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The UND Study Abroad Program

UND offers an array of courses and curriculum for students looking to travel



PHOTO COURTESY OF MAKENNA SATROM

Satrom poses in Barcelona, Spain during her time studying, International Marketing, abroad.

Kelsie Hildebrand
Dakota Student

The University North Dakota Study Abroad program offers many different programs and locations with the most popular being Norway, Spain, Australia, The United Kingdom, South Korea, and more! For more information on programs and locations, visit <https://und.edu/academics/international-center/study-abroad/>.

You can also create your own Study Abroad profile that matches you to programs that align with your major and interests.

UND requires students to have earned at least 24 university-level credits before scheduled departure and a minimum Grade Point Average (GPA) of 2.5 to participate in the Study Abroad program. Students also must be in good standing with the Office of Student Rights &

Responsibilities and have an updated Passport.

Costs vary on several different factors such as where you go, when you go, what courses you take, and more which you can find on your Study Abroad profile. Due to Covid, the Study Abroad program became operational again just last spring which led to Makenna Satrom stepping up to the plate.

Junior Makenna Satrom participated in the Study Abroad program this past summer of 2022. She traveled to Barcelona, Spain for International Marketing. She was signed up for a three-credit class that had to be completed in the time span of the one month she was living there. She went to her class, face-to-face, through the program, Barcelona SAE.

"I wanted to study abroad because I have always wanted to travel and never knew where to begin," Satrom said. "The program I went through offered a business course I would have needed to take at UND."

Satrom met so many new people from not only Barcelona, Spain but also the United States from other Study Abroad programs. "It is fun to meet new people especially because I would not have met them without going abroad," Satrom said. "I would 100% study abroad again and highly recommend it to everyone!"

"It is never too early to start planning," Study Abroad Marketing & Event Planning Assistant Taylor Lemmerman said. "We recommend that you start this process at least one year prior to the term you plan on studying abroad as applications are due the term before you intend to go."

Firstly, you will create your Study Abroad profile and explore all the program options by filling out the intake survey. Then you will attend a Study Abroad 101 Session which covers the basics of Study Abroad through UND.

Meeting with your academic advisor is the next step to discuss how the program can fit in with your academic plan and schedule. You will then receive a Study Abroad advisor who will help you navigate the application process and planning for your time abroad.

Finally, setting a budget using the Cost & Aid Scholarship page with the tools provided and exploring scholarship opportunities to fund your new adventure. Follow UND Study Abroad on Instagram and Facebook @undstudyabroad for information postings on events, deadlines, scholarships, and stories for alumni with shared experiences.

Kelsie Hildebrand is the Editor-in-Chief for Dakota Student.

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PHOTO COURTESY OF MAKENNA SATROM

The Town's Square Farmer's Market

The farmer's market offers a wide variety of goods for everyone in the Grand Forks community

Aspen Jewkes
Dakota Student

The local Grand Forks Town's Square Farmer's Market is beginning to close for the season this fall. With only a couple Saturdays left Dawn Rodnerud, the board president, has some final thoughts for the people of Grand Forks.

"Our hours are 9 AM to 1 PM, however, if you come before 9 AM and our vendors are set up and are ready to sell to you, you are always welcome to do that," Rodnerud says.

The Town's Square Farmer's Market will be held every Saturday for the rest of September. With vendors from all around the Grand Forks area, the farmer's market has a variety of items that one can purchase.

"We have vendors who focus on vegetables and fruits that we grow locally, and we also have locally raised meat farmers who carry beef, pork, and chicken," Rodnerud says. "We also have a lot of vendors who sell lo-

cally baked or homemade goods from a wide variety of backgrounds such as your traditional cookies and sweet breads to more ethnic based foods."

Not only does the farmers market have food for one to buy, but they also carry a variety of other handmade goods from locals.

"The other part of our market consists of homemade items from handmade rugs and bowl warmers to mittens and signs," Rodnerud says. "The farmer's market not only serves as a place to shop and buy fresh produce and locally hand made goods, but it also serves as a gathering space and a platform for local small businesses."

Located right in the heart of downtown Grand Forks, the Farmer's Market is appealing for all ages. In the upcoming weeks they have several different performers.

Story continued
on page 2



PHOTO COURTESY OF ASPEN JEWKES

The Grand Forks community comes together at the Town's Square Farmer's Market.

Farmer's Market story continued

"We are still in the peak of growing season and there is plenty of stuff for everyone," Rodhnerd says. "We have live music each weekend."

The live music brings a warm welcoming presence and atmosphere to the market. With the last couple weeks of the season in full swing for farmers, there are plenty of options for everyone to choose from.

"There is still lots of things to come see and pick up down here at the farmer's market," Rodhnerd says.

My experience when going to the Town's Square Farmer's Market has always been excellent. From walking the street with vendors who sell their homemade goods to the produce section of vendors, everyone has been so welcoming.

Each vendor has its own character and brings a wholesome vibe to the market. There are a variety of different vendors ranging from coffee from Urban Stampede to puppies in a playpen from the local animal shelter.



When it is said that there is something for everyone, that is no lie. There is quite literally something for everyone.

Grand Forks, North Dakota is quite a small town, but during the Farmer's Market, it felt like I was in a big city. It brings so much of the community together in one space and al-

lows people from all over North Dakota to make connections with others.

I have been to many farmers' markets in my life, but I can say that the Town's Square Farmer's Market has an atmosphere like no other I have ever been to.

PHOTO COURTESY OF ASPEN JEWKES

A wide variety of fresh goods and produce can be found at the Town's Square Farmer's Market.

Aspen Jewkes is the Social Media Manager and a General Reporter for Dakota Student. She can be reached at aspen.jewkes@und.edu

Domestic Violence Awareness on Campus

Taylor Hess
Dakota Student

Domestic violence can happen to anyone, anywhere. It does not discriminate based on age, gender, race, or sexuality. According to the United Nations, "domestic violence can be defined as any pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner."

Abuse is physical, sexual, emotional, economic, or psychological actions or threats of actions that negatively influences another person. If you are a victim of domestic violence, the University of North Dakota has resources and help readily available to you. You are not alone.

Many people do not realize how prevalent domestic violence is on college campuses. "About 1 in 5 college students say an intimate partner has abused them, and nearly a third admit to having committed assault against their partner sometime in the previous year," according to the National Coalition Against Domestic Violence.

Yet, seldom do we hear about reports. There are many reasons why students may be hesitant or even afraid to report abuse. A victim may fear for their social reputation or be seen as the person who "ruined the life" of the said abuser. Social media now holds a tremendous impact where victims may be harassed, bullied, or threatened online. First-year students are away from their homes and support systems for the first time and going through the process may seem impossible or daunting to a young student.

The truth is that domestic violence on campus happens more often than anyone would like to admit. Women are at a higher risk, and in fact, "women ages 16 to 24 suffer from domestic violence at the highest rate of any surveyed group," ac-

cording to a U.S. Department of Justice report. This does not go to show that men are not victims as well. As previously stated, it can happen to anyone. It is also important to note that instances often occur at night when no witnesses are present and, it is not uncommon

that abusers and stalkers even have key cards that can enter buildings to access their victims.

Many of the previously stated facts can sound hopeless or, quite frankly, scary. At the University of North Dakota, many administrators are fighting to keep you safe, give you peace of mind, and be in your corner when needed. They offer hotlines, services, and police reinforcements to help you through a domestic violence situation. Moreover, buildings such as dormitories do have those specific ID badges that allow only residents to enter. At the end of the day, all UND staff are committed to your safety and well-being. There is zero tolerance for abusers on campus.

Domestic violence is a horrible act against our peers, and it takes a community to protect and prevent such happenings. If you see something, say something.

Take action if you witness a conversation that may seem volatile. If you do not feel comfortable confronting the situation, call the police. You will not be scrutinized for looking out for your fellow student body. Each student needs to be aware of domestic violence and its impact on not only victims but the university as a whole.

GRAPHIC COURTESY OF ASPEN JEWKES

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PHOTO COUTESY OF VICTORIA LEDUM

The University Counseling Center is a great resource for UND students seeking help.

Below are resources available if you find yourself in a dangerous domestic violence situation:

- CVIC at UND
- Confidential support for students and employees
- ericas@cviconline.org or 701-777-6550
- University Counseling Center
- Confidential counseling and therapy for students
- 701-777-2127
- National Domestic Violence Hotline: 1-800-799-7233
- University Police Department
- 701-777-3491 for non-emergencies

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Where's The Quicksand?

Childhood fears explained



Claire Arneson
Dakota Student

PHOTO COPURTESY OF UNSPLASHED IMAGES

When I was a child, I was terrified of the most bizarre things. Growing up, I, like many other kids, had fears that were so far-fetched that looking back, I think is hilarious. At the time, however, these fears were life or death. I am not talking about fears like needles, taking tests, or legitimate anxiety-inducing fears. I am, of course, talking about quicksand, the dark, and even your own basement. Quicksand was something I thought I was going to encounter on an everyday basis as a child. I needed a night light until I was 17, and I still have a salt lamp but it is different, okay. To this day, I still run up my basement stairs after turning off the lights. Looking back, I wonder what made me so scared of all of these things.

If you grew up like me in the age of television and movies, you

probably saw a lot of quicksand. It was in everything from “Dora the Explorer” to episodes of “Batman.” Quicksand became a popular movie trend in the 60’s and 70’s. According to Daniel Enber, a “quicksand enthusiast” who writes for Slate, quicksand made a cameo in 3% of all movies made in 1960. Quicksand quickly became more popular as a metaphor. People were using it to describe being “stuck” or dealing with anxiety, but most of our generation and older did research on how to escape quicksand in the

off chance we would encounter it.

The dark was a common fear to have back when we were children, and it is still common today. USA Today says that 3 of 4 kids from ages 3-12 years old are afraid of the dark. Even adults are afraid of the dark, and the pandemic has only worsened these fears. According to Healthline, we can be afraid of the dark for a variety of reasons. “Being afraid of the dark often starts in childhood and is viewed as a normal part of development. Studies focused on this phobia have

shown that humans often fear the dark for its lack of visual stimuli. In other words, people may fear night and darkness because they cannot see what is around them” (Marcin & Legg 2017). If you are anything like me, watching scary movies before going to bed could also make you lose some sleep.

Lastly, why do we sprint up the stairs from our dark basement? As stated, we are afraid of the dark for a variety of reasons, mainly because we cannot see our environment, but why the basement? I blame

my fear on American Horror Story’s Season One: Murder House, but basements also have very few exits and can be cramped causing claustrophobia. Filmmakers portray the basement as barely used, according to Sara-la Vanga from House of Horrors. For instance, sometimes the lights do not work, so the protagonist needs a flashlight. Other times cobwebs coat the walls, and the stairs creek on the way down. The basement, is when you are most vulnerable when your only exit is the stairs or a poorly placed window.

I am now 20 years old, and I still have not encountered quicksand. I could not tell

you if I was relieved or a little disappointed, but my younger self would be astonished. Although I still have everyday fears like failing a test or getting hit by a car on University Ave, it is fun to look back at what you were afraid of. If you ever feel like a fear you have had is silly, you can bet someone else has had that fear too.

Claire Arneson is the Arts & Community Section Editor and a General Reporter for Dakota Student. She can be reached at claire.arneson@und.edu

“I am now 20 years old, and I still have not encountered quicksand,” Arneson said.

The Green Bandana Project

Ava Stockstad
Dakota Student

When walking around campus, you may catch sight of a green bandana tied around a student’s backpack strap. This is not simply a new fashion statement, but instead, a symbol of support and outreach. In fact, every student who is in possession of one of these UND-themed green bandanas has partaken in thorough training that has allowed them to learn what it means to be an ally to those struggling with their mental health. These bandanas serve as an outward expression of a student’s preparation and willingness to have vulnerable conversations surrounding mental health with their peers.

The Bandana Project was formed in 2016 by the University of Wisconsin-Madison. It is described by its founders as a “simple yet innovative suicide prevention and mental health awareness movement” where bandana-wearers “pledge to support the mental health of those in their life, and reject stigma associated with mental illness.” Here on UND’s campus, UND Student Government President Faith Wahl and Vice President Morgan Mastrud encouraged the introduction of the Bandana Project to UND. The Green Bandana Project here on campus was also made possible through the financial donations from the John Hauser Foundation.

What does being a bandana-wearer entail? Here at the University of North Dakota, training was scheduled for August 26th through the 28th in one of the Memorial Union’s ballrooms. Students would spend four hours training to prepare for facing

and discussing mental health conflicts.

The first hour consisted of videos to help students understand the topics and content of the day’s training. An example of these videos that was shared was a short documentary relaying the experiences of college students who faced struggles with depression and anxiety. Later, students were given a presentation on how to address someone who is struggling with mental health and what puts university students’ health at risk.

Additionally, students were prompted to discuss with their peers about an experience where they were confronted with the reality that someone close to them was suffering with mental health issues – an effort to allow students to be vulnerable and recognize the part they play in supporting others. Much of the allotted training time was spent allowing students to practice having discussions with someone who is struggling with mental health issues. Students were trained on the proper vocabulary to discuss things like mental illness and suicide and how to recognize signs of suffering in those around them. “Being able to practice these tough discussions was really helpful for me,” shares a student who participated in UND’s Green Bandana Training. “It would have been so helpful to have this training in middle or high school. I wish I would have had these tools in past situations.” It can be fearful to think about students growing up unable to properly support their peers which explains why so many Green Bandana trainees felt relief and comfort in being equipped with the tools to carry on healthy conversations and discussions around mental health.



GRAPHIC CPURTESY OF ASPEN JEWKES



PHOTO COPURTESY OF VICTORIA LEDUM

Teaching the training was a panel of UND’s counselors and licensed professionals; Cassie Gerhardt, Carolyn Broden, and Kaylee Trotter. “It is a mental health awareness and suicide prevention campaign that uses bandanas as a symbol to support peers in getting help,” Assistant Director of Substance Use and Outreach at the UND Counseling Center, Carolyn Broden, said. “At the completion, students will have tools and resources to support those who might be struggling.” “To have a lot of people know some is really good, instead of just having a couple people know a lot,” Broden said.

For the licensed providers and trainers working on UND’s Green Bandana Project, seeing the project play out was a powerful experience. “I was so impressed with how invested the students are in becoming peers and becoming advocates wanting to help people that are struggling with mental health and suicide,” Broden says. “We had no idea if it was just going to be 10 people who showed up, but it was over 300. I was blown away by that.”

Another student here on campus also shared positive thoughts on the training. “It was very educational and eye-opening for me,” she said. “It hit a lot of very important scenarios that could happen.” She explained how being able to practice discussions surrounding mental health allowed her to feel more confident in having such vulnerable conversations. “I am so glad UND offered this training. As some-

one going into mental health counseling, this was a great experience that allowed me to tiptoe into that field.”

Of course students here on campus can also owe this opportunity to UND’s Student Government President Faith Wahl and Vice President Morgan Mastrud. A large point of interest in their campaign for UND Student Government was their commitment to offering support and resources for students on campus. They proposed the idea of introducing the Bandana Project to the campus in order to educate both students and staff on the importance of mental health awareness and education. It is difficult to ignore how fortunate it is to have UND representatives who understand student needs, and both Wahl and Mastrud put in the effort to make sure these needs are recognized and addressed as shown through their effort to get the Bandana Project on campus.

It is also important to note that Green Bandana Training is not the only step the duo has taken toward offering education and resources to UND students. Wahl and Mastrud have also helped raise funding for UND’s food pantry to provide community members with essential resources. From the start of their campaign, they have spread the motto of “MORE”, an acronym for Mental Health, Opportunities, Resources, and Empower. To learn more, you can visit their Instagram account @wahlmastrud, or their Facebook page at “Wahl & Mastrud for UND”.

While Green Bandana Training is not currently available online, it can be expected that UND will have additional training sessions in the future. Broden says the campus is working to “develop a system to streamline requests” and to stay tuned, keeping an eye out for any announcements on future training. Bandana Project training is also being held at other schools nearby. NDSU has held Green Bandana Project training, and campuses across the country also report holding Bandana Project training sessions as well. If you have missed the opportunity for training this fall, there are other events that you can be involved in. UND often holds walks to help raise awareness for suicide prevention, so be on the lookout for future opportunities in the Grand Forks area. In April of 2021, the third annual Out of the Darkness campus walk was held to raise awareness for suicide. If you are interested in taking a trip outside of the Grand Forks area to participate in this event, another Out of the Darkness walk will be held on September 18th in Fargo, North Dakota at the Scheels Arena. This is a free, community-wide event where everyone is welcome. More information can be found online, and you can discover more about the organization at ASFP.org.

However, mental health resources do not stop with Green Bandana Training here at UND. Free counseling is available at the University Counseling Center for students in both a remote and in-

person session format. These services are given to students with no additional costs – you as a student wo not have to worry about co-pays, insurance, or any sort of fees. To seek out more information on what services are available on campus regarding mental health, you can reach out to the University Counseling Center in McCannel Hall Room 200, or you can call 701-777-2127.

It is also important to mention again that Green Bandana Training was made possible through the efforts of the John Hauser Foundation. To learn more about the foundation and how you can support it, visit <https://undalumni.org/JohnsFund>.

September is National Suicide Prevention Awareness Month. If you or someone you know is experiencing suicidal thoughts or any form of a mental health crisis, please reach out to a crisis hotline. The Suicide Prevention Lifeline number is 988. If you would like to seek out a lifeline catered to LG-BTQ+ individuals, The Trevor Project hotline is available to chat over message online at any time, or you can call their number to talk with an available provider at 866-488-7386. The Rape and Abuse Crisis Center can be contacted at 800-656-4673.

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SEPTEMBER 2022 - OCTOBER 2022

If you want an event, meeting, or organization to be included in Dakota Student’s biweekly calendar, email kelsie.hildebrand@und.edu with the details.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18	19 - September movie voucher for River Cinema starts	20 - Study Abroad 101 starts - Fall Career Expo	21	22 - Trivia: 2010’s boy bands in Memorial Union social staircase - Long Island Medium @7:30 at the Chester Fritz	23 - September movie voucher for River Cinema ends - Don’t Worry Darling movie release	24
25	26 - Nelson’s Pumpkin Patch voucher starts - Homecoming week starts	27 - Greek Carnival from 5-7 pm	28 - Town’s Square Pep Rally @5:30 pm	29	30 - Last day to withdraw from all courses (Regular Session) at the 75% refund rate - Last day for graduate and undergraduate students to apply for fall 2022 graduation	1 - UND Homecoming Parade @9 am - Homecoming Football game vs. Missouri Sate - Study Abroad spring application deadline -UND Hockey @6:07
2	3 - Clothesline Project starts	4 - National Cinnamon Roll Day	5	6	7 - Nelson’s Pumpkin Patch voucher ends	8

Let’s Go To The Movies!

The History of the River Cinema 15

Claire Arneson
Dakota Student

The University of North Dakota offers students many fun and free activities for students on and off campus. A particular favorite amongst students is the free movie vouchers we get once a month. Student Involvement buys these vouchers at a discounted rate from the River Cinema 15 located in East Grand Forks, Minnesota. As a UND student – and a writer who reviews a lot of movies – the River Cinema is one of my favorite places up here. Movie theaters give us a sense of home away from home. I have fond memories of going to the movies with my family, and coming to UND is being a part of a new, exciting, big family. The River Cinema truly embodies a family movie theater that has an atmosphere of acceptance and inclusivity.

Located right on Demers Ave, with a bright, big, blue sign, the River Cinema stands out, but the River Walk Mall (Center) was not always the building we know it as today. In 1997, the Red River flooded and affected both East Grand Forks, MN and Grand Forks, ND. The mall was turned into a place for businesses to get back on their feet commissioned by the city. As businesses were moving out, the city commissioned the Moore family to buy a theater in 2007. The city hoped it would help the community and brought them in because of their experience and vision. Bob Moore and Jeff Hatcher renovated the mall into the theater we know today, and the River Cinema welcomed customers in 2008. Moore and his family grew up in the business, running the theater together for many years. This led to Penny Stai and Brian Moore -Bob Moore’s daughter and son- purchasing the mall, as well as the Cinema and The Shire Pub & Grill.

The River Cinema and The Shire have a unique and indescribable atmosphere. It

has a “log cabin feel,” Stai said. Her father built the theater with that home-like feel in mind. Whether you enter from Demers, the back parking lot, or the side door, you cannot miss the amazing decorations throughout the building. Stai says that she is responsible for the decor. When you enter, you will notice the door to the Shire is based on “The Hobbit,” and if you look closely, you can spot Gollum guarding this precious establishment. The menu has everything from a “Hulk Smash Patty Burger” to “Big Hero Stix” mozzarella sticks. The restaurant is immersive and fun for the whole family or a couple of hungry college students prior to or post-movie viewing. When you go in, you will see the bar with movie themed cocktail names, along with posters, cutouts, and statues.

Movie posters from a variety of films, and to my delight Twilight memorabilia, line the hallways leading to the screens in the theater. There is something for everyone to feel nostalgic over whether it is your favorite Disney movie, or Alvin and the Chipmunks. You can feel the dedication and sense of family that Stai and the “River Walk family” bring throughout the building. As stated in the name there are 15 theaters, four of which are luxury seating, but every theater is spacious and comfortable when watching a film. As said on The Shire’s website, “over the years we have added an additional 8 screens, luxury recliners, more concession options, alcoholic beverages, and now our very own Bar & Grill, The Shire!”

River Cinema 15 was hit hard by the COVID-19 pandemic, like most movie theaters around the world, but they still managed to bring in customers, keep employees busy, and make the place we love so much open and accessible. From their website,



PHOTO COURTESY OF ASPEN JEWKES

The River Cinema 15 is located on Demers Ave in East Grand Forks, Minnesota.

the “River Cinema Family” states: “From our first theater in Blackduck, Minnesota to Fosston, Crookston, and East Grand Forks our customers ‘YOU’ have seen us through it all and we could not be more grateful. This pandemic has affected so many of our lives and businesses, and we are moving forward today with your support.” Now that we are returning to a new kind of normalcy, the theater industry has picked up. Some showings are behind, but people are ready to return to the theater.

For me, the theater is an adventure. It is an escape. For the next 2 hours you do not think about the homework you have due or the

test you need to take. You get engrossed in someone else’s life and someone else’s story. “Coming out to the theater is an experience,” Stai said. “You shut off your phone, you see the big screen, and you go with your friends, and I hope it never goes away.”

When I talked to Stai about the theater, I had to ask about some of the top-selling movies they have seen. The new Top Gun: Maverick, Avengers Endgame, and American Sniper were just some of the most popular movies. They are still showing Top Gun because of its success.

Not only does the River Cinema have more films hitting the screens, but they also

have some exciting events happening. The River Cinema Grand Forks Comic Con 2022 is happening on October 8th and 9th at the Alerus Center. As stated on the Alerus Centers Website, “the River Cinema Grand Forks Comic Con is a treasure trove for both hardcore collectors and casual fans. The event will feature comic book, toy, art, and other miscellaneous vendors as well as cosplay parades and much more,” (2022). Tickets are currently on sale.

For freshman, transfer students, and students who have never heard of this spectacular theater before, the River Cinema is for everyone and anyone. “It does not mat-

ter what you look like, anybody can go,” the owner says. It was an honor and pleasure to talk to this amazing entrepreneur with a passion for film and her businesses, so if you are in the mood for an escape or you want to have fun themed food, get off campus and head to the River Cinema 15. Run by a family, for our UND family.

Claire Arneson is the Arts & Community Section Editor and a General Reporter for Dakota Student. She can be reached at claire.arneson@und.edu

Vouchers can be picked up at Student Involvement (ground floor) in the Memorial Union from
8:00 AM – 4:30 PM through these dates:
September 19th – September 25th
October 31st – November 6th

Take Care of Yourself UND

Ava Stockstad
Dakota Student

This month is Suicide Prevention Awareness Month which means it is our time as students and staff on campus to draw attention to the safety and health of those here at the University and in our community. For students who are experiencing their first year on campus, this semester can be especially challenging, and it is not a stretch to say that new students may face negative impacts to their mental health during this transition period. Especially as the weather starts to get colder and as classes pile on the work, students are prone to struggles with declining mental health.

Many students on campus have spent the past few weeks seeking out ways to cope with these stressful periods at UND. Here are some of the ways students take care of themselves and their mental health during this time.

One first-year student reveals that she enjoys getting off the campus when she is starting to feel down. “It is nice to explore the area away from campus,” she said. “While I love it at UND, it can be helpful to get a breath of fresh air.” Whether it is a movie at River Cinema or a window-shopping trip downtown, exploring Grand Forks

can be an experience that serves everyone.

Another first-year student shares that her favorite self-care activity is watching her favorite movies. Her current favorite movies to watch are La La Land (available on Hulu) and Little Women (available on Netflix).

It is also necessary to consider that the experiences of some freshmen at UND this year may vary based off their living situation. I spoke with a student who is living on her own for the first time off campus. When she was asked how she preserves her mental health while living on her own, she shared that she loves to “journal and romanticize living alone.” When reflecting on her independence she said “I like living alone because I am a person who really values personal space and alone time to unwind.” “I do things like watch TV, cook, draw, and entertain myself without other people around, but I try my best not to isolate myself. I make sure I am hanging out with friends or hanging out on campus throughout the week as well,” she said.

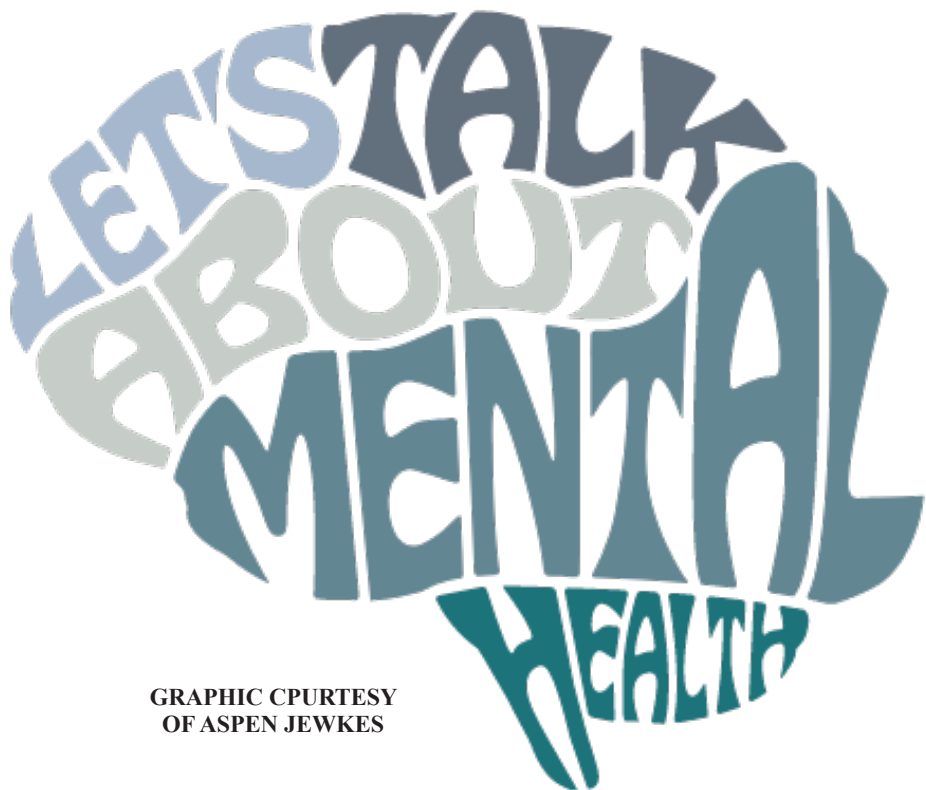
However, it is also important to acknowledge that it is not only first-year students that struggle with feelings of loneliness or depres-

sion here on campus. An upperclassman shares that he also struggles with his mental health throughout the year. “Honestly, I just make sure I leave enough time to myself throughout the week so I have some time to relax and just think,” he says. It is easy to get wrapped up in things like classes, sports, work, and social activities while in college. While alone time and moments of mindfulness might seem insignificant, they can bring a tremendously positive impact to your lifestyle and emotional health while on campus.

When talking with a third-year student here on campus, she shared how she sought out UND’s therapy services to help cope with her feelings of anxiety and depression during her first school year. “Coming into UND my freshman year, I struggled with the transition away from my close friends and family. When I started struggling with my mental health, one of my instructors referred me to the counseling center where I received support that helped me overcome my depression,” she said. She recommends the University Counseling Center as a resource to any new students here at UND who are struggling. “Seeking their help changed my life,” she says.

If you or someone you know is having suicidal thoughts or is in a crisis, please call the Suicide Prevention Lifeline at 988. For more information on the lifeline, please visit 988lifeline.org.

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GRAPHIC COURTESY OF ASPEN JEWKES

University of North Dakota’s

Homecoming Week Highlights

Victoria Ledum

Dakota Student

Football has made its glorious return to Grand Forks, which means UND homecoming is fast-approaching. If you have never attended homecoming events, or a homecoming game, get ready for school spirit and seas of green like you have never seen before. This year’s homecoming will take place September 27th through October 1st.

The University of North Dakota first held a homecoming in 1916, over 100 years ago, and throughout the century of festivities, UND homecoming has experienced incredible growth. In 2022, homecoming week is chalk-full of fun. There are

thirty events ranging from volunteer opportunities, social hours, and of course, Fighting Hawks games.

Tuesday, September 27th

Start off homecoming week by giving back at the Homecoming Blood Drive. The Alumni Association has partnered with Dak-Minn Blood Bank for this annual event hosted at the UND Wellness Center.

In the evening head over to University Park for the first ever Greek Carnival. The park will be transformed into a carnival with games, food trucks, and face painting. Purchase tickets, a punch-card, or a wristband

to play some classic carnival games. All the proceeds from the event will be donated to Make-A-Wish ND!

The fun does not stop there, so after the carnival make your way towards the Betty for UND Volleyball vs South Dakota State University. Volleyball games are free for students, claim your ticket at <https://am.ticketmaster.com/undstudent/>.

Wednesday, September 28th

The Fighting Hawks spirit cannot be contained in just one day. During day two, the momentum grows, and the fun is just getting started. In the afternoon, join UND for Hawks Hour at Bonzer’s Sandwich Pub downtown

from 4:30 - 6:30 pm.

Then take a quick walk to Town Square for the first-ever town square pep rally. The event is sure to be exceptional with yard games, a DJ, Pride of the North Band, and special guests.

Thursday, September 29th

Usually Thursdays are full of dread and anticipation for Friday, but during homecoming week, Thursday is more than just the day before Friday. Recipients of the Sioux Award for Achievement & Leadership will be honored at a banquet in the Alerus on Thursday evening, following a social hour at 5:30.

At 7:00 there is yet another

chance to watch UND spike, bump, pass, and serve up some good ol’ fashioned Fighting Hawks victory during the UND Volleyball vs Kansas City game. Also, do not forget, volleyball games are free for students and always worth a watch.

Friday, September 30th

Friday is full of events for any and everybody on campus, and everybody on campus will be rocking kelly green for UND Spirit Day!

In the morning, celebrate the grand opening and watch the ribbon cutting of the new Nistler College of Business & Public Administration building at 11:00 am. If you have not checked out the new building now is your chance to get a sneak peek at the impressive and innovative facility.

If you need lunch plans, check out the UND Fan Luncheon at the Ralph and enjoy some good food with the company of university coaches and athletes.

Then check out UND Soccer vs Western Illinois at 3:00 pm on Bronson Field, the game is free to students and sure to impress.

Friday evening is full of social events for several different majors and colleges on campus, and the UND Athletics Hall of Fame banquet in the Alerus.

Saturday, October 1st

Saturday is the big day; the finale of homecoming week will be a perfect culmination of the week’s events

and an excellent demonstration of the school’s spirit.

Rise and shine Saturday morning to watch the UND Homecoming Parade. Beautiful floats with loads of candy, UND’s spirit squad, and the band will be marching down University Ave.

Once you have got your fill of candy after the parade, head over to the Alerus Center to join in the tailgate fun. Then join the screaming fans inside to watch UND Football battle Missouri State at 12:00 PM.

If you are more into sports on skates, do not fret. Saturday evening catch the UND Hockey exhibition game vs Manitoba in the Ralph at 6:07 pm. Brush up on your favorite cheers and break out the jerseys because hockey is taken seriously in these parts.

Homecoming week is sure to be a spirited and incomparable experience on campus. Do not miss out on the fun. Find a complete schedule and more details at <https://undalumni.org/alumni-homecoming-events>.

Keep reading the Dakota Student to stay aware of all the events, changes, and news on campus.

Victoria Ledum is the website manager and a General Reporter for Dakota Student. She can be reached at victoria.ldum@und.edu



PHOTO COURTESY OF VICTORIA LEDUM

The UND Fighting Hawks will play their Homecoming game at the Alerus Center on October 1st.

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