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# Campus Construction Changes

## A roadmap to the changes happening on campus

Cortnie Cottrell  
Dakota Student

All of the new changes stirring up UND's campus, parking and office locations, you may be wondering what exactly has been going on around here.

With the memorial union being torn down, the relocation of offices and meeting areas, there have been many changes to the UND campus within the last few months. Since May, it has been non-stop deconstruction and reconstruction.

O'Kelly is now the host of "Stomping Grounds and Xpress C-store" which is located in room 19. There is a wide variety of products to purchase there such as Starbucks coffee, pastries, sandwiches, convenience store items and much more. So, if you are in need of a snack or some caffeine in between classes, their hours of service are Monday through Friday, 7:30 a.m. to 4:00 p.m.

Not close to O'Kelly, and need a snack or meal? Don't worry, the new Squires Dining Center has you covered. Plus, you can avoid all the busy construction going on. Squires Dining Center has all the goods, from Dakota Deli-featuring sub sandwiches to custom fresh tossed salads, Squires Dining Center will not disappoint. Stop by and check them out from 7:00 a.m. to 4:00 p.m. Monday through Friday.

"The new Squires Dining Center is a convenient option with a pleasant atmosphere for us students to grab lunch on our way to and from class," Emily Veronen, a UND Junior, said.

Another new change in campus is the Campus Post Office, which is now located in the UND Bookstore. The Campus Post Office is open to all UND students, faculty and staff, as well as the general public. Additionally, they provide UPS and Federal Express shipping services at discounted prices. Their hours of operation are from 9:00 a.m. to 1:00 p.m.

The construction and changes as a whole seem to be happen-



All that remains of the old union is rubble.

Trevor Alveshere/Dakota Student

ing on time with minimal delays. The biggest set back thus far is the opening of the new Gustafson Hall parking lot and Campus Road from Strinden Road to Davis Drive. This delay will be effective until Friday,

September 13th. This delay is due to wet weather and poor drying conditions; however, the northentrance of O'Kelly Hall will remain accessible for passing.

A fun and easy way to keep

up with all the changes going on around campus is to check-out the "Campus Renewal and Construction" blog found on the UND webpage. If you are interested and want to follow all the latest updates, there is an option to subscribe.

Another way to stay informed on the new Memorial Union construction, is to check out the link from UND's webpage. The page will bring you to the Memorial Union construction web-

cams. There are two webcams that have been strategically placed for viewers to be able to watch a time lapse of the demolition of the old Memorial Union and the progress of the soon to be new Memorial Union.

If you have any further questions regarding the changes on campus or any questions specifically regarding the Memorial Union Construction, please do not hesitate to contact Student Services or UND cam-

pus renewal that can be reached by email at [und.campus.renewal@UND.edu](mailto:und.campus.renewal@UND.edu), they are willing to help.

Cortnie Cottrell is a News Writer for Dakota Student. She can be reached at [Cortnie.Cottrell@und.edu](mailto:Cortnie.Cottrell@und.edu)

# Exploring the new Squires

## The in's and out's of the new Squires

Brianna Mayhair  
Dakota Student

On Tuesday, Sept. 3, Edward Martin, the retail dining operational manager at Squires Food Court explained the changes that students will face when dining there.

Since the Union is no longer present, Old Main Market Place replaced Squires, once a dining hall to accommodate students like they once had and even more on a retail level.

One big difference is how students can purchase their meals.

"We have opened up to all board meals instead of just block meals," Martin said, "to accommodate and help relieve pressure from the other dining areas, we welcome unlimited board meal plan users."

Martin follows that by explaining another big change.

"We have placed a register at every concept instead of just having one area to pay because when we move back to the Union, we will have the same setup."

Even though the location has changed, they tried to stay with their previous food options.

"What we had at Old Main Market Place we translated directly here since our customers were familiar with the food options there," Martin said, "We have the grill, very similar to A&W, Tossed Fresh Salads, Dakota Deli and a pizza concept. They were very popular at the Union, so we wanted to continue that experience here."

Story continued on page 2



Squires is the new home of the Old Main Market.

Trevor Alveshere/ Dakota Student

## Squires story from front page

Keeping the same menu items, new items will be added as well.

"We are working on creating a gourmet burger," Martin said, "which allows students with a different option they might not be able to find around campus."

To help students, the buying experience is set-up very similar to Old Main Market Place. The food is made-to-order and fresh every day.

"The concept styles allow students to build their own meals," Martin said, "which lets them pick and choose what they want as a meal."

This allows students to be opened to a menu every day. The move came with some improvements as well.

"Squires Food Court allows more seating for students as well as more space," Martin said, "the seating itself is a lot better than Old Main Market Place since it is more updated."

The new space allows more students to be welcomed and served.

Squires Food Court is not only opened to students, but to everyone that comes in. They welcome cash, card, checks and gift cards as well to be used to purchase meals. For students with board meals, there is a nine-dollar limit, but can be combined with dining dollars or other forms of payments. They also provide a tax free \$650 dining dollar plan for students to utilize.

Squires Food Court is open from 7 a.m. to 8 p.m. providing students with breakfast, lunch, and dinner five days a week, Monday thru Friday.

"Depending on traffic, we may have open hours on weekends as well, but right now we are sticking to five days a week," Martin said.

Dining Services is looking to hire more friendly, compassionate and hardworking individuals to their team students and non-students.

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



Signs can be seen illuminating the entrance to Squires.

Trevor Alveshere/Dakota Student



### Editor-in-Chief

Madison Feltman  
[madison.feltman@und.edu](mailto:madison.feltman@und.edu)

### Managing Editor

**A&C Editor**  
Molly Andrews  
[molly.andrews@und.edu](mailto:molly.andrews@und.edu)

### Sports Editor

Madison Overby  
[madison.overby@und.edu](mailto:madison.overby@und.edu)

### News Editor

Mason Dunleavy  
[mason.dunleavy@und.edu](mailto:mason.dunleavy@und.edu)

### Managing Editor

**Opinions Editor**  
Megan Vogt  
[megan.m.vogt@und.edu](mailto:megan.m.vogt@und.edu)

### Photo Editor

Trevor Alveshere  
[trevor.alveshere@und.edu](mailto:trevor.alveshere@und.edu)

### Web Editor

Steph Matlock  
[stephanie.matlock@und.edu](mailto:stephanie.matlock@und.edu)

### Business

Vince Azzarello  
[vince.azzarello@und.edu](mailto:vince.azzarello@und.edu)



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# New developments involving the death of Mac Miller

Mason Dunleavy  
Dakota Student

Saturday, Sept. 7, marked the first anniversary of Mac Miller's overdose. Malcom James McCormick, more commonly known by his rap name "Mac Miller", established his presence in the rap game in 2007 with his first rap name, "Easy Mac," and his first mixtape *But My Mackin' Ain't Easy*, all at the age of 15. In 2010, Mac won Best Video Award at the Pittsburgh Hip Hop Awards for his single "Live Free." Mac signed with his first record label, Rostrum Records in the summer of 2010. In 2011, Mac was one of 11 rappers to appear on XXL's "Freshman Class" annual list, a list of the year's upcoming rappers. On Nov. 8, 2011, Mac released his debut studio album, *Blue Slide Park*, which went certified gold in the US and Canada.

Mac Miller went separate ways from Rostrum Records in 2014 and released his tenth solo mixtape, *Faces*. Mac was picked up by Warner Bros. Records in Oct. 2014 and had his final three studio album releases: *GO:OD AM*, *The Divine Feminine* and *Swimming Pools, underneath them*.



Mac Miller pictured performing at an event before his untimely death.

Photo courtesy Wikimedia

Mac rapped about life, difficulties with drugs, friends and the typical party scene. Several musicians came to commemorate Mac's life and career,

including longtime friend and mentor Wiz Khalifa, another prominent Pittsburgh rapper.

The anniversary comes in light of Mac's drug

dealer, Cameron Pettit, being arrested Wednesday for distributing counterfeit oxycodone, Xanax and cocaine, with the counterfeit oxycodone also containing lethal amounts of fentanyl. Mac was found unresponsive in his Studio City home by his assistant, three days after acquiring the drugs from Pettit. He had all three drugs he bought from Pettit in his system at the time of his death, including the deadly synthetic opioid fentanyl.

Mac was open about his struggle with drug addiction throughout his music career. He went into detail about his problems with drugs in many of his songs. Benji Grinberg, founder of Rostrum Records (Mac's first record label), knew Mac well and talked about drug abuse with him throughout the years.

"He had sort of made a turn after the making of *Blue Slide Park*, where I think he got a little bit deeper into drugs and was talking about it," Grinberg said.

Warner Bros. Records also released a statement shortly after Mac's death.

"All of us at Warner Bros. Records are deeply shocked and saddened by the tragic news of Mac Miller's untimely passing," Warner Bros. said, "Mac was a hugely gifted and inspiring artist,

with a pioneering spirit and sense of humor that touched everyone he met."

Mac knew the problems that came with constant drug use. In 2016, Mac starred in the documentary, *Stop Making Excuses*, which dove into drug use and the consequences. Shortly into the 12 minute interview, Mac can be heard saying, "I'd rather be the corny white rapper than the drugged-out mess that can't even get out of his house. Overdosing is just not cool. There's no legendary romance. You don't go down in history because you overdosed. You just die."

If you or anyone you know is struggling with addiction, here are a few resources that may help.

U.S. Department of Health and Human Services Poison Help Hotline at 1-800-222-1222

Reach the Drug Abuse Hotline at 1-866-948-9865  
Substance abuse and mental health service at 1-800-662-Help (4357)

"You don't go down in history because you overdosed. You just die."

Mac Miller, Prominent Music Artist

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Mason Dunleavy is the News Editor for Dakota Student. He can be reached at [Mason.Dunleavy@und.edu](mailto:Mason.Dunleavy@und.edu)

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# Taking a Bite at Apple

## The reality of the Apple ecosystem

**Chris Song**  
Dakota Student

I have taken a vow to never purchase an Apple product. This isn't because I'm snobby a-hole who thinks anything Apple is bad. As a mat-

accessories like AirPods, while they do work on any bluetooth device, only offers seamless integration with Apple products.

Of course there is nothing with that, making the user experience better is great. It is also normal for any company to want

Apple users will say to me.

"Well Chris doesn't Samsung, and Google do the same with their products?"

Yes that is true they do. Samsung and Google offer a huge range of software, and hardware in their ecosystems. Heck, I

are forced to innovate if they wish to compete in the US market. Whereas Apple can deliver consistently good products, but have no need to make them exciting.

If you don't believe me, take a look at Samsung and what they are doing. Samsung's first VR headset was released in 2014. Apple doesn't have VR. Samsung phones have had wireless charging since 2015, Apple since 2017. These may seem

like small and insignificant things, but it paints a bigger picture. It shows that Apple is unwilling to innovate, because they have their niche.

So to wrap up my thoughts, Apple does make good products there is no denying that. However I believe Apple does not treat their customers fairly by effectively cutting them off from the market. This has eventually led them to a point where they

have no need to innovate. That is why I vow to never buy from Apple.

**Chris Song** is a columnist for Dakota Student. He can be reached at [chrisong083@gmail.com](mailto:chrisong083@gmail.com)

**The reason I take issue with the brand, is because they take advantage of the consumers. The way I see it Apple lock them down into their own ecosystem.**

**Chris Song**, Columnist

ter of fact, I think many Apple products are fine for what they offer.

In fact, I praise Apple for making some of the best designed devices on the market. I also applaud Apple for making products that are consistently good. The reason I take issue with the brand, is because they take advantage of the consumers. The way I see it Apple lock them down into their own ecosystem.

For example, iOS, the operating system for the iPhone is only available on an Apple product. Software like iCloud makes buying a new Apple device simple. Apple

some control over their products. However, I see it as a double edged sword.

iOS being exclusive to Apple means there is no true iPhone alternative. Airpods working best with other Apple products closes off other potential customers. iCloud being convenient makes jumping over to Android just a smidge harder. All of the exclusivity that Apple creates, in my mind closes their customers off to the rest of the market. Why purchase anything other than Apple, when everything else makes you jump over hurdles?

I already know what

own a Samsung S9+ and multiple other Samsung products, I'm not above tech ecosystems.

However to counter that point, if I as a consumer thinks a Samsung product sucks, I can always choose something else. Unlike Apple users, I am not pressured into making sure everything I own is compatible with my iPhone. I am not heavily incentivised by Samsung or Google to continue to use their products.

This is because, while an ecosystem exists for their products, it is not closed off from competition. This means that companies like Samsung



Is apple as superior as you think?

Photo courtesy of Flickr

# Four Years...Or Five

**Megan Vogt**  
Dakota Student

Everytime you Google a college of any sort, they have a "graduation rate" column under a few statistics. According to FAFSA, this rate is determined by the percentage of students who complete their degree in at least 150% of the time that the university deems. For example; UND has a graduation rate of 55% according to Google, which means 55% of students finish their 4-year degree in at most six years.

To me, graduating in

four-years or less is an accomplishment, but it also is not for everyone. I personally transferred in over 40 credits from high school. I thought I was going to save a bunch of money, graduate in about three years, kick butt in my major and jump into the real world sooner than most. I later came to find out, by jumping from major to major, that I would have been miserable in any of those fields. It would have been fine, I would have a degree, but I knew that none of the majors I was in had paths in the future that were right for me.

When it comes to credits,

**When it comes to credits, I was ahead of many people in my freshman class. However, I was so stuck on wanting to be one thing that I did not listen to my heart and be in the field that I knew I wanted to be in.**

**Megan Vogt**, Opinion Editor

I was ahead of many people in my freshman class. However, I was so stuck on wanting to be one thing that I did not listen to my heart and be in the field that I knew I wanted

to be in. I took classes in different majors and tried out new four-year plans, but nothing ever stuck until last spring semester. I knew I wanted to be something in the medical

field, but I didn't know what until having long conversations with other adults in my life.

I decided that I really wanted to go into nursing. Here at UND, nursing is a program that you have to get accepted into, and most of my fellow sophomores were getting accepted into the program when I decided to change my major.

I was the freshman that transferred in a bunch of credits to graduate early, but now I was the student who was going to be a fifth year. That was a huge pill to swallow because like I said, I was so excited to graduate early and get into the real world.

As I talked to more people, the more I realized how common adding a semester or a year on to your college experience is. I realized that college is about finding your fit and finding what you want to do. College is also the time to explore so many different fields. According to the National Center for Education, about 80 percent of students in college change their major at least once, and on

average change their major three times.

In the end, it is not about how fast you finish your degree. It is about the quality of time and effort you put into your college experience, including studies and friendships. If you do graduate early, that is awesome! Keep up the incredible work, and go be an awesome leader or employee. But if you graduate in longer than four years, you are not behind, you are simply moving forward with your life and taking the necessary steps to do so.

**Megan Vogt** is the Opinion Editor for Dakota Student. She can be reached at [megan.vogt@und.edu](mailto:megan.vogt@und.edu)



Dakota Student File Photo

Most students are constantly counting down the days until their graduation.

# A Word of Advice for Incoming Freshmen

## Tips and tricks to up your study game

Se Kwon

Dakota Student

After two full weeks of classes, it's safe to say that fall semester is now in full swing. I have always found it hard to fully transition back into the swing of classes, homework and overall simply finding a routine. I remember coming to UND last year, and having no idea what to expect and I somehow ended up doing just fine. The most important thing you need to know about transitioning to college is that everything depends on you. Don't let this scare you, but instead remember this: I was a high schooler going into freshman year last year, and many people told me that, "professors don't care if you go to class" or "professors don't care if you don't do your homework." This is not true; professors have several students that they teach throughout the academic year and they do care. However, they also know that they cannot force you to do anything. Professors don't necessarily want to show up and teach students course material who does not care about taking the course seriously. They care

about their students and their success because it is an aspect of their jobs.

My definition of "everything depends on you" means that you are responsible for your own decisions. You are now responsible for everything you do, you have the choice to attend class or not and you have the power to complete that extra credit assignment or ignore it. Everything is your choice. However, I have some tips and tricks that helped me transition back into the swing of things. Whether you are an incoming freshman or just someone looking for advice, I am here for you!

Something that helped me a lot was surrounding myself with people who took academics seriously. To me, there is nothing more motivating than studying or doing homework with people who are equally as invested in academics because it challenged me in many different ways. I think it allowed room for me to practice time management. As well as allowing me to get more creative with my work from reciting helpful feedback and collaborating ideas with these people has allowed me to get more creative with my ideas.

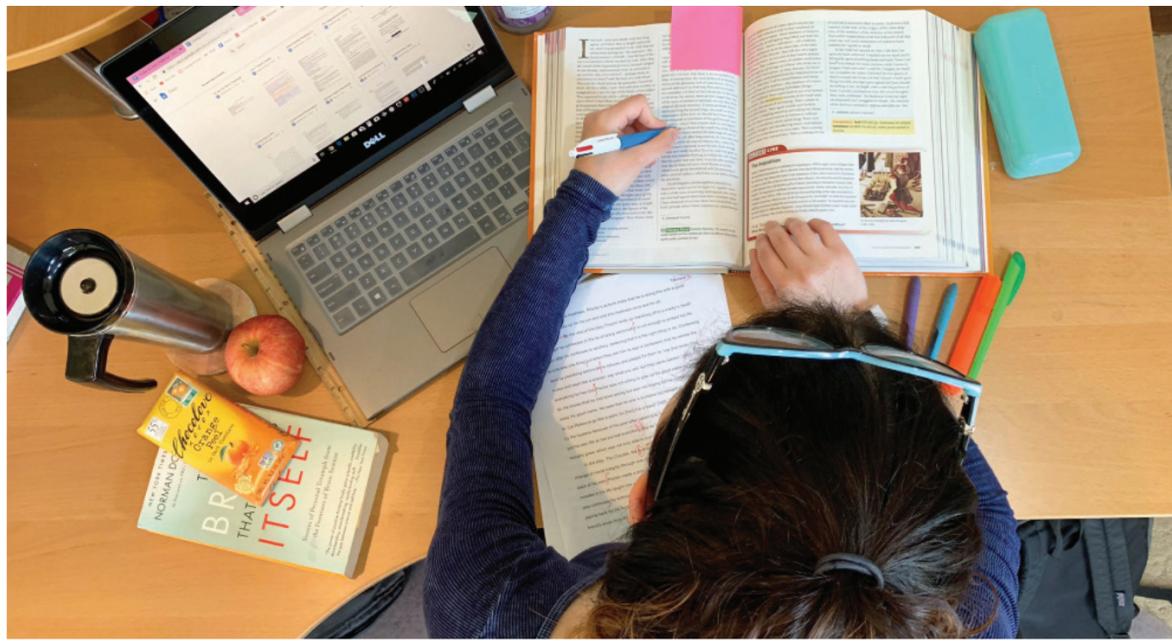


Photo courtesy of Flickr

A few good places to study are O'Kelly hall and Archives Coffee House.

Another thing that really helped me was taking advantage of the study spaces offered on campus. In previous years, I found that many students liked to do their work at the Memorial Union but since it's being rebuilt, other great study rooms include: Wilkerson Commons, Chester Fritz library, Archives, O'Kelly and the study rooms offered in dorms are great if you just need a quiet studying environment.

Another thing to be mindful of is

being and staying organized. Having good organization skills never hurt anyone. If you tend to be on the disorganized side of things, consider investing in a planner or making a to-do list. I cannot stress enough how much having a planner helped me. Every Monday, I would go on Blackboard, look at our lessons and assignments due for the week, and write them all down. I would then number each of those tasks in order of what needed to be prioritized first and then

do the tasks. There's just something about crossing a task off the list that makes me feel so accomplished.

Those are some tips that helped me a lot through the transition. Now I know that these may be somewhat 'obvious' but if you really do follow through with these tips and prioritize your studies, you can be successful during this transition!

Make sure to find a good balance between your academics and having fun, because

it's still so important to make the most of it while you're at school. Best of luck this school year everyone!

Se Kwon is a columnist for Dakota Student. She can be reached at se.kwon@und.edu

# Why Moving Was the Best Thing I Could've Done For Myself

Molly Andrews

Dakota Student

So Why North Dakota? It's funny you ask that question. If you asked me that 5 years ago, I wouldn't have even known what to say. Maybe something like, do people actually live there? Obviously I know people live there but you know what I mean. I honestly never had any inclination to visit that state let alone go to school there. So why? The short version of the story would be because of my boyfriend. But to be honest, there is much more to it than that. The more I think about it, the more I started to realize I felt trapped where I was. I grew up in a small town where I felt a lot of pressure throughout high school that carried into my life afterward. I was class president, a competitive dancer, a part-time employee as well as a student. I felt like I had all eyes on me and people were just sitting around waiting to watch me fail. Because of this, I focused less on myself and my feelings and more on what I was presenting to other people. This is a dangerous thing to do, especially in a time where there was so much self discovery to be done. Not to mention, my parents got divorced half way through my high school career and for the most part I acted like nothing had happened. My life had begun to fall apart and I pretended everything was fine.

I was feeling so many different emotions at once but I had to ignore them because of the pressure I felt around me. My feelings were shoved down more and more each day and I was too afraid to face them. So I finally graduated and had plans of attending college. Some things got in the way and I ended up taking the first semester off. I worked a

lot in the meantime but since everyone else was away, I realized I was alone. The feelings I had pushed down had begun to surface and I spent my nights crying myself to sleep. I was confused, lost and completely broken.

In the spring I attended Plymouth State University which was not my first choice, or even second or third. It was based on the fact that I wanted to learn and I wanted to go to school. Plymouth was cheap and close enough to home so I could keep my job, but far enough away where I could live on campus. While I was there, I fell into the trap of college. I joined a sorority, I was barely eating, I was sleeping too much and I was treating my body like trash. I was sick all the time and struggling to find real friends. When I went home at the end of the semester, I knew I never wanted to go back.

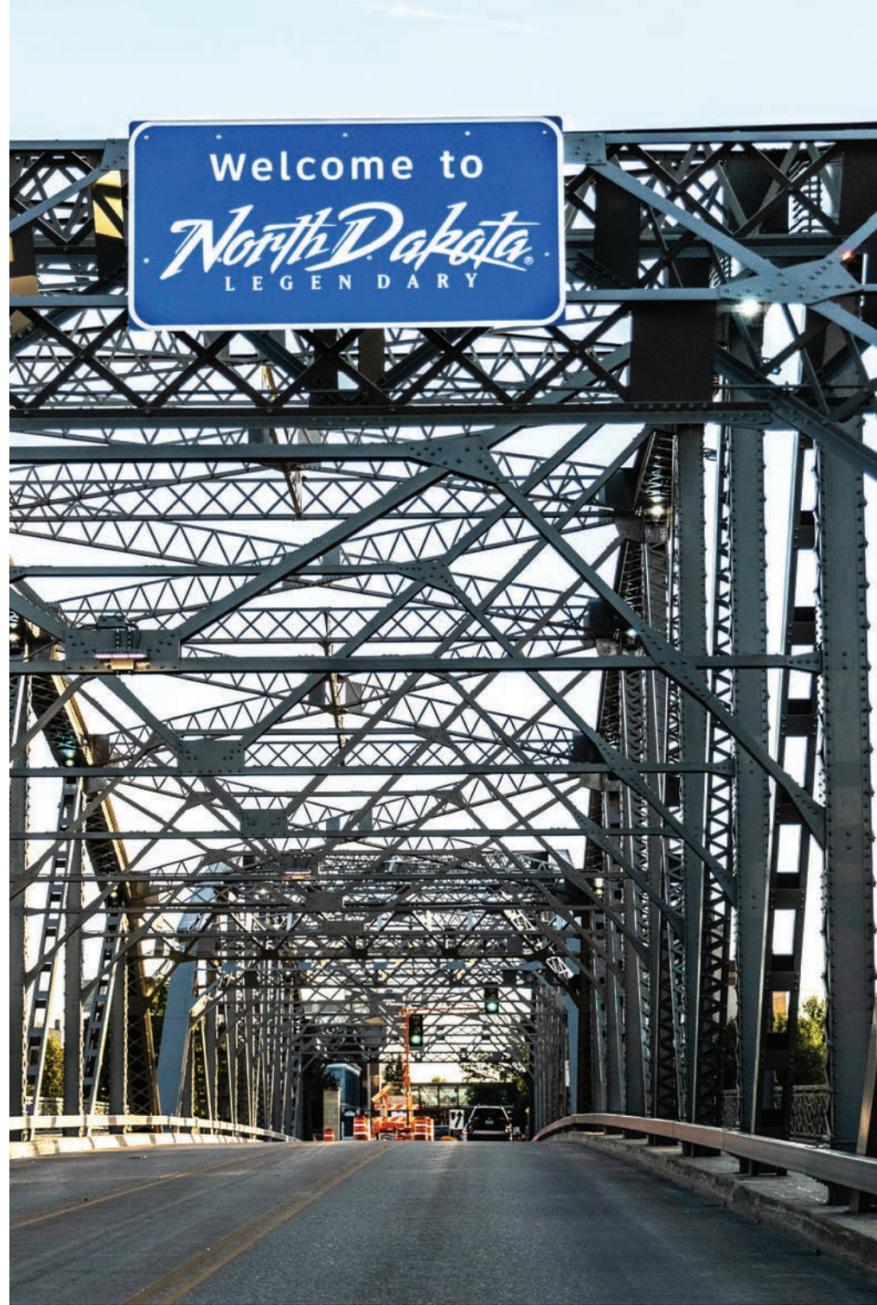
Over the summer, I finally became healthy and I was reunited with my old friends. After dealing with my feelings first hand and having a semester of college completed, I felt like a new person and I was genuinely happy. The boy I had a crush on since Junior year finally reached out to me and we started hiking on the weekends and then the next thing I knew we were dating. Life was going well for once but I couldn't help but dread the fact of returning to Plymouth. My boyfriend was going to be in North Dakota and I was staying in New Hampshire. I was a little jealous that he got to have a second life away from home.

Plymouth is a small school and I met many people while I was there. Because of the size and location in my home state, I also saw many people who attended my high school. The worst part about it was that I didn't know how to react when seeing

people I had previously known and had a few conversations with in the past. They, just like me, were trying to get a fresh start so was it okay to say hi? I felt awkward all the time and I constantly wondered what these people thought of me. This made me miserable. Once again, I barely ate, I rolled out of bed to go to class and then I slept for the rest of the day. I was getting into a nasty pattern and it lasted throughout the year.

When summer rolled around, I realized I wanted something new and fresh. I didn't want to see people I had known from high school, I didn't want to see people who claimed they were my friend, I wanted to get away. I wanted to be able to start my life and not be held back in any way. So there I was applying to the University of North Dakota so I could happily start my life with my boyfriend. I'd be lying if I said I completely thought my decision through. It was spur of the moment but I wanted to get away so bad that it felt like it was the best option for me. I know I've only been away for a few months but I can confidently say that this was one of the best choices I've ever made.

Yes, picking up and moving to somewhere new isn't easy. Although I had my boyfriend, I had nothing else. I have been lonely at times because meeting people and making friends takes time. Sometimes I get sad when I think about my friends and family at home and I miss my dog like crazy. Although with all of the negative things about it, I am no longer afraid to be who I am. Would I have started a blog if I was still at Plymouth? Heck no. I would've been terrified thinking about who would've seen it and who would judge me and talk about me. Maybe I was too much



Trevor Alveshere/ Dakota Student

The Sorlie connects North Dakota and Minnesota

in my head there but out here I suddenly feel free.

I'm happy now that I get to figure out my life for myself. I can make my own mistakes without wondering who will be around to judge me for them. Moving away restored my faith in myself and has ultimately made me a more confident person. I know that life is a learning process and I have a lot more learning to do but the more I think about my life and my future, I actually feel myself getting excited

which is something that wouldn't have happened a year ago.

Moving is the best thing for a person because it puts them outside of their comfort zone. It helps a person discover who they are and what they want in life. You are free from anything that had been holding you back. Yes, it is scary to leave the comfort of what you know, but the uncertainty of a new adventure makes a person thrive. Although I do not plan on living in North Dakota when

I finish school, it will hold a special place in my heart because this will be the place where I was able to be who I want to be without the pressures I felt when I was home. Although my journey had just begun, I am excited to see where it takes me.

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

## Taking Over the Greenway

The Greenway Takeover Festival Attracts Grand Forks Community



Trevor Alveshere/ Dakota Student

People attending the Greenway Takeover Festival

**Olga Kopp**  
Dakota Student

A little bit of this, a little bit of that is how people described the Greenway Takeover Festival this Saturday, Sept. 7.

Although it was a cloudy day, many people still made it out to the Greenway to attend this festival.

The third annual Greenway Takeover Festival took place on the Greenway from 5 p.m. Thursday, Sept. 5, until the afternoon of Sunday, Sept. 8.

The event was presented by HB Sound and Light in partnership with Altru

The annual Greenway Takeover Festival is an event where everyone could find joyful entertainment. This included outdoor activities, dance, musical theater performances, library storytelling and live music.

There was a variety of street vendors and local family marketiers where people could purchase fresh vegetables, bakeries, honey, jewelry and a variety of other different things. Many organizations were representing their products and variety of services.

One of the vendors was Turtle Mountain Animal

turnout with the Farmer's market, people just kind of wandered through and pet our puppies," said Marto.

Center and enjoys attending the festival.

"I love that there is music going on all the time,

Fire Hall Theater puppet show. She also played a puppet Jacques at the festival.

As Jamie Lunski promised, the Greenway was lit up by many colorful lights on Saturday night. People

**"I love that there is music going on all the time, and families can play games outside together. There is something for all ages."**

**-Emily Montgomery, Executive Director of the Empire Arts Center**

Families and friends had an opportunity to play

and families can play games outside together,"

"Bully?! Yikes! is very interesting and interactive show where children can be involved and learn something new," Coudle-King said. "It has a little message."

The puppet show attracted a large crowd of people that consisted of people of all ages. The shows were light hearted as well as relaxed.

Charity Stegman is a volunteer coordinator at the Empire Arts Center. She has attended this event for the past 3 years.

"I like the fact that it's a community event, there is something for everybody," Stegman said, "I just really like the event itself, it's got music, it's got games, it's got food, the one for all,"

People were able to enjoy each and every moment of the festival which is part of why it is so popular among the Grand Forks community.

"The best activity to do at the festival is to experience the Greenway during the festival at night with all the lights on the trees, just the whole atmosphere. It is magical," Lunski said.

spent the night with their families and friends enjoying good food, drinks, and live music.

Live music played a major role at the festival. There were 25 bands scheduled to perform during the four-day event.

The grand finale of the Saturday night was presented by Everclear band performing its famous songs from the 90's. The crowd was excited to hear some of their favorite songs. Everclear put on an amazing show.

Everyone enjoyed the festival and time spent with their families and friends. Most people would be excited to come back for the fourth annual Greenway Takeover Festival next year.

Olga Kopp is an A&C writer for Dakota Student. She can be reached at [olga.kopp@und.edu](mailto:olga.kopp@und.edu)



Trevor Alveshere/ Dakota Student

A band performing on the stage at the Greenway Takeover Festival

Health System. Jamie Lunski is the festival organizer as well as president of HB Sound and Light.

"It took us about four days to set up the festival. There were about 40 people involved in the festival preparation," Lunski said. "We are constantly trying to make the grounds better and making them look nice, clean and professional."

The Greenway Takeover attracts a large crowd of people from the people of the Grand Forks community.

"We should see over twenty thousand people during all four days," Lunski said.

Rescue. They are based out of Rolla, ND. They gave festival goers an opportunity to adopt cute puppies. They rescue approximately 70 to 100 animals each month.

Turtle Mountain Animal Rescue volunteered for the Greenway Takeover Festival for the first time this year, and they already got one potential adopter who went online and filled out the application after visiting the vendor station.

Stacy Marto is a head volunteer at Turtle Mountain Animal Rescue and enjoyed participating in the Greenway Takeover this year.

"It was a really good

outdoor games such as Bag Toss, Giant Connect Four, ping pong as well as a giant game of chess. There was also a stunt jump, a new paid attraction in which people jump from a level 20 feet above the ground into a large pillow filled with air.

There were more than a dozen food vendors available, giving people the opportunity to choose their most favorite food.

On Saturday afternoon, people could enjoy the songs from famous musicals and movies sung by singers from Empire Theater Company. Emily Montgomery is the executive director of Empire Arts

Montgomery said. "There is something for all ages."

Holly Benjamin of Grand Forks attended the Greenway Takeover this weekend.

"I love outdoor music, so anytime we can go outside, I go and bring my kids with," Benjamin said, "I am waiting for the Paint the Town, they are really good."

Activities at the Greenway Takeover Festival also included Story Time, presented by the Grand Forks Library, Altru Yoga activity and a Firehall Theater puppet show.

Kathleen Coudle-King, executive director of Fire Hall Theater, directed the



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# Trotting Away From Violence

Green Dot Trot 3K raises awareness about violence and prevention



Trevor Alvershere/ Dakota Student

**Cortnie Cottrell**  
Dakota Student

As the last participant in the first annual Green Dot Trot 3K community fun run/walk crossed the finish line on Sept. 7, the Green Dot project celebrated its success. Spreading awareness about violence and providing tools in preventing it is exactly what success looks like to the Green Dot project.

The Green Dot Trot 3K

took much planning and preparation which started back in March, but with a great team and helpful community members, it was able to come together and be a success. Green Dot coordinator, Kaitlin Atkinson, was pleased to see many community members coming out and supporting this event. Atkinson has been with the project from the beginning and she is excited to see it continue to grow.

The 3K race registration began at 9 a.m. on Saturday morning with the race beginning at 10 a.m. Participating walkers and runners received a race bag that included a long sleeve performance T-shirt, a drawstring bag and a free item from the Greenway Takeover Festival. Race fees were \$20 for adults and \$15 for students. All proceeds went straight to covering the cost of the race bags and shirts.

“We really didn’t want this to be a fundraiser event. We wanted people to just come out and learn about the project,” Atkinson said.

The Green Dot project is a bystander education and awareness program that everyone can do.

“Green dot recognizes that everyone has their own lines and we give the community the tools that they need in order to do

with, “Promoting the educational piece especially with the green dot project and how bystanders can intervene in certain situations is important.”

In supporting the educational piece to the Green Dot Project, they have previously hosted booths at events such as the Greenway Takeover, Grand Forks Community Celebration and a block party at the University park.

hopes to add more things for next year’s race, but in the meantime, she will be preparing for the other upcoming Green Dot events, a few being Green Dot trainings throughout the community.

For more information about the upcoming Green Dot events or general Green Dot Project information you can visit their website at [www.greendotggf.com](http://www.greendotggf.com). Green

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**“Green dot recognizes that everyone has their own lines and we give the community the tools that they need in order to do what they can do to prevent violence. Anything we can do to reduce the rates of violence is our main goal.”**

**- Kaitlin Atkinson, Green Dot Trot Coordinator**

what they can do to prevent violence” Atkinson said, “Anything we can do to reduce the rates of violence is our main goal.”

Race participants, Stephanie and Kayla, said that this was a positive event and for a good cause.

“This event really brings awareness to the community about violence and the impact that it does have on people and how we can prevent it,” Kayla said. Stephanie agreed

The Green Dot Trot event was a positive way of bringing community members together and getting them involved and aware of an inspiring project that takes place here in Grand Forks.

After revising the outcome of the Green Dot’s first race, coordinator Atkinson is very pleased with the number of participants and results and she can foresee more races in the future to come. She

Dot Project has 15 on staff members and many volunteers that are eager and willing to help in any way possible.

**Cortnie Cottrell** is a News writer for Dakota Student. She can be reached at [cortnie.cottrell@und.edu](mailto:cortnie.cottrell@und.edu)



Trevor Alvershere/ Dakota Student

Participants of the Green Dot Trot 3K

# Up For the Challenge

## UND Football Gets a Taste of Missouri Valley



Trevor Alveshere/ Dakota Student

University of North Dakota goes head to head against NDSU

**Madison Overby**  
 Dakota Student

The University of North Dakota football team was taken down by in-state rival and No. 1 ranked North Dakota State on Saturday afternoon. Although the first half showed promise for UND, the second half crumbled and resulted in a 38-7 loss.

UND Head Coach Bubba Schweigert knew that the team had their hands

full going into Saturday but chose to look at the game as a chance to grow as a team and get better.

"The way I see it, this is a big opportunity for our team," Schweigert said. "We have 11 opportunities to build our resume this season. There is going to be a lot of outside noise. We just have to keep our guys focused on our preparation."

Schweigert could not have been more right about the outside noise. At

the FargoDome on Saturday there were 18, 923 fans

in attendance; the crowd roaring with both NDSU and UND fans alike.

This game was the

last non-conference game this season. However, the

matchup was able to give UND a preview of next year as they join the Missouri Valley Football Con-

ference.

The Missouri Valley Football conference has been dominated by NDSU followed by South Dakota State University for the past three seasons. The start of this season shows no change to that norm.

UND has not met up with SDSU since the 2013 Potato Bowl at the Alerus Center. That game ended in a close fourth-quarter where UND came up just short. SDSU won 35-28.

Although the Missouri Valley Football Conference will present a challenge, the team has been working on their own game and hopes to be competitive with these nationally-ranked teams in the coming years.

"The best thing we can do is focus on us," Schweigert said. "We will continue to go after the best recruits we can get and find the best fits for our program. We've

ter and better."

Following the game against Drake on Aug. 31 senior Noah Wanzek credited some of the younger men on the team with showing some potential during a long offensive drive that ended with a touchdown.

"A lot of those guys are the future of this program," Wanzek said. "They just got out there and started to get some of that confidence. It was good to see."

NDSU will be a small blip in the road coming up on a promising season. UND is set to take on Sam Houston State in the Potato Bowl Sept. 13. Sam Houston State currently boasts the same record as UND coming in even at 1-1.

Last year UND took on Sam Houston State in Week 3 as well as Huntsville. The Fighting Hawks were able to walk away with a 24-23 victory.

Stands should be packed for the Potato Bowl game on Saturday with the kickoff set for 4 p.m. Bring your best spirit and get ready for a riveting match-up.

**Madison Overby** is the sports editor for Dakota Student. She can be reached at [madison.overby@und.edu](mailto:madison.overby@und.edu)

**"We have 11 opportunities to build our resume this season. There is going to be a lot of outside noise. We just have to keep our guys focused on our preparation."**

**Bubba Schweiger**, UND Head Coach

made progress. We keep doing the things we do best and that's why our program continues to get bet-



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Photo courtesy of Carol Franck

Hannah Oscarson leading a pack of runners at the Bison Open in Fargo on Aug. 31

# Rediscovering Passion to Find Greatness

Challenges throughout Oscarson's running career have made her the successful athlete she is today

**Madison Overby**  
Dakota Student

Senior cross country and track captain Hannah Oscarson has been running competitively since fourth grade. She competed for three years in the Park and Recreation track club before making the varsity cross country squad in the fall of her seventh-grade year.

"I think right away I just ran because I was good at it," Oscarson said. "When I was in sixth and seventh grade, I thought the mile was the longest race in the world. But I was breaking the Park records, so I continued to run distance."

Growing up, Oscarson lived a very active lifestyle. She ran her first 5k at age 11, but before that, she had been biking and hiking all the time with her family. The reason she decided to run high school cross country was because

her brother was on the team and he had always been a big role model in her life.

After a successful six years of high school track and cross country, Oscar-

son settled on the University of North Dakota as the perfect opportunity to pursue a collegiate career in both sports. Previous cross country Head Coach Richard Clay reached out to her at a time where she wasn't sure whether she was going to run in college.

"I was definitely thinking about not running (in college)," Oscarson said. "Sophomore year of high school I almost quit. I forgot why I loved running and I had to take a step back. I got too involved

can't imagine a day where I'm not running regularly. Even after college I'll be finding road races and running every day."

Oscarson said she has a goal of one day completing

for over two months and spent a lot of time in the pool. Putting in an average of 90 minutes every day between various types of training.

The grind paid off in

looks up to Oscarson on a daily basis for that very reason. She continues to work hard throughout hardships and leads by example on the team.

"Hannah encourages everyone intentionally and gets to know everybody on the team," Kantonen said. "On top of that, she's always doing the most. She does all the little things right every day."

After finishing up her collegiate running career, Oscarson is planning on becoming a Physician's Assistant. As a natural-born leader and someone who's always going out of her way to help everyone around her, she seems to have found the perfect path.

**Madison Overby** is the sports editor for Dakota Student. She can be reached at [madison.overby@und.edu](mailto:madison.overby@und.edu)

**"I was definitely thinking about not running (in college). Sophomore year of high school I almost quit. I forgot why I loved running and I had to take a step back. I got too involved with the expectation and I was doing it more for other people than I did for myself."**

**Hannah Oscarson, Senior Cross Country and Track Athlete**

with the expectation and I was doing it more for other people than I did for myself."

During the end of Oscarson's junior year and senior year she started to rediscover that passion.

"I started running for me again," Oscarson said. "It's a huge reason why I'm still running today. I

an Ironman, which is a 2.4 mile swim, 112 mile bike ride, followed directly by a 26.2 mile run. In her opinion, it's one of the toughest things you can put your body through.

Oscarson discovered her interest in swimming this summer while battling through a knee injury. She was out of running

the long run. Oscarson just recently placed eighth at the first meet of the 2019 cross country season, the highest finisher on the team. She also clocked a personal best in the process. It was the first summer she hadn't spent running since she was in sixth grade.

Junior Lydia Kantonen

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