

Recap story from front page

"I have spent many of my afternoons and weekends at the Circle of Friends facility and to say I have enjoyed it would be an understatement," Abbi Smith, a Junior UND student said. "The pets are so kind and love the attention and the staff there are extremely helpful, every time I leave the facility, I feel accomplished, like I really made a difference in their lives."

Circle of Friends Humane Society is truly a second chance for pets. They are devoted to protecting and caring for lost and unwanted animals, bringing animals into humane environments and implementing programs that increase awareness when it comes to the responsibilities of caring for animals. Circle of Friends greatly appreci-

ates volunteers, adopting families and community donations.

If you are at all interested in adopting an animal, Circle of Friends website has an updated page dedicated to currently available pets that are seeking a forever home. The website can be found at www.cofpets.com or if you are looking to donate to help the animals, online donation is an option as well. If you have any questions at all, director Laualee Tupa can be reached at 701-775-3732.

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



Mushu is one of the many animals available for adoption.

Photo courtesy of Circle of Friends Facebook

**DAKOTA
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Trump Admin to Ban Flavoured Vape

Will your favorite flavour be banned?

Mason Dunleavy
Dakota Student

On Wednesday, Sept. 11, the Trump administration announced an effort to ban all flavored nicotine e-cigarettes. Alex Azar, the Health and Human Services Secretary for the Trump administration, made the announcement along with the Food and Drug Administration Acting Commissioner Norman Sharpless. They were also joined by President Trump and First Lady Melania.

"With the president's support, the Food and Drug Administration intends to finalize a guidance document that would commence enforcement to require that all flavors, other than tobacco flavor, would be removed from the market," Azar said.

This year has been plagued by vaping related illnesses, both nicotine and marijuana related, but vape companies and activists are raising concerns regarding the ban as it focuses solely on nicotine e-cigs.

Mike Hogan, a lobbyist for Smoke Free Alternatives Trade Association, criticized the ban for completely ignoring marijuana vapes.

"It's like having salmonella in Romaine lettuce and calling to ban peanut butter. It is literally public health malpractice," said Hogan.

According to Politico, an early report from Illinois and Wisconsin found that 84% of the cases were related to marijuana vapes, not nicotine.

With the federal ban on marijuana, the FDA is at a standstill. It is up to the 33 states that have legalized either medicinal or recreational marijuana to regulate the sale of vapes.

There have been over



Photo courtesy of Wikimedia

So far six deaths have been linked to vaping.

450 cases and 6 confirmed deaths regarding vaping, most of which have been tied to marijuana vapes. Vitamin E is currently being investigated as the culprit in marijuana vapes.

Activists are quick to point out the sudden ban on e-cigarette flavors may push users towards traditional cigarettes. The stock market saw some changes with Atria, the new majority holder of Juul, a popular nicotine vaping company, falling one percent and traditional tobacco companies gaining one - two percent on Wednesday.

President Trump and his administration have been quick to call vape use among teens an "epi-

demidemic," but they're slow to denounce traditional tobacco and alcohol companies. Traditional tobacco claims more than 480,000 lives per year in the US, nearly 1,300 daily. Alcohol claims more than 88,000 per year in the US.

With major e-cigarette companies targeted by the ban, some have pressed concern towards vape users turning towards the blackmarket for their fix. Afterall, it may be black-market vapes causing the problems in the first place.

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Managing your Time

The importance of time management as a student

Megan Vogt
Dakota Student

College is a time to explore so many different things. It is a chance to explore different majors, different jobs, different clubs and organizations, different people and participate in a variety of different activities. It is a chance for students to find themselves away from the people that

they grew up around and formed to. College is an amazing time to find yourself and find your true interests.

Being a college student in a bunch of organizations, holding jobs and managing school work comes with a lot of responsibility because no one is holding your hand throughout the week, telling you when things need to be done and where you need to be.

Time management is a skill that hits you in the face the moment you step foot on the college campus for your first semester as a freshman. Although it is important to figure out how to manage your time, here are a few tricks for managing your time and being successful right away:

Utilize a planner: By adding a planner into your daily/weekly routine, you are able to vi-

sualize what your week may look like. It also allows you to see all of your due dates so you don't miss any assignments or exams.

Communicate: Be in communication with

reflect on how you are using your time. Are you taking a long nap everyday after classes? Are you spending a lot of time on homework and not much with friends? Figure out why you are

bit more ease. College is a time of navigating yourself, and that includes figuring out your priorities.

Time management is a task that you will use for the rest of your life,

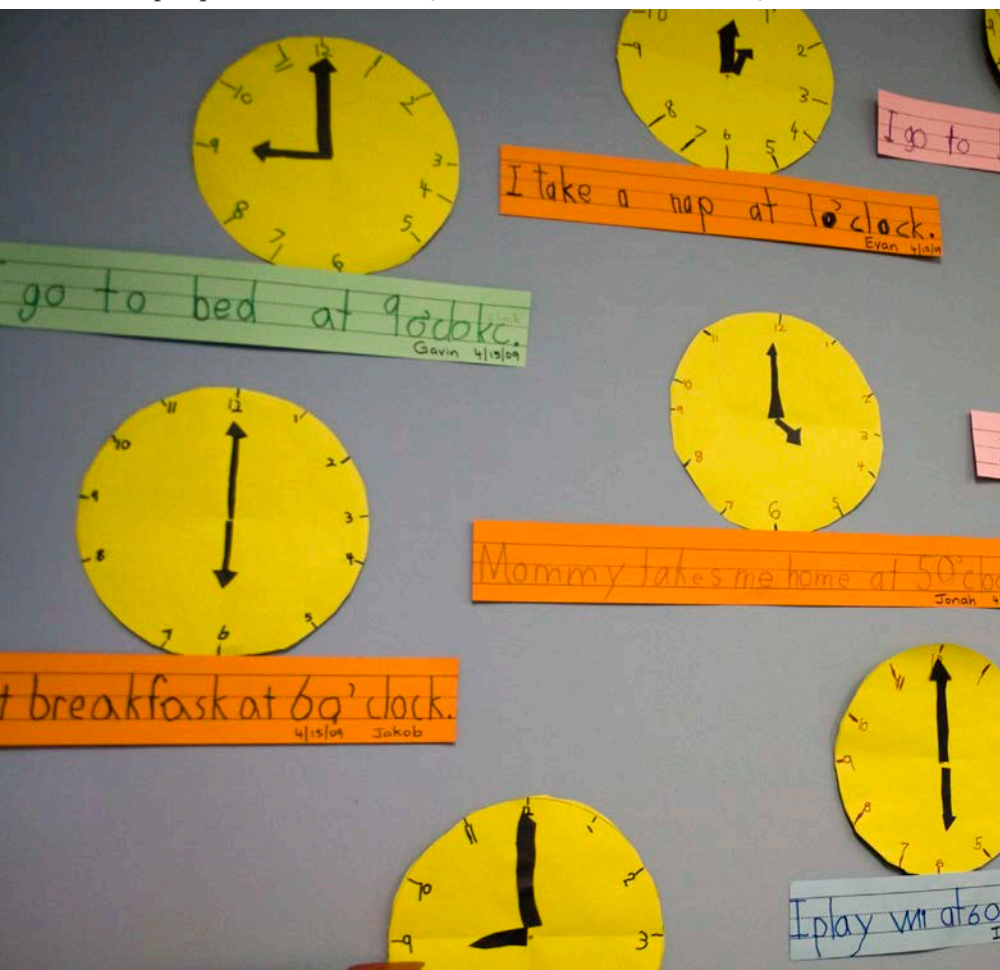


Photo courtesy of Flickr

Time management skills are practiced when we are young students.

Being a college student in a bunch of organizations, holding jobs and managing school work comes with a lot of responsibility because no one is holding your hand.

Megan Vogt, Opinion Editor

those around you about what you need from them and how they can possibly assist you. This could be communication with professors, friends, family and/or UND's counseling center.

Prioritize: Figure out what on your list of things to do needs to happen first. If you have to go to work for the night, what assignment could you quickly and efficiently get done before heading out? Is there a project you should start working on so you don't do it all the night before?

Look at how you currently spend your time: Take a step back and re-

stressed and work on balancing!

Avoid multitasking: Believe it or not doing more than one thing at a time takes more time. You are not focused on the task that you need to achieve and you're thinking about so many other things that are causing you to be distracted. Slow and steady wins the race, so do one thing at a time!

Being a college student is hard. It comes at times when you least expect it to be hard, but if you utilize some of these suggestions, you may be able to handle those tough times with a little

so figuring out how to manage your time in college is a great way to get into a habit. Figuring out how best to utilize your time will cause a lot less stress in the years to come.

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Empathy vs. Sympathy

Se Kwon
Dakota Student

I think it is important to understand the difference between empathy and sympathy. One of my friends, who is a fellow student here at UND, suggested the video "Brené Brown on Empathy" and it talks about how different empathy and sympathy are. The old saying, "you learn something new everyday" holds true. I learned something new about sympathy vs. empathy from this video.

Sympathy and empathy have many similarities,

however, empathy is all about taking that extra step. In the video, Brown described that empathy is a "vulnerable choice." Empathy is going that extra mile, finding a connection with either the situation or people involved and putting yourself in their shoes. Sympathy is more about just understanding one's feelings instead of putting yourself in their shoes. Brown stated in the video, "what makes something better is a connection." Think about that for a minute. To have good any good relationships whether that's amongst your

family, friends, partner, etc. a connection is needed. A simple connection is what makes relationships personal and real.

If someone were to be dealing with a loss of someone or grief, an empathetic example would be: "I feel your pain." "I understand you." "I am here for you." An example of sympathy would be something like, "at least you got to say goodbye" or "you still have friends and family to support you." I think the biggest thing about being sympathetic is that people tend to do it without realizing. I think that people who

Next time you realize someone you have a connection with needs words of encouragement or affirmation think about your approach. Think about taking that extra step to really understand what they're going through.

Se Kwon, Opinion Columnist

sympathize mean well, however, sometimes a sympathetic response may not sit well with the person

grieving.

I can share from personal experience- I lost my mom when I was a junior in high school. Many people were sincere towards my family, but I remember hearing things like, "if it makes you feel better..." or "at least you still have..." or "yeah that's sad." I fully understand that people were trying to express their condolences, but it was hard to hear. I think that truly digging deep to find a connection to relate with someone is how best to approach a negative situation. A simple, "I feel your pain." "I have faith in you." or "you're doing great, I understand how hard this is for you." or even a simple, "I'm here for you." When someone finds that connection and feels your pain, it encourages you and gives you hope, at least it did for me.

Next time you realize someone you have a connection with needs words of encouragement or affirmation think about your approach. Think about taking that extra step to really understand what

they're going through and put yourself in their shoes. Remember this- words don't mean anything unless actions back them. If you say you'll be there for someone, you should always be there for them. Check up on your friends, family and peers. Everyone experiences hardships, even the people who seem to be happy all the time.

Check out the Brené Brown video here: "Brené Brown on Empathy" <https://www.youtube.com/watch?v=1Evvwgu369Jw>

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Photo Courtesy of Unsplash

Empathy is being able to walk along side a person going through a tough time.

Don't be a Wehraboo

Chris Song
Dakota Student

You know I spend all of my time browsing the interwebs. Every now and then I come across the topic of World War II. Eventually, I scroll down to find some donkey in the comments saying "My grandpops

dedicated to calling out their BS, A Wehraboo is "someone with an exaggerated or sanitized view of Nazi Germany's accomplishments or conduct before and during WWII." So basically someone who fell for Nazi propaganda. Your typical Wehraboo will usually go on about the greatness of Nazi

except that most are not advocating for fascistic policy. They simply just adore, and romanticize Germany in the 1930's-40's to be some utopia. I would consider them to be misled, not some die hard, card carrying National Socialist who hates black people. Wehrabism, the

made their way into media, and then turned into tropes. Some common ones are: the Soviets were the bad guys in WWII, or Nazi Germany was a well tuned fighting machine.

Nowadays, those myths and tropes are still used in popular media. Movies like "Fury" are guilty of this to a degree. The biggest culprit of all is the movie "Enemy at the Gates," a movie about the battle of Stalingrad. The movie is so bad that some Russians consider it to be a comedy, not a war movie.

By far the biggest perpetrator of Wehrabism today is the internet. Websites like Facebook and Youtube are hotbeds for this crap. Big Facebook groups fawn over the "heroism" of Nazi soldiers. Seriously look up, "Wehrmacht" on Facebook, these guys aren't hard to find. Thousands possibly millions of Youtube channels are white washing Nazi war crimes, and pushing myths about the Third Reich.

If you made it up to

this point in the article, and it felt like I was describing you or a person you know. I highly suggest you try educating yourself or pointing someone you know to help. Of course, I also advocate everybody to find out more as well. As something like Nazi propaganda should not be so mainstream when so many people have access to correct information.

Thankfully, most people reading this are probably college students, meaning you have access to History courses on Campus. If you are seeking to find more information about the Nazis, I suggest you take HIST 304 a course about the Holocaust. It will be offered in the Fall of 2020.

Another great resource on Campus is the Chester Fritz Library. Find books about Nazi Germany and learn history from an academic perspective, not from myths and propaganda. Don't want to read or take a history course? Take a vacation to Washington D.C., and visit the US Holocaust Memorial Museum.

Lastly, the internet can be a good place to look, but be sure to take things with a grain of salt. While the internet can be the greatest tool to combat propaganda, it is also its greatest weapon. Always, and I mean always to trust, but verify. The most disheartening thing about all this is how easy it is to be exposed to this crap. The fact that the term Wehraboos exist should be telling how much the Media, and the internet are falling for Nazi propaganda. If there is one thing that you should take away from this, it's how poor your understanding may have been, and how far you may need to go. Don't worry, the climb is not a mountain, it's just a few steps.

Chris Song is a columnist for Dakota Student. He can be reached at chris song083@gmail.com

A Wehraboo is "someone with an exaggerated or sanitized view of Nazi Germany's accomplishments or conduct before and during WWII.

Chris Song, Opinion Columnist

Otto was apart of the SS, but he wasn't a National Socialist." That was an exaggeration, but it was close. The internet labels these types of people a Wehraboo (wer.a.booo). What exactly is a Wehraboo? Well according to reddit r/Sh*tWehraboosSays, an online community

Germany. Some will clammer about the secret Nazi base in Antarctica. The more extreme types straight up deny the war crimes committed by the Third Reich. I know what you are thinking right now aren't these guys just Neo-Nazis then? That would be a fair assessment,

ideology of Wehraboos, stems from the end of WWII. It was a time when most the Western understanding about the Eastern Front of WWII came from the Nazis, and Cold War hysteria. This spawned a lot of disinformation to be accepted as fact. Eventually, the myths

The Epidemic of Miscommunication

Madison Feltman
Dakota Student

When was the last time you checked social media today? When was the last time you engaged in social media? I mean it didn't happen if I didn't post about it, right? In today's society, social media dominates what we do, think and say. We are constantly checking our Facebook feed, tweeting about this person or commenting on our best friend's Instagram post. It is almost instinct for many to be on social media; I can say that is true for myself. Facebook can be a great platform for news, entertainment, blogs and expressing your opinions. With that being said, when was the last time you checked

attempting to fabricate what we are trying to get across to our audience in 140 characters or less. Many automatically jump to conclusions based upon a short comment that is not meant to be portrayed the way they believe it to be. When we fall into a pattern of misinterpreting communication, we begin to ruin relationships with other individuals and still continue to take to social media with our feelings. Twitter is notoriously known for "subtweeting," which is commonly defined as the act of posting about a certain individual without mentioning them. When an individual does this, they leave their comment up to interpretation in hopes that the target of their words will see it and feel pain or guilt. In

Empathy is being able to walk along side a person going through a tough time. a deeper divide in effective communication. this happens, many times it ultimately ruins relationships by slandering both parties for what has been said. Now once it is out in social media, there is no way to get it back; most likely at least one other person saw it, and most likely misconstrued its meaning. Social media is not always the answer for everything and can be a problem if we continue to let it be. In order to increase effective communication, take things with a grain of salt, choose to keep certain things off of social media, and in the end, instead of posting about conflicts, choose to discuss things face to face to prevent miscommunication. Social media can be a great thing if we allow it to be.



Photo Courtesy of Pixabay

Twitter is notoriously known for "subtweeting," which is commonly defined as the act of posting about a certain individual without mentioning them.

Madison Feltman, Editor-in-Chief

Facebook and did not see a single argumentative post? In today's society, there is a lot that people tend to disagree upon and feel the need to share their opinions loudly amongst social platforms. I am not saying that it is wrong to use Facebook or other platforms to express your opinions; however, I do believe that sometimes using social media to promote our opinions can cause a big shift in communication. Instead of communicating our opinions in a civil way, we end up attacking those who disagree with us. We end up causing a bigger problem by

these situations, often there is a comeback from the other side of the argument, only creating

Often times, words will be misinterpreted in a way that the tweeter did not mean for. When

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Take A Hike

The Adventures of the Maah Daah Hey Trail



Olga Kopp/ Dakota Student

The terrain of the Maah Daah Hey Trail

Olga Kopp
Dakota Student

Fall is a wonderful season to start a new journey. Whether it's taking a walk around the neighborhood streets or going on a trip with your family, there are many ways to enjoy the fall weather.

When most people think of North Dakota, what comes to mind are prairie lands, oil fields, Universities and the Badlands. However, many people don't know about the mysterious Maah Daah Hey trail.

The Maah Daah Hey Trail is a near 150-mile non-motorized single track which winds through the Little Missouri National Grasslands in North Dakota's Badlands. This trail forms the longest continuous singletrack mountain biking trail in the United States.

The Maah Daah Hey trail has been designated a National Recreation Trail. This designation was made on December 14, 2016 by the Northern Regional Forester, Leanne Marten. This

year, the Maah Daah Hey Trail Association is celebrating its 20th year of promoting and maintaining the Maah Daah Hey Trail System.

Maah Daah Hey is a phrase from the Mandan Indians meaning "an area that has been or will be around for a long time."

The trail connects both the North Unit and South Unit of Theodore Roosevelt National Park.

Although biking is not allowed in the parks themselves, alternate bike trails have been constructed to bypass the parks. The trail is open to both hikers and horseback riders.

The trail system contains eight unique segments, each with distinct topography.

There are multiple trailhead entry points which can be accessed from US 85 and country roads on the west side of the Little Missouri River.

The Maah Daah Hey trail system has nine different trails that can range in difficulty and length from 0.3 miles to 144 miles. These trails include Wolf, Long X, Summit, Overlook

, Maah Daah Hey, Bennett, Cottonwood, Ice Cave and Buffalo Gap.

Many different Badlands tribes resided in the area of the Maah Daah Hey trail system.

"The trail happens to run straight through what until the late 19th century had been home to scores of Badlands tribes, principally the Mandan, Hidatsa and Arikara, but also the Assiniboine, Blackfoot, Chippewa, Crow, and Oglala and Lakota Sioux ("maah daah hey" is Man-

then grew and expanded into Medora in 1994.

"My top two favorite parts of the trail are Devils path, and Plumely Draw. There are very ancient landscapes which makes you feel like you in another time and place," Morlock said.

Dakota Cyclery Mountain Bike Adventures shop offers many different services that range from repairs to guided tours. The tour guides are experienced and able to share facts about the local histo-

ry takes a person two or six days, there are nine campgrounds to stop at along the way. These sites include water, picnic tables, fire pits and toilets.

"We are getting thousands of visitors over the season," Morlock said.

If one wants a challenge they would easily find it at the Maah Daah Hey trail without any doubt.

A person taking on the challenge of the Maah Daah Hey trail should expect that it will not be an easy task. There are peaks

ing. "We love being out here and sharing the experience of the Maah Daah Hey with other people. It's a beautiful place to be at," Morlock said.

If you don't know what to do in the fall, then come down and enjoy the beautiful fall by exploring the mystery of the Maah Daah Hey Trail.

"My top two favorite parts of the trail are Devils path, and Plumely Draw. There are very ancient landscapes which makes you feel like you in another time and place."

- Jennifer Morlock, Dakota Cyclery Bike Shop Owner

dan for grandfather)," John O'Connor, New York Times writer, said.

This trail is attracting hikers, bikers, horseback riders and other extreme travelers from all parts of the world. Some of which include Canada, Germany and Norway. The reason for this is because the Maah Daah Hey mountain bike trail has some of the country's most unique and breathtaking terrain in the Midwest.

The land has jagged peaks, majestic plateaus, long valleys as well as beautiful prairie lands.

For those who prefer a more relaxed way of traveling, there are all sorts of non-motorized outdoor activities within the trail system. These include camping, bird watching and photography.

To learn more information regarding the Maah Daah Hey Trail, Dakota Cyclery bike shop is the place to go. They have a superior knowledge and top end mountain bikes you can rent.

Dakota Cyclery is a family owned business that has been based in North Dakota for over 35 years. Jennifer Morlock and her husband are Dakota Cyclery bike shop owners who started their business in Bismarck in 1980, which

ry, landscapes as well as trails.

Completing the Maah Daah Hey can vary in times. It typically can range from four to six days, however, those who have a burst of energy and eagerness can complete the train in two days. Wheth-

to climb as well as dangerous ledges that have 300 foot drop offs into river bottoms. Depending on the season, you may be forced to take a swim across the little Missori river.

Regardless of the difficulty, if it is still a new adventure that is worth try-

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Olga Kopp/ Dakota Student

The Maah Daah Hey trailhead

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Trike Wars Showdown

Local Businesses Race to Raise Awareness



Participants of Trike Wars

Molly Andrews
Dakota Student

The racers revved the engines of their tricycles as they raced around the old Shoe Carnival location in the Columbia Mall.

It was a sight to be seen as adults hopped on their tricycles to raise money for their community. Crowds of people came out to watch the event and cheer on their favorite tricycle team.

The Trike Wars Showdown was put on by United Way of Grand Forks, East Grand Forks & Area. Their entire mission is about improving the Grand Forks community and this event was a great way for people to participate and show their love for surround Grand Forks area.

David Sena is the President and CEO of the United Way in the Grand Forks Area and was one of

the many that helped put on this event.

"We pull our resources to help our neighbors," Sena said.

The United Way has been around since the 1950's and continues to grow today. They fund

must go through an application process which is reviewed by a community investment panel. This panel consists of 12 community members.

This year was the first annual Trike Wars and 17 teams participated. Sena

a short two months.

"We were looking for something to do that was interesting and memorable," Sena said, "We thought it would be really cool to have adult tricycles and people going crazy."

pate in their own employee campaigns throughout the year. These campaigns will help employers give back to their workers through their payroll.

"We want to raise awareness for the community," Sena said.

Trike Wars is the United Way's big event for the fall. However, they are also planning on doing an open house sometime in the near future. Businesses themselves also hold smaller events in order to raise money for the cause.

This event was all about having fun. Besides teams doing a tricycle relay, there were other awards to be won besides the championship. These awards included best game face, outstanding performance, best team name and best dressed.

The United Way hosted an event that brought awareness and well as laughter to the Grand

Forks community.

"Just having fun, that's one of the biggest things for us," Sena said, "We just want people to have fun as we also approach some very difficult problems people have from hunger to homelessness to domestic violence. We are trying to help a lot of different groups in our community."

The United Way has helped over 30,000 people in the Grand Forks Community and is still expanding today. About 3,500 people in the area are helping the cause and volunteering their time to help make the Grand Forks Community stronger.

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- David Sena, President and CEO of United Way Grand Forks

about 29 programs in the community. Most of their fundraisers take place in the fall and then whatever money is raised is given back to these programs. In order for the programs to be able to receive the money that was raised, they

expressed how in the future he would like to grow the event to 40 or even 50 participating teams. They got the idea for this event from another United Way that is located in Pennsylvania. The United Way but this event together in

This event was about raising awareness for the United Way. This organization is all about giving back to the community and while business made up the participants in the race, these businesses will also be able to partici-



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Soccer Hits the Road

UND soccer looks to maintain momentum into series of away games



File Photo/Dakota Student

The UND women's soccer team is currently 5-1-1 on the season.

Madison Overby
Dakota Student

On Tuesday afternoon, the University of North Dakota women's soccer team took on Minot State on home turf. The home field advantage seemed to pay off as they dominated the field with an 8-0 win. The soccer team officially started their season on Aug. 23 with a tie against the University of Montana after winning two exhibition games. They are currently 5-1-1 this season and looking to improve upon their winning record of 9-6-2 last year. Going into Minot State

"Before the game, we talked about how the last two games we've started slowly and had to build our way in. (We wanted to) catch fire straight away and we certainly did."

Chris Logan, UND Head Coach

on Tuesday, the team was fresh off a double-overtime win against the University of Hawai'i here in Grand Forks.

After Minot State, UND Head Coach Chris Logan spoke to the ability of this year's squad to adapt to his advice on the field.

"Before the game, we talked about how the last two games we've started slowly and had to build our way in," Logan said. "(We wanted to) start off and catch fire straight away and we certainly did."

Junior Mimi Eiden has been a star player for UND the past couple years and continues to prove her importance day in and day out. She is leading the team in goals and total points, with five and 11 respectively.

Eiden credited the recent success to teamwork on the field and Logan's advice off the field.

"We had more confidence individually," Eiden said. "We knew what we needed to fix from what Chris (Logan) said. It's the mentality that we changed. Also, everyone does their part every time they get on the field."

In the game against Minot State, freshman midfielder Grace Roswadowski stepped into the spotlight with two goals and one assist.

"Gracie has been knocking on the door of getting some time," Logan said. "She's a good finisher. The other day after our Chicago State game she was out here hitting balls by herself just because she was trying to improve her finishing. Today she got a chance and she took it."

Roswadowski strives to get better every game, with Logan's encouragement. She was able to see a lot of positives on the field with her teammates as well.

"Everyone was confident on the ball," Roswadowski said. "We took

a breath, were able to find the next pass and find the open space. It was good."

UND women's soccer will now hit the road for the next three games.

"It's always tough to play on another team's turf," Logan said. "But we always say we can play with anybody."

Next weekend the team will head to Idaho to take on Boise State on Friday, Sept. 20 in Boise, Idaho and the University of Idaho on Sunday, Sept. 22 in Moscow, Idaho.

After this stretch away, UND women's soccer will look to continue their three game home winning streak against the University of South Dakota.

UND played USD twice last season. The first time was Aug. 11 in an exhibition game at East Grand Forks, where UND came away with the 1-0 win. The second time UND faced off against USD was in the final game of their season last year on Oct. 28. UND fell 0-1 in Vermillion and walked away with something to prove.

Watch UND take on the Coyotes on Oct. 4 here in Grand Forks for Homecoming Weekend and see the Hawks wearing purple and teal to support the Summit League initiative #SetTheExpectation.

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

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File Photo/Dakota Student

Junior Mimi Eiden has proved to be a key player during her years with the team.

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The UND volleyball team currently is 7-5 on the season.

Changing Seasons

UND women’s volleyball has seen success with a multitude of changes this year

Madison Overby
Dakota Student

The University of North Dakota women’s volleyball team has undergone many changes over the past year. With a new head coach, graduating seniors and the addition of a new assistant coach, this season is proving that the team exemplifies adaptability.

UND is coming off their third weekend away at the Comfort Inn Fuquay Invitational in Buies Creek, N.C. The team is currently sitting at 7-5 this season. They came away from the weekend with two wins against The Citadel and South Carolina State. They were unable to come out on top of Campbell and were swept 0-3.

The first time the women will be at home this

fall will be next weekend, opening up the UND Classic against Eastern Washington on Sept. 19.

The team has faced some adversity in the beginning games but Head Coach Jeremiah Tiffin is not too concerned.

“It’s always important to get off to a fast start, and that’s something we’ve been trying to improve on,” Tiffin said. “There are some growing pains as we continue to develop, but it’s time to show how resilient we are as a team.”

Tiffin started his coaching career at UND in December of 2018 as the Associate Head Coach and Recruiting Coordinator.

The volleyball team was looking for a change of pace after coming off a losing season with a record of 14-18. The 2018-19 team lost to Purdue Fort Wayne in the quarterfinals of the

Summit League Championship tournament.

This was worlds different than the year before, in 2017. UND shocked the Division I volleyball community, going 30-8 to win the Big Sky Conference Championship tournament and qualifying for the NCAA Tournament. Unfortunately, UND lost to the University of Minnesota in the first round.

To add to the head coaching change, Tiffin began searching for a new assistant coach, and found what he was looking for in Steve Rindfleisch. The news was released in the beginning of July.

Rindfleisch had spent his previous five years as the number one assistant coach for Valley City State University. He helped to transform the Valley City State Vikings to a winning team. Before his stint,

VCSU had not finished with an even record since 2006. When he left, they had finished .500 or above for the last three years.

Rindfleisch also has experience playing Division I volleyball. He played for the Brigham Young Cougars. In 2013, he was part of the team that went to the NCAA Tournament and lost to UC Irvine in the national championship.

The changes seem to be having a positive effect on a relatively young Fighting Hawks squad. As previously mentioned, the team has started off the season strong, maintaining a winning record.

The team is currently led by a group of two freshmen, a junior and a senior.

Ashley Brueggeman, a senior right-side hitter/outside hitter from Eden Prairie, Minn. currently

leads the team in kills per set at 3.05 k/s. Brueggeman has been contributing consistently, finishing second in kills, blocks and points per set last season.

Junior Lydia Rutten, from New York Mills, Minn. is leading the team in blocks, currently averaging 1.09 blocks/set. Rutten was second on the team in blocks/set last year, starting in 28 matches.

The two freshmen stepping up are McKenzie Damon and Peyton Sewell. Damon is a libero from Durand, Ill. where she was recognized twice as all-state. She leads the team in digs/set with 3.68 digs/s. Sewell is a setter from Belvidere, Ill. She graduated early from high school and began attending UND in January 2019. As a setter, she leads the team with 5.41 assists per set.

The intensity and pas-

sion that UND volleyball plays with is consistently met with overwhelming support from their fans made up of UND students and the Grand Forks community. Show your support as they take on Eastern Washington on Thursday, Sept. 19 at 7 p.m. at the Betty Engelstad Sioux Center.

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

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