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Photo Courtesy of Flickr

Students are burning out at an alarming rate

ATTENTION: COLLEGE BURNOUTS

Is it time to take a break?

Madison Feltman
Dakota Student

According to the University of North Dakota’s Spring 2018 American College Health Association National College Health Assessment II, stress and anxiety are the number one and two impediments to students academic success. This was defined as receiving a lower grade on an exam, or an important project, received an incomplete or dropped the course; or experienced a significant disruption in thesis, dissertation, research or practicum work. Students are beginning to feel the pressure boil over as they are at a constant war with themselves

trying to balance school, family, friends and in some cases work, all while trying to create a road map for the rest of their lives. Mental health issues are on the rise, especially among college students. According to the Anxiety and Depression Association of America (ADAA), 30 percent of college students reported that stress had negatively affected their academic performance, 40 percent stated anxiety as the top presenting concern among college students and 85 percent of college students reported that they had felt overwhelmed by everything they had to do at some point within the past year. “With the constant pressure of school, I am so stressed about

having good grades and being a part of extracurriculars,” Taylor Mortimer, a UND Junior, said. “With the stress of school consuming my day, I don’t have time any time to do things for myself that would help to lessen my stress.” As students are becoming more and more overwhelmed with academic expectations, it leads to what is known as ‘academic burnout.’ This can be defined as a state of chronic stress that leads to physical and emotional exhaustion, cynicism and detachment, feeling of ineffectiveness and lack of accomplishment. Once you have found yourself within a full-fledged burnout, you are no longer able to effectively manage

professional and academic tasks. On the lighter side, burnout has a slow start, as it begins with warning signs such as stress and anxiety, which can be easily prevented with help and awareness. “The first step is separating out how much of stress is actual stress, instead of the pressure around individuals,” Jodi Ramberg, UND staff counselor and substance abuse coordinator, said. “Pressure is the ways in which people talk to themselves, the ways we think about it, it all adds to the pressure which makes the stress bigger.” Once stress and anxiety has been recognized, we must learn how to better manage our stress and prevent stress. “How we talk to ourselves is a big part of stress,” Ramberg said. “We also need to remain balanced in our lifestyles, such as how we eat and how we sleep, stress is harder to manage when we aren’t taking care of ourselves.”

We can also take advantage of services provided to help better manage the stress. UND has an on-site, free and confidential counseling center which provides one-on-one appointments with a counselor as well as other resources such as ‘Stress and Anxiety Workshops.’ The workshops are offered in condensed single sessions or a four-session series that focus on learning about stress and anxiety and how it effects you and what you can about. You will also learn key strategies as to how to work through thoughts, how your body responds to stress physiologically, and creating a healthy lifestyle. Single sessions are provided twice a month and the four-session series begins Tuesday Oct 30, all of which take place in Memorial Union, Alumni Room 216.

“With the constant pressure of school, I am so stressed about having good grades and being part of extracurriculars.”

Taylor Mortimer, UND Junior

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Carnegie Hall (pictured above) is one of the few building that will undergo renovations

Trevor Alveshire Dakota Student

Plans for building renovations

Sasha Leibold
Dakota Student

The University of North Dakota was approved for state funding to renovate Babcock Hall, Gustafson Hall and Carnegie Hall. Babcock Hall is the University's oldest academic building, it will become the home of the electrical engineering and the computer science department, Babcock Hall will also be the hub for data research on campus. Built in 1908, the 110 year-old building was designed by architect Joseph Bell DeRemer, who also built the

President's House at UND, as well as the State's Capitol Building. The building is named after Earle Babcock, UND's first engineering dean. Gustafson Hall and Carnegie Hall are still currently being used but will be vacated in the next few years, Babcock Hall has been empty for about a year. Gustafson Hall was built in 1909, it was the original home of UND's first fraternity. It has also served as different types of housing for the university. The building will likely return to some short-term housing, Gustafson

could include some small apartments or even as rooms for visiting lectures and other guest. Carnegie Hall, was constructed in 1907, it served as the library for the university until 1928. It has also served as a dining center and offices. Carnegie Hall may house executive offices and meeting spaces, which would open up new spaces in Twamley Hall. The three buildings will coincide with the demolition of UND's steam plant, which is also located in the quad. The steam plant is scheduled to come down in

the next few years. They hope to start the renovations by the Spring of 2021. UND invests between \$18 million and \$36 million annually to maintain and upgrade campus buildings. If \$8 million is invested annually, the equivalent of how much the university received for the fiscal year, the report states the facilities will continue to fall apart. "Buildings may be empty but they will be heated so they don't deteriorate, and very soon we have to start the conversation about what's happening in the future" Former UND Interim President Ed Schafer said in an interview with the Grand Forks Herald. Building condition was calculated by comparing the value of the building and comparing it to current repairs that are needed. Buildings at UND that aren't funded by the state are housing, and

athletic building need about \$198 million for maintenance. Although, UND has no plans for the buildings that have already been torn down, UND says that it lends to the development that will help the student experience. Although UND has been approved for state funding they are also finding alternate ways to fund the money, referring to budget cuts. With the budget cuts they have the flexibility to invest in priority areas. UND believes that there is enough interest in the donor community to raise the dollars needed to renovate these buildings. There is a plan to address future plans, dorm rates may increase to start saving for the future renovations, they may also come from student technology fees and other reserve funds.

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“Although UND has been approved for state funding they are also finding alternate ways to fund the money, referring to budget cuts.”

Sasha Leibold, Dakota Student News Writer

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Legends of Terror



Quinn Robinson-Duff/ Dakota Student

Legends of terror is not for the faint of heart.

Noah Sell
Dakota Student

The 10th Annual Legends of Terror was held this past weekend at the Grand Forks County Historical Society and featured two back-to-back nights of fright. When prospective thrillseekers arrived on the scene and made their way into the first building, they heard screams coming from every direction as the event consisted of a handful of different haunted houses for people to walk through, each with a different theme. The Director of the Historical Society, Leah Byzewski, on Friday night explained

about the different themes the society has done in the past and how they have put things together.

"The Campbell House was all my idea and I'm really proud of it," Byzewski said. "Now I'm not going to tell you what the theme is, but the story that it's based on is in its 200th year, so it's a classic that's been around. So thinking Halloween classics, you've got different things you'd kind of expect in October. One year we did an Edgar Allen Poe theme, so every building had something. We did the 'Tell Tale Heart,' we did 'Cask of Amontillado,' which I wasn't familiar with, but all of the kids

knew the story."

Originally, the idea of putting on a Halloween-themed event was centered around Byzewski's desire to have a safe place for kids to go trick-or-treating the way she did when she was a kid.

"I thought, 'You know we've got actual buildings,' so you know kids can't trick-or-treat like they did in the '70s, in the stone age, when I was a kid," Byzewski said. "We could just go, moms didn't worry about us, you know the whole pack, with our pillowcases just filling them up in the neighborhood. It's just not safe, parents are concerned, so we thought this way,

building-to-building, it's still kind of reflecting that original trick-or-treat."

She also enlisted in some help from the University, which played a big part in shaping the idea into what Legends of Terror is today.

"Our first year on our board we had Ben Klipfel, who was the head of the UND Theater Department," Byzewski said. "It was early September and I sent him an email along with Julie Rygg who ran the visitor center, that I would like to do a Halloween themed event at the museum. But Ben comes back with 'Yeah! And we can do a haunted house!'"

Initially, Byzewski was tentative about the idea, unsure about what Klipfel had in mind, but it eventually seemed to work out great for both parties.

"I'm thinking 'Okay, what do you have in mind,'" Byzewski said. "So his theater friends had been dying

to do a haunted house but they couldn't find the right place. Here we've got all of these buildings so we could have a pathway, and so that first year we did the Half-Pint Haunt from 5-7 so kids could trick-or-treat, then we shut down for an hour and from 8-midnight everything was horrifyingly scary, and it really was."

Since this event is in its tenth year, Byzewski and the rest of the organizers have had plenty of learning experiences with how to make everything more efficient and fun for families that come through. One example of this is how the Half-Pint Haunt and Legends of Terror are put on separately, with the trick-or-treating now not being held until the Sunday before Halloween. However, this experience does always protect from things going awry.

"This year I had this technical problem, one of our projections

we couldn't get the projector to accept its password to come on," Byzewski said. "We finally got that to go, then the DVD we burned to do the spooky effect wouldn't play so I had to go and find the laptop."

Even as we were speaking, Byzewski calmly helped solve a mishap with a torn dress.

"It's evolved, it's always a stressful thing now getting everything done and ready to start on Friday, it's always tough," Byzewski said. "Now tomorrow, the Saturday show, we've worked through everything, worked out a lot of the bugs, everything is set so all we have to do is turn it on. But for us, putting on the show Saturday is less stressful because we've got everything in place from Friday."

In the past, the Historical Society has had help from the UND Theater Department, local high schools and even the Air Force ROTC with putting on Legends of Terror, but they will welcome anyone who wishes to help out in any way. To contact the Grand Forks County Historical Society with questions about volunteering, you can call 701-775-2216, send them an email via their website, or message them on their Facebook page.

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

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Le Tour de Forks

Molly Andrews

Dakota Student

Grand Forks has a rich history that many individuals are unaware of. Thanks to Tour De Forks, the history of Grand Forks was unleashed last Saturday.

Tour De Forks was put on by the Sharon Lutheran

Young Adults Community. This is a church community who strives to help young adults feel comfortable and thrive in the Grand Forks.

Pastor Dominique Buchholz was in charge of this event. “I asked a lot of young adults

what their biggest challenges are and a lot of them said meeting new people and finding friends,” Buchholz said.

She herself had moved to Grand Forks about two years ago and understands the struggles of meeting

and connecting with new people, including the struggles of not knowing the town.

Buchholz put on this event to help people make connections while learning about Grand Forks. The tour started at Archives Coffee House with a coffee tasting where people were able to learn more about coffee and where it came from. After that, the tour went downtown where a tour was given along with the historical facts of Grand Forks. Lunch was next at Half Brothers Brewery, then everyone was sent on their way to grab dessert or explore downtown.

The tour was guided by local history buff, Matthew Leiphon. Leiphon studied history at UND and has always been interested in the history of North Dakota because he had spent his whole life here.

“I like to know where I live,” Leiphon said.

He is able to do tours every once in a while when his friend calls him in to help. Giving tours of the community helps build the community.

“I think that knowing the history of the place gives you a new appreciation of where you live,” Leiphon said.

His favorite part about doing tours is being able to meet new people. He likes to share information with them because there is always something new to learn.

Tour De Forks was all about being able to meet new people and explore the Grand Forks community. It was interesting to learn about the history of the town and how it came to be.

Did you know, Grand Forks was founded because a man got drunk and got snowed in around the downtown area one winter?

If you didn’t know, now you do.

It was nice to go and to try out a couple of places

around town. Coffee tasting at Archives gave people some knowledge not only about the coffee but of the coffee shop itself. Same goes with the Half Brother’s Brewing Company. It was nice to be able to go into a few places around the area and try new things.

Overall, Tour De Forks was a great way to meet new people and learn all about Grand Forks. Between the coffee tasting, tour and lunch, it was nice to be able to experience new things with new people.

If you missed Tour De Forks but are interested in getting involved in the community, the Sharon Lutheran Young Adults Community has a Facebook page with a bunch of upcoming events. They have things to do all month, every month so if you are interested be sure to check it out.




Get to know Grand Forks on the Tour de Forks

Molly Andrews/ Dakota Student



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UND has there first win of the season defeating Minnesota Mankato, 4-3, Saturday night.

File Photo/ Dakota Student

Sweet, Sweet Victory

UND comes back from a Friday loss with a convincing win on Saturday

Kyle Kinnamon

Dakota Student
Hard work and tenacity. The overarching theme of the weekend for the University of North Dakota Men's Hockey team when North Dakota faced off against the eighth ranked Minnesota State Mankato Mavericks.

behind penalty early in the first. This would go under review and result in a five minute major and a game misconduct. This caused North

digits for the third time this season. North Dakota put up 38 shots on goal and gave up only 21. The goaltending just was not there in times where it

Friday night with definitely continued into Saturday's matchup.

North Dakota was granted an early powerplay in the first period once

just 2:10 into the second period.

Junior forward Ludvig Hoff drew a penalty shot just seconds later. Hoff did not connect on the penalty shot,

then jump to his forehand side," Smith said. "He has had some iffy plays with the puck under pressure this whole weekend and he happened to just leave that there for me."

The game ended with an old-fashioned WCHA scrum in front of the net. North Dakota picked up their first victory of the season, building tremendous confidence in the locker room.

"Big relief," Berry said. "It's one of those things where you try and do all the right things to finally get rewarded for it."

North Dakota will look to carry this confidence into their big game against another old WCHA rival in the Minnesota Golden Gophers in Las Vegas. The Gophers are currently ranked sixth with a record of 1-0-1 after a series with number one-ranked University of Minnesota Duluth.

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

"Big relief. It's one of those things where you try and do all the right things to finally get rewarded for it."

Brad Berry, UND Hockey head coach

Friday: North Dakota started Friday's game with an incredibly high energy level. North Dakota's energy and intensity drew a penalty only nine seconds into the game. Sophomore forward Collin Adams went on to score on the powerplay.

The crowd at the Ralph did not have time to finish celebrating when the Mavericks responded 30 seconds later with a goal of their own.

Just as the crowd was getting quiet, junior forward Zach Yon buried one home just ten seconds later to ignite the Ralph crowd once again.

Gardner would get called for a checking from

Dakota to play down a center, and a good one, for the remainder of the game. The Mavericks went on to score on the resulting powerplay and took the life out of the building.

After giving up four goals on nine shots, sophomore goaltender Peter Thome was pulled just 2:07 into the second period.

Both teams traded goals for the remainder of the game. Max Coatta for the Mavericks put up a hattrick before the Mavericks added an empty netter to end the game 7-4.

While the score looked lopsided, North Dakota outshot their opponent by double

should've been and that cost the team dearly.

"We had a good start. We had momentum. We generated some offense," head coach Brad Berry said. "We're not really forcing, especially in the second period. It was just guys making individual mistakes at a time when it costs you, and we can't have that."

The score was a misrepresentation of the way North Dakota played. North Dakota never quit. They continued to outwork and play with a tenacity for the entire game.

Saturday:

The tenacity North Dakota ended

again. This time with sophomore forward, Grant Mismash, hitting a one-timer off the faceoff.

The following rush, junior forward Cole Smith shot a high-glove on the Mavericks goaltender to give North Dakota the early 2-0 lead. However, the Mavericks came back to score twice on the powerplay to tie the game up heading into the second period.

North Dakota started the second period on the powerplay and continued to hold control of the zone after the powerplay ended. Sophomore defensemen Gabe Bast tipped one to the back of the net

but the crowd was ignited once again. North Dakota would get another powerplay with 23 seconds left in the second period but it ended up resulting in the Mavericks scoring a short-handed goal with just .4 seconds remaining.

In the first half of the third period, the game was very back and forth with possession, until Cole Smith caused a turnover with the Mavericks goaltender behind the net, resulting in an empty net for Smith to score on. Smith gave North Dakota the lead with 9:25 seconds left in the 3rd.

"I tried to fake I was going to his backhand side,

Fighting Hawks Football Continues to Prove Themselves

Alex Kelly
Dakota Student

The Fighting Hawks Football team went into Sacramento as hungry as can be for a win, and that is exactly what they got. The Hawks dominated all facets of the game for a 41-15 victory over Sacramento State putting UND at 5-2 on the season. Many UND fans felt slighted in the rankings leading up to the Sacramento game after being left out of the top 25 despite a convincing win over Montana and overall impressive season thus far. Worry no more Hawks fans, this win will surely put the squad over the edge as they begin to plant themselves in position for a playoff berth. The running game was key in the big win over Sacramento State. Emerging tailback James

Johannesson rushed for a whopping 213 yards and two touchdowns on just 11 carries. Much of that success is attributed to his impressive 90-yard touchdown run in the fourth quarter. That is only half of the story for this dominant Hawks run game. Brady Oliveira tied a career high in rushing yards, contributing 171-yards and three touchdowns. All in all, the Hawks rushed for a very impressive 480 yards. If they can continue that success, the future is bright for this team that is looking to win out their final four games. “Our backs, when they get in the secondary, are hard to bring down,” head coach Bubba Schweigert said. “Our guys up front did a nice job springing those guys. It was tough sledding early, but we wore on them.” The story of this game can’t be told correctly without mentioning



Photo of action from last season when UND faced Sac State at the Alerus Center

File Photo/ Dakota Student

“If you’re a competitor, you want to play the best. Right now, they’re ranked high and it’s going to be one heck of a game.”

Brady Oliveira, UND running back

this Hawks defense that has also been on a tear. The defense held a reputable offense to just 15 points and was led by linebacker Jaxon Turner, who recorded ten tackles and two sacks. Looking ahead, the Fighting Hawks will travel back home this

weekend to take on rival Weber State, who is in position to make a run for the Big Sky championship. “If you’re a competitor, you want to play the best,” Oliveira said. “Right now, they’re ranked high and it’s going to be one heck of a game.”

The last time UND faced Weber State was in the 2017 season where UND came out on top with a 27-19 win at home. “We have to play better football than we did tonight,” Schweigert said. “We overcame a lot of self-inflicted wounds. We’ll take it, enjoy the

win but we had a lot of miscues.” Buckle up folks, the 2018 season is just starting to heat up.

Alex Kelly is a sports writer for Dakota Student. He can be reached at alexander.j.kelly@und.edu

UND Soccer Soars Past Purdue Fort Wayne

Luke Askew
Dakota Student

The UND Women’s soccer team got off to a record breaking start to the 2018 season. After a tough stretch in the schedule, they’ve seemingly slowed down a little bit, but a big matchup on Sunday against Purdue Fort Wayne would give them a chance to get back on track. The Fighting Hawks got off to an impressive 8-2-1 start behind Senior Katie Moller’s stellar play. UND would then enter into that aforementioned tough stretch in the schedule where they would face North Dakota State, Omaha and Denver. First, against NDSU, they lost 2-1 despite getting in the scoring

column first. Then, they would head to Omaha for the first game of their two game road trip. Against a less than impressive Omaha team, UND would come away with a tie. The final score was 1-1 after the game went to two overtimes. After their game at Omaha, they headed to Denver to take on an extremely talented Denver team. Despite a solid effort from UND, the squad would lose in a nailbiter with a final

score of 1-0. Heading into Sunday’s matchup with Purdue Fort Wayne, UND had an overall record of 8-4-2 with a conference record of 2-2-1. This would prove to be a critical game for UND and their chances of building upon their record breaking start to the season. The Fighting Hawks would step up to the challenge in a major way. It took UND less than 10 minutes to put points up on the board.

The first goal was scored by Olivia Knox (her fourth goal of the season) and was assisted by Katie Moller. Once UND scored the first goal of the game, the floodgates were opened. UND would end up scoring four total goals in the first half. The second one, like the first, was scored by Olivia Knox and the next two were scored by Katie Moller and Veronica Kessler. UND definitely asserted their


dominance in the first half. With a score of 4-0, a 15-4 shot differential, and a 4-1 corner kick differential, it was clear that Purdue Fort Wayne was no match for the Fighting Hawks. The onslaught would only continue in the second half. UND’s Katie Moller would score three straight goals to open up the second half (all three were scored before the 64th minute). Purdue Fort Wayne would score one goal before time expired, though, as Deanna Hecht found the back of the net in the 88th minute. Final score: UND 7, PFW 1. Katie Moller ended the game with four goals and one assist. She now has 14 goals and 33 total points which puts her in first place in the

Summit League in both categories by quite a wide margin. The next closest player in the Summit League for points has 18. Even if the player in second place scored a hat trick in her next three games, she still wouldn’t be in the lead for points. It looks like Moller will run away with the points title for the Summit League - another accomplishment for her impressive resume. UND will take on the first place team in the Summit League, South Dakota State, on October 26 as the Fighting Hawks look to build upon their statement win over Purdue Fort Wayne.


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

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Luke Askew, Sports Writer



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