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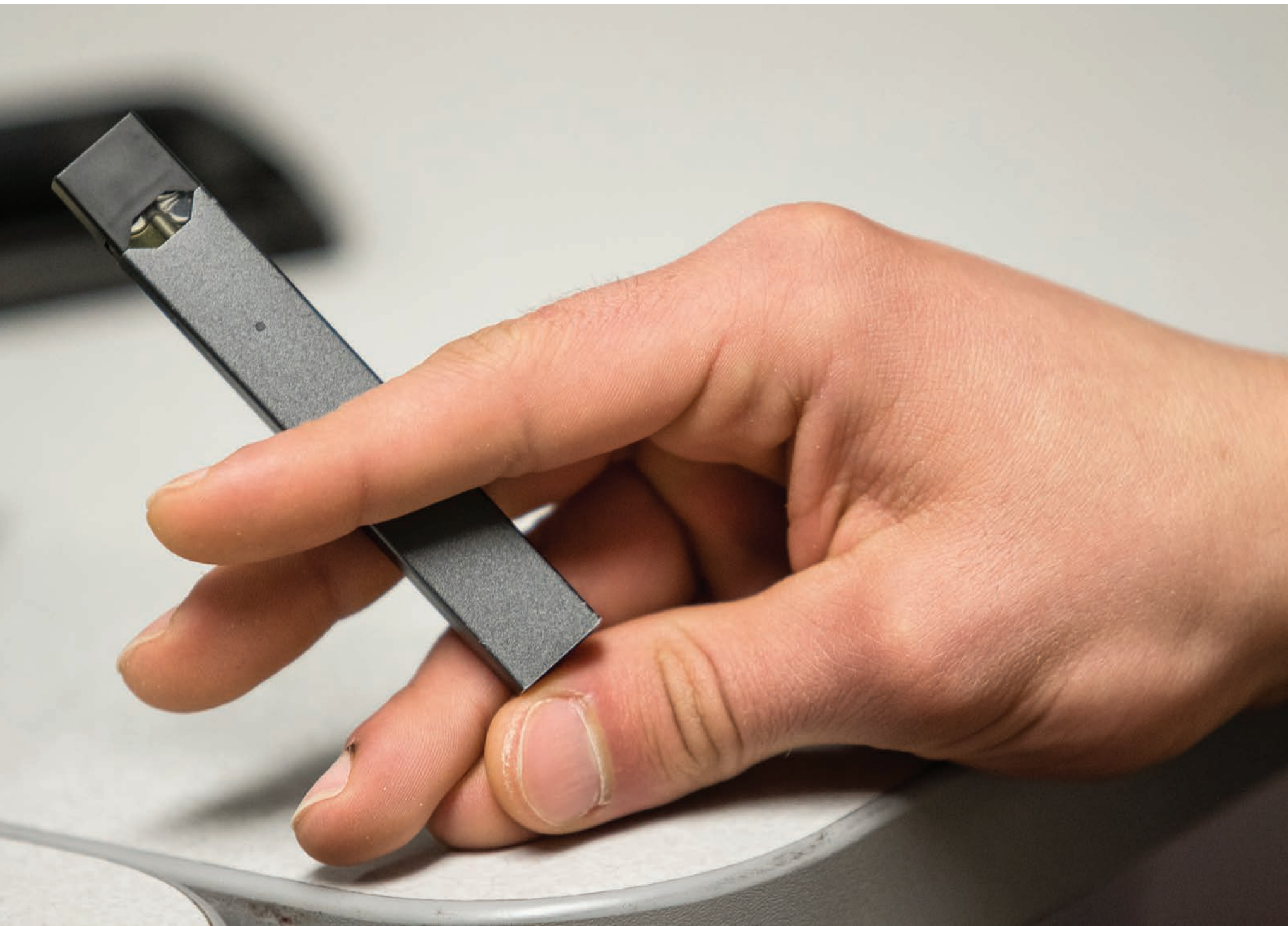
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Inside this issue

NFL vs. NBA 3

Raise Your Paws 5

Football Wins 7



Juul's are known for their sleek USB style look.

Nick Nelson/ Dakota Student

SIDE EFFECTS

The harmful reality behind e-cigarettes

Madison Feltman
Dakota Student

Walking around the University of North Dakota, let alone any sort of college campus, you are likely to stumble upon the use of e-cigarettes otherwise known as a Juul or a vape. The market for e-cigarettes has skyrocketed within the last 5 years. As their main business model ‘better for you’ has increased sales. Some users intended use is a way to kick their smoking addiction and others use it for recreation. The Juul hit the market in 2015 and took off in sales. Juul is an e-cigarette that is sleek in design

and resembles a USB, which ultimately draws young adult and adolescent consumers towards the product. Another component that draws a younger audience is the flavors of liquid nicotine like fruit, mango, cucumber and crème brûlée. The other form of e-cigarettes widely known among young adults is a vape pen or a vape module which creates an inhalable vapor. Vaping has become a rather larger trend amongst college students and continues to grow with social media. It has become a trend that is all about popularity. “Most of the time people vape because

they think it is cool,” Kylee Cruys, a freshman at UND said. “I don’t really like vaping, but at the same it’s not my body, it’s the people who are using it that are harming their body.” Many vapers are unaware of all of the negative side effect correlated with use because of the “better for you” major campaign. When you compare smoking cigarettes side-by-side with the use of an e-cigarette, the health effects are dramatically less condemning. Yet vaping still carries a list of side effects including headaches, respiratory problems and risk for those

who have pre-existing health conditions. Perhaps what is the most concerning side effect is addiction. With the primary market being young adults, it is easier to become addicted. According to a study by Disease Control and Prevention, nicotine hits adolescents harder compared to older individuals. “We know that nicotine is one of the most addictive substances available in a consumer product,” Adam Leventhal, a clinical psychologist and a professor of preventive medicine at the University of Southern California said. “Withdrawing from nicotine is awful anxiety, depression, irritability, hunger, weight gain. All of those are symptoms of nicotine withdrawal which are unpleasant. So that sums it up.” With the side effects of nicotine being brushed under the

rug, the use of vaping continues on. Here at UND, there is a strict tobacco free policy, although the use of tobacco is permitted on city sidewalks and streets. There is no said policy that includes the use of vape modules and e-cigarettes. “I hate vaping,” Sophie Weigel, a freshman at UND said. “I am tired of fire alarms going off all the time and vaping on campus is just encouraging our peers to use harmful substances without knowing it.” Despite the “better for you” campaign, there has been studies shown that there are harmful side effects to vaping. Although nicotine use is associated with these harmful side effects, it has also led to an overall decline of cigarette sales.

“Vaping on campus is just encouraging our peers to use harmful substances without knowing it.”

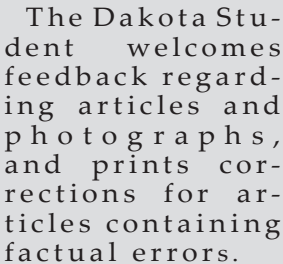
Sophie Weigel, UND freshman

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



Crime Increase in Grand Forks

Sasha Leibold is a News writer for Dakota Student. She can be reached at sasha.leibold@und.edu



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Belichick for President

Bobby Feaster
Dakota Student

I talk to my sister almost everyday and we talk about lots of different things, usually funny but sometimes serious and one day we came across the idea that some of America's best and brightest minds are actually professional sports coaches and that if we had these men in politics the world would be a much better place. This article and the next few articles that I do will be exploring why I believe certain professional sports coaches have the best and brightest minds that the American people have to offer,

and where different coaches would fit into the USA government of coaches.

First, I believe that coaches are smarter than politicians because the best coaches are always thinking about their team and always trying to find ways to make their team better. There is no better example of this than football coaches. Every football coach spends all week watching film and scheming to try and beat their opponent that week. No detail is too small for an elite coach. This is why I believe that Bill Belichick, coach of New England Patriots, should be the president of the

United States. Has there been a better, more prepared coach in the last two decades outside of Bill Belichick? I think Belichick's track record speaks for itself. His record since 2000 is 218-76 and he has been to eight super bowls! He is 5-3 in those Super Bowl games and his teams have only missed the playoffs three times in the last 18 years.

Can you imagine the presidency of Bill Belichick? For those of you who are football fans, you already have an idea about Belichick and likely you don't like him unless you're a Patriots fan. But put aside our football differences for one

minute, imagine the winning that America would be doing with Bill Belichick at the helm?! Belichick's work ethic is already legendary! Anyone who follows football knows that Belichick is at the office early, leaves the office late and he spends his entire time figuring out how he is going to beat the opposing team into submission that week. Every red blooded American could go to sleep at night knowing that Belichick is going to do what is best for the country and although there would be times where the people might be confused by Belichick's decisions, we already have the proof that he knows

what he's doing and that he deserves to be trusted.

Not to mention the fact that Belichick is a known history buff and his dad was a coach at the U. S. Naval Academy where Belichick grew up and learned his legendary work ethic. Belichick is a student of the game and he is more interested in talking about the nuances of punting than he is talking about star wide receivers or running backs. I have complete faith that Belichick won't let anything slip past him, but we can also rest assured that nobody will ever be able to decipher what Bill is talking about! Can you imagine our

rival nations trying to figure out what Bill is thinking? "We're on to Cincinnati. Belichick is a legend in post game press conferences and there would never be 25 words used when five words will say the same thing.

Bill Belichick is the best at what he does and I believe in a Bill Belichick presidency. Belichick 2020! Next week we'll visit some possible running mates for Belichick.

Bobby Feaster is a columnist for Dakota Student. He can be reached at Robert.feaster@und.edu

Measure 3: Yes or No?

Bilal Suleiman
Dakota Student

Measure 3 vote on legal pot influenced by outside factors

It's do or die time. Midterm elections are about two weeks away from now. Campaigns are making their final push to convince voters to vote for their cause or candidate. The senatorial race between Heidi Heitkamp and Kevin Cramer is stealing all the headlines due to its implications on which party controls the senate. But there is a local campaign to fully legalize recreational Marijuana in the state which has a far greater implication on North Dakotans day to day lives. And

just as Heitkamp and Cramer are receiving campaign donations from out of state, opponents of Measure 3 are bringing in big outsider money to fight the grassroots campaign.

Ballot Measure 3 essentially aims to treat marijuana like alcohol, with a minimum age for purchasing and possessing to be set at 21 years old. The measure also has stipulations to expunge the records of anyone with a marijuana related conviction.

Opponents of the bill claim that if the measure passes, it would make North Dakota the most liberal state on marijuana in the nation

A mailer was sent out last week to from the "Vote No" campaign to every resident of the state. The brochure was brightly colored and emblazoned with a crossed-out pot leaf and filled with the usual anti-marijuana arguments. The cost of printing and sending that mailer to every resident of the state was estimated to be between \$77,000 and \$94,000. For a single mailer.

The Legalize ND campaign has raised about \$30,000 in total funding. Most of this comes from individuals and candidates in the region who are sympathetic to the cause. Only around \$8,000 came

from far away sources; \$2,538 from national legalization organization NORML, and \$5,803 from travel writer Rick Steves.

Meanwhile, the anti-legalization group "Healthy and Productive North Dakota" have received all their campaign contributions, over \$150,000, from a single faraway source; Smart Approaches to Marijuana (SAM) based out of Virginia. That's five times more than the Legalize ND raised in total, all from a single outside source. This is the real issue here.

Regardless of where you stand on the issue, we should be concerned about the influx of out of state

money coming to influence a local vote on a local matter. The Legalize ND campaign is by the people of North Dakota, for the people of North Dakota, and funded by the people of North Dakota. Veterans and those with chronic diseases have advocated for the passing of the law to make their lives easier. Despite this heavy financial disadvantage, the latest polls show a tight vote. Hence all the big money coming from out of state to sway voters.

Outside influences like big pharmaceutical companies have long donated to anti-legalization campaigns in many

states to keep the plant illegal. The medicinal properties of marijuana are well known to help with pain relief and would lead to lower sales of pain relievers for the pharmaceutical industry. This is all while our state is going through a terrible opioid addiction crisis caused by the same drugs that these companies produce. The hypocrisy is palpable.

Vote Yes on Measure 3 on Nov. 6.

Bilal Suleiman is a columnist for Dakota Student. He can be reached at bilal.suleiman@und.edu

Spread Love, Not Hate

Quinn Robinson-Duff
Dakota Student

The separation of humanity seems to be increasing day by day, whether it be race, gender or beliefs. People are finding different ways to separate themselves from the rest of the population. Now, more than ever should be a time to unify the country. With extremist on both sides, left and right, were detaching ourselves from a more important issue that has yet to be resolved. If history has taught us nothing, it's that humans have a primal urge to fight and disagree with another rather than listen and understand different frustrations on

each side.

Especially in our modern age of technology, we can find an infinite amount of issues supporting our own belief and understanding of an issue rather than individuals who have a different perspective on any given topic. Youtube is a prime example, you start off watching one video you enjoy, then afterwards your given an abundant amount of similar information.

However, if you listen to individuals who share an alternate frame of reference, the differences observed may not be as vast as first perceived. Almost everyone wants the best for society, only those like The Joker

When you listen intuitively, problems people face may be similar or they may represent a manifestation of one's own setting created by the environment around them.

want to watch the world burn. When you listen intuitively, problems people face may be similar or they may represent a manifestation of one's own setting created by the environment around them. When Donald Trump became president, he brought back coal mining jobs and production. While I don't think this was a good idea in the sense of long lasting

human survival and protection of our planet, I absolutely understand why President Trump decided to do so.

For a good part of the United States history, coal production was an immense economical aspect. It created a lot of jobs and communities. But as the United States started to dismantle coal mining, jobs and economic stability in the areas of coal production

Quinn Robinson-Duff, Columnist

decreased. By bringing back those jobs, it helped increase stability within the regions, communities and families were brought back together.

Without knowing that, and the improvement of life given back to coal miners, it's easy to see from that perspective why that would be a good idea with an unpopular action in today's society.

Especially with the global effort to decrease the carbon emissions being released into the atmosphere, the action to bring back a beneficiary of climate change seemed inconceivable.

Perspective is everything, everyone looks at the world differently, instead of fighting our differences we need to first understand why we have differences, why there is disagreements. We all want the best for humanity, no one is denying that. All we need is a little compassion and love.

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

Raise Your Paws



Noah Sell/ Dakota Student

Members of the Grand Forks Community come together for the circle of friends benefit concert.

Noah Sell
Dakota Student

This past Thursday the Alerus Center hosted Raise Your Paws, the Circle of Friends Humane Society's largest physical fund raising event of the year, with over five hundred guests in attendance. The night was full of activity with several rows of tables set up for silent auctions, a collection of carnival-style and casino games, tables full of appetizers and snack foods, a meat carving station, a raffle and live auction. Even some of the animals who are up for adoption were

in attendance for the guests to get to know. The silent auction consisted of hundreds of baskets and other bundles of goodies with varying contents for either the animals, their owners or both. People could also bid on pieces of artwork created by local artists, like sculptures and paintings. There were even a couple of mystery boxes to bid on with the only hint to their contents being the words 'cat' or 'dog' on either one. The purpose of the games were to do more than provide more entertainment to the guests, as the games awarded

various amounts of tickets to winners which people could then use to enter raffles for things like quilts, a year's worth supply of toilet paper, a collection of scratch-off tickets and more. But before the live auction began and the winners of the raffles and silent auction were announced, Lauralee Tupa, the Circle of Friends Executive Director, spoke about how the shelter has grown since it was created, what they hope to do with it moving forward and thanked the various businesses and organizations who have helped

along the way. "Our vision is to continue to educate the public, to protect animals that we have the privilege to serve and to ensure the animals get placed," Tupa said. Tupa also spoke about the animals themselves and what it's like to walk into the shelter and see all of them waiting for homes. "Their eyes long for somebody to look at them and love them," Tupa said. "Their bodies push against the cages encouraging anyone to pet them and they wag their tails hoping anyone will stop by and spend time with them. They look up to you with anticipation that you might be the one to bring them home." After Tupa concluded her speech, the live auction began. Some of the things sold off included a fully stocked mini

fridge, a fishing trip for six people and a week-long stay in a villa in Mexico. There was also a competition of sorts between Tupa, the Shelter Manager, the shelter's board and the shelter's veterinarian. They each created bundles of their favorite things to see whose bundle could be auctioned off for the most money, with Tupa being the winner. After the night concluded and everyone had a chance to check if they won anything from the silent auction (one lucky guest could be seen wheeling out her winnings of eight different baskets), I had a chance to sit down and talk with Tupa who answered some questions I had about getting involved with the humane society. "We always like people to come in to look at the animals and

share their pictures online or volunteer with us," Tupa said. "Sometimes people will do like a donation drive or they'll collect gift cards so we can get pet supplies and things to help. And then any financial donation is put to good use, of course." This isn't the only way to get involved, individuals can also foster a animal. "Fostering means you basically babysit the animal until they're ready to be adoptable," Tupa said. "So you care for them and we provide all of the medical and all of the supplies, so it's just you loving them and caring for them." If you're interested in fostering an animal, you can contact Grace at Circle of Friends and she can help you get started, or you can fill out an online application from their website. If you want to help out in a way that doesn't deal directly with the animals, the shelter is always looking for volunteers to help out at their events. The next fund raising event is a jazz concert that will be held at the Chester Fritz Auditorium on Nov. 15.

Noah Sell is a A&C writer for Dakota Student. He can be reached at noah.sell@und.edu

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Zombies and people run together during the Zombie 5K on October 6th

Trevor Alveshere/Dakota Student

Zombies for a Cause

Maddie Two Crow
Dakota Student

A band of zombies came to Grand Forks this weekend wielding chain-saws, bleeding wounds made of makeup and chasing runners on bikes for a good cause. The Arthritis Foundation in Grand Forks hosted a zombie 5k run to raise awareness for

their cause, their outreach programs and to have some fun.

The zombies for the zombie 5k were members of UND fraternities and sororities who volunteered to become members of the undead for community service. Two members of UND Sigma Chi, Cole Lathrop and Joe Dronen, described the zombie

job and the basics of the race.

"The runners wear flag football flags, we chase them, and try to take their flags," Lathrop and Dronen said.

Every runner in the race had three 'lives' and the challenge was to make it to the end still 'alive.'

It took a great number of volunteers to make the zombie 5k come to

life. According to

Britt Ingersoll, the organizer or the 5k, they had about 20 volunteers and about 30 zombies to support a race of 75-100 people. The committee started planning the event a year ago, doing everything as volunteers.

Zombies in a 5k are unique, but Ingersoll says her favorite part of this event is spreading awareness of what arthritis really is.

"There's a misconception that arthritis is an old person disease," Ingersoll said. "The majority of it is autoimmune. You can look perfectly healthy, but in reality, be in a lot of pain."

[Note: autoimmune diseases are diseases caused by the body's immune system attacking itself.]

Heidi Jensen, an event committee member, agrees.

"People have this misconception that arthritis doesn't impact young peo-

ple," Jensen said. "There's more than one type of arthritis. Osteoarthritis affects primarily older people. However, inflammatory arthritis, like rheumatoid arthritis, can affect anyone, including kids."

Jensen also believes in supporting those who have been diagnosed, even if the disease doesn't personally affect you. Jensen got involved with the Arthritis Foundation in Grand Forks when her business partner's daughter was diagnosed.

"We're partners, that's what partners do," Jensen said.

Abby Kasprovicz, another volunteer, runs arthritis support groups in Grand Forks as well as helping organize the zombie 5k.

"We just try to educate and encourage people," Kasprovicz said. "We want people to know that there's people out there with the same

disease. We're here to support, educate and get involved."

Ingersoll agrees. Her favorite part of her job, working full time for the Arthritis

Foundation, is supporting those who need it.

"This is my passion and my career," Ingersoll said. "I don't have a work life and a family life, they've merged. This is not a 9 to 5 job. It's really about listening and being there when you're needed. If someone has just been diagnosed and needs to talk, I meet them when they can." Ingersoll says the one thing she wished the community knew about her organization is this group is here to personally support and help people through their lives with arthritis.

"We're the champions of yes," Ingersoll said. "If you're diagnosed with arthritis, we are going to find a way to keep you doing what you love. We'll figure out modifications and keep you doing

what you love." The next arthritis support group meeting is Oct. 23 at 6:30 p.m. at Applebee's in Grand Forks. Anyone in the Grand Forks area who is interested is welcome to attend.

Maddie Two Crow is a A&C writer for Dakota Student. She can be reached at madeleine.ardelean@und.edu

"We're the champions of yes. If you're diagnosed with arthritis, we are going to find a way to keep you doing what you love. We'll figure out modifications and keep you doing what you love. "

Britt Ingersoll, 5K Organizer



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UND Football Blows Out Montana

Football wins 41-14 against Montana State Grizzlies on Saturday



UND Football took home a major win this past week.

File Photo/ Dakota Student

Luke Askew
Dakota Student

The UND Football team had a statement win on Saturday over the Montana Grizzlies. They won in impressive fashion with a final score of 41-14.

While the offense performed at an extremely high level, the defense is really what set the tone early on for the Fighting Hawks.

On the opening drive for the Grizzlies,

quarterback Dalton Sneed was picked off by UND’s Deion Harris. This led to a ten yard touchdown strike from UND quarterback Nate Ketteringham to junior wide receiver Noah Wanzek. This was the first of two touchdowns between Ketteringham and Wanzek on the afternoon.

The opening drive turnover for Montana would prove to be a continuing trend throughout the

game as UND forced turnovers on the first three drives. All three of those turnovers led to UND touchdowns. Montana’s fourth turnover came in the second quarter off a forced fumble by defensive back Evan Holm. Like the first three turnovers, this would also lead to a UND touchdown.

Technically, that was it for the Montana turnovers. To recap, there were three fumbles and one interception,

all of which led to UND touchdowns. But Montana would also turn the ball over on downs midway through the second quarter. A turnover on downs isn’t technically considered a turnover in the box score, but it sure feels like one, especially when that gives UND great field position and they score a touchdown two plays later.

At the half, UND was up by a staggering 34 points. More impressive than that was the fact that the Fighting Hawks held Montana’s high-powered offense to zero points in the first half. If the game wasn’t incredibly out of hand by the fourth quarter, it’s quite possible that UND would’ve shut out Montana for the entire game, but it’s safe to say the game was basically over at halftime.

When asked about the hot start, “We

give all the credit to the defense on that,” Ketteringham said.

UND, who’s usually known for their ground attack, came out firing with the passing game right away.

North Dakota head coach Bubba Schweigert was asked during the postgame press conference if he thought this might have been a surprise to Montana. “Maybe, but we felt like we could take some shots on ‘em and Nate’s pretty skilled,” Schweigert said. “He can throw good deep balls and we got behind ‘em a couple times and I think they fell down on one.”

Speaking of Nate’s pretty good deep ball, the junior quarterback had a career outing. He threw for 254 yards and had five total touchdowns (four passing, one rushing). All five touchdowns came in the first half.

UND’s successful

aerial attack didn’t cause them to abandon the running game altogether. They still put up an impressive 282 rushing yards, largely because of James Johannesson’s impressive afternoon.

Johannesson finished the game with 108 rushing yards on 16 carries. He also found the end zone once in the fourth quarter.

John Santiago and Brady Oliveira also had nice days on the ground, tallying a combined 130 rushing yards on 25 total carries.

UND will look to continue piling up wins as they head to Sacramento for their next game on Oct. 20 to take on the Sacramento State Hornets.

Luke Askew is a sports writer for Dakota Student. He can be reached at luke.askew@und.edu

UND Hockey Struggles Against Bemidji

Hockey took a loss 1-2 on Friday and tied 1-1 and Saturday

Kyle Kinnamon
Dakota Student

The home opener for the regular season was upon the University of North Dakota men’s hockey team, when UND took on the Bemidji State University Beavers. UND was looking to shake off a loss from the night before in Bemidji.

UND came out strong to start the game, feeding off the crowd’s excitement. UND struck early when sophomore forward, Grant Mismash, buried

the night. Once the goal was scored the game became very defensive and sloppy.

The powerplay was a major talking point in the series. However, not for good reason.

UND would be gifted powerplay opportunities for the rest of the game, but the powerplay units could not even get set up. Sloppy zone entry, careless passing in the zone and faceoff losses became the main issues on the powerplay.

“Embarrassing is the only word

was dreadful to be honest with you. It starts with that, but we let our team down tonight as a whole powerplay unit. We’ve got guys going out there and earning powerplays for us and we go out there and put that effort forward. It starts with me losing faceoffs out there, but just as a whole unit, we cannot have that.”

“Not good enough. That’s basically all there is to that,” Mismash said in regard to the powerplay.

“We didn’t start with the puck,”

“We need more from the whole team in general. Just bearing down on our chances. We’re all in it together. Start fresh on Monday and start a run.”

Grant Mismash, UND Hockey sophomore

one only 2:31 into the game with help from senior forward, Nick Jones and freshman forward, Gavin Hain.

Unfortunately, this was the most excitement the crowd at the Ralph Engelstad would have for most of

I have,” senior alternate captain Nick Jones said. “The last two times they’ve come in here, I’ve been pretty optimistic about it. Tonight, there was nothing to be optimistic about. We couldn’t even get set up (on the powerplay). It

head coach Brad Berry said. “They won draws, they cleared the puck probably 90 or 95 percent of the time. You have to start with the puck to give yourself a chance.”

While the power play struggled, freshman



Casey Johnson looks for the puck against Bemidji State Beavers

File Photo/ Dakota Student

goaltender, Adam Scheel, made his regular season debut for UND.

“It was exciting waking up this morning and finding out I am playing,” Scheel said. “You can’t beat playing here.”

“I thought Adam Scheel had an outstanding game tonight in goal for being a freshman,” Berry said.

“He played awesome,” Jones said. “For him to come into this environment as a freshman goaltender, he played awesome.

We needed him there at the end, and he made some key saves for us. But we let him down tonight only putting in one goal.”

Scheel would make 15 saves on 16 shots. Scheel’s play is definitely going to keep his name in the discussion for the starting goaltender job between himself and sophomore goaltender Peter Thome.

While the game was nothing to write home about in the long-standing series against

Bemidji State University, UND can only hope and work even harder to breakout of this scoring slump.

“We need more from the whole team in general. Just bearing down on our chances,” Mismash said. “We’re all in it together. Start fresh on Monday and start a run.”

UND will continue their homestand against the Minnesota State University Mavericks this

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



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