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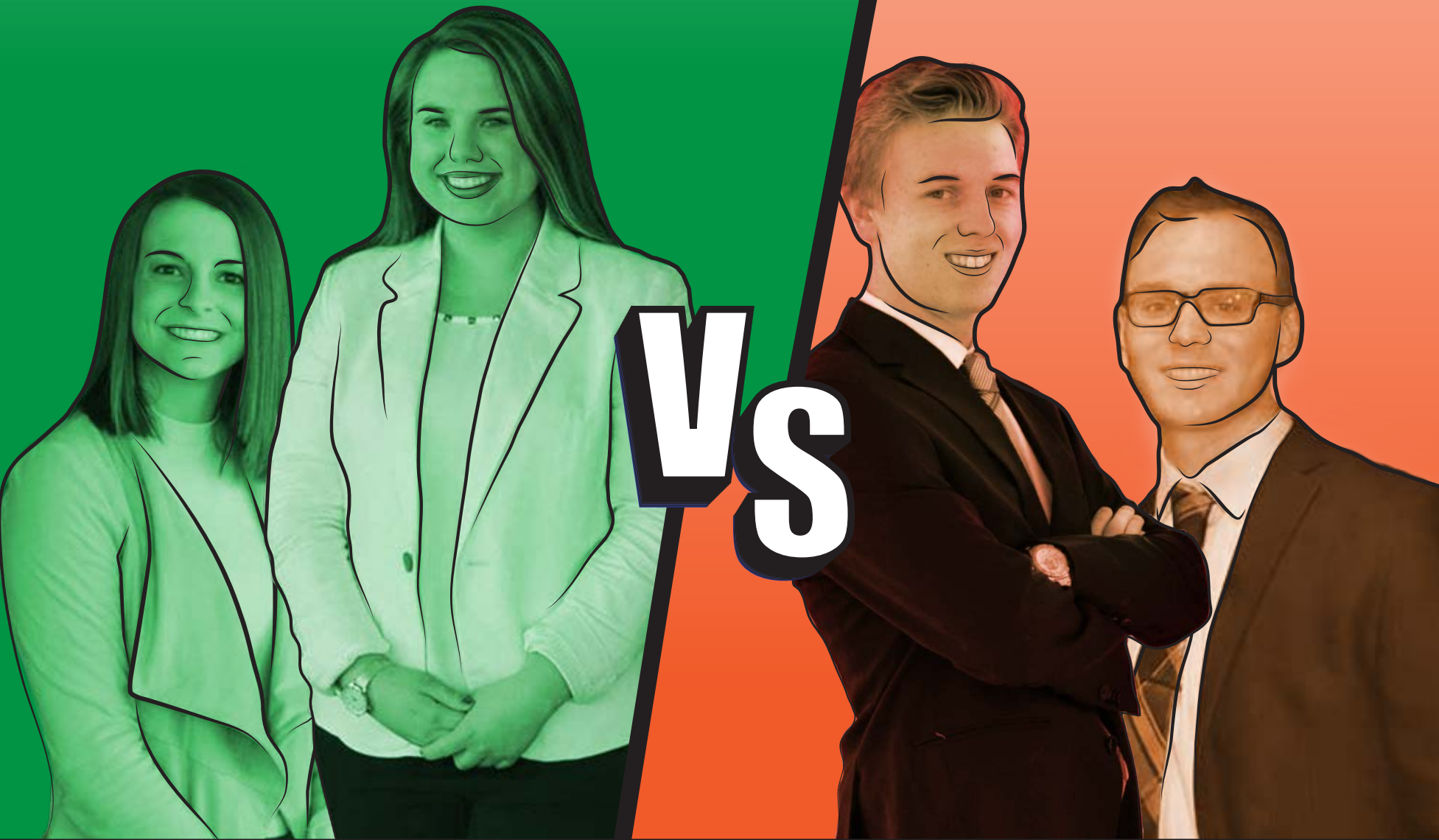
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LET THE RACE BEGIN



Graphic by Shiny Mahlum and Allison Brinegar

Student campaign season has begun

Jacob Notermann
Dakota Student

The race for the UND Student Body Presidency began last week with the announcement of three tickets running for the Executive Office. The three announced candidates, in chronological order, were Theresa Hanley, Erik Hanson and Izaiah Pritzl. Hanson, the current Student Body Vice President, announced his candidacy last Tuesday, making his ticket the closest one to being an incumbent. His running mate is President Bachmeier's Chief of Staff and former Student Senator, Kaleb Dschaak. Dschaak teased a campaign announcement on his personal Facebook page before spring break. That post said the final announcement would be made on March 20. Hanley, a Residence Hall Senator in the UND Student Senate, announced the day before Hanson. She neither confirmed nor denied that the Hanson announcement date played a role in when her campaign was launched. Hanley named Abbie Morlock, a criminal justice major, as her VP. Morlock is an off-campus Student Sena-

tor as well as president of her sorority, Alpha Phi. If victorious, Hanley would be the first female Student Body President since Kylie Oversen in 2012 and the third female President since 1998. Morlock will be the

things that could happen on-campus and things that should happen on-campus," Hanley said. "We want to commit to those ideas." Examples include changing Wellness Center hours to more convenient to students,

the Student Senate instead. Pritzl said his 4-day campaign was really exciting. "We were already confident in our own ability," he said. "However, once we started getting support from the people around us, it made us believe we could have really did it." While UND elections don't formally recognize a party system, campaigns for President and Student Senate follow a similar model. When running for President, candidates will usually bring on Student Senate candidates for campaign support in exchange for name association with the Presidential candidate. In the coming weeks, the names of Senate candidates associated with the Presidential tickets will be released. Similar to last year, the two main contenders are from the same ticket. Last year, Bachmeier and Blake Andert were the two front-runners. At the time, Andert was the VP to then-President Brandon Beyer; Bachmeier was Beyer's Chief of Staff. This year, although the VP and the Chief of Staff are running together, Hanley ran for Student Senate under the Bachmeier ticket with Hanson last spring. Despite being on the same

ticket last spring, Hanley has regularly been the voice of opposition or played devil's advocate in the Student Senate. For students interested in running for any elected position in the Student Government, the last day to apply to be on the ballot is Wednesday, March 28. According to a memo sent to Student Senators, the Elections Committee extended the previous deadline of March 17. Packets and information regarding applications are available at the Student Government Office in the Memorial Union. However, students can still run a write-in campaign after this deadline. The March 28 deadline refers only to students applying to have their names on the ballot. All campaigns must follow the guidelines and regulations as posted in the Code of Student Government Elections. Election Day is Wednesday April 11. Students will be emailed a link that morning and will cast their ballots online throughout the day.

"In the past, there have been conversations about things that could happen on-campus and things that should happen on-campus. We want to commit to those ideas."

Theresa Hanley, Student Body President candidate

first female Vice President since Alexis Hanson in 2014. The Hanley-Morlock ticket's slogan is "The change you need. The voice you deserve." According to Hanley, that change refers to a stronger commitment to enacting. "In the past, there have been conversations about

making the library more accessible on weekends, as well as appointing a delegate to the Grand Forks City Council. Pritzl, however, dropped out of the race on Saturday due to an unanticipated complication with his VP candidate, Paul Henning. Pritzl said he plans on pursuing a seat in

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North Dakota Democrats prepare for November

Jacob Notermann
André Washington
Dakota Student

North Dakota’s 2018 Democratic Convention was held in Grand Forks at the Alerus Center over the last weekend of spring break, and the Dems came out in full force. Senator Heidi Heitkamp and her staff of campaigners set up camp throughout the Alerus Center, aligning rows and rows of chairs that faced a

race against presumptive Republican nominee and current U.S. Representative Kevin Cramer. While in Grand Forks, Heitkamp spoke about her connection to the city and its potential. “This is my alma mater,” Heitkamp said. “I think all the time about what we can do to make this institution more recognized nationally and what we can do to honor the students here with jobs and opportunity.” She said this race is

"I think all the time about what we can do to make this institution more recognized nationally and what we can do to honor the students here with jobs and opportunity."

Heidi Heitkamp, Senator (D–ND)

stage backdropped by an LED screen larger than an IMAX. They propped up platforms and plugins for the press, splattering the main entrance walls with Heitkamp posters and paraphernalia, all heightened by random badge checks and youthful volunteers. There was an exciting buzz that filled the air as delegates, reporters, supporters and security personnel zipped throughout the arena during the four-day convention. Speaking at the event was U.S. Vice President Joe Biden as well as other Democratic heavy-hitters. Those in attendance witnessed Senator Heitkamp win the nomination for her current Senate seat, where she will

different because she’s an incumbent, but feels proud of what she’s done during her term in Washington. With North Dakota being predominantly Republican-controlled in the State Congress, she noted that her goal isn’t to turn the state blue. Instead, her campaign focuses on bipartisanship and cooperation. “You may not get everything like, I may not get everything I like, but we’ll have made decisions that make the people believe we’re legislating and that we’re moving the country forward,” Heitkamp said. Rather than picking sides, she said voters should pick issues. She specifically spoke about the foster care system and

the student debt problem, as well as supporting equal work for equal pay. “One of the reasons why we have gender disparity is because women get pregnant, they have babies, they leave the workforce and they sometimes cannot afford to come

back, or cannot afford to work because of high day-care cost,” Heitkamp said. “I have introduced something called the Family Opt that would provide three months of paid family leave and would guarantee that people could go home and take care

of sick moms and dads and also raise a family.”

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André Washington / Dakota Student

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Think you're tough? Try hot yoga



Bruce Mars / Unsplash

Bilal Suleiman
Dakota Student

When the door of the studio opens, one is immediately greeted with a blast of bass-heavy pop music and warm, humid air that smells faintly of essential oils. The tops of the mirrored walls surrounding the room have a slight fog near the top. Yoga mats fill the room, each one only a few feet from the next. The mats are occupied with warm bodies, all moving and all gleaming with sweat. At the front of the room, the instructor demonstrates a next exercise, a combination of a leg extension with an ab crunch mixed in. "Squeeze your booty!" shouts the instructor. "Cause if you don't..." she trails off. "No one else will!" replies the class in unison. Giggles ensue and the mood is lightened. Welcome to sculpt and shred hot yoga at Haute Yogis in Grand Forks. Hot yoga is the latest

exercise fad to hit the nation. I started attending hot yoga after the start of the new year to see what all the fuss was about. People have the misconception that yoga is all about stretching and breathing and that it is an easy exercise strictly for women. I assure you that it is anything but easy. Yes, there's stretching and breathing and yes, a lot of women perform hot yoga. However, if you really think you're tough and that hot yoga is too easy for you, think again. Not only is hot yoga one of the most brutal workouts out there, it's extremely beneficial for you as well. Hot yoga involves yoga exercises performed in a heated room, usually kept around 100 degrees. The purpose of the heat is to simulate the weather conditions in India, where yoga originated. The heat also helps warm the muscles and allows for deeper stretching. A result of this heat is the

natural side effect of profuse sweating. A water bottle is mandatory, as is a towel. Even bringing a second towel isn't a bad idea. It's an extremely strenuous form of exercise. The combination of heat with athletic movements and stretching is a match made in conditioning heaven. 15 minutes into your first class and it becomes apparent that this is not your typical workout. Newcomers are encouraged to have a goal of simply not leaving the room. Even seasoned yogis can be seen lying on their mats, recovering, during a particularly tough class. It's one of the most difficult workouts I've ever performed. No other form of exercise keeps one so close to their breaking point throughout the entire workout quite like hot yoga does.

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Why you should immerse yourself abroad

Quinn Robinson-Duff
Dakota Student

Experiencing different cultures around the world is a must in life. It opens your eyes to perspectives and ideals that you may never have thought of. Growing up, you get to see and study the world through textbooks and class but are not often given an opportunity to visit a country vastly different from what you are used to in your everyday life. Being able to immerse yourself in a culture through travel does not even compare to reading it in a book, which does not do it justice.

Over spring break, I had an unbelievable opportunity to go to Japan and travel across the country. In seven days, I ventured to seven different cities, each one as incredible as the next. It was a chance to learn and experience a new culture first-hand, something I have never done before. Seeing religious shrines, temples, markets and other aspects of Japanese culture was breathtaking and life-changing.

Traveling abroad caused me to go outside my comfort zone and see the world from an alternative perspective. The people and traditions of Japan opened my eyes to the other side of the world. I know for

a fact that I see the world differently now and above all realized how little we know.

You can only learn so much through textbooks but when it comes to comprehending and understanding them accurately, well that is only possible interacting and diving right into the culture. I learned about Buddhism and Shinto, the two main religions in Japan, which is something I had the opportunity to learn about and see in action in person.

In the United States, while we do have an abundance of different religions, the main influence is Christianity. I was raised Catholic myself and went to Catholic schools most of my life, so I was never exposed to different religions.

Being in Japan, including walking through temples and shrines, seeing monks pray and learning about the history and ideals broadened my perspective. I fell in love with it all but this is just the beginning.

After traveling to Japan, I felt a deep connection with the country and have decided to study abroad there for a year. Traveling makes you realize how much more is out there outside of the small town of Grand Forks, North Dakota. There is knowledge and wis-



Damir Bosnjak / Unsplash

dom to be gained from everywhere and creates a drive in us to keep on exploring and adventuring. The journey to discover the unknown will keep us curious as we venture around the world.

I want to visit as many different countries and talk to as many different people as I can in my lifetime. Going abroad is an experience and a journey of a lifetime that I encourage everyone to do in their life. They will learn more about people and themselves than they ever believed they could. It opens doors and perspectives to everyone that isn't afraid to venture far from home.

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

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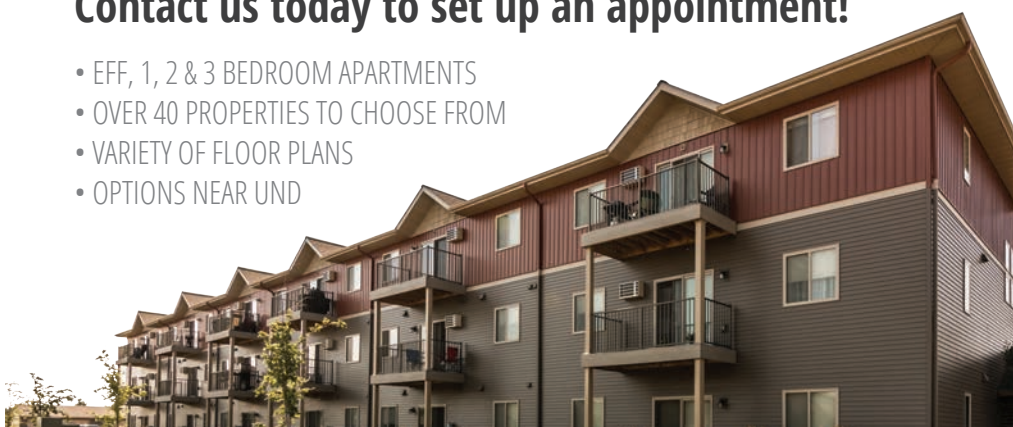
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UND Writers Conference

Photo by Nicholas Nelson/ Dakota Student

UND Writer's Conference director Crystal Alberts introduces "Art and Justice" panel members (from left) UND law professor Steven R. Morrison, writer Molly McCully Brown, writer David Grann and artist Nicholas Galanin on Wednesday, March 21, 2018 in the Memorial Union Ballroom.

Aimee Coons
Dakota Student

As we trudge through a grey and temperamental spring, there is a bright ray of sunshine that the community of Grand Forks looks forward to every year: The UND Writers Conference. Amidst the snow and wind students, UND faculty and community members all flock to the three day conference to participate in stimulating conversation and the celebration of the arts.

This year is the 49th Annual UND Writers Conference with the theme of "Truth and Lies." This year's featured authors and artists were Molly McCully Brown, author of "The Virginia State Colony For Epileptics

and Feebleminded"; Nicholas Galanin, "a multidisciplinary artist whose work offers perspective rooted in connection to land and an intentionally broad engagement with contemporary culture," according to the Writers Conference website; David Grann, author of "Killers of the Flower Moon: The Osage Murders and the Birth of the FBI"; Marlon James, author of "A Brief History of Seven Killings"; Lauren Markham, author of "The Far Away Brothers: Two Young Migrants and the Making of an American Life"; and poet Ocean Vuong, author of "Night Sky with Exit Wounds."

Professor Crystal Alberts of the English Department is the director of the Writers Conference. Alberts

has been working with the Writers Conference since 2009, undertaking the massive job of organizing students, reserving venues, inviting authors and artists, promoting the event and much more.

"I have the next two (conferences) outlined," Alberts said. "Usually what happens is I try to think about new things that we might discuss without necessarily duplicating ideas from the past. I try to look around and think about what might be interesting to discuss, what is relevant to the area, what might be attractive to my broad demographic and I do, as someone who studies contemporary literature and culture, I read a lot of everything and try to think of what the next thing might be.

Sometimes I start with an author or theme and just go from there."

As I attended the many events of the conference, the theme of "Truth and Lies" was prominent in every event. Whether it was in a Grand Challenges Symposium panel discussing climate change or in a panel with the featured authors/artists speaking of art and justice.

With the theme of truth and lies, Alberts could have gone in many directions with panel discussions and had a wide range of authors and artists whom she could have invited. I asked her how she narrowed down her options to just five or six featured guests.

Alberts said that she starts writing grant proposals for the Writers Conference two years in advance. Grants for the Writers Conference is key for not only sponsoring the event and securing a venue but paying for the featured guests to come and speak.

"In June, I usually create a rough sketch of who might be at the [future] conference," Alberts said. "Sometimes I have a particular work that I might be interested in and in order to make it cohesive I have to have an idea of how all the works interconnect while also covering a number of genres. So it's reading, thinking about major topics, looking at interviews, book reviews and thinking of how all the pieces might fit together. As it (the conference) gets closer, I will start thinking of authors and who's available. A lot of times a lot of the people I consider inviting haven't even been published yet because

we are always looking for emerging authors."

To be director of the Writers Conference is a colossal enterprise. Yet Alberts succeeds at producing a phenomenal conference year after year in addition to teaching excellent classes. Running the event with ease does not come without its difficulties.

"Probably one of the most difficult things is that I have a broad demographic. We are free and open to the public, which means there are elementary and high school kids here, all the way up to those who are in their 70s and 80s from the community, alumni, faculty, staff, students from here and other universities....trying to find authors/artist that will appeal to an audience that will bring people in and finding the money that will make that possible. In addition to having all the featured guests all available at the same time"

The Writers Conference is an epicenter of literature, culture and art. It is run on grant money and the donations of the community. I volunteered at the information desk for the Writers Conference and was thrilled to see an abundance of people donating to the Writers Conference.

I asked Alberts if authors/artists are receptive to coming all the way out to Grand Forks, North Dakota to come to our Writers Conference. Alberts said that authors/artist are very receptive to attending the conference. Over the years the UND Writers Conference has gained an overwhelmingly positive reputation and many authors/artists and their

agents have already heard of the conference.

"In the literary world, things get around and we try to keep our reputation as being very respectful of the authors and the artists and that is something beneficial to them as well," Alberts said.

Next year is the 50th Annual Writers Conference. I had such a wonderful time at this year's Writers Conference I couldn't help but ask for hints on what next year will be like.

"It's our 50th Annual Writers Conference, our Golden Anniversary, the theme is 'What the Future Holds'...there was a huge spike in Ray Bradbury's 'Fahrenheit 451' and sales in dystopic fiction was being bought out and more was being written. I am thinking along those lines but it gets to be apocalyptic and depressing so I am looking at dystopic literature but also utopic literature, something that is hopeful, and consider some Afro-futurism but I am not quite sure how it will all come together yet."

Unfortunately no news yet on who will be featured at next years Writers Conference so we will have to keep an eye out for the announcement.

For more information on the Writers Conference and how to participate or donate please see their facebook page: www.facebook.com/UNDWritersConference or their website <https://und.edu/orgs/writers-conference>.

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

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Former Grand Forks Herald publisher Mike Jacobs speaks on changes in the local newspaper landscape as part of a media and journalism panel discussion Wednesday, March 21, 2018 in the Memorial Union Lecture Bowl.

Multidisciplinary artist Nicholas Galanin (right) answers a question as part of a UND Writer's Conference panel on Wednesday, March 21, 2018 in the Memorial Union Ballroom.

Aimee Coons is an A&C writer for Dakota Student.
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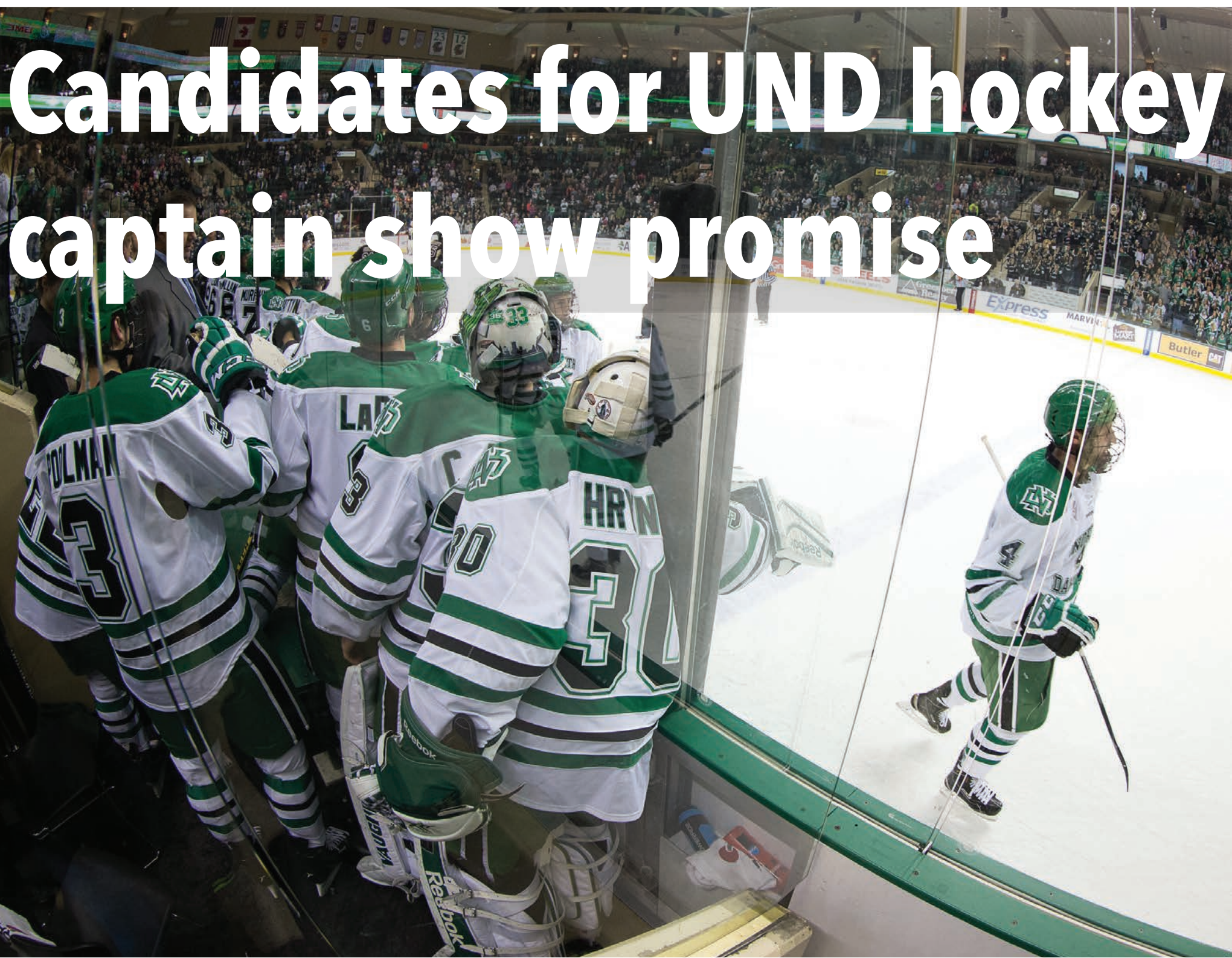
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Candidates for UND hockey captain show promise



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Nick Erickson
Dakota Student

Now that some of the early signings have been completed, we can start to prepare and see what can be expected of next season. A year ago, Cam Johnson was campaigning to be the acting captain for the UND squad. We have an idea as to who our goalie will be with Peter Thome being the only goalie besides Cam to play last season.

However, with captain Austin Poganski leaving as a senior, fans look forward to the releasing of a name that will lead the ship back to the promised land. Until then, the fans will speculate. It's always a debate when highly devoted fans speculate on which player will get the highly touted captaincy nod from Brad Berry and the rest of the team.

Rumors circulate around who will be the next captain, after the time comes for the former captain to move on to the next step in their hockey careers. So far with the speculations, it seems that the front runners could potentially be the future captain.

Starting things off, it's important to take leadership qualities into consideration. Nick Jones came in as a transfer from Ohio State, known for his leadership abilities and his standout performance from this past year has jumped right into the lineup to become an impact player. Having only had one year with the program and already leaving such a strong impact on the team in the locker room and on the ice, he is a highly viable option for the fu-

ture captain's position.

"I really didn't have much of a decision," Jones said. "When I committed here, I was committing for two years. It didn't really ever cross my mind that I would leave early from this place. I love it here. I love everything this program stands for. It wasn't even a decision for me. I never even thought about it."

Rhett Gardner, coming off another stepping stone year having been named the NCHC defensive forward of the year, is another solid candidate for the captain's role. Even though he missed a fraction of the season last year, it may have benefited him in his leadership qualities.

Being unable to help the team on the ice, he had to rely on his ability to help them in what he could see from a different perspective. Being out of the lineup gave him the ability and time to guide the younger guys on the team.

"I want to get everything back to where it was when I came here as a freshman," Gardner said.

This is a tantalizing statement that a lot of fans will eat up in the coming months with anticipation of opening night at the Ralph Engelstad Arena.

UND has retained the top two centers from this past season, but it's important to note that they did, however, lose their top offensive threat, who was actually a defenseman. Junior defenseman Christian Wolanin has signed with the Ottawa Senators leaving a massive gap in the scoring and defensive corps for UND.

Stepping up to the plate will be the tough-nosed defenseman: Colton Poolman. Coming back for his

junior year without even debating or considering free agent deals this off-season, the East Grand Forks native will be gearing up for the start of his junior year and potentially the first of two years as a captain. The last captain to have done this was also from East Grand Forks: Gage Ausmus. If Poolman is chosen to be the captain, it will mean that come the 2020 season, if Poolman declines leaving early again, UND will have had five years with three captains while four of those years UND was captained by someone who came from East Grand Forks. Poolman has the same drive as his older brother Tucker, who now plays for the Winnipeg Jets in the NHL. The younger brother has actually put up better numbers in his second year than his NHL caliber brother did in his second year.

The difficult thing about speculations is that they're basically educated guesses. UND has a lot of top quality talent returning for this coming year, and even more talent being added with the incoming freshman. The important thing that will surface in the next few months is who will become the leader of this highly talented group. The captainship could be given to someone else besides the top two centers or the newly appointed leader of the defense. The community can be assured that whoever it turns out to be will fulfill their duty to the best of their ability.

Nick Erickson is a sports writer for Dakota Student. He can be reached at nick.r.erickson@und.edu



Dakota Student File Photo

Nick Erickson
Dakota Student

Early signings at the University of North Dakota are very similar to the nature of blizzards: they always pack a punch and usually happen more than once a year. Christian Wolanin and Shane Gersich became UND’s 99 and 100th players in history to make it to the NHL. Wolanin signed on with the Ottawa Senators last Wednesday, and Shane Gersich officially signed last Friday. These early signings came a bit earlier this year, after UND failed to make the NCAA national tournament for the first time in 16 years. However, early signings this year were not as intense as the past two years. Early signings after the 2016 and 2017 seasons came with a few more blizzards and took rather large parts of the program with it. After the 2016 cham-

pionship season, UND lost five of the top players on the team to early signings that summer. Paul Ladue had been highly sought after by the Los Angeles Kings since he came in as a freshman and finally caved into the NHL pressure. Nick Schmaltz, after an outstanding sophomore season, took off to join the Blackhawks and made an immediate impact in their offense, considering he played on the top lines throughout his short career thus far. Troy Stecher made the roster in Vancouver and quickly became the fan favorite rookie of his first season. Keaton Thompson left a year early to join the Ducks organization but still failed to touch the ice for the NHL squad since leaving UND. Luke Johnson remained in the Blackhawks system with the Rockford IceHogs. Johnson has been a

clutch performer for the AHL team during his progress towards making the Blackhawks roster to reunite with his former teammate, Nick Schmaltz. Notable players to stay in town and continue with their collegiate career after the championship were Tucker Poolman and Brock Boeser. Poolman had a desire to stay one more year in anticipation to play with his younger brother Colton, who would be competing for UND the following year. The brotherly duo ended up working out incredibly well the following season. Brock Boeser came back after arguably one of the most notable freshman season performances of any UND hockey player. Brock joined former Sioux standout Zach Parise as the only freshmen to register a 50-point season in the last 35 years. Enter Tyson Jost. Jost is the only player to

have ever come to UND and leave after only just one season of play. What a season of play it was for the standout Canadian. Jost decided to sign his entry-level contract with the Colorado Avalanche after the overtime loss in the NCAA playoffs to Boston University his freshman year. Following his signing, Brock Boeser decided he wanted to continue his success at the professional level. Brock Boeser, in turn, made the all-star game as a rookie during his first full season with the Vancouver Canucks, where he won the shooting accuracy competition. Boeser was also in the top five of the scoring race in the entire NHL, not just for rookies. While having an outstanding year, the Minnesota native UND alumni ended his season early after suffering a back injury after an attempt to hit Cal Clutterbuck sent him into the

open door of the Vancouver Canucks’ bench. Tucker Poolman also decided to leave after playing one year with his sibling, to join the Winnipeg Jets organization. Jets coach Paul Maurice told the Winnipeg Sun at the beginning of the preseason this year that it’s “possibly the first year in the last three we won’t have a pure rookie going into opening night,” Maurice said. Poolman may not have played the opening night against Toronto or their second night against Calgary, but he played in their first win against Edmonton on October 9. Poolman, who has been defying all odds put in place against him, has been playing very well for the top-ranked Winnipeg Jets this season as they approach playoffs. Of the 27 players that UND had on the roster for the 2016 national championship season,

a third of the team has left early to pursue their NHL careers before their final season was up at UND. Some may be frustrated with the amount of talent that the program has lost too early, but it serves as a testament to just how well-rounded and defined the men’s hockey program at the University of North Dakota really is. As Grand Forks Herald sports reporter, Brad Schlossman posted on Twitter: “We’re still less than two years removed from the 2016 national title game and more than a third of UND’s players from that night are currently in the NHL.” That is something a community, a university, and a program can be proud of.

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UND intramural sports keeping students active

Madison Overby
Dakota Student

Intramural volleyball started up last week at the Wellness Center. The season runs for about five weeks; the regular season lasts until late April. However, if teams make it to tournaments the season can potentially be longer. There are four leagues that students are able to choose between. There are the basic men’s and women’s divisions, as well as Co-Recreational Division I and CoRec Division II. Players are able to choose which league to sign up for and who they sign up with. It’s also possible to sign up with a random team as long as the captain approves it. A sophomore at UND, Chelsea Berg, is the captain of a women’s league team called the One Hit Wonders. Berg played volleyball in junior high and high school and took a vol-

leyball class at UND. She signed up with a group of girls who had all played volleyball in high school and jumped at the chance to play competitively again. There’s also people involved at the other end of the spectrum. A lot of people join intramurals purely for the fun of it, with not much background in the sport. Cameron Jorda, a freshman at UND, is captain of the Young Thugs in the men’s league. “I just set up a team full of my buddies and myself,” Jorda said. “It’s definitely a good way to stay somewhat competitive in activities.” Jorda also played intramural basketball in the fall. Freshman Sophia Scott, captain of Block-a-Flocka Flame, in the CoRec Division II league, couldn’t agree more that intramurals are for

having a good time. “I picked division two because everyone is about having fun while getting to play competitively,” Scott said. “Not everyone there has played the sport so you feel comfortable and overall have more fun.” The Division I league is more of a competitive experience than Division II. Megan Lauck is graduating with a Masters of Occupational Therapy this May and is currently captain of The Last Set in the CoRec Division 1 League. Lauck has played summer league volleyball, intramurals and played volleyball in high school. She also played on the UND basketball team during her undergrad and continues to play basketball intramurals as well. “To be honest, I’m very competitive so I’d prefer to play with people who have

played before,” Lauck said. “I typically sign up for the division one leagues and I play on CoRec teams.” Lauck’s goal for her team is to win the championship. “My favorite part (about intramural volleyball) is getting together with friends in a competitive setting, having fun and winning,” Lauck said. Although all four captains come from different backgrounds and have different goals

for their teams, they all agree on one thing: Everyone looking for something to do should try out intramurals. “I would encourage others to get involved in intramurals even if they’re not the most experienced,” Chelsea Berg said. “You can always improve and intramurals are a fun way to make new friends and have new experiences.” On top of that, there isn’t much of a time commitment involved. The games take place

once a week and practices aren’t required. Depending on the team they may try to get together during the week for a laid back practice but others just show up to the games, which is highly preferable to Cameron Jorda and his team. “Why practice when we could be playing Fortnite?” Jorda said.

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