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UND Presidential Finalists

Q & A from the community forum



Photo courtesy of und.edu

Candidates from left to right: Dr. Andrew Armacost, Dr. Laurie Staben Nichols, Dr. David Rosowsky

Mason Dunleavy
Dakota Student

The University of North Dakota held community forums for the six candidates for the UND presidency, now only three candidates remain. The three finalists for the position are Dr. Andrew Armacost, Dr. Laurie Nichols and Dr. David Rosowsky. With a wide array of states being represented in the president search, the community had questions for each candidate on how their experience will help build on UND's potential.

Each candidate started their forum with a brief introduction into their lives and how they feel they fit into the presidency position.

Dr. David Rosowsky

Dr. Rosowsky was the earliest of the three candidates for the community forums, his was held on Nov. 15.

Q: What is your perspective on flagship universities such as UND and how it should balance its responsibility for teaching and being an economic engine and promoter of commercialization with its intellectual talent and knowledge?

A: "I think those are two pillars of what a public flagship university should be involved with. I think the pillars of public flagships are teaching, learning and discovery research. It's not inappropriate to have focus and energy and resource investment into all three of those."

Q: What work have you done in the areas of diversity and inclusion and what would your priorities in those areas be?

A: "In Vermont, there are fewer than 2% of people of color. Campus (University of Vermont) faculty and students are between 11 and 12% of people of color. In my tenure as provost and senior vice president, I hired 24 senior leaders. Of the 24 higher senior hires 12 were women, so 50% and six or 25% were people of color."

Q: Some people view marketing as an expense, others view it as an investment. Where do you stand in that spectrum?

A: "I don't mean to be smug, but it's a necessary investment of resources that's extremely strategic. If you are not savvy in that space, you will be lost. Not because you don't have a good story to tell, but because other people are telling their stories better."

Q: How far do you think the police should crack down on things like underage drinking that are normal and accepted in university community in the broader general American public?

A: "My concern has always been for the safety of our people first. Our students are precious and families are entrusting them to us. We have to make it clear that their existence (Campus Police), their presence and their strategies are there to protect students and keep them safe. I think underage drinking is not something to be taken lightly or glossed over."

Although no questions were asked relating to athletics at UND and if Dr. Rosowsky supported a strong athletic department, his wife, Michelle, noted that Rosowsky has a strong sports background.

"He's a huge athletics fan and that's just such an awesome benefit of being part of a campus community." Michelle said.

Dr. Laurie Nichols

Dr. Laurie Nichols was the next finalist to have a forum, which was held on Nov. 19.

Q: How would you describe your leadership style?

A: "I just think a really good leader will also be a very good listener and I try to do that on a daily basis. I really believe that coming in and spending a lot of time listening to people on campus, the people of the state, the alumni, will be important. It will be important for any president that you hire."

Q: What are some things you did at the University of Wyoming to improve employee morale in the midst of the budget cuts?

A: "Yeah, that was a very difficult time. It hit me the day I walked in. It was the most challenging thing that I've encountered professionally. For those who don't know, the day

I started at Wyoming I was handed a \$50 million budget cut and we had about six weeks to get much of it done. So one thing I did right away and it took me about six months to get it done, but I insisted to go across campus and meet with every unit face to face for about an hour and a half and just talk to them. There were two rules, no powerpoint and no food, so that was the premise we worked off of and it really was just to have a conversation."

Q: Can you talk a little bit about the interaction with the city, but also with service-learning components?

A: "I was able to meet with city leaders this morning in the first session. It was great. I thought we had a great discussion and again, I really learned a lot about it. One thing they said, by the way, is the relationship between UND and Grand Forks has never been better. I would say that there should never be perceived to be a wall between the campus and the community. The more hands-on experiences they can have through internships, sometimes part-time work or service-learning and the like, the more they can better their education."

Q: How would you feel about supporting the athletic department so that they improve their successes and frankly, make it more fun to connect to alumni like us?

A: "Well, athletics is such a critical part of the university because it's really the most visible part of the university. It's an experience that many people can have with the university by attending athletic events and it quite honestly can conjure up a lot of enthusiasm and excitement for the university. So it can be a real kind of, I guess, a galvanizing force if you will, for the university, which is very very important."

Q: How would you offer to make the campus more diverse and inclusive?

A: "So, I'll use South Dakota as my example since I spend so much time there. South Dakota, much like North Dakota, has a very high Native-American population. In fact, even more than here. About 10 to 12% of the population in South

Dakota are Native-Americans and there are nine reservations in that state. And yet, when I looked at student demographics of SDSU (South Dakota State University), only 2% of our students are Native-American. So there's a big gap. It was obviously a population that needed much more attention and diligent outreach to. If you're not attending to the diversity needs and the underserved population needs in one state it's pretty hard to make a case that you're going to go three states away and try to do other diversity work. And that's what I mean when I say start at home, do a good job here."

Dr. Andrew Armacost

Dr. Andrew Armacost ended the forums on Nov. 21.

Q: How did you get the moniker 'Uncle Andy'?

A: "It was bestowed upon me probably in the Fall of 2016 due to actions of care and support for the students. Doing simple things like when the hot water goes out in the dorms. It's not my responsibility (to fix the water), but it is my responsibility to make sure that the students are doing okay. And so, taking the time to just walk through the dorms and talk with the students really earned the respect of the student body and as a consequence, they bestowed upon me the nickname that you just mentioned, Uncle Andy."

Q: The presidency sometimes requires you to make a tough decision to fire somebody or shut down a program, do you have any experience with that and can you share that experience?

A: "I don't know if the crowd remembers the federal budget cuts of 2013 called the sequester, so the federal budget was reduced significantly. As a consequence, the money to the Academy was dramatically decreased. We were mandated to reduce ten programs and reduced our general education program by three requirements. Okay, so how do you do that because there's an impact on livelihoods and an impact on students. So what we made sure of was that no student was impacted. The phase-out of any program would not

impact any current students. My number one priority was to make sure students and faculty weren't negatively impacted."

Q: Our hockey team is in a good position, but our other sports have had a hard time transitioning into Division I. Would you support other sports on campus and if so, how would you do that?

A: "I was a Division I athlete myself, although a short-lived career of three months. Joe Girardi was my catcher. He was a senior and I was a freshman. He convinced me to quit baseball, but not in the way that you think. He would throw it to the mound faster than I could pitch it. So, Division I sports has a spot near and dear to me. I've seen the goodness of what happens by bringing athletes to campus. The time management, the focus that emerges from our student-athletes is second to none."

Q: How do you make sure resources exist to help students succeed?

A: "Programs like our Academic Support Center. We've been able to increase retention from 78% as the long term average to about 85%. That's through tough deliberate effort through offering second chances, and third chances sometimes fourth chances academically for people to succeed and making sure they have the support services that they really deserve."

Other questions were asked during each forum. If interested in watching each forum, there's an email that was sent to all students with the link or go to <https://und.edu/about/president/search/#d20e146-1>.

The next president is anticipated to begin on or before July 1, 2020. The final decision will be from the State Board of Higher Education on December 3.

Mason Dunleavy is the News Editor for Dakota Student. he can be reached at Mason.Dunleavy@und.edu

Seasonal Affective Disorder

Change in seasons, change in mental health



Photo Courtesy of Unsplash

Seasonal Affective Disorder impacts countless people. However, there are ways to overcome it.

Cortnie Cottrell
Dakota Student

As winter settles in quickly in Grand Forks, with leaves hitting the ground and snow covering them, Seasonal Affective Disorder is coming in full swing as well. Seasonal Affective Disorder, better known as seasonal depression, is a form of depression that comes and goes with the seasons. This disorder typically starts in the late fall and early winter and goes away during the spring and summer. With brutal, freezing temperatures, and outrageous winds here in Grand Forks, Seasonal Affective Disorder is real and should not be taken lightly.

If someone has seasonal depression, they are known to have the following behaviors: low energy, hypersomnia, overeating, weight gain, craving carbohydrates and so-

cial withdrawal or demonstrating a ‘hibernating’ lifestyle.

Statistics show that being college-aged and living far from the equator are two of the most common aspects leading to seasonal depression, which unfortunately results in UND students being perfect candidates. On a more depressing note, females are four times more likely to experience seasonal depression than men according to nimh.nih.gov.

Contrary to common belief, seasonal depression relates more to lack of daylight rather than the harsh, cold temperatures. Yes, the temperatures do play a factor is this; however, shorter, darker days are what really affect people the most.

Because seasonal depression has mostly to do with the lack of daylight, there is hope for overcoming this.

According to Psychcentral.com, “if your symptoms are mild, meaning, if they do not interfere in and completely ruin your daily life, light therapy may help you beat seasonal depression.”

Using light therapy has been shown to be highly effective. Studies prove that between 50% and 80% of light therapy users have complete remissions of symptoms. However, for light therapy to be successful, it must be used for a certain amount of time daily and continued throughout the dark, winter months.

“Seasonal depression is a very real thing, and it has never felt more real since living in Grand Forks,” Haley Sailer a UND sophomore said. “Some ways that I combat falling into seasonal depression is by listening to positive music, working out and just staying busy in general. Staying busy keeps my

mind on other things and off of the weather and the gloomy season months.”

A few other remedies for fighting seasonal depression are medication, psychotherapy and Vitamin D supplements. Medication that is typically used for decreasing seasonal depression is Serotonin Reuptake Inhibitors and most recently approved by the FDA, bupropion. However, medication should not be taken without medical professional consultation first.

“It may be a bit unrealistic, but a great way that UND could decrease the amount of seasonal depression for us students would be having a beach-themed simulation room,” Lukas Butth, senior UND student said. “The simulated, beach-themed room could have a heated sand floor with a somehow simulated warm sunshine shining down on us. I really think this would

improve students’ mental health, especially in the dead of the Grand Forks winter.”

An additional option that UND students and staff have for combating seasonal depression is visiting the University Counseling Center. The UCC offers many different types of therapies to help with depression. For further information and questions, the UCC can be reached at 701-777-2127.

So as the weather gets colder and the days get shorter, being aware of your mental health and how it changes with the seasons is the first step in reducing the chance of this type of depression. Seek help, and don’t give up, spring is coming.

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

Thanksgiving Week Happenings

A look into what is happening in Grand Forks

Brianna Mayhair
Dakota Student

Events:

Nov. 28 - Dec. 7

The Columbia Mall will be having their Festival of Trees from 10 a.m. to 9 p.m. All money raised will be donated to programs and activities for individuals with disabilities. Local Services Department will be distributing the

trees to selected families in the Grand Forks area.

Nov. 28

The Community Thanksgiving Dinner hosted by the Northlands Rescue Mission will take place at St. Paul’s Episcopal Church from 11 a.m. to 1 p.m. The meal is free and all are welcome.

Nov. 29-30

The first performances of Elf: The Musical will take place at the Empire

Arts Center at 7:30 p.m. Other performances will be held on Dec. 4-7 at 7:30 p.m. and Dec. 1 and Dec. 8 at 2 p.m. Ticket prices vary: Adults are \$24, Students and Military are \$20 and children ten and under are \$16.

For more information on events or for more events, go to <https://www.visitgrandforks.com/events/>.

Weather Forecast:

Wednesday and Thursday are expected to be cloudy in Grand Forks with snow to be expected for Friday and Saturday. Sunday and Monday look like sunny days for when students return.

For travelers out there, Minnesota is expecting to get snow Tuesday, Wednesday, Friday, Saturday and Sunday. Thursday is expected to be cloudy.

Temperatures are expected to get above freezing, but will plummet again as the week goes on, so travel safe and watch for ice along the way.

Black Friday Shopping:

Target

Thanksgiving - 5 p.m. - 1 a.m.
Black Friday - 7 a.m. - Midnight

Walmart has regular hours with the Black Friday sale beginning 6 p.m. on Thanksgiving.

Columbia Mall

Thanksgiving - 6 p.m. - Midnight
Black Friday - 8 a.m. - 10 p.m.

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Finding humor in others misfortunes

Why do we laugh when others fail at a task?

Megan Vogt
Dakota Student

Do you ever catch yourself mindlessly scrolling through Facebook or the latest craze, Tik Tok watching endless hours of videos? I know I do. Usually as I wind down for the night, I spend time watching videos such as Tippy Bartender or Ellen mindlessly. However, recently I have found myself laughing at the misfortunes of others.

The best videos to me are the ones of kids having meltdowns because their water is too wet or their dad shaved. As I researched why we get humor out of other people's misfortunes, I came across an article from the New York Times that was titled "Stop Posting Your Child's Tantrum on Instagram." I thought it was an interesting way to grab the attention of those who are guilty of watching those kinds of videos until they die of laughter, like myself.

In the article by Rebecca Schrag Hersberg and Daniel T. Willingham, they stated "As psychologists and parents ourselves, we understand the urge to laugh when a child howls because he's forbidden to eat the packing peanuts from the Amazon box, and we also understand the impulse to make these moments public. The problem is the mockery. Naturally, joking serves



Photo courtesy of Unsplash

Laughing at mistakes is a psychological response to fight-or-flight mode.

a purpose — it provides psychological distance from negative feelings like shame or anxiety. A study of 105 wheelchair-bound college students found that humor, especially concerning bladder and bowel problems, was a key method of coping with distress. As one respondent said, 'We have to laugh at ourselves to make life easier.'"

However, to a two-year-old, it is a big deal that they can't eat the packing peanuts from an Amazon box or that their dad shaved their beard. It seems like

the end of the world. It is important to see that it is okay to laugh at themselves and their mistakes.

"Yes, children should learn to laugh at themselves, and that type of learning should first occur in the safety of the family," said Hersberg and Willingham. "But those early lessons should concern some harmless folly the child can understand, and a tantrum signals that it's the wrong moment."

While watching someone who is trying to make a fruit salad and falls off the bench and the bowl of

blueberries falls with them causes hysterical laughing, it is important to understand that these are actual people and that their accidents are viewed by millions of people.

I will still get humor out of these videos because they are funny and sometimes people post them to show the world what they are up to and what goes through their mind. Sometimes you come across a video unintentionally, it causes for mindless scrolling to find another one.

Hersberg and Willingham said that it is impor-

tant to laugh with your child rather than laughing at them. It shows there is a safe environment for the child to make mistakes and mess up. This healthy environment causes for a safe place for children to grow up in.

In the end, I will never not laugh at these videos. They're unexpected, comical and they make tough days a bit better. Psychologically, it has been explained to why we as humans laugh at children's dramatic tantrums. We use humor as a way to stop the physiological alarms

that go off when hear a child screaming. Humor is a way to reverse the effects of the fight-or-flight on our body. That is why we laugh at others misfortunes. We have all been on both sides of it, laughing with others because of their actions or your own.

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

New Hampshire vs. North Dakota

Who has the better winter?

Molly Andrews
Dakota Student

As someone who classifies themselves as a fake midwesterner, I stay true to my home state of New Hampshire. I moved to North Dakota in the Fall of 2018 and until then I considered myself a trooper when it

came to the winter. However, I was in for a shock when I realized the winter in North Dakota is on a completely different level.

Growing up in New Hampshire I was used to the snow. I hated it, but I had seen it and dealt with inches on feet of snow. The winter also dragged on for months

and the snow was finally gone by May. However, the temperatures never dropped as low as it does out here. New Hampshire doesn't have the wind chill which is something I took for granted when I lived there. I thought I was prepared, but nothing in this world will ever prepare you for a North Da-

kota winter.

The North Dakota winter is practically unbearable. I'm not going to lie, I struggled last winter with the cold and then my car engine broke which left me walking to class for two weeks during the time of the coldest temps of the year. Yes, I am talking about the week when we had

days off because it was too cold. There were days when I thought I was getting frostbite and others when I thought I was going to freeze to death. I am not trying to be dramatic, but freezing to death is actually an issue out here in North Dakota.

I definitely took New Hampshire for granted when I lived there. I thought that the winters were terrible and were too long until I moved out here. North Dakota winter is on a completely different level when it comes to the harshness of the winter.

Many of my friends know my stance on my love for New Hampshire and how I will defend it as being one of the best, if not the best state ever. With the large variety of landscape and even some coastal mileage, it is one of the prettiest states I've visited. There is nothing like heading up north and going for a hike and then driving two hours to the ocean afterwards. This is something that cannot be said about North Dakota.

Although I have yet to travel to the western part of North Dakota where there are mountains and trees, I consider the landscape of North Dakota boring. I remember driving out here for the first time and everything surrounding Grand Forks is flat and you can see for miles. This was a com-

plete change of scenery which I think contributes to the terrible winter weather.

There is no escaping the cold temperatures of the midwest and I am proud to say the winter in North Dakota has made me stronger. I no longer complain when it is 40 degrees outside, instead I walk outside without a jacket and brag about how warm it is. I can't say that two years ago I would have reacted like this but I adapted.

Although North Dakota will always hold a special place in my heart, New Hampshire will always be my first love. Although New Hampshire gets more snow, the winter in general is more mild and somewhat enjoyable compared to the winter in North Dakota. When I am home I don't have to worry about walking outside and getting frostbite or the sheet of ice that lies under the ice mounds of "snow" during the month of February. I am thankful to have endured the harsh winter of the midwest but I will forever defend New Hampshire because it is overall just a better place to be.

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



Photo courtesy of Unsplash

New Hampshire has a better winter than North Dakota because of the better landscape.

Bullying never goes away

Adults deal with bullying in a different way

Madison Feltman
Dakota Student

The word ‘bullying’ is a word that a vast majority of people are familiar with and would be able to give you a quick, loose definition. Bullying is something that several people and especially youth have been educated on, due to the consequences of the behavior. Bullying is a topic that is never irrelevant as new intervention and anti-bullying programs are continually being created in the wake of tragedies such as school shootings and the mental health crisis.

Many people advocate for anti-bullying programs and call for the end of bullying, but

have any of them actually experienced bullying or been in close contact with a situation where bullying is present? If we all know how to prevent bullying than why is it continuing to happen in today’s society?

When I was younger, of course I had to go through anti-bullying programs, I had to watch and make cheesy videos of someone making fun of another as statistics were rambled in the background. Although I went through several team building exercises and had guidance classes, throughout my years of primary education, I never experienced bullying or was never in a situation where bullying was present. I always attributed this to the fact

that I attended private schooling all through my youth. I always knew in the back of my mind that bullying was a real prob-

crossed my mind that I could come into contact with bullying. I had just thought that as an 18 year old, people were

the one to fall victim of bullying as an adult.

Now when I was young and forced to fill out worksheets and taking

things and doing such horrible things. I had never experienced this feeling of worthlessness before, and I most definitely never thought that the people I once called my friends would treat me as a punching bag.

As many times as the people who truly cared for me would say “you are better than them” or “don’t let them control you,” it became impossible to fight back and all I could do was sit back and wait for the next attack. My mind was soon engulfed by paralyzing anxiety that took any control over my thoughts that I had away from me. I was back at square one, the walls I spent so long trying to tear down erected themselves in my mind once again. I no longer spent time focusing on my studies, I no longer was the outgoing bubbly person that I know myself to be, I let them win. It was not long until I recognized that I was suffering at the hands of bullies. I allowed myself to believe that I was the one who needed to change, I was the one who caused all of the conflicts, I was the one who was not good enough.

It was not until I was figuratively backed into a corner and was suffering through paralyzing anxiety, that I realized that I need to make a change. I gathered my things and not even more than two months into college I moved home until the university could find me a new place to live.

Although this experience is a part of my past, it is something that impacts me still to this day. I often find myself second guessing the things I say, the way I act, or how I carry myself. I catch myself trying to agree with people and follow along with the group so I am not as seen. As I let this experience continually rule my life, I understand the true epidemic that surrounds bullying and I stand firm in that it needs to be stopped across all age groups.

"When it came time to transition into college life, the thought never crossed my mind that I could come into contact with bullying."

Madison Feltman, Editor-in-Chief

lem and that it does happen, I just figured I was lucky enough to never experience it.

When it came time to transition into college life, the thought never

mature enough to move past petty drama and had grown up. Little did I know that as a matter of fact after all those years of anti-bullying trainings that I would be

an anti-bullying pledge, I was never equipped with how to handle bullying as an adult. In fact according to stopbullying.gov, bullying is defined as “unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.” Why is it that the behavior is localized to “school aged children?” Does bullying just not exist within adults or is it just classified as rude and disrespectful behavior?

As a 21 year old college student, I am here to tell you that the crisis of bullying is a real epidemic and it does not have an expiration date. No matter your age, status in school or employment, bullying does not discriminate. When I was a freshman, unfortunately I found myself in the middle of a situation that sent my self-confidence and mental health plummeting.

As most freshman, I had a random roommate that I had met on Facebook, we exchanged contact information, had conversations and slowly built a digital relationship prior to meeting each other. Due to a housing shortage, we were placed in four person, open concept suite, so I went from having one roommate to having three. The first few weeks of school went well as we lived the “freshman experience” together, bonded like most do, and became friends.

One thing I never took the time to realize was that even though I felt I knew the majority of my so called “new friends,” is that were not close as I had once thought. As things quickly escalated these roommates of mine no longer cared about me. I never understood that people were capable of saying such poisonous



Bully Free sign in the entrance to a school.

Photo courtesy of Wikimedia

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The Coffee House Community: Open Mic Night

Madelynne Deshler
Dakota Student

As I enter the packed building of Archives Coffee House and notice that everyone is crowded around the fireplace at the back corner of the shop, diagonal to the front doors. I make my way towards that direction of the coffee shop and notice that all of their attention is on a student holding a microphone while she quietly reads from her phone. The natural silence that follows her pauses between sentences is drowned out by the humming of the shop's cooler and ice machine to the left of the audience. Once the student finishes, everyone politely claps or snaps. I softly smile to myself and take a seat as I become absorbed into what is known as Open Mic Night.

Many people might be unaware as to what an open mic night is, and although there can be many different versions of it, the University of North Dakota's English Department defines it as an evening for people to share their creative work with one another. Or, if you prefer not to share your own work, you can read lines or passages from your favorite books, plays, etc. In general, it is a night for people to come together and share their love for the art of writing.

John Page, the President of the UND Writing Club, attended and spoke at the event.

"I personally do think it's rather invaluable [having an open mic night] because there are a lot of people out there who love writing [and] they love sharing stuff that they've read that they love," Page said.

The Open Mic Nights used to be held in Memorial Union at the Loading Dock, but with the current lack of a Memoria Union, the Open Mic Nights have momentarily been moved to Archives Coffee House. If anything, though, this change in setting has created a more natural and welcoming vibe for open mic nights. It is no longer a stage where everyone's attention is just on you. The event is now more public, but not everyone is there



UND student participating in open mic night.

Caitlin Collins/ Dakota Student

just for the readings. Some people might have gone to Archives simply to study or catch up with friends, not knowing that Open Mic Night was occurring. However, even though their attention might not have been on the event, they were still exposed to the beautiful language of the students and staff being projected throughout the shop.

The beauty about UND's Open Mic Nights is that they aren't exclusively for English students and staff. The English Department strongly encourages that anyone who has something to share, or who just

wants to listen, should attend. This creates a stronger connection within the UND community. Most importantly, it gives all students an opportunity, that they might not get every day in class, to voice their gifts of writing, singing, or storytelling.

At one point in the evening, soft strums filled the air as Sarah Miller, a Computer Science student at UND, performed a song on her ukulele. She decided to ditch the mic and instead allowed the strength of her voice to carry her lyrics of love and heartbreak to the ears of the audience. Despite being a Computer

Science major, Miller has a strong gift in creative writing and music, especially when she needs to express something. "I write when I have things to say," Miller said.

The night was filled with a mix of giggles and tears. Comedic pieces regarding sibling hatred were shared, everyone laughing in the room as if they were the ones who tried to suffocate their sibling under a pillow. A sudden sadness crept into everyone's hearts every time poetry speaking of identity, heartbreak, and sorrow was shared. Some of the speakers spoke with clarity

and strength, while others shook with nervousness, not for the sake of performing, but because they were about to reveal some of their most inner thoughts that usually were only expressed on paper.

John Page stuck around for a while after Open Mic Night, chatting with those who found the courage to speak up and those who simply came to listen and relate.

"It's utterly invaluable to provide that kind of safe space for people to let creativity be out there, to let people put themselves out there in a way that they don't feel threatened.

When you foster creativity, it just makes the community better. You get more ideas, you get better ideas, and it helps the environment feel a lot more home-ly, a lot more warm and inviting," Page said.

Open Mic Night here at UND is a night of opportunity; opportunity to express, listen, and bond. It is a night that a group of people can connect with one another over a desire to be real and vulnerable. It is a night that strangers come together and become a supportive community. It is a night that students can be heard.

Although there will be no more Open Mic Nights this semester, be on the lookout for more to come in the spring semester!

"It's utterly invaluable to provide that kind of safe space for people to let creativity be out there, to let people put themselves out there in a way that they don't feel threatened. When you foster creativity, it just makes the community better."

John Page, President of UND Writing Club

Madelynne Deshler is a staff writer for Dakota Student. She can be reached at madelynnedeshler@gmail.com

Review of 'Frozen II'

5 stars out of 5!



Cortnie Cottrell
Dakota Student

On Nov. 22, Americans of all age ranges packed the theatres to embark on the newly released movie, 'Frozen II.' It was so popular that the second day it was out, tickets at River Cinema in Grand Forks were sold out for the 12 o'clock show! So, was it really that good?

After breaking it down and analyzing the characters, animation, special effects and other elements of the movie, it is safe to say that Frozen II was, indeed, really that good!

Looking at it as a whole, I would rate this movie a five out of five stars and here is why. I believe that anyone could go to this movie, regardless if they had seen the first one or not, and they would still be able to follow the storyline and enjoy it. If you had seen Frozen I, great, that probably just enhanced your understanding and enjoyment of it.

Secondly, this movie was truly for all ages. Though it is rated PG and was probably geared more towards children's entertainment, it most definitely did not lack humor for adults as well. Therefore, all ages would be able to find some level of entertainment.

Another aspect of this movie that went well was the storyline and their delivery in telling that story. The movie was fast paced and did not drag on. It had intense scenes that were thrilling and suspenseful, which kept me engaged.

Along with the main storyline being presented in the foreground, there was also a love story intertwined that was going on throughout the movie and that was completely revealed in the last scene, which made for a fantastic ending.

Like stated previously, the humor and punchlines were not lacking in this movie. My personal favorite, Olaf, was hilarious

all throughout the whole movie. The directors and script writers did a nice job of being creative with the snowman and they truly broke all "biologic rules," because he is a snowman, and they were allowed to control his abilities.

Regarding the other characters, I thought they all were portrayed great as well and the animation and detail that was put into their costumes and faces made it extremely realistic.

A couple other aspects from this movie that really stuck with me was the bond that Elsa and Anna have and how much their relationship was strengthened and just the fact that two women were the heroes of the whole movie, which is rare these days.

Elsa and Anna are portrayed as two quite opposite in nature humans that happen to be sisters. The common denominator between both of them however, is their stubbornness and strength. The filmmakers did a nice job es-

tablishing their relationship in the very beginning and followed through until the end of showing the outcome of strong sisters who work together will only increase their love for one another.

I also really liked how this movie portrayed girl power. These two girls saved their whole town after losing both of their parents and after enduring many trials together, their strength and power pulled through for a satisfying ending.

Overall, I think that this movie was well made, well planned out and beautifully delivered. I would 10/10 recommend anyone to go and see Frozen II. I found that this movie was emotionally fulfilling, motivating, inspiring and entertaining.

Cortnie Cottrell is a news writer for Dakota Student. She can be reached at cortnie.cottrell@und.edu



Courtesy of Wikimedia Commons

Frozen II hit theaters on Nov. 22

UND Theater Presents

Sweeny Todd: The Demon Barber of Fleet Street

Olga Kopp
Dakota Student

“There was a barber and his wife, and she was beautiful. She was his reason and his life. There was another man who saw that she was beautiful, a pious vulture of the law, who with a gesture of his claw removed the barber from his plate. Then there was nothing but to wait and she would fall, so soft, so young, so lost, and so beautiful.”

Do you know where this quote is coming from? You may recognize these words from the movie Sweeney Todd: The Demon Barber of Fleet Street, where famous American actor Johnny Depp was playing the character of Sweeney Todd.

Last Saturday, Nov. 23, was the last day when the UND Burtness Theatre presented the musical production of Sweeney Todd: The Demon Barber of Fleet Street.

The audience from all generations came to see the musical with an excitement in their eyes. Many people from the older generations were excited to see the show that they have been known for a long time. Those from the younger generation were curious to watch the production for the first time.

For those of you who are not familiar with Sweeney Todd: The Demon Barber of Fleet Street, it is an infamous tale of Sweeney Todd, an unjustly exiled barber who one day returns to nineteenth century London, seeking vengeance against the lecherous judge who framed him and ravaged his young wife. When Todd is seeking revenge, he finds Mrs. Lovett, a resourceful proprietress of a failing pie shop, above which, he opens a new barber practice. Mrs. Lovett’s luck sharply shifts when Todd’s thirst for blood inspires the integration of an ingredient into her meat pies that has the people of London lining up... “and the carnage has only just begun!” according to UND website.

The UND actors did a phenomenal job playing their characters on the stage. The chemistry between characters was sparking during the show. All of the actors were working hard to bring their characters to life.

Overall, there were more than 50 people involved in this show, including scenic and lighting



Courtesy of Brad Reissig

UND Theater Students acting in *Sweeney Todd* production.

designer, costume designer, sound designer, technical director, and other production staff members.

In acting roles were Tanner Sabol as Sweeney Todd, Katie Germain as Mrs. Lovett, Robert Cooper as Anthony, Erin Chaves as Johanna, Kyle Mason as Tobias, Gina Uhlir as Pirelli, Cole Bakke as Judge Turpin and Chris Schilling as Beadle.

Chorus members were Daniel Jung, Tyler Herbert, Dylan Merritt, Tanner Hostetter, Xana Small, Otto Lieder, Piper Sommer, Trece Hopp, Amy Driscoll, Grant Maychrzak, Matt Stavens, Sara Suchoski and Emily Cherry.

The actors have been practicing their parts before the fall semester even started. They were practicing solo during the summer break, and they had memorized all the music lyrics by the time when the actual rehearsals started on campus.

Tanner Sabol is the UND theater actor who played the role of Sweeney Todd. He has been involved in multiple performances at Burtness Theatre since his first year at UND. He enjoyed playing his character while it was not the easiest role to play. He did not want to watch the

movie during his character studies because he did not want to copy someone else’s work. Sabol wanted to bring something new and refreshing for his character, and at the same time, he did not change his character’s temper.

“It is a slippery slope that everyone can fall into when preparing for the role when people watching videos and trying to get an idea of how to play their characters before studying their roles. It is important to learn everything about your character, and do lots of readings before letting yourself to watch other people’s work. I was trying to pick some ideas that I thought would be best for the role,” Sabol said. “I spent a lot of time studying Sweeney Todd character. Todd is a very complicated character, and I wanted to make sure that I learn how to present him in front of the audience.”

Katie Germain is a sophomore at UND musical theater performance major who played Mrs. Lovett. She has been involved in theater since 8th grade. Germain was really surprised to realize that she would play Mrs. Lovett.

“I still cannot believe that I was playing Mrs. Lovett. When I saw the cast list I was so surprised. I definitely cried, and I am still in shock. I have never been a lead role before, so it felt different. It made me so happy. I am really grateful for the opportunity to play Mrs. Lovett. It’s been such a cool experience,” Germain said. “Developing Lovett was very interesting and difficult at the same time. Learning the music helped me to learn more about my character. I had many questions for my character, and I was trying to find the answers.”

The director of this production was guest artist Eglar Birmingham Hassan, a freelance director and re-

tired professor of theater from Western Illinois University. She came all the way from Texas to direct this musical production at the UND Burtness Theatre. She helped many actors to achieve their goals and develop their acting skills.

Robert Cooper is a sophomore at UND musical theater program who played Anthony. Cooper shared his experience of being in the musical production. His first experience with musicals started in college. Overall, he has been doing theater for five years since then. Cooper enjoyed working on Sweeney Todd production.

“It’s been a journey, and I had so much fun during the show. It was difficult to get a sense of Anthony and bring him into life. He is the one pecan of hope in this show, and I wanted to make sure that I show off my character really well. I did not want to replicate other people but rather make it feel more authentic,” Cooper said.

Another major part of the show was the art of an accent. Most actors have to learn different accents either British, Cockney, or Italian, and surprisingly they were very comfortable doing the accent.

“The script was already written with the specific words that helped us to speak with other accent. I’ve done British accent before. It was not so bad because it was natural after a few practices. I am sure many other people felt the same way,” Germain said.

Sometimes, it can be a big pressure to be in the musical production. Many actors got sick during the show, but they did their best to recover and put on their best performance. Many of them find their new friends during the preparation for the show, and now they feel like a big family where everyone supports each other.

“I enjoyed working with so many talented people. It is fun to act with them on stage and have that positive vibe between each other. We all have great emotional connection with each other. It’s been an amazing journey so far,” Sabol said.

The actors did a great job placing themselves in their characters’ shoes. On each night of the show there were close to 200 people in the audience. Everybody in the audience was living through the show with these characters. Each part of the show kept the audience’s attention at the highest level. Everyone stayed intrigued during the performance, including myself. I could easily feel the atmosphere of the nineteenth century by looking at the perfectly made stage set and actors’ costumes. By the end of the show, the audience’s breath was taken away.

Joslin Sterling is one of the guests of the show shared her experience watching the show.

“I loved this show. All actors did such an amazing work. Surprisingly, I never watched the actual movie, but after this show I am intrigued to finally watch the movie,” Sterling said.

Titus Kautz was music director and Chelsea Chimlar was choreographer for this show. They did an amazing job guiding actors and helping them find their perfect voices and learn dance moves.

Amy Driscoll is UND Theater Alumni who was a part of the chorus in a show shared her experience.

“One of the hardest things was to learn all of the complicated music. We tried really hard to follow the rhythm and stay in tune while there were a few different melodies, lyrics, and tempos. Our music director was so welcoming and warm to us, so it helped us to stay focused and contin-

ue sharpening our skills,” Driscoll said.

Veronica Folkedahl is a senior at UND musical theater performance major who played the role of beggar women Lucy. She agreed that music was the hardest and the most challenging parts in the show.

“Music was the most difficult and a little excited, because it was difficult to rehearse the music for this show than any other shows. I have been involved in. It is a very rewarding experience though, when you work hard enough it gets paid off,” Folkedahl said.

Everyone seems to be satisfied with the outcome of this production. The UND Burtness Theatre did an amazing job again. Well done. Bravo!

If you are interested to watch shows at Burtness theatre, you are welcome to come to the next production Pumpboys and Dinettes.

Performance Dates: February 27-29 and March 5-7, 2020.

All productions are at the Burtness Theatre, unless noted. Curtain opens at 7:30 p.m. Please arrive between 7-7:20 p.m. to assure your seat. Unpaid tickets not claimed by 7:25 p.m. may be sold. Free parking is available at the Burtness Theatre or in the lot near Twamley Hall, according to UND website.

Burtness Theatre is located on Centennial Drive, in the central campus, just across the street from the campus quad.

Show tickets can be purchased online or by phone (701.777.2587), or email (UND.burtness.theatre@UND.edu).

Olga Kopp is an A&C writer for Dakota Student. She can be reached at olga.panchuk.kopp@gmail.com

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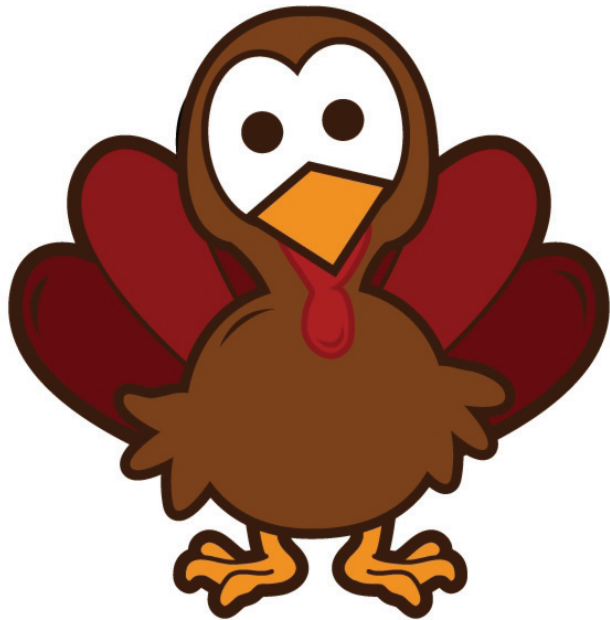
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The Staff at the Dakota Student Wishes you a happy and safe Thanksgiving Holiday!



Hawks Push Forward

UND headed to playoffs for second time in history



Caitlin Collins/Dakota Student

UND gears up to head to the playoffs for the second time in history.

James DeArman
Dakota Student

With a playoff berth on the line, UND hosted the Southern Utah Thunderbirds in a game where they not only had to win, but a win in a fashion that would attract the attention of the FCS playoff committee. With the season on the line the Hawks showed up by putting the game out of reach with an outstanding second half, winning 36-18 and completed their perfect home record of 6-0.

In true North Dakota football fashion the win did not come without some drama as the Thunderbirds

had some fans nervous as they took a 15-7 lead half-way through the second quarter. The Hawks were not deterred by this and played like a team that had their backs against the wall all season long. UND was able to cut the lead to one with a Travis Toivonen 30 yard pass from Nate Ketteringham and five minutes later take the lead with a 43 yard Brady Leach field goal.

After seizing the momentum before half time, the Hawks rolled into the second half and never looked back. UND outscored Southern Utah 19-3 in the second half led by

true freshman running back Luke Skokna who scored two rushing touchdowns and finished with 11 carries for 114 yards, including a 34 yard touchdown run last in the fourth quarter that sealed the game with five minutes left.

In the passing game senior standout Noah Wanzek completed his third straight 100 yard receiving game on six receptions but had to leave the game in the third quarter with an injury. Wanzek would later return to the sideline in a sling in what could be a crucial injury for the Hawks going forward.

With their business taken care of, all UND could do was wait for the FCS playoff selection show on Sunday and hope that they had done enough to be one of the 14 non-conference winners to be given a shot at the post season. They didn't have too long to learn their fate as they were the second team selected for the opening round of the playoffs.

For just the second time in their history UND will make an appearance in the playoffs and will open up with Southland Conference champion Nicholls State. 8-4 Nicholls and UND shared one common opponent this season in Sam Houston State where UND pulled out a 27-23

win as Nicholls lost 17-0 against the Bearcats.

"We've got to work hard to learn what we can about where we're going and most importantly about Nicholls," UND coach Bubba Schweigert said. "I followed their [Southern Louisiana's] game the other night, and it sure seems they're very explosive. We have a lot of work to do."

The Nicholls State Colonels are lead by their dual threat quarterback Chase Fourcade who has had 15 touchdowns through the air and 11 on the ground this season. Along with a defensive plan to stop the Nicholls fast pace offense the goal for UND must be to protect the football.

Turnover has been a problem for the Hawks this season and playoff games can not be won if you put the ball on the ground.

When looking at the playoff bracket, it's hard not looking passed the first round as the winner of this matchup will play a certain school located 73 miles to the south. An ever daunting trip to the FargoDome to face the winner of seven of the last eight national championships awaits.

You can watch this playoff matchup and support UND at 3 pm cst on ESPN 3.

James DeArman is a sports writer for Dakota Student. He can be reached at james.dearman@und.edu

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Caitlin Collins/Dakota Student

UND completed their regular season with a perfect home record of 6-0.

UND Continues Winning Streak

Hockey Head Coach Brad Berry celebrates 100th win

Patrick Mulvahill
Dakota Student

Friday:

UND came into the weekend at #5 in the nation according to the official NCAA rankings. Without a loss at home yet this season at home, the weekend looked promising for the Fighting Hawks. Friday's game was very close in both shots on net and goals for the first two periods as both teams seemed to stay within a couple shots of each other throughout the duration. UND Freshman phenom Shane Pinto started off the scoring in the first period as Michaud fed him from behind the net for a one-timer (8:43). The second goal did not come until the second period as Pinto scored again on the powerplay on a nice feed from Kawaguchi in the slot. SCSU's Jaycox scored a couple minutes later (7:16) from a scramble out front and a tap in goal to make it 2-1. Not long after, Kawaguchi again, with a nice feed to Adams out in front for a one-timer that snuck five-hole to make it 3-1 at (10:51). The next goal came on the powerplay (12:33) from SCSU's Nick Poehling as he snuck a puck five hole to make it 3-2. As things wound down in the third period, SCSU pulled their goalie in an attempt to tie things up. The man advantage was no challenge for UND as Cole

Smith quickly got the puck out of the zone and shot one in from the red line to seal the deal. Shots ended 34-18 in UND's favor as they out-shot St. Cloud in the third period 15-4. Pinto was the first star of the game, as he showed great confidence and skill notching two goals, five shots on net, and a +1 rating on the night.

Saturday:

After a big win on Friday, UND wasn't looking to let up. A sellout crowd (11,747) was ready for action on the second night of the series. Things started off in SCSU's favor as Ahcan rifled a point-blank shot that snuck past a confused Scheel at (13:20). The second goal didn't come until halfway through the second period, as Kawaguchi fed JBD who made it look easy for a snipe from the point to tie things up. These two teams needed extra time and needed an OT hero. Kawaguchi was up for the challenge as he tipped in a shot from Kiersted who carried the puck down the half wall, made a quick cut to the middle, and found Kawaguchi's stick for the game winner (3:41). Kawaguchi earned first star honors as he tallied both an assist and a goal, helping lift his team to the win. Shots ended 18-12 UND. UND has a perfect 9-0-0 record in the Ralph to start the season and will now

start their away stretch leading up to Christmas. UND improves to 10-1-2 overall and 5-0-1 in conference play. UND picked up all six points this weekend, another big weekend for the program, making it the second weekend in a row with an NCHC sweep and the majority or all of the conference points up for grabs. Brad Berry earned his 100th win as head coach after Saturday's win, a huge feat for the coach whose first season resulted in a national championship in 2016. The future looks bright for the coaching staff and its players. "He didn't want it," Jordan Kawaguchi, UND forward said. "He put it in the middle of the room and said it's not his 100th win, it's our 100th win. That's kind of a staple of our program. It's about us, rather than one person. It's great having a guy leading us like that. We're pretty lucky." UND will face the Gophers over Thanksgiving weekend in Minneapolis.



UND sweeps SCSU in a sold out series.

Trevor Alveshere/Dakota Student

“He put it in the middle of room and said it’s not his 100th win, it’s our 100th win.”

Jordan Kawaguchi, UND Forward

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