If you do get venmoed a lot, I think having the free card would be very beneficial. The 24-hour transaction service is annoying. The consistent rate of \$0.25 for an instant transfer adds up very quickly. With the card, you are able to simply

a card because they swipe it when you to are really pretty and need to, rather than rat super sleek looking. planning transactions other around when you will get money back to you.

If you don't get venmoed often, you can always get the free card to have in your wallet as decoration.
Or if you are like me and like to have

Venmo others rather than spending other money, maybe avoid the temptation of having the card within quick use.

I do think that the card is a great idea! It is slick, fast, conventional affordable mention that it is free). I think it speaks to our your Venmo balance generation as college high so you use that students, but it also

depends on how often you use the app to receive money from others to determine if it practical for you.

Megan Vogt is the Opinion Editor for Dakota Student. She can be reached at megan.m.vogt@und.edu

### The importance of reflection

Taking time to look back on all that has happened in your life

Quinn Robinson-Duff Dakota Student

Life can be a vicious

cycle in which similar situations and issues repeatedly, seemingly out of control. However, this constant pattern could be the result of not learning from personal experiences. It's crucial that we acknowledge mistake, adapt and learn to prevent the same mistake from happening again. Almost everyone does it to a certain extent. Let's say you're exchanging a conversation between friends, cracking jokes and having a laugh. You say something that causes the scene to go silent, whether the statement was straight out weird with no context or it just was not in tune with the topic at hand. As an individual, you recognize the

no one likes to experience, so what do you do?

discover what we did wrong and change it. A simple "okay so that embarrassing statement I just made that makes me feel shameful, yeah let's not say that again." We all learn from our mistakes. It can be easier said than done at times, especially if provoking already emotion Therefore, reflecting on the past a valuable tool, challenges it dive into past, to examine a multitude of actions and the following of consequences or rewards. By doing so we can delve deep our into studying process, our own behavioral patterns that caused us to execute the selected action being

dwelled on. The further

In most cases we

our thought



A reminder that failure is not supposed to be a bad thing, but something that is welomed as a chance to learn.

we are, what makes us unique and what makes us human. That's an exponential difference between us and other animals. We have conquered the ability to think outside the box by being able

lessons. It exemplifies our weaknesses and how we can overcome them, they help define

"I have not failed, I just found 10,000 ways that won't work"-Thomas Edison.

moment of weakness. In that sense, should never discouraged by them to the point of giving up. Because once you give up, the failure will never become a success. Isn't that what we all want? To be successful? Sure the idea of success is different for everybody, but no successful person achieved accomplishments without difficult through The times. main difference between them and us is that they did not recede.

They persevered. Reflect on those failures in the past, learn from them and try again, if it still does

not work try harder.

Dissect them from

and understand what could have been done differently. Discuss it with personal friends and family, do what needs to be done to understand why you failed. Learn, adapt and overcome. Life's too long to wallow in the past, so use it as a foundation to create a desirable future for yourself then act on it presently.

Photo Courtesy of Flicks

your personal life

The further we undergo the reflection of our past, we begin to learn an abundant amount about ourselves. We begin to learn who we are, what makes us unique and wȟat makes us human.

Quinn Robinson-Duff, Columnist

said, sometimes even of our past, we begin we did and why we feeling ashamed. That to learn an abundant feeling, that sense of amount of ourselves. shame is something We begin to learn who life's most powerful

error of what was undergo the reflection to contemplate what

Failures are some of

At the end of the day, it's critical to know that failures change us. They show us our true selves during a

for Dakota Student. He can be reached at

Quinn Robinson-Duff is a columnist quinn.robinsonduff@und.edu

## The importance of reflection

#### Taking time to look back on all that has happened in your life

Maddie TwoCrow Dakota Student

College stressful time with mix so much to do, and everyone. one who turns to can actually done. 40 percent distracting of college students you're It's both tomorrow. a college student can cliche and a major digestive came with a mug?

tried to for years, but too much coffee. every time I'd end The worst every day anyway. the anxiety My stress level nervousness.

ACROSS

Middle

Northern most I-29 town

12 Third largest oil boom town

13 Huck Finn's buddy Tom \_

18 City south of Grand Forks

26 Town just north of Grand Forks

15 Coen brothers movie

22 What buck hunters do

24 Famous Frenchman

27 Sugar Leonard

17 Capital of Cuba

20 Sidney or Bing

The Brady Bunch's housekeeper

Bonaparte

Capital of Germany

caffeine is actually psychoactive is a drug, and it doesn't I'm not the only of its side effects coffee to try to be counterproductive alert for class and for college students. get all my work Jitteriness can be trying to are drinking coffee work. Insomnia every day, according from too much to a University of coffee can make sure Hampshire you're more tired Coffee upset your truth. Think about too. I wonder how it, when is the last many of the days time no one in class I didn't feel good came with a mug? and missed classes I'm cutting back on and meetings were coffee, finally. I've actually caused by

up with a coffee cup effect of the glued to my hand caffeine for me was stayed high, and the naturally a more more stressed I was, anxious person, and the more I coffee I coffee compounded drank. Therefore, I that for me. I'd feel was more stressed tired, get coffee and and anxious. It was a it would wake me never ending cycle. up but I only became The thing about more anxious. It was



A simple cup of black coffee is the way some college students start their mornings off.

life and getting my realizing it. schoolwork done.

way of living my to me, without me leave so I have time

I started getting I tried just getting up earlier. Before, rid of coffee, cold I would get up 15 turkey style, but I minutes before I would always end up needed to be out going back. It wasn't of the house every until I changed my day, and fall back routines that I was on coffee if I didn't able to cut coffee out have energy later. of my life. Coffee had Now, I get up an

starting to get in the become a routine hour before I need to to wake up before I start into class and homework. When I wake up earlier, I'm not tired by time I get to school, so most days, I don't go back to coffee for

> I've also replaced the coffee, for the most part, with tea. Tea still has caffeine, as coffee, so I get a without the anxiety. than coffee, so I save I'm better for it. some money.

I still have coffee every once in a while, but now I drink a small instead of a large, or

a mocha instead of a black coffee. Cutting out coffee has also changed the way l enjoy coffee--instead of drinking it like my life depends on it, I'm able to enjoy it. I'm not looking for the quickest energy boost I can get. I drink my coffee slowly and take time to enjoy the process of it. I'm not but not as much the caffeine wired, shaking because all little energy boost I've eaten today is coffee woman I was Tea is also cheaper not long ago, and

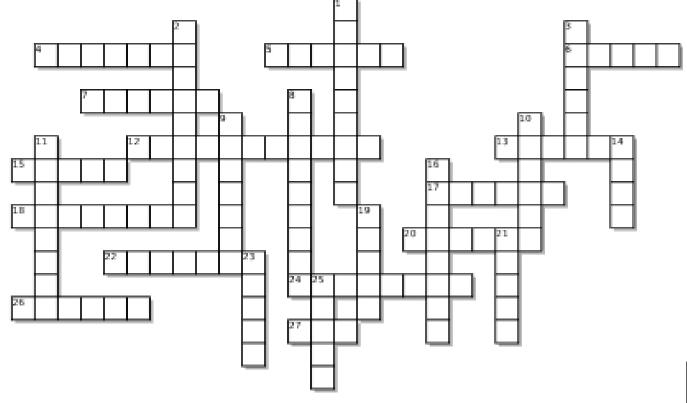
> Maddie TwoCrow is a columnist for Dakota Student. She can be reached at madeleine.ardelean@ndus.edu

The further we undergo the reflection of our past, we begin to learn an abundant amount about ourselves. We begin to learn who we are, what makes us unique and what makes us human.

Maddie TwoCrow, Columnist

# **TAKE A** BREAK

#### North Dakota Towns



#### DOWN

- Original oil boom town
- Jimmy's city
- Gameshow host Steve
- Southwest oil boom town
- Town named after toothpaste
- 10 Purple dinosaur 11 Eastern ND's skiing destination
- 14 David Schwimmer's "Friends" character 16 Robin Hood's forest 19 Why not?
- 21 Sand, sun and water
- 23 Geographical center of North America
- 25 Hank Hill's beer of choice

# Classifieds

#### **SUMMER EMPLOYMENT:**

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# The Power of Healing

#### A deeper look into the SHE movement

Molly Andrews Dakota Student

What is the best way

This is a question that can have so many different answers.

While being college, many students face hardships and deal with them in different

be healthy but others within us over time.

On Saturday morning, 40 women gathered for the SHE Workshop that focused on hope and healing.
SHE is a movement

focused on women empowerment that is based on helping inspire

ways. Some of these can only themselves but the community and can cause serious issues lives around them. SHE strongly believes in the power of vulnerability and self love.

The workshop included keynote speakers, a demonstration on preathing, guided journaling, small circle reflections and, course, cute gift bags. It was a safe space to share opinions as well as stories and reflect on your own personal healing process.

Whether you attended with a friend or by yourself, you were guaranteed to meet new people that share the same common interest of bettering themselves.

So how exactly does a

Molly Sobey, one of the keynote speakers, is a woman of many trades. Her education includes Master's degree from Harvard and she currently is employed as an Extension Agent at North Dakota State University. She has dedicated her life to helping other people.

She shared what steps a person should take in order to start the healing process. "First, become aware

of the problem and then make relationships with others and reach out," Sobey said.

stressed importance of finding a support system and how once you have people that support you, it will help you in the process of reaching out. Not only that, she talked about supporting others in need and remembering to be a good neighbor. If you see someone in need, just reach out to them and see if there is anything you can help them with.

A common statement that we use is "what is wrong with you?"

Sobey addressed this statement and said "It is important to ask what happened to you instead of what is wrong with

She expressed importance that going everyone through their own struggles and keeping that in mind can help not only you but others heal.

That session was followed by a snack and social time that included some reflection in the form of journaling. The nest keynote

speaker was Jånelle Gergen who works closely with the Church. She is from East Grand Forks.

Gergen shared her story of her struggles with self worth as well as her hardships in motherhood. She reminded everyone that healing is a process and it can take time.

The workshop ended by everyone splitting into small groups where some self reflection was done. These groups the workshop together as you could hear everyone's healing process and what they want their path to look like in the upcoming

The day came to a close with some light meditation.

Overall, the hope and healing workshop was eye opening and something that many people could benefit from. Although the New Year calls for new resolutions, it is always important to reflect on the past and heal in order to move forward.

If you're interested in future events, SHE has a Facebook page where future events will be posted. They not only oner worksnops retreats as well.

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

### **UND Art Collections showcases new exhibit**

Fables, Insults, and Reverence: The Animals of UND Art Collections

Ana Chisolm Dakota Student

Crossing the street on the cold January night towards the Empire Arts Center one could see that the place was abuzz with excitement. On Tuesday, Jan. 22 the Empire Arts Center held the opening of the UND Art Collections new exhibit, Fables, Insults, and Reverence: The Animals of UND Art Collections. This exhibit features a variety of showcasing artwork animals and their relationship to humans.

pieces vary from political satires to images that look so realistic they could plucked directly from history. Featured working on a different

works such as William B. Schade's Wild Hair 57 St. Raven, 1981, dry point. Which portrays a raven whose joints are slowing being replaced with man made hinges and Francisco Goya's Ya van desplumados, 1799, aquatint, image of plucked chickens with the heads of men are iust a few of the pieces in the collection.

After a short while of admiring the artwork, listening to the soft music being played and eating the delicious food at the event, Sarah Heitkamp, the curator of the show, discussed the collection in greater Heitkamp detail. explained how they actually came about creating the exhibit by

project entirely.

While working on creating a digital archive of all of UND's art pieces, they noticed that they had common emerging themes throughout the years of artwork. One such theme was the use of animals in human roles or the use of animals to represent human concepts and emotions. Thus, it sparked the idea to take a few of those pieces and showcase them in an exhibit in conversation with one another.

Story continued on page 5



The Empire Arts Center currently displays the UND Art Collections new exhibit, Fables, Insults, and Reverence: The Animals of UND Art Collections

#### Continued from page 4

"What we've been doing is documenting every single piece of artwork the university owns. A lot of it is out on campus, you can see it in various buildings," Heitkamp said. "We have what's called a living art museum. So, if you go into the building Education or the medical school, you'll see it set up like a museum. It's really great, but then we have an art repository where by category and theme

we store everything else."

Information like this hasn't been previously made available to the public, but these databases are inching in the right direction to change that.

"What we are doing is documenting the artwork and uploading it into Scholarly Commons," Heitkamp said. "If you go to Scholarly Commons you can see the collections broken down by location and some of them are broken down

to. You can see what we own and search for certain artists if there is an artist you know about and see if we have

The collections readily available to student and teachers alike, allowing teachers to amazing resources to their students during

"The art history teacher here uses it to find works that she can bring to class that are relevant to what she teaches," Heitkamp said. "So, it is a really great resource and we able to do it."

Heitkamp went on to explain that they found these pieces when creating this database and they choose to title the exhibit, Fables, Insults, and Reverence: The Animals of UND Art Collections, because they felt that those words encompassed a lot of what the artwork was doing and it also spoke to the history of how humans have used animals throughout our fables or fairy tales, to how we use them now.

Heitkamp hopes that the art is addressing.'

are really excited to be this exhibition can be used for educational purposes as well as enjoyment.

"A lot of time when we view art or an art exhibition, we just look at the image and then we kind of leave it at that," Heitkamp said. "So, what I would really like is for the art that we have, whether its in buildings on campuses or down here at the Empire, I'd like it to be used to further our education mission so it can be a discussion catalyst for topics that

So, whether you go for educational purposes or simply to see beautiful artwork, head over to the Empire Arts Center and see what this moving collection has to offer. The exhibit is open Thursdays and Saturdays and is free to the public.

**Ana Chisolm** is a A&C writer for Dakota Student. She can be reached at ana.chisolm@und.edu

# Spilling the tea

# for stalking awareness month

**Noah Sell** 

Dakota Student

PeggyJo, Prevention Education Specialist for CVIC at UND, helped host the "Spilling the Tea" talks that take place each month on campus at Archives Coffee House.

"If you go to an event that happens one time a year, and never talk about it again, then you forget," PeggyJo said. "Part of my job is to help people recognize that there's an issue, but also to recognize to respond."

month's discussion was on the topic of stalking, fitting problem to bring to people's attention and talk about as January is Stalking Awareness Month. The discussion also touched a lot on the new Netflix show "You," as it accurately depicts many of the sions and dangers of stalking.

"Every highlight something new. As January is

Awareness Stalking Month, it was only fitting to talk about stalking this month," PeggyJo said.

"Then in October talked we about domestic violence, in April we talk about sexual assault, certain months have designated things. Other months are Spilling the Tea on Consent; there's a tea video out there about consent so that's kind of where we got the theme from."

The idea was born last summer after PeggyJo started to work with the It's On Us student

organization. "Their mission is to end violence on college campuses, and our mission at CVIC is to end violence in our community, so it was a good fit for us to work together," PeggyJo said.

They wanted to find a way to put together events that weren't too "over the top" where people would be able it's a to discuss ongoing issues, and landed on the idea of Spilling the Tea.



lways Archives is busy, so we said, 'Let's meet at Archives and talk for an hour or so about

"People like tea, and This month Archives hosted "Spilling the tea" to talk about Stalking.

interpartner violence," said. "So PeggyJo within interpartner violence there's stalking, bullying, dating violence, sexual assault, domestic violence, child abuse, all of those things."

venue works in the favor of the idea, as it houses a cozy space where about a dozen people can comfortably sit and get input from another about month's the topic, while enjoying complimentary tea. It's not always the same people that go to host it either, as they sometimes invite different partnerships throughout

"The UND website calendar is kind of where I just put all of my events," PeggyJo said. "Word of mouth, being involved with the It's On Us group and attending their meetings, there's a variety of different ways. It just depends on what's your way of communicating, but I would say the biggest way is just the UND calendar."

If you're looking to meet with someone to discuss something that is troubling you in a more private setting, Erica, the Campus Confidential Advisor for CVIC at UND,

thirty minutes and you get what you need, and maybe not have to dive into everything, that's just fine. I'm here for whatever a student wants and

She explains that she can even help you if you are looking to talk to someone about an issue where you may be concerned about something that you think is going on with someone else.

"It also doesn't have to be you yourself as a victim, it can be for that friend or that family member your neighbor across the street, I've is more than willing had many of those

If you go to an event that happens one time a year, and never talk about it again, then you forget

PeggyJo, Prevention education specialist for CVIC

community

campus. "We've had UPD come and talk about 'what is UPD's role in these situations? They're not just there to arrest, so what is their big role in ending violence in our community?" PeggyJo

said. The group also makes it very easy to keep informed on when another of these events is going to take place if anyone is interested in attending.

to meet with you

whenever you need. "I have campu campus hours where I'm on campus 20 hours a week, but outside of those hours I'm always willing to meet with a student," Erica said. "My belief is meeting students where they're at, so if that means that we meet for thirty minutes before your class just to get the rundown, then we meet for an hour the next day, sure. If that means we meet for

conversations Erica said. "Because

this is everywhere."

The CVIC services are all free and confidential, available 24 hours a day. Their crisis line is 701-746-8900.

Noah Sell is a A&C writer for Dakota Student He can be reached at

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Caitlin Collins/ Dakota Student

# The Big Move

#### Two former UND athletes discuss the reasons behind why they left UND

Kyle Kinnamon

Dakota Student

The decision transfer colleges is a difficult task for many, but for athletes it can make or break their careers. Both Fallyn Freije and Chris Wilkie transferred from North Dakota, but like many, it was for different reasons.

Fallyn Freije

Fallyn Freije played three years at UND for the women's basketball team. Freije was a centerpiece for UND during her career. In Freije's 90 games played at UND, she averaged 24.3 minutes, 9.3 points and 5.6 rebounds per game. While the numbers were there, the passion was not for her. This led to her decision to transfer late in here career.

"A big part was my relationship with the coach," Freije said. " I feel like he did not have my best interest in mind, especially over the second half of the season. I had a few injuries and talking with him about that, and the future, was kind of tough. He had acted similar to me in my previous years, but I felt he would have changed in time. But, I did not want to go through my last

year like that. I wanted to things that were just enjoy basketball and use my abilities to their full potential."

Transferring any point in a college athletes career is difficult, especially when it is in the later stages of their career. For Freije it was well worth it.

"Yes it was hard, especially because you grow so close to those teammates that are with you, and those underclassmen that are like your little sisters at that point. I think it would have been easier if it would have been earlier in my career," Freije said. "But, I did not feel as moved to transfer earlier in my career because I loved playing for my home state, being in my home state and all of the friendships. Plus I think the school is phenomenal, and the athletic department. It was super tough because I would have to leave all that my final year. But, when it came down to it, I needed to enjoy basketball again."

Freije had reached her breaking point and did not see a future here anymore.

"It was all with the coach," Freije said. "I talked to him a lot about things I was not receiving as a player for him and

tough on me. It was a lot of mind games and manipulation. It got to the point where I was not enjoying basketball, and I knew it would not change my senior year if it had not changed in the three years prior. I did not want to end my career regretting staying there."

While Freije had her reasons to transfer from UND she loved all other aspects during her time

"Everything at UND was 10/10," Freije said. "The athletic department is fantastic, the town, the community that supports the athletes the professors. They work well with us athletes with traveling and our busy schedules.

As for possible solutions, Freije believes listening is key.

"For our voices to be heard. I think for the people who have graduated, and people who have quit or transferred. I think eventually we hoped somebody would finally listen to us and hear our side of it. Not just what gets put on display and what gets put on show in front of people," Freije

"It is tough seeing articles supporting him.

Seeing what we think is a fake positive side," Freije said. "It is really tough because I had a lot of friends either quit or transfer to small schools. I just had to be bold and know it would work out transferring to a Division I school only with one year left and being fortunate enough to receive a scholarship.'

There are many different reasons why athletes seek to transfer schools during their career. In the case of Freije, it was more of a last resort decision. Chris Wilkie, who spent two seasons at UND with the hockey team, just wasn't having the success he wanted.

Chris Wilkie

In his 62 games at UND, Wilkie boasted six goals and 13 assists for 19 points. Wilkie was drafted by the Florida Panthers in the 2015 NHL Entry Draft in the sixth round, pick number 162 overall.

Wilkie showed promise coming into UND, but things just did not mesh or click here. A fresh start was needed.

"It was a mutual agreement to move on. It was not this one event that happened, I just needed a fresh start," Wilkie said. "I think my

two years there did not go as well as I hoped. I think at the end of the day I was needing a fresh start. Sometimes I think that can benefit someone, and at the end of the day it worked out for me. I have no regrets about transferring to Colorado College."

Wilkie had a different path than Freije. Wilkie had to redshirt this past season, just being able to watch from the press box each game. This can be hard on a player, but Wilkie put his head down and saw the silver lining.

"Things are going really well at Colorado College. I've enjoyed it a lot since I've transferred," Wilkie said. "Obviously, nice to get through the redshirt year and get to be playing again. I'm happy with hockey here and everything, so no complaints."

Wilkie had opportunity to play his former team at the play Ralph Engelstad Arena just a few weekends ago. Wilkie scored a couple points in the series and got to go against some of his best friends.

"It was fun. A little different being on the other side of it, but it was nice to be back at the Ralph again. It was something I had circled

while," Wilkie said.

Wilkie, just like Freije, loved all other aspects of his time at UND. He developed relationships that will be with him for years to come.

"I made a lot of friends there that I stay in touch with all the time. Not only teammates, but other students as well. The guys that came in with me in my class are some of my closest friends. Away from the rink, and everything like that, I loved my two years at North Dakota,' Wilkie said.

Both Wilkie and Freije have no regrets about transferring colleges and love their new schools. Both have had great success already since transferring. Although transferring can be one of the toughest decisions a collegiate athlete can make, sometimes it really is for the best.

**Kyle Kinnamon** is a sports writer for Dakota Student. He can be reached at



Chris Wilkie in a game for Colorado State. For more sports stories from this issue check out our website | www.dakotastudent.com

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