

National Recovery Month

Highlighting a few resources for success

Cortnie Cottrell
Dakota Student

Every September, the Substance Abuse and Mental Health Services Administration sponsors Recovery Month to spread awareness and understanding of mental and substance use disorders and celebrate the people who have recovered.

Substance abuse is a serious and real thing. In the first quarter of 2018, the Substance Abuse Helpline received an average of 68,683 calls per month. Recovered addicts gain a great amount of respect for overcoming such strong addictions.

The University of North Dakota Counseling Center strongly supports the celebration of recovered substance abusers this year by hosting their second annual Rally for Recovery 5k, which notified students and the counseling center staff about participating to support the community efforts to bring awareness to the recovery community in Grand Forks. Additionally, in the past, the center has had tables and booths set out at the Rally for Recovery in Grand Forks where they hand out information about all the services that are offered.

Taking a closer look into UND's counseling center, they offer helpful services with great staff to get you on the road to recovery. UND's counseling center provides students with Level I Treatment, which is anywhere between one-eight hours of services/programming per week. If the student completes the evaluation and it is determined that they have met the criteria for a higher level of care, staff then assists the student in connecting with resources and services that fit the appropriate level of care.

The University Counseling Center's mission is to empower students to reach their full potential while providing challenging self-growth opportunities through a full-range of therapeutic intervention opportunities.

"I really enjoy the college population. College can be hard and there are a lot of challenges that students' face, but I enjoy being able to provide a safe and non-judgmental space to support students," Carolyn Shabb, UND addiction and mental health counselor said. "I also enjoy be-



Many services are provided at the UND counseling center.

Trevor Alveshere/Dakota Student

"These events allow for the Counseling Center to be present for students to ask questions, connect with our staff and allow us to continue working to decrease the stigma that surrounds substance use and mental health, specifically on a college campus."

Carolyn Shabb, UND Addiction and Mental Health Counselor

ing involved in Outreach Events on campus. These events allow for the Counseling Center to be present for students to ask questions, connect with our staff and allow us to continue working to decrease the stigma that surrounds substance use and mental health, specifically on a college campus."

If you have any concerns about your substance use, you are welcome to come in and meet with one of UND's addiction counselors. UND Counseling Center wants to make it very clear that stopping in to ask questions about your substance use does not mean that you will be thrown into treat-

ment or told that you have a Substance Use Disorder.

The University Counseling services are free for students, unless the student is mandated to complete a required program due to a violation. The Counseling Center has walk-in sessions available for students every hour from 8 a.m. – 3

p.m., Monday – Friday. Additionally, there are currently active groups taking place. Some groups are “drop-in” groups, which is where students do not need to be enrolled in counseling services to attend.

If you have any questions regarding National Recovery Month, Substance Abuse or anything related to counseling, UND's counseling center would gladly help in any way. They can be reached at (701) 777-2127 and they are located in McCannel Hall, Rm. 200.

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Getting Healthy with UND

Healthy campus week highlights

Brianna Mayhair
Dakota Student

Brianna Mayhair
Dakota Student

Last week was Healthy Campus Week at UND. From Sept. 23-29 the Wellness Center was offering a free week pass for whomever came in with the free membership pass. This allowed individuals to discover classes, different areas of the Wellness Center and get a workout in free of charge. Wilkerson Dining Center was also providing a variety of healthy options at the Chef's Table from 4:30 – 7 p.m. all last week.

Stephanie Hoffman, Assistant Director of Programs Wellness and Health Promotion explained why physical activity is so important to students in an email.

"The top impediments to academic success at UND (per ACHA-NCHA)," Hoffman said, "are stress, anxiety, sleep, cold, flu and depression."

"Physical activity helps strengthen your muscles and bones, strengthens your immunity, which can decrease your risk of illness and infection, boost levels of good cholesterol in your blood," Hoffman said, "helps you sleep better at night, boosts your energy, improves your self-image, elevates mood, helps with handling stress, and decreases anxiety."

What qualifies as active?
“The ACSM (American College of Sport Medicine) physical activity guidelines for adults

are 150 minutes of moderate intensity exercise per week such as walking, swimming, biking and jogging," Hoffman said, "Strength train each major muscle group two to three times a week. As well as flexibility exercises two to three days a week."

One hundred-fifty minutes is equivalent to 30 minutes of exercise five days a week.

For those struggling with motivation there are some tips and tricks to help you stick to your routine.

"Schedule exercise into your

day," Hoffman said. "Don't hide your gear, keep your shoes and clothes where you can see them. Track your workouts or sign for contests or challenges. Invest in trainers or classes. Make friends with class regulars to help with accountability."

The Wellness Center offers a variety of programs: group classes, personal training, rock climbing, wellness education, cooking classes and intramural sports.

For students starting a new exercise routine there should be

a couple things they should be aware of.

"Don't go too hard too fast," Hoffman said. "Start slow and progressively build time and intensity. You will be sore, but that is okay. Have a plan in place because failing to plan is planning to fail."

Those wondering how to stay healthy outside of the gym, there are many options.

"Bike or walk to class, the library or the store," Hoffman said, "Park farther away than you normally would and walk. Choose the dining hall on the far side of campus. Try stretching, marching in place, or walking around during study breaks. Take the stairs when possible."

**Story continued
on page 2**

Stephanie Hoffman,
Assistant Director of Programs Wellness and Health Promotion

Health story from front page

man said, “Sleep, nutrition, utilizing Student Health Service and the Counseling Center are other aspects.”

If students need help about how to stay safe while being active, the Wellness Center offers free services to help guide individuals in the right direction with getting started.

Check out und.edu/student-life/wellness-center/fitness/fitness-assessments.html for more details.

For counseling assistance, go to und.edu/student-life/counseling-center/index.html

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There's multiple resources to get healthy at the UND Wellness Center.

Trevor Alveshere/Dakota Student

New Trump Impeachment Inquiry Will this one go through?

Staff Writer Dakota Student

On Sept. 24, 2019, the Speaker of the House Nancy Pelosi initiated an inquiry into the impeachment of Donald Trump. This is the second formal attempt by House Democrats to impeach President Trump. The first attempt, championed by Reps Al Green and Brad Sherman in 2016, failed by a majority vote in the Republican held House.

With the House majority flip in the 2018 elections, things might take a different turn in 2019.

According to CBS News, “More than half of Americans — and an overwhelming number of Democrats — say they approve of the fact that Congress has opened an impeachment inquiry into President Trump. But as the inquiry begins, there is no national consensus on how to assess the president's actions.”

This report is based on their own poll, which a majority of people aren't involved with. The statement “More than half of Americans...” is disingenuous to journalism.

According to Politico, 43% of people agree with the impeachment and 43% are against it, leaving 13-14% undecided.

Impeachment efforts were started when a whistleblower leaked information about Trump and a conversation he had with Ukranian President Volodymyr Zelensky, citing that Trump tried to coerce the Ukranian President into looking at Joe Biden and his son Hunter Biden. Trump has raised concerns that Joe and Hunter Biden have committed illicit activities regarding payments to and from the foreign government. Trump suggesting an investigation into Biden isn't illegal.

Volodymyr Zelensky came to the defense of President Trump when the talks of treason started pouring in.

Ben Shapiro, a prominent journalist and public speaker, mocked the impeachment inquiry. “Here's the short story:



Photo courtesy of Wikimedia

There have been several attempts to impeach President Donald Trump.

no quid pro quo, no impeachment. Bad, ugly behavior is not impeachable. Neither is suspicious timing (if it were, Biden would have been in serious trouble in 2016).” Said Shapiro.

Trump tweeted on Sept.

27 regarding the phone call. Trump said, “If that perfect phone call with the President of Ukraine isn’t considered appropriate, then no future President can EVER again speak to another foreign leader!”

Former Prime Minis-

ter of Ukraine Mykola Azorav also stated that there should be an investigation into Hunter Biden and his role in corrupt actions regarding a Ukrainian gas company.

National Treasure actor and political advocate Jon Voight came to Trump’s defense with a tweet on Sept. 26. The tweet, simply stating “This is war” was followed by a two-minute video of Voight calling out the impeachment efforts.

“This is war. This is a war against the highest noble man who has defended our country, who has made us safe and great again.” Voight said. “Let me stand with our presi-

dent, let us all stand with our President Trump.”

Since the announcement of an impeachment effort, Trump’s campaign has gained over \$5 million.

This article was written by a contributing staff member, any inquires into this article email the News Editor at Mason.Dunleavy@und.edu

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Jon Voight, actor



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Climate Change Activism

Have we put faith into the right age group?



Photo Courtesy of Wikimedia Commons

Greta Thunberg at the young age of 16 has spoken up about her thoughts on climate change.

Mason Dunleavey
Dakota Student

The headlines this past week have been filled with Swedish activist Greta Thunberg and her role in the climate strike scenario. "Activists" around the U.S. showed their power by shutting down city blocks and twerking on the streets. Yes, twerking. A man in full glitter was twerking to support climate change. So, I put activists in quotes because I do not know if you can seriously call them that.

This call for action against climate change seems to be built into my generation. We were taught in schools that humans are causing or adding to the ever changing climate that Earth has always known. Obviously, lighting fuel

and emitting toxic gas is not good for the environment and is not sustainable for humanity. We get it. Everyone gets it. The problem with these

itself.

So, here's my hypothesis. The strikers do not actually want a solution to their problem. Why would they? After-

research and development into new products that people will like. That's how capitalism works. So, if there is a business doing shady

"Obviously, lighting fuel and emitting toxic gas is not good for the environment and is not sustainable for humanity."

Mason Dunleavey, News Editor

strikers is that they offer the problem multiple times, while offering no solution. So, these activists whine and moan, but do nothing about it. Wait, they buy metal straws. That'll save us.

Almost everyone wants a greener and healthier Earth, but if you just say a problem, it will not fix

all, after this problem is solved, what will they piss and moan about? If they truly wanted a solution, they would not be targeting corporations and businesses. Who do they think solutions to problems come from? The government? No, they come from corporations that we like doing

stuff and polluting the environment, we do not buy their stuff. What happens next? They go out of business. Thus, no more polluting shady business. But this takes time. And we have time, unlike all the "10-years till doom" folks are saying.

Now back to Greta

Thunberg. For those wondering who she is and why it matters, here's the rundown. Greta is a 16-year-old from Sweden who made her way to the U.N. to make speeches. So, Greta is a spoiled 16-year-old girl with nothing better to do except spew out problems with no solutions and better yet, the information was mouth fed to her by her parents.

Brainwashing children for political gain is always fun, right?

Most of the quotes taken from Greta's multiple speeches have shown how spoiled she is. Here's one, "I shouldn't be up here. I should be back at school, on the other side of the ocean." Well, you're right, Greta. You shouldn't be up there. A 16-year-old shouldn't be in front of the U.N., it just shows

what a joke the U.N. is. Greta goes onto saying, "You all come to us young people for hope. How dare you? You have stolen my childhood, my dreams." No one is coming to this angry child for hope. Stolen dreams? It seems that if anyone stole her dreams it's her parents. I bet getting brainwashed at that young age is exhausting.

Isn't it remarkable that we live in an age where a privileged 16-year-old can speak in front of the U.N. and then claim that we took her dreams and childhood? It's ridiculous.

Mason Duleavey is the News Editor for Dakota Student. He can be reached at mason.dunleavey@und.edu

Really...Not Again?

Another Trump impeachment scandal

Mason Dunleavey
Dakota Student

Here we go again folks, yet another impeachment attempt against President Donald Trump. This impeachment attempt, championed by Speaker of the House Nancy Pelosi, was started on Sept. 24.

So, what's new in the latest impeachment inquiry? A phone call between President Trump and President Volodymyr

Zelensky of Ukraine. Read the transcript if you would like, it's on multiple websites.

The thing about the phone call that has people fired up has two main factors. One being that it's Trump, and people hate him for being him, the second being a specific conversation relating to Joe Biden and a prosecutor in Ukraine. President Trump asked President Zelensky about the prosecutor and why he was fired. This

of course relating to the scenario between Joe and Hunter Biden (Joe's son), a certain Ukrainian gas company and the government of Ukraine. Basically, Hunter was making 50k possibly more per month in Ukraine, but Ukraine did not know that. So, what happens when you make 50k per month in the U.S. and the IRS does not know about it? Well, same thing happens in Ukraine, but probably worse. Unless, you are Joe

Biden's kid. Joe got the Ukrainian government to fire the prosecutor who was handling his son's case. This was not headline news, why? I do not know. Anyway, the phone call conversation was not infringing on elections, which is illegal, but rather it was about President Trump asking about a potential illegal move Joe made, which is not illegal.

All in all, this impeachment attempt is a mockery of the U.S. and its values. It makes our nation look weak.

But I was all for it in 2016. Why is that? This was before Trump even took office, and I was already all for getting him out. Before I got into politics and writing, I had a different view of the world. You see I am normally about science and logic, common sense

and decency. That's what my interpretation of most Liberal candidates was. That's what I thought they stood for. I was wrong. Everyone is a disaster. Politics is a battlefield. Politicians do not just go for other politicians' beliefs, they go for their morals. You are not just wrong in an argument, you are wrong down to your soul. That is how these battles are fought.

You must remember, politicians do not just have one face, they have multiple. Just look at Robert O'Rourke, more commonly known as Beto. He's a Democratic politician running for president based out of Texas. He has changed his stance to strengthen his poll numbers three times in the past month. At first Robert said he will not take ARs,

now he says, "Hell yes I'm going to take your ARs." When that did not gain him enough support, he took the old Bernie Sanders flip and said he is going to legalize marijuana. The politicians will do anything and everything to gain supporters.

That is what I did not understand in 2016 and that is why people choose Donald Trump. They were sick of two-faced politicians giving them nothing but empty promises and failed social programs.

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"All in all, this impeachment attempt is a mockery of the U.S. and its values. It makes our nation look weak."

Mason Dunleavey, News Editor

Are you actually listening?

The importance of validating others

Megan Vogt
Dakota Student

We live in a world that is full of misunderstanding and miscommunication. We are constantly arguing about topics in which we are saying the same thing. We are worried about what others think of us. We take one sentence and twist it and manipulate it to mean something in our head that was completely opposite of what was intended. We live in a world where there is no listening, but rather interruptions to get our opinions and voices heard.

Being a college student, we hear opinions everyday. We get defensive when someone doesn't have the same beliefs as us. These days, people expect other people to listen to them and hear them out, but they never give the same respect. All they want is to be heard and move on. There is no discussion, no civil debate, no respect.

Listening is a quality that doesn't come without a conscious effort. It takes practice and immense loads

of patience. But at the end of the day, it is important for someone to understand that their views and opinions matter and have extreme value, rather than belittled and not taken seriously.

According to CreditDonkey, we spend 70-80% of our time listening, 55% of that is actually listening. This is why being a good listener is such an important concept.

We all heard it in kindergarten but do we always listen? No. I am so guilty of tuning out the things that I am really not that interested in. I tend to hear the things that pertain to me. But what I do know is that if someone is talking about something, chances are they are passionate about it, and they want someone to listen to them.

The opposite aspect of listening is interrupting others. It is one of my biggest pet peeves, but at the same time, I am also guilty of doing it. We all are. We think that someone has finished their thoughts and you accidentally--or intentionally--chime



Photo courtesy of UnSplash

Taking the time to listen to another person is one of the highest forms of flattery.

in with you speak your thoughts and feelings in that specific moment.

I think interrupting is almost as rude, if not more than, not listening.

According to Google, interrupt is defined as "stop the continuous progress of (an activity or process)." Interrupting is considered disrespectful in our culture, so why are we so unconscious about our individual behaviors when it comes to interrupting.

I have noticed while sitting in different coffee shops that the people who get interrupted usually lose interest within the conversation

fast. They become disengaged, quiet and may provide short answers.

It's important to take that one step back and reflect on what we do have as our upbringing and check to see where we are now. Listening may be one of those important qualities we check in on. It is a quality that gives us these opportunities to grow and shape ourselves to be the best versions of ourselves by truly listening and seeing where others have been

and what they learned from these experiences.

"Listening is a quality that doesn't come without a conscious effort. It takes practice and immense loads of patience. But at the end of the day, it is important for someone to understand that their views and opinions matter and have extreme value."

Megan Vogt, Opinion Editor

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

Living a double life

Are you leading a double life?

Madison Feltman
Dakota Student

No one wants to intentionally be two completely different people. At least I know I don't. Consistency is key to maintaining relationships with others and in general going through day-to-day life.

College is an opportunity to have a fresh start. Start over. Meet new people, grow in to the outstanding person you were born to be. Sometimes that means reflecting on who you are and where you came from and deciding if that is the person that you want to continue to be or try again and be someone who is willing to try something new.

Now, this is a scary thought. The beginning of college is a crazy whirlwind of who you're going to be friends with, what your future will look like and navigating around a brand new place. I remember one day sitting in my dorm room last year thinking about what I was going to make of these next four years and my first instinct was to "own who I was." Those words were very similar to the lesson my dad always taught me. Whenever I felt self-conscious of my height or my awkward-

quirky self, he would, and continues to tell me, "just own it, megs."

Since that day, I have worked on "owning it." I have worked on trying to be the less awkward person who makes people get quiet when I walk into a room, and be more of a person who others enjoy being around because they never know what is going to happen. Am I always successful at this? Absolutely not. I have my days where I fall into my mindset of worrying about what others think of me and wondering if I should just stay quiet and not talk. But I can say that I have come very far in accepting my own personality. I am not the girl who everyone wants to snapchat every day, hang out with or post the instagram picture with. But you know what...that

is okay with me because I have my quaint, little group of awesome friends that I wouldn't trade for the world and I know that they would have my back no matter what, and that is all that I could ask for.

But having this realization of finally starting accepting myself came with a consequence I never imagined having. I started living a double life, but I am not alone on that. As I sat at a table at Buffalo Wild Wings, my friends and I realized that we, as college students, have two lives. The one at school and the one at home. No one at home really knows your school friends and your school friends don't really know your hometown friends. You can talk about them, but they don't truly know the kinds of people you

surround yourself with.

In the past, I have definitely thought about going home and fearing that I would fall back to being the person that I have worked so hard to not be anymore. The anxiety-filled, people-pleaser, blend in person. I am not going to lie, going back home is not fun for me. Besides seeing my loved ones and dogs, I don't like going back home. I am constantly worried about what people are thinking about the person I have become. And that right there, is exactly what I try so hard to avoid.

I have my life up here at UND and I have my life back at home. But they don't mix, nor come close. So while living a "double life" is not my intentions. It is what my life has become because people don't

try to give the new me a chance at home because they assume I am the quiet, awkward, anxious Megan. The people at school have a hard time believing that I was like that until they come down and visit me and see how I act in public or social situations.

Don't get me wrong, I am proud of who I have become. But I also get sad at the thought of unintentionally falling back to the person that I was when I am at home because that is just a natural reaction to those people and those situations. I guess my point of this blog was to work through this reality myself because this was a tough pill to swallow. Knowing that those I went to high school may

never know the person I have turned into or give me the chance to show them because of who I was before, and that I guess that is okay.

College is not easy. Both academically and emotionally. There are going to be weeks and days where the universe is against you. You didn't do anything to deserve these things because they're not your fault, but they still happen. It is okay to breakdown and be upset because it sucks. But eventually you have to get up and keep going.

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

"No one wants to intentionally be two completely different people. At least I know I don't. Consistency is key to maintaining relationships with others and in general going through day-to-day life."

Megan Vogt, Opinion Editor

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Enjoy the Fall Festivities

At Valley Corn Maize

Olga Kopp
Dakota Student

Fall seemed to arrive suddenly this year, which means that fall activities are now in full swing. It is well-known that fall is famous for pumpkin patches, corn mazes, hot cocoa, and pumpkin spice lattes. This year people can come and enjoy Valley Corn Maize which arrived in town of East Grand Forks.

Even though it was a cloudy day, people and families came out to enjoy the cooler weather. Around 300 people came out to visit on Saturday and take part in the fall fun.

Valley Corn Maize is owned and operated by Kevin and Debbie Krueger, Matthew and Amanda Krueger, and Shane and Sarah Pilon.

“This is our fourth year open, we were not open last year. We started four years ago,” Sarah Pilon said.

She and her family enjoy running the place every year.

Every fall season multiple visitors of all ages come to enjoy their time together at the Valley Corn Maize.

The best attraction in Valley Corn Maize is 15 acre corn maze with two separate trails, one longer and one shorter. There are hints and a map available, as well as fun trivia questions to answer. Completing the corn maze can vary in times. Depending on the walking pace and the brainstorm work, it can take about an hour or more to get through the entire maze. Those committed to completing the maze can usually do so in about 30 minutes.

This year the theme of the corn maze is “walking with dinosaurs.” The maze depicts Jurassic Park from the sky. The maze can clearly be identified as a giant T-rex and one small triceratops. Attention all

the spring, and we mow the design of the corn maze. We have zero-turn lawn mower and we have a GPS from the tractor that we stick on it. We upload the design of the maze onto the GPS. It’s a lot of work,” Sarah Pilon said.

Creating a corn maze is a long and difficult process. It takes all day to mow the lawn to create a perfect shaped picture of the dinosaurs.

Unfortunately, the maze was not open this week because it was too muddy. There is a possibility that maze will be open next week if it is dry enough.

“Everybody can find something to do and have fun here. It is really nice because we have so many more activities. Even with the maze not being open during the muddy days, people still can be here for hours and still have a blast,” Sarah Pilon said.

There are many activities for family and friends to enjoy. One of these being a giant corn-filled bin box which looks like a big corn pool where children and adults can spend a fun time together. Rat rollers is another great activity where you can compete with your family and friends in a fun race. There are also corn cannons, croquet, oversized lawn games, including Jenga, Connect Four, Yardzee and Corn Hole.

“We have a ton of new yard games, including the wall ball game and the basketball game. Everybody loves a giant corn box: adults get in there, kids get in there; people are swarmed in there all the time,” Sarah Pilon said.

Activities at Valley Corn Maize also include tetherball, air blasters, spider web, and a new feature of basketball game at the ball zone which is a competitive basketball game.

The owners of the Valley Corn Maize have mul-



Olga Kopp/Dakota Student

The giant corn filled bin looks like a swimming pool of corn.

Amanda Krueger said.

“I really like the new ball zone. A lot of work went into that. I like the

portunity to take a ride in a grain-train wagon around the maze.

Travis Huerkamp was visiting the maze with his children. He has come to Valley Corn Maize for the past three years.

“This is my third year as a visitor here. I am coming here to have a good time with my family. My kids like the giant slide; they can definitely spend hours on there,” Huerkamp said.

Nothing is better than having a picnic outside. As good as it sounds, you can take a break from games and have a little snack at picnic tables. There are hot food, beverages, and frozen yogurt available for an additional cost.

Those who enjoy taking

pictures have the ability to get fun pictures at photo slots around the maze area.

Although Valley Corn Maize is a fun event for family and friends, it is also an educating event where people can learn more about agriculture: how the corn maze is made, how to plant corn, what corn is used for, etc.

“Come and make good memories with your family and friends, so you can think and talk about it in the future,” Krueger said.

If you decide to go, plan to spend a couple of hours at least. Definitely bring boots when you go.

Valley corn Maize is located on Highway 2, Intersection of 160th Street SW & Hwy 2., East Grand

Forks, MN.

Opening hours: Fridays: 4 p.m. - 7 p.m., Saturdays: 10 a.m. - 7 p.m.; Sundays: 1 p.m. - 6 p.m.

*Available Thursdays to scheduled groups only.

Price: general admission: \$7.95 + tax (kids under 36” receive free admission); season pass: \$18.95 + tax (Unlimited visits for the current season); group admission: \$5.95 + tax (one

“Come and make good memories with your family and friends, so you can think and talk about it in the future.”

-Amanda Krueger, Owner and Operator of Valley Corn Maize

Jurassic Park fans, this is your chance to walk in the jungles of the Valley Corn Maize.

Sarah Pilon described the process of the Valley Corn Maize preparation.

“We plant the corn in

multiple meetings every year, where they are making decisions about new features to add.

“Every year we are trying to include something new. There is always something slightly different,”

competition feel to it. You can compete with your friends and enjoy time together,” Shane Pilon said.

Everyone will enjoy a giant slide going down from a high pile of hay bales. There is also an op-



Caitlin Collins/Dakota Student

Don't forget to visit a pumpkin patch this fall season!

Taking a Trip to "Box City"

Raising Awareness of Homelessness in Our Community



Participants prepping themselves for their overnight journey in a cardboard box.

Cortnie Cottrell
Dakota Student

"Box City is more than raising money for the homeless," Maddie Pullen, UND Newman Center lead service chair, said. "Spending one night in solidarity, sleeping in a cardboard box gives a new perspective on what

ing how homeless people have to spend their nights. The purpose of this event was to raise money to support the local homeless shelter, Northlands Rescue Mission and to raise awareness of the homelessness in Grand Forks. This event also gave the community a great opportunity to put themselves

This event was free of charge for participants; however, it was encouraged that each participant fundraised a minimum of \$40 in which all proceeds went to the homeless shelter. Additionally, cardboard boxes were supplied for participants; therefore, all that was needed was blankets,

"Spending one night in solidarity, sleeping in a cardboard box gives a new perspective on what really matters in life."

-Maddie Pullen, UND Newman Center Lead Service Chair

really matters in life."

The first annual Box City event was held at the Newman Center on campus which began on Saturday at 6:30 p.m. and went overnight to Sunday 8:00 a.m. where participants would come together and spend the night sleeping in merely just a plain cardboard box-simulating

in someone else's shoes. Pullen had participated in a similar event previously in high school and wanted to bring it to UND's campus.

"My goal for Box City was to bring awareness of homelessness in Grand Forks so more people are able to help Northlands Mission," Pullen said.

help and expressed how important donors, volunteers and events like Box



Participants help raise money and awareness of the homeless population in Grand Forks.

City make a life changing difference for those in need.

"It is amazing how much people grow from their time at Northlands because when they come to us, they are not used to being treated with dignity and respect," Shirek said. "It is so life-giving to be able to watch their human spirit come back."

Preparation for this event started at the beginning of the 2019 school year. With lead service chair, Maddie Pullen and fellow service chairs, Emily Sears and Taylor Sagen working hard to make this event possible, they are excited to say that it was a success. With 15 participants disregarding their own comfort to sleep in a cardboard box, this event raised a whopping \$566 for the Northlands Rescue Mission homeless shelter.

"Being that it was our first year of having the Box City event, I was happy with the turnout," Sagen said. "It brings me great joy to be able to raise awareness of homelessness in our community and to see that others truly care about supporting the shelter."

Sunday morning reflections took place between participants and staff. Everyone agreed that this experience revealed the compassion for those sleeping outside. Participants explained that it was noisy from car and foot traffic passing by, which made for light sleeping. Additionally to the noise, it rained on them, which led to boxes collapsing and participants getting wet-which only made for a more humbling experience.

Northlands Rescue Mission is a Christian-based emergency shelter that empowers homeless men and women to rebuild their lives. The Box City event provided direct support with help in doing just that-empowering others to rebuild their lives.

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



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Running with the Nation's Best

Seven teams at the Griak Invitational boasted a top-30 national ranking



Photo courtesy of Carol Franck

The women's cross country team warms up on the course on Saturday morning.

Madison Overby

Dakota Student

This past Saturday marked the 34th annual Roy Griak Invitational, which took place at Les Bolstad Golf Course in Falcon Heights, Minn. The UND Fighting Hawks cross country team made the trek down to join two talented fields in both the men's and women's Division I Gold Races. The women were one of 16 teams and the men went up against 14 teams.

The men and women both placed 14th.

On the women's side, senior captain Hannah Oscarson led the way as she has in the past three meets

for the Fighting Hawks. She placed 32nd in the field of 147 runners.

"It went better than last year for a lot of people on the team," Oscarson said. "A couple people ran 15 or 30 seconds faster on this same course. As the team gets closer it makes people want to run for more than themselves and I think you can see that in our times this weekend."

For the men, freshman Luke Labatte led the team with a 64th place finish in the field of 117 runners. He has also been consistent up front for North Dakota in their season so far.

Both the men and women looked at Griak as an opportunity to grow

as a team and push themselves to new heights.

"Griak has some great competition," senior captain Jacob Henne said. "It really pushed everyone the entire race. The team really fought hard and that's what is going to separate the pretenders from the real deals at the big meets like conference and regionals."

The team has a three-week training period now before they step back onto Ray Richards golf course for the annual home meet, the Ron Pynn Classic, on Oct. 19.

"I think traveling brings the team closer together. At local meets there typically isn't as much competi-

tion. Now we have three weeks of training before the home meet," senior Erica Eades said. "I think we can really take advantage of that. We have time to get healthy and keep building strength."

The team is looking to build off the weekend and hope to continue to develop a good team dynamic. The dynamic will be important at the conference meet where every place contributes to the total team score.

Last year the women finished fourth and the men finished sixth at the conference meet in Omaha, Neb. They are looking to improve on that finish this year and hopefully

pick off a couple of unsuspecting Dakota rivals.

The Summit League Conference Championships continues to be dominated by the University of South Dakota, North Dakota State University and South Dakota State University for men and women.

Eades and Oscarson were both confident that the women's team will be ready to do some damage when the championship season rolls around. The training continues to intensify and accumulate, and with the building fitness they are looking forward to some true tests.

"With two out of our top five runners not racing, that shows that the team

can progress a lot from here," Oscarson said. "We have five weeks to pull something together. I think we can manage a top three finish at conference this year. We just have to have a good day when the time comes."

Madison Overby is the sports editor for Dakota Student. She can be reached at madison.overby@und.edu

Classifieds

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Drop off location - UND Accounting Office - Room 220, Gamble Hall, other locations around Grand Forks are available as well

Deadline is Thursday October 24th



Freshman Luke Labatte runs at the Griak Invitational.

Photo courtesy of Carol Franck

Football Comes Up Short in Cheney

UND will carry positives from the loss into Homecoming weekend

James DeArman
Dakota Student

After their bye and a strong win in the Potato Bowl game against ranked Sam Houston State, the Fighting Hawks traveled to Cheney, Washington for a battle of the birds with the Eagles of Eastern Washington University. Entering this season as the fourth-ranked team in the FCS, Eastern Washington has seen a drop to the 21st position after a disappointing recent form of 1-3, including a loss to unranked Idaho last weekend. This year's performance has been a far cry from an Eastern Washington team who has won six conference titles since 2010 and faced North Dakota State in the 2018 FCS National Championship game.

A trip to Cheney for UND means a date with the ever interesting and unique Roos Field, whose artificial turf brings the childhood game, the floor is lava, to life. Nicknamed "The Inferno" in a student vote, this odd red artificial turf field has become a fortress for the Eagles since its installation in 2010. Eastern Washington sports a 52-10 record when playing at Roos and North Dakota has been on the losing end of their two prior appearances in "The Inferno". To add more intrigue to this game the initial idea for the red turf was provided by then athletic director Bill Chaves who is now serving in his second year as the athletic director of UND.

As the game began, it became evident that the hostile away stadium would not be the only form of adversity for the Hawks as an early September snow storm, accompanied by heavy winds, powdered the red turf white. Only

36 degrees at kickoff, the weather would prove to be a challenge immediately as the opening kickoff was fumbled by the Eastern Washington return man. This play must have been the Eagles getting their mistakes out of the way early because they proceeded to dominate the rest of the first half. The offensive front of Eastern Washington had their way with UND and were able to establish a dominant running attack for 220 yards on the ground including springing running back Antoine Custer Jr. for 108 first half yards on 16 carries for three touchdowns.

UND had two turnovers early in the game which is the last thing you

want to do against an Eagles team that, since 2010, is 50-0 when they win the turnover battle. The UND offense failed to get their running attack started and were unable to convert on any of their eight third down attempts. UND was able to score on a beautiful pass from returning quarterback Nate Ketteringham, who took advantage of the height of his receiver Travis Toivonen and put the ball where only he could catch it. The Hawks went into the half down 7-28 looking to make changes.

The second half was a different story for UND on both sides of the ball as the men up front began to get their footing in the game.

The Hawks struck fast in the third quarter after a strong drive capped off by a James Johannesson two yard touchdown run that cut the lead to two scores. North Dakota began running the ball with much better frequency which began to open up the passing game, shown to perfection in a play action near touchdown pass from Ketteringham to Toivonen. This set up a score and the lead was cut to 20-28.

It looked as though a comeback was on the table but the story of the game became UND's atrocious numbers in the turnover column, which proved it was not in the cards on this early winter day. UND finished the game with

six turnovers, the most by North Dakota since 2005, against 0 from Eastern Washington. It is unsure how much the blizzard-like conditions played a factor into the Hawk ability to maintain possession of the ball, but it is clear you cannot win football games when the ball is given up on this many occasions.

With the game coming to an end in a final score of 35-20, there were many glaring issues but just as many positives for Coach Bubba Schweigert's team as they prepare for UC Davis next week in Grand Forks. UND, with the nation's best pass defense, showed up again this Saturday afternoon holding the FCS leading passer to

only 93 yards through the air. These strong points on the day show that this game could have been won if not for turnover faults. The team will have a week to prepare before UC Davis Aggies come to the Alerus Center next weekend.


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



Caitlin Collins/Dakota Student

UND Football will be back at the Alerus Center in Grand Forks this Saturday, Oct. 5.

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