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# Humans of UND *Volume II*



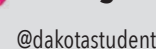
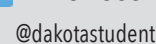
# A message from the Writers

## A message from the Editor

As the 2019-2020 school year is in full swing and the first few issues of the Dakota Student have filtered through campus, I can't help but sit back and feel nothing but happy. I was very reluctant in the beginning of the school about how this year was going to go, but I was quickly surprised by my awesome, hard-working staff. We started off the year on the right foot and are continuing to make strides towards the betterment of the Dakota Student. I am very excited and eager for all of the new changes and opportunities coming to the newspaper.

I chose to write about Y'anni because everything about her amazes me- from her strength, to her kind hearted & loving personality, she is truly one of the coolest people I have ever met. Our friendship sparked at the beginning of this school year, since we are both in the same sorority and we live in the sorority house together. We have opened up to each other about our past and although we may seem like two completely different people, we clicked when we found a similarity between the two of us. We both experienced such crazy lives that differ from others. So many people, myself included admire Y'anni for her beauty, humor, strength, and her willingness to be there for anyone & everyone. I'm so grateful to have gotten the opportunity to write this piece on Y'anni, it is my favorite article I've ever written during my time as a Dakota Student writer so far. I'm really excited to see what the future has in store for Y'anni, as I know there will be nothing but bright and big things ahead.

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# Y'anni Baum

Se Kwon  
Dakota Student

Y'anni Baum is a sophomore here at UND studying Forensic Psychology. Baum hopes to work with the FBI after graduation. She emphasized how big of a dream it would be for her, as the FBI and forensics are two things she has always had large interests in. Baum is a member of the Alpha Phi sorority on campus and also works part-time as a lifeguard at the CanadInn.

Baum had quite a different childhood than most kids. She spent a majority of her childhood traveling to numerous locations all over the world, alongside her parents who served in the Air Force. She was originally born in Landstuhl, Germany, but after two short years, her family moved to Turkey for a year. During that period, her parents separated and she then moved to Misawa, Japan with her mom. The two of them lived in Misawa for five years.

“Japan is what I remember the most and Iabsolutely loved it,” Baum said. “I started kindergarten when I was four years old and stayed at the same school until I was in the third grade. My mom was single and she was active in the military, so it was just us two for a majority of the time.”

Baum’s favorite place she resided at during her time traveling was Japan. The modern settings, the uniqueness of the culture and the high tech advancements that Japan offered were the three major things that stuck out to her the most. Although her love for Japan will never die, she feels confident that Grand Forks is her home. However, she did admit to how difficult her childhood was since her mom went on several six-month deployments.

“Watching your only parent at the time leave for such a long duration of time was extremely stressful and effected me emotionally,” Baum said. “When you grow up with a military family, having a strong bond with your family is really hard and truthfully, I still don’t really know a lot of my distant family members, strictly due to the kind of lifestyle I grew up in.”

As time passed, Baum’s mom met her current step-dad, who was also serving in the Air Force at the time. It finally seemed like a consistent lifestyle was finally starting to come together, but Baum described how difficult it was to meet and keep the friends she made on air force bases. Y'anni stated that as she grew up, she caught herself cutting ties with her friends after a certain amount of time.

“You start putting together a timeline on people you meet because you’re so used to people coming in and out of your life,” Baum said.

Baum later opened up about how things started to change when she moved to Grand Forks. She said that Grand Forks was the first place she felt like she could call home because it is where she has lived the longest.



Photo courtesy of Y'anni Baum

“My mom pulled me out of school in the fourth grade after she retired from the Air Force so she could homeschool me and spend more time with me,” Baum said. “I actually loved being homeschooled, but it definitely had its ups and downs. I was homeschooled all throughout high school and later continued my studies at UND. I think I stayed here because North Dakota felt like home.”

After moving to Grand Forks, she started becoming heavily involved in her community by joining 4-H, volleyball, and gymnastics while being able to meet friends and maintain those friendships.

“I either tend to not connect with people the way I should and want or I connect with them way too quickly and scare people away since they assume I’m clingy,” Baum said. “But in reality, I just don’t want to lose them.”

Baum offered some advice for anyone who may be in a similar situation.

“Live in the moment and take it day by day,” Baum said. “Try not to push people away and always love wholeheartedly. Don’t bottle your emotions up either because I can assure you it doesn’t benefit anything or anyone, and especially not yourself.”

Baum believes that this experience has shaped her into the person she is today.

“I’ve witnessed a lot throughout my life so I like to consider myself pretty cultured but at the same time, it’s hard to grow up that way because you’re so used to watching people leave which can really affect your mental health and you as a person.” Baum said.

Baum is grateful for the opportunity to speak on behalf of her childhood and incredibly difficult experience.

“I don’t think I’ve ever fully shared my story before, so it was nice getting to open up about it, even though this isn’t even all of it,” Baum said. “If I told my whole story, I could probably write a book.”

She believes that sharing her story has given her a boost of confidence.

“I just hope I can help people realize that they’re not alone because living this type of lifestyle can get very lonely,” Baum said.

\*Writer’s Note - The focus of this should not be on how “sad” or “emotional” this article was. Baum openly shared her experience to reassure people in similar situations that they’re not alone, however, the main takeaway from this is that not everybody lives a perfect life. Everyone has a story, but not everyone knows other people’s stories, so it’s crucial to be mindful and considerate of others. Baum is an inspiration to so many of her peers, her positivity and strength is a beaming light to those she encounters. She is known for being an incredible support system for the people she loves and she can make anyone’s bad days turn into the best ones.

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Dakota Student/Trevor Alveshere  
Kara Helmig is the Associate Athletic Director for Internal Operations and Senior Woman Administrator for UND.

# Kara Helmig

Megan Vogt  
Dakota Student

The University of North Dakota competes at the Division I level with 17 teams. The public audience sees the time and energy that the athletes and their coaches put in for a successful season, but often times the behind the scenes work goes unnoticed.

Kara Helmig is the Associate Athletic Director for Internal Operations and the Senior Woman Administrator for the athletics department and a Deputy Title IX coordinator for UND. Helmig oversees all aspects of student athlete’s success areas-- from their academic success to their sport eligibility. Helmig graduated from the University of Notre Dame with a bachelor’s degree in political science, then attended Tulane Law School where she graduated with a Juris Doctor and Sports Law Certificate.

Helmig’s love for athletics started when she was a child.

“Growing up, I always played sports,” Helmig said. “My dad was a professional softball player, and he also started his own softball company, so sports were always our thing. Growing up I remember, living in Ohio everything was land-locked so we would always drive to vacations, we weren’t big flyers. We would always go to softball tournaments with him and while on the road, he would always quiz me on colleges and their mascots, and my twin sister on Heisman Trophy winners. It was always something I was interested in, especially at Notre Dame because it was such a big part of the school there. I caught the bug and have stayed in it since.”

Before graduating from law school in 2007, Helmig received the opportunity to intern with the NCAA in the enforcement office for a summer. Once she graduated, she had enough experience within compliance from both her time at the NCAA and as a student manager for the football team and Men’s tennis team at Notre Dame, she was able to receive a full time job at California State University, Fresno.

“Fresno is a really great place to have a first job because there is so much to learn,” Helmig said.

But one year was good enough for Helmig. She was contacted by a previous assistant Athletic Director for Tulane University expressing the new position she had taken at the University of North Dakota and asked Helmig to be the head of compliance as UND transitioned from Division II to Division I. On August 1, 2008 UND announced the hiring of Helmig for the Assistant Athletic Director for Compliance.

“When I came here, I was the only compliance person here for the first four years,” Helmig said. “I have always had law students working for

me as my assistants. But then in 2013, I got more office help and now there are 3 of us in the compliance office.” Helmig stated that she has been given many different opportunities while being here at UND.

“UND has been constant opportunity,” Helmig said. “Within the positions with athletics and Title IX coordinator where I did investigations, but I also have been given the opportunity to teach sports law in the business school and be involved with Greek Life as a house mom for Alpha Chi Omega. It has been weird opportunities, but I have really been enjoying them.”

While Helmig has been given many different opportunities, students also have access to these unique opportunities for them to take advantage of.

“Really take advantage of all the opportunities you have been given,” Helmig said. “Whether it is an invitation to go grab a coffee with somebody, an invitation to go to Sioux Awards, to an invitation to go to a sporting event that you haven’t been to because those tickets are free (except hockey), so you’re always invited to go to those. You’re selling yourself short sometimes when you say no. Not that you can’t burn a candle at both ends, you need some me time, but there is always that one opportunity that impacts your future, changes your mind on something or sets a path for you.”

Take a look at the opportunities that UND has for you this week. Alumni are back this weekend. Make those connections and jump on the opportunities that they can provide because at one point they were students here too. Check out the sporting events this weekend. Volleyball plays tonight at 4 p.m. against Western Illinois, football plays at 1 p.m. on Saturday against UC Davis and hockey has their exhibition game Saturday night against Manitoba at 7:07p.m. While volleyball and football tickets are free, hockey tickets can be purchased through your Green & White Account. The athletics department invites you to attend these sporting events this weekend, don’t let this opportunity pass you by.

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# Amy Henley

Mason Dunleavy  
Dakota Student

Amy B. Henley, more commonly known as Dr. Henley, Dean of the School of Business and Public Administration, has always had a passion for academics. This passion pairs well with her other passion, college football.

Dr. Henley grew up in Panama City, FL, a town smaller than Grand Forks, but as she remembers it was a hot spring break destination. Her parents were born in Panama City, FL, but the family moved to Mobile, AL in 1977. As Dr. Henley describes it, “we’ve been all over the Southeast.” Her dad was an executive at AT&T, which leads me to believe that business was constant talk in their household, presumably leading to Dr. Henley’s interest in business. During Dr. Henley’s time in the Southeast, she became obsessive over college football. She attended the University of Southern Mississippi and got her undergrad in accounting; on the side she was cheering on the school’s football team. Dr. Henley went on to get her masters and got her first big job as a financial analyst for a freight line company, which was valued at \$600M.

After working for a while, Dr. Henley decided to get her Ph.D. She describes the Ph.D. program as a very difficult time in her life. “The Ph.D. program beats you down.” Dr. Henley said.

Dr. Henley brought up a story about a professor who made a difference in her life. Gary McMahan was one of her professors during her Ph.D. schooling, and as she puts it, he’s the one who pushed her to get through school. It was with McMahan’s help that Dr. Henley was able to complete her schooling, which she is very thankful for.

“I remember when my dad was in the hospital and Professor McMahan visited him.” Dr. Henley said. “My dad said to him, ‘It’s rare for someone to believe in you and you believed in my daughter, thank you.’”

Dr. Henley remembers how inspirational her professors were and wanted to pass that on in her academic career. Dr. Henley moved from Atlanta, GA to Grand Forks, ND and received a warm welcome. When asked why she came here, “it’s a great community, a great business school and great alumni. I’m really excited to make a difference here.” Dr. Henley said.

Dr. Henley is married, and her husband also has a Ph.D., together they have a two-year-old named Collier. Collier was named after the quarterback that played during her time at the University of Southern Mississippi.

There are a few things Dr. Henley misses about the South, apart from the hurricanes. One of them being grits, a common comfort food in the south.

Dr. Henley is excited to attend hockey games at the Ralph, as she has never experienced true hockey fandom. Dr. Henley came a long way to be here at UND and she’s proud that she can now call herself a Fighting Hawk.



Dr. Henley looks forward to meeting you.

Dakota Student/Trevor Alvshere

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# Alexander Lo

**Brianna Mayhair**  
Dakota Student  
B: **To start off, where are you from?**

A: I am from Plymouth, MN. I was born in Minneapolis, MN, so I am not too far from home here.

B: **What year are you here at the University of North Dakota?**

A: I am in my second year of study at UND. I'm not on the typical four-year plan since I came here from the University of Minnesota, where I was a Biology student with a Public Health minor, so I brought in a lot of credits before coming to UND to pursue Commercial Aviation.

B: **What motivated you to start over and go back to school?**

A: I would definitely say it was partly dissatisfaction with what I was doing. I was working in a lab at the University of Minnesota studying Biology Education and I was just not crazy about coming into lab three days a week, going home to watch recordings of classrooms and filling out spreadsheets about teaching styles and student engagement. I decided to follow one of my childhood passions, which was Aviation. My grandfather was a pilot in the Republic of China Air Force during World War II, so because of that my dad grew up on air force bases in Taiwan. He would always have airplanes and books about airplanes when I was growing up. I have always loved airplanes since I was little. Also, I was reading a bunch of news articles that the air industry is in desperate need of pilots with extremely competitive salaries. My parents were completely supportive, so while I was working, I was taking private pilot lessons and I eventually earned my private pilot license a couple weeks before coming to UND. I knew that UND was known for its Aviation programs, so I decided to come here. The last motivating factor

was that I am not the type of person that likes going to the office and working a nine to five job or going to a lab and doing the same exact thing every day. So far, I definitely feel I have made the right choice coming to UND.

B: **Were there any challenges when deciding to go back to pursue a different career?**

A: Definitely. It is more social pressure. I have a lot of high school friends that are already working and earning money and I am still here doing another undergraduate program. Also, I am years older than most of the people in my classes. It's not a problem, but it's more about your self image. It's hard not to think about where you are supposed to be. If you would have asked me five years ago if I was going to be taking classes with 18 or 19 year olds, I would have said what did I do with my life. Honestly, it is still a rewarding experience, especially since I have a plan that is laid out that I am following to achieve my goals.

B: **What would you tell someone that is thinking of going back to school?**

A: Honestly, I would have to say it comes down to is it something that you love and want to do and does it provide the income to live comfortably. Also, to provide if you want a future family if that is something that you want too. If you are doing something that is making you unhappy and you want to go back to school for something you love, by all means go for it. I think it's better to look back on life with no regrets. I rather have a job I love and earn less than working somewhere I dislike that has a high salary.

B: **While attending college, have you been in any clubs or organizations and how have they affected you as an individual?**

A: I have been completely focused on my



Photo courtesy of Alexander Lo

Alex is a hard working aviation student here at UND.

studies while at UND, but when I was at the U of M, I was involved in Greek Life and Multicultural organizations. Recently, I have been in communication with some minority students here at UND who want to start a new student organization next semester for minorities in Aviation. I think clubs allow you to improve your people and leadership skills. It has definitely taught me how to present myself professionally and prepared me for interviews. Overall, it just teaches you how to talk and interact with people productively.

B: **Any last comments?**

A: I'm glad there is a place like this four hours away from the Twin Cities with an affordable price. Despite the weather and the smallness of the town, I have enjoyed my time here.

Brianna Mayhair is a News writer for Dakota Student. She can be reached at [brianna.mayhair@und.edu](mailto:brianna.mayhair@und.edu)



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Trevor Alveshere/ Dakota Student

Amelia showing her affection for cheer.

# Amelia Patefield

**Cortnie Cottrell**  
Dakota Student

You may have seen her cheering for the UND sports teams over

the last four years or may have recognized her from Gamma Phi Beta and if not, you are missing out on a UND legend. She has attended The University of North

Dakota for the past four years and is currently finishing her degree in Communications and is looking to graduate this December. She is known as, Amelia Patefield.

Being that she has been so involved on campus in the last four years with her sorority and UND’s cheer team, she definitely knows the ropes on team spirit-especially when it comes to homecoming week for UND.

Patefield grew up in Maple Grove, MN, a city with a population of 71,066. She was very involved in her high school, participating in swimming, hockey cheerleading and competitive cheer teams, lacrosse and band. Her transition to UND was a little rough, but being on the cheer team and in Gamma Phi Beta really helped her feel at home when she was missing her family.

Choosing UND was an easy process for Patefield. Her mother was born and raised in Grand Forks and had attended UND herself; therefore, she wanted to follow in her mother’s footsteps.

After settling into Grand Forks and the campus here, Patefield really embraced her participation with UND’s cheer team.

“The cheer team gave me great opportunities to be closer with the university and the Grand Forks community,” Patefield said. “I’ve made great friends along the way, inside and out of the cheer team. I’m really grateful for the opportunities I’ve been given and the relationships I’ve made.”

The biggest aspect that Amelia took from participating on the cheer team for four consecutive years were the opportunities with big events and with those, being comfortable in front of crowds and finding her true self.

“Homecoming week is great because it brings a lot of people together-the students, faculty, alumni, family outside of UND and more,” Patefield said.

The UND cheer team is always in the front of the parade which really set the mood for the rest of what was to follow and for the game later that afternoon. She loved being in the parade and representing UND during Homecoming. It truly was an honor for her.

Being on the UND cheer team was also a great honor for Patefield. “It was about appropriate representation of our university,” Patefield said. “Even if we would just be wearing our warm ups, we were recognized, and we always want to keep up a good reputation and be happy. We are here for a reason and we are mentors for the alumni and for the future younger girls and boys.”

Even though she will not be walking in the parade with the cheer team this year, she is excited to enjoy all of the homecoming festivities from the other side of things.

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

# Brad Reissig

**Olga Kopp**  
Dakota Student

“It was only in the theatre that I lived.” This is one of the best ways to describe Brad Reissig, Associate Professor of Scenic and Lighting Design in the Department of Theatre Arts at UND. From his childhood until current days, Reissig likes to be a part of theater life.

This is Reissig’s 14th year working at UND. Most of you may recognize him if you have taken Theater classes such as Theater 110, Design and Tech courses, Stagecraft, Scene design and light design courses.

Reissig got his bachelor’s degree in Theatre at Kansas State University in Manhattan, K.S. He then received his master’s degree in Theatrical Design & Production at Illinois State University in Normal, IL.

“When I first got to UND, I knew people who were already teaching here, and I wanted to work with them again because there were people who I liked to work

with in the past. When a position opened up I was excited to work with them again. So, I went and applied, and now I am here. I love UND and Grand Forks. I will be here until I retire,” Reissig said.

The university community and friendly people are two main things everyone loves about UND, and Reissig is no exception. He loves to be a part of the university community as much as he enjoys living in Grand Forks.

“There is plenty to do in Grand Forks and I think it’s a great place to be at. It reminds me of the place where I went to college at, because it is the same kind of town. I like to have a college town feel,” Reissig said.

Starting from a young age, Reissig fell in love with the magic of the theater. Reissig’s parents were the first people who introduced him to musicals and theater plays.

“I always had a big place in my heart for doing big musicals, but there is something fun about both straight plays and musicals,” Reissig said.

By the time Reissig started to work at UND, he had some experience working in

different places and states. Reissig used to do some freelance work. He used to work in theaters in New York, Illinois and Kansas, more upstate than in the city.

“I like creating the environment for other people to use,” Reissig said.

Reissig has done a variety of theater shows where he was a part of the cast, and even the director, but he prefers to be behind the scenes creating the magical theater atmosphere.

“I love to work in both our theater spaces at UND. I like the smaller space because it’s so close and intimate. People are literally sitting inches away from the stage, it is hard to fake things in that kind of situation,” Reissig said. “I am really looking forward to our next show Sweeney Todd, which will be upstairs. This is gonna be a bigger show compare to the shows we usually do in the smaller theater.”

Reissig has fun memories about multiple different shows for many different reasons. There is one show, however, he remembers the most.

“One of my favorite shows that I ever did was in the theater smaller than this small theater at UND. We had maybe two hundred dollars to do the whole thing. It was five of us who got together and did the show, and it turned out to be great,” Reissig said.

He likes to be involved in the show, getting the research, and setting up the lights and sound.

“I am always impressed with students’ work and faculty’s work, the staff that we can pull off here. I’ve always been proud of what we’ve done here at UND,” Reissig said.

Although Reissig likes both theater plays and musicals, the major idea to study theatre came onto his mind when he and his friend went to London, U.K. after his high school graduation and watched a play called Les Misérables. “I’ve seen lots of shows before, but when I saw this show everything was just happening all around me, and I was sitting and thinking ‘this is what I want to do’,” Reissig said.

Reissig started off his undergraduate school as a business major in accounting, but it seems that he always wanted to do the theater more than anything else. When he decided to switch majors, his parents were very supportive.

“It is important to have family and social support in your life. I always had a good supportive people around me. I had great wise teachers who encourage me to do what I enjoyed to do. They helped me to walk through my journey and get to where I am today. I would not change anything. I love what I do.”

Reissig likes to help our community theaters as well. He helped to design the stage and gave some professional advice

to Grand Forks Fire Hall Theatre. Reissig also used to work with the Empire Arts Center.

“I love helping. I think both Fire Hall Theatre and Empire Arts Center are an important part of the Grand Forks community. I try to support all different theaters in this town. I love the variety options of theaters we have here. It is always nice to have places where people can go and enjoy their time together.”

He enjoys being a part of UND and teaching new students. Managing academic work and theater keeps Reissig busy.

“You have to manage your time and take care of all responsibilities whether it is an academic work or theater. It is important to not stress and enjoy the process, There is no reason to worry about things because it is not gonna help to get where you want to be at. It is a hard work. But there is a difference between hard work and stress. Just don’t stress and remember to have fun,” Reissig said.

Reissig has done a lot of hard work teaching his students the arts of the theater. His students achieved their biggest goals in life. Most of the students continue their educational journey in graduate school, others living their dream life in Disney.

“It’s fun to watch them grow and learn new things about them. Aside from all my awards I ever got, my biggest accomplishment is the success of my students. I am proud to see my students who graduate and found the work of their dreams,” Reissig said. “I’ve seen them on Broadway, working in the main theaters in Chicago, working in Los Angeles, working on TV. Many of them teaching at universities. It is wonderful to be a part of it. My students, by far, are my best accomplishments.”

If you ever had trouble deciding your major whether it fits your expectations, here is advice for you from Reissig: “If you are not sure, just get involved. If this is what you want to do, if this is your passion, you need to dive into it. Do what makes you happy. Listen to your own heart. It will work out. I don’t know how to explain it but it will work out.”

\*Writer’s Note - Follow your passion and maybe one day you will become a Human of UND. If you are interested to see Reissig’s theatre magic on the stage, come and watch Grace play at UND theatre. The schedule time: Wednesday, October 2 through Saturday, October 5 from 7:30 p.m.to 9:30 p.m.

**Olga Kopp** is an A&C Writer for Dakota Student. She can be reached at olga.kopp@und.edu



Trevor Alveshere/ Dakota Student

Professor Reissig sitting at the UND theater.



# Lydia Kantonen

Madison Overby  
Dakota Student

Lydia Kantonen is a junior at the University of North Dakota. She grew up in the small town of Park Rapids, Minn., which is home to about 4,000 people. After graduating from Park Rapids High School, she decided on UND for her undergrad. UND was not Kantonen’s first choice for school. She looked at a few other schools but couldn’t pass up the offer of a spot on the cross country and track team from previous Head Coach, Richard Clay. Kantonen came in majoring in chemistry and planning on going into medicine. After a lot of debating and switching back and forth, she found her true passion in education. She is currently majoring in biology with a secondary education degree.

“With biology there’s so many different parts to it,” Kantonen said. “Humans, the environment. And with my secondary education degree I’m going to be able to teach youngins to love the environment! I love education because you learn to care about everyone and not leave anyone behind.”

Kantonen has come a long way from the first day she stepped on campus. Along with the struggles to pick a focus in school, she was having trouble embracing UND. There were times when she didn’t know if she should stay here at all. Something that really turned around her college experience was the Fellowship of Christian Athletes (FCA).

“I think what really got me into things was getting involved in FCA. It made a huge difference,” Kantonen said. “At some point I figured, well, I’m stuck here so I better make the most of it. Then my attitude flipped. I did make the most of it, and I really started to love it.”

Kantonen is now a leader of FCA, along with eight others and two adult leaders. The leaders help to make the lessons for Monday nights and lead discussions. Just last Monday there were almost 70 athletes in attendance, although the number normally hovers around 40-50.

“I feel like (FCA) gives people a second family,” Kantonen said. “It makes people feel accepted and loved. You don’t have to have your life figured out when you come to FCA. And everyone is so uplifting.”

The adversity that Kantonen has overcome could arguably be seen most in her running career thus far at UND.

She dealt with an injury in her calf from the end of her senior year until around October of her freshman year. Kantonen proved she would be a major contributor to the team in her debut at the Ron Pynn Classic, which took place over halfway

through the season, so she was taken to Ogden, Utah to run in the conference meet, where she finished second on the team.

After training through part of the winter, she was plagued with yet another injury, which prevented her from running most of the indoor and outdoor track season.

However, that did not impact her summer training after her freshman year. She proceeded with caution and came back flying in August. She managed to stay healthy throughout the cross country season and led the team on multiple occasions. Kantonen placed 11th at the Summit League Conference Championships in Omaha, Neb., which earned her All-Conference Honorable Mention honors.

The high of a successful cross country season carried her through her Christmas break training and she came back with high hopes for a great indoor track season.

This dream was derailed by a shooting pain in her hamstrings that shot into her lower back. As she took some time to cross-train in the pool, on the elliptical and on the bike, the pain continued to get worse, not better. She couldn’t run, walk or even sleep without pain.

After weeks of uncertainty, an MRI revealed a sacral stress fracture. She had to take a couple months completely off and start the cross training process from scratch when the pain eventually subsided.

“It was the hardest experience of my life,” Kantonen said. “But you do get used to cross training. It’s definitely a mentality.”

Kantonen talked about the relationship between running and life.

“These struggles, even though they suck, they help a lot,” Kantonen said. “You learn not to give up even when it feels like it would be so easy to. You train yourself to focus on what you can control and figure out why you shouldn’t give up. For example, if I gave up now, what would I tell my students who are in really crappy situations?”

It would be hard not to admire the tenacity of Kantonen, which is so obvious in every aspect of her life. She plays a key role in education at UND, athletics and FCA, a group designed to bring people together. Without Lydia, UND would not be the same.

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Photo Courtesy of Carol Franck

Lydia is a part of FCA here at UND.



Photo Courtesy of Madison Feltman

Madison is very excited about her role as the Dakota Student Editor-in-Chief.

# Madison Feltman

Molly Andrews  
Dakota Student

Madison Feltman is currently a senior here at UND and on top of juggling her classes, social life and nannying job, she is also the glue that holds the Dakota Student together. She is the Editor in Chief this year and her passion for journalism and people is what makes her shine as a boss and a leader.

Madison was born in Iowa and has found her way around the midwest, at a young age her family moved up north to Fargo, ND. North Dakota quickly became Madison’s home as she spent her first few years of school here. When she was eight, her family found their way moving back to Iowa. Madison spent the rest of her school-age years in Iowa and decided to apply to the University of Iowa, where she began her freshman year as a social work major. She quickly found out that Iowa no longer seemed to be ‘home,’ and packed her bags to head up north.

“I decided that I honestly had not one clue as to what I actually wanted to major in, so with some guidance from my parents, I took a semester away from school. I moved up to our farm north of Grand Forks and worked in town for a while, trying to figure out what it is that I wanted to do. I began to look more into UND because my parents both went there and thought it would be a good fit,” Madison said.

Although Madison didn’t start her higher education journey at the University of North Dakota, she is happy that she ended up here in Grand Forks. As a Communication major, Madison’s passion is journalism. When she first started her job here at the Dakota Student, she knew that it would impact her and her career for the rest of her life.

“I have always been interested in writing. In high school, I had a teacher who taught introduction to journalism, she was a great teacher. Not only did she give me a lifetime’s worth of skills but she really helped me find my passion for writing,” Madison said.

Her ultimate dream is to be an investigative journalist. Madison finds it important to give a voice to those that might not have one and she does this through her writing.

“I went to a conference last spring where I learned the true beauty of investigative journalism and it excited me for what my future could possibly be. I want to be a voice for the voiceless, that has always been my goal, I want to be able to look back and see my positive impact.”

Madison is very excited to be the current Editor-In-Chief at the Dakota Student, she has big plans and has a positive outlook on the upcoming year.

“When I received the job as the EIC here, I was over the moon but then I got a little scared and began to psych myself out. I was pleasantly surprised when I first started the year and the papers began to come together. Don’t get me wrong I still get flustered and sometimes I want to throw in the towel, but I try to remain positive through this whole experience.”

Keep an eye out for all of the fun and new, exciting changes coming to the Dakota Student.

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# To those who made this possible THANK YOU

