On-campus fire statistics show need for safety
— 12 fires classified as “on-campus” in three years reveal trends in cooking mistakes, vandalism

By Emmy Erbes
The Dakota Student

In the past three years, UND has experienced a total of 12 fires in University housing, but none have happened yet in 2014. Fires are a rare occurrence for the campus because of strong safety efforts by staff, such as UND Environmental Health and Safety Technician Bob Johnson.

Although the recent death of UND student Matthew Heisler took place in off-campus housing, but none have happened yet in 2014. Fires are a rare occurrence for the campus because of strong safety efforts by staff, such as UND Environmental Health and Safety Technician Bob Johnson.

Although the recent death of UND student Matthew Heisler took place in off-campus housing, it is a reminder of the importance of proper fire prevention procedures.

“We take fire prevention very seriously,” Johnson said. “We want students to be safe until they graduate.” Johnson works closely with UND Associate Director of Safety Terry Wynne, who was a Grand Forks Fire Marshall for seven years and a firefighter for 11 years prior to that.

Wynne said fires are more likely to occur in the winter because people stay inside and use heating devices more than they would in other seasons. Record wise, on-campus fires are more likely to start in residential buildings, but they can happen anywhere.

Fires are usually put out immediately by an extinguisher, which doesn’t just mean a wall extinguisher — a sink, snow or even dirt can be used to stop a fire. Although putting the fire out quickly is a good sign for tenants.

By Ashley Marquis
The Dakota Student

In the last year, Grand Forks’ vacancy rate for private rental housing units has doubled — a good sign for tenants.

Last year in February, the rate was 2.29 percent vacancy. This February, the rate was up to 4.41 percent.

“Typically, UND has a large impact on that number,” executive officer for the Greater Grand Forks Apartment Association John Colter said. “We do the survey in February and July, because UND is in session in the fall and spring, and the rest of the year it is off.”

Concentration in pre-law to be offered

By Ashley Marquis
The Dakota Student

UND undergraduate students will now be able to get a major with a concentration in pre-law offered by the philosophy and religion department. The curriculum focuses on traditional philosophy while helping students be more prepared for law school with courses specializing in concepts related to law.

Simply put, many employers are looking for graduates who can think, be creative, write well, speak coherently and analyze problems logically.

Rebecca Rozelle-Stone
philosophy & religion professor

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THE DAKOTA STUDENT

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Brandon Boespflug said it is smarter to get everyone out of the building first. The issue could be addressed with a fire extinguisher, but sometimes it is better to get out of the building and let us handle it,” said Boespflug, who works directly with the UND campus. “It is not fire that kills or hurts people — the smoke gets to you first. I like to compare it to a bonfire outside — if smoke gets in your face, you have other air to breathe, but imagine if you moved that fire to inside a room. You have no air for relief.”

If the fire department is called through either 911 or a fire alarm, the University Police Department gets there first in about two minutes to help with crowd control and evacuation. The fire department arrives at the scene in an average of four minutes.

“We have a fire station north of the Ralph, and we have to be out of that door within one minute,” Boespflug said. “Every station is manned 24/7 with no less than three people on a fire engine. There is never a day that goes by without fire station workers here, even in storms.”

The station serves not only the campus but the city too, so if a fire requires several hours of work, another shift is called into the station. Two fire engines are always brought in on a fire alarm call, and more can be summoned if needed.

Prevention
To stop fires from happening in the first place, Boespflug said students should think back to their elementary days when firefighters taught them fire safety. Students also should refrain from cooking or lighting candles when they are drowsy. Heat sources such as curling irons should be kept away from objects like paper or clothing that could catch on fire, and they should always be turned off immediately when no longer in use. He also urges students to get out of the building instantly if a fire alarm sounds, and treat each one as a real situation.

For both on and off-campus students, Boespflug emphasized the importance of having working smoke detectors.

“You lose the use of your eyes and nose while you are asleep, but your ears are still working.”

Batteries should be checked once a month, and changed at least every six months when clocks are switched for daylight savings time. His final piece of advice for students is to practice their escape plan so they know how to get out of the building in an emergency, because the smoke from a fire can make it difficult to see exits.

No matter how big or small a fire is, it is against the law to not report the incidence. Bob Johnson receives all reports for fires that happen on campus and uses the definition of a fire from the CLARE Act to classify if the incident was an “on-campus fire” or not.

For the past three years, the CLARE Act has also required Johnson to make information about fires in on-campus student housing facilities available to the public through an annual fire safety report. Fires occurring in off-campus residences, such as the recent fire involving UND student Matthew Hinrichs, would not be listed on these reports. Anyone can access the reports online.

There is no way to tell how many fires we have prevented or how many lives we have saved, but I know we are doing a good job.

Brandon Boespflug
Grand Forks fire marshal

Another main aspect of Johnson’s job is conducting inspections for all buildings on campus with Boespflug. Each building must be inspected at least once a year, but the number of buildings the two visit each week varies, depending on what other tasks they have to take care of first.

Sprinklers are not installed in every building on campus yet because of high expenses, but UND is working toward that goal. Any newly constructed building has to have one, so only the older buildings need to be updated. About half of the residence halls currently have sprinklers installed, and one goal is to have sprinklers in all residence halls in the next three years.

In addition to sprinklers, there are around 2,000 fire extinguishers on campus, which Johnson checks regularly. Smoke detectors and fire alarms are tested twice a year, and fire drills are required once per semester in residence halls. With these precautions and the intensive fire safety training for dining center workers and residence hall staff, Boespflug believes that UND’s efforts have made a difference.

“There is no way to tell how many fires we have prevented or how many lives we have saved,” Boespflug said. “But I know we are doing a good job.”
More conflict from resolution

Douglas Wilson once said, “There are two tenants to atheism. One, there is no god, and, two, I hate him.” He is simply wrong. Atheism holds no tenants, no doctrine and no common beliefs.

Michael Rauser
staff writer

“God’s Not Dead” is a blatantly offensive and obvious propaganda film meant to brutally attack non-Christians. The premise of the movie involves a brave Christian student standing up against a bitter angry atheist in an epic showdown to once-and-for-all prove God’s existence. At least what’s that’s what the trailers would have you believe.

It’s actually an amalgamation of all the most negative stereotypes of any world-view that isn’t Christian. The atheist characters in this film are portrayed as arrogant, condescending and generally mean-spirited, while all the Christian characters are portrayed as almost saint like.

This excessive use of stereotypes inevitably results in confirmation bias, which is basically a fancy way of saying people see what they want to see. If people were inspired by this movie to attempt religious discussions of their own — which was theoretically the intention of this movie — they will approach the argument thinking the atheist they are talking to is condescending and arrogant. Also, they’ll now view everything that person does as being condescending and arrogant even if that wasn’t the intention.

Some atheists tend to be like that — however, there are also Christians like that. It’s unfair to classify all atheists based on a select few, just as it would be unfair to classify all Christians on the basis of the few who are one way.

The movie also depicts a Muslim father who is abusive toward his daughter. She is considering converting to Christianity, and when she does convert, he ultimately disowns her.

Once again, there may be Muslim parents who have disowned their children when they found out they didn’t share their beliefs. However, countless stories have been told of Christian parents disowning their child for being gay or atheist — or Muslim for that matter.

The point is, focusing only on the most negative examples cut both sides down. If you choose to focus on only the most negative outliers when choosing to represent the other side in your movie, that might make people think negatively of you.

It’s foolish to determine that all Christians are intolerant bigots. Those are negative stereotypes brought on by a few real life examples. In the same way, so is the view that all atheists are bitter, immoral jerks that exist solely to antagonize Christians.

Another stereotype this movie perpetuates is that all atheists believe in a god, they just choose to deny him because of personal trauma in their life. This common view is best represented by evangelical theologian Douglas Wilson who once said, “There are two tenants to atheism. One, there is no god, and, two, I hate him.”

As much as I hate to disagree with such a brilliant mind as Douglas Wilson, he is simply wrong. Atheism is not a religion. Atheism holds no tenants, no doctrine and no common beliefs. It’s nothing more than lack of belief in any single claim about the existence of a god.

The only way to share any common held beliefs, beside the lack of belief in a god, is through sharing other philosophical viewpoints in addition to atheism such as skepticism or secular humanism.

If you want to know why atheists believe what they do or even what they believe, a better way to find out is by asking them, rather than listening to speculation by people who practice other religions.

The ironic part of the movie is that it complains about atheists who are unnecessarily antagonistic, yet it’s antagonistic itself through its perpetuation of inaccurate stereotypes.

It’s also ironic that the movie tries to paint every Christian as angelic, yet ends up actually painting them as narrow-minded, willfully ignorant bigots.

The intention behind the movie was supposedly to spark debate and communication between the religious and nonreligious, but because of the offensive and faulty stereotypes, the only thing it will end up sparking is more conflict.

Michael Rauser is a staff writer for The Dakota Student. He can be reached at michael.rauser@my.und.edu.
The Dakota Student

Graduation requirements need revision

By Margaret Upton

Involvement in a student organization is not something all students plan or seek out when they first arrive at college. Students jump and drop out of organizations throughout their college career, rarely staying in one for a prolonged period of time.

Student involvement should be a mandatory rite of passage for college graduation requirements need revision. By Margaret Upton

The American Student

First impressions sometimes faulty

Mary Ochs

The Dakota Student

First impressions don’t mean everything. In fact, first impressions don’t even have to be good impressions to establish a positive relationship.

An article published in Forbes says nonverbal cues influence us for about four times more than any other communication channel. When I first met my best friend, I noted she was dressed and acting like everyone else. The day of Fall Orientation Team training last summer, and my look screamed “Hey, I just moved out of bed.”

I knew no one but I saw a very blonde girl walking in, hair cut, makeup done and wearing a black and white hoodie. She walked around the meeting, chatting with a few people.

By actively practicing the student involvement theory, UND can assist students to cope with their transition into college life and social situations, which helps to restore a positive attitude. There is a student involvement exos at the start of every semester, so stop to look at all the options for new learning and relationships by joining an organization.

The next generation has the opportunity to learn how to make healthy relationships and develop strong relationships with others. Once we can teach our children to be happy with themselves and content with who we are, we eliminate codependency. Recognizing within ourselves our destructive patterns of behavior and the healthy balance between generosity and self-love will help us on our way to a happier, healthier future.

Sarah Greenlee

The Dakota Student

The great American disease has been branded into us generation after generation.

Codependency is an unrecognized epidemic. The psychological disorder results from dysfunctional relationships. Previously, the term was used to describe the behavior of spousal, children or parents of substance abusers, namely alcoholics. The problem is that the symptoms of the problems are different, the effects are the same.

Codependency is a disease of control, and a disease of perfectionism. It’s prevalent in daily routines and eventually infects the codependent’s life. As a diagnosed codependent I can attest to the continuing inability to fight the disease. Codependency is treated in the same facilities as recovering alcoholics because the disease is just as debilitating, and just as serious.

The inability to set healthy boundaries with both themselves and with others leads to the unattainable goal. That we don’t realize is that we’re teaching each generation to be more self-destructive by creating emotionally unhealthy and unstable relationships.

Learning the importance of boundary setting is such an important, yet overlooked life strategy. The most important person in your life is you, and we should start to teach that to our children instead of people pleasing. The path to recovery is a long one and relapses are frequent. Every day is a struggle to make the best choices for myself because I constantly feel obligated to do what other people need or want.

Beyond that, the crushing fear of being alone because I have let someone down is possibly the hardest part to overcome. But mistakes are a part of life. Everyone makes them, even I’ve made mistakes before and can’t erase them.

Every new person I meet means a new relationship and a new boundary that needs to be set, which is difficult for codependents. I want to help others achieve the potential I see in them, even if it’s an unattainable goal.

Codependency, like alcoholism, is never cured. It just becomes manageable.

What I hope is that the next generation has the opportunity to learn how to make healthy relationships and develop strong relationships with others. Once we can teach our children to be happy with themselves and content with who we are, we eliminate codependency. Recognizing within ourselves our destructive patterns of behavior and the healthy balance between generosity and self-love will help us on our way to a happier, healthier future.
in February and out of session in July.”

The survey done by the apartment association usually gets about a 50 percent response from landlords across the area. The Grand Forks Air Force Base and UND dorms are not included in the survey. Apartment-type residences on campus are included though.

“UND has a few more vacancies this year than normal,” Colter said. “That could be because they are doing some renovations.”

Colter said there is no magic number for the percentage to be, but around five percent is usual.

“Houses for rent are starting to open up, and there will be quite a few more in the summer than there are now,” UND senior Chris Colby said. “But for the most part, they are very overpriced right now.”

Part of the low vacancy rate could be due to the strong North Dakota economy and the increase in February and July in the past couple years. Last July’s rate was 2.84 percent, compared to 2.29 last February.

“I don’t know what the reason for that trend is,” Colter said. “The student population could be dropping, or more students are sticking around during the summer.”

The Grand Forks Air Force Base gets about a 50 percent response in February and out of session in February 2012.”

Colter said another trend is the rate being about the same in February and July in the past couple years. Last July’s rate was 2.84 percent, compared to 2.29 last February.

“We think that the new Pre-Law concentration at UND will not only be a beacon for students who have an interest in pursuing law, but also many other students who are interested in philosophy and religion come to realize that majoring in these fields can open up a plethora of options, post graduation,” philosophy and religion professor Rebecca Rozelle-Stone said.

“Weenists and assistant professor Lucian Stone, along with other philosophy professors at UND have worked toward developing the new curriculum throughout the past year. The curriculum will require students to take 18 credits in courses like philosophy, logic, law and ethics. Students will also be required to take three additional credits in ethics, nine credits in social-political philosophy, six elective credits.”

Rozelle-Stone said these courses will be more pertinent for pre-law students’ interests and the skill sets needed to be successful in the LSAT. Rozelle-Stone also said statistics show students who major in philosophy have higher LSAT scores than students in other majors and also tend to have higher acceptance rates into law school than economics, political science, history, psychology, accounting and business management majors.

“Philosophy is a good track for employment,” Weinstein said.

Students can begin to enroll in the pre-law major now. Eight courses for the pre-law concentrations are already scheduled for the Spring 2014 semester.

A reception was held March 24 for students interested in learning more about pre-law. Students were able to meet with faculty and learn more about pre-law.

“Simply put, many employers are looking for graduates who can think, be creative, write well, speak coherently and analyze problems logically,” Rozelle-Stone said. “We teach all this through the classes offered in our department.”

Megan Hoffman is a staff writer for The Dakota Student. She can be reached at megan.hoffman@my.und.edu

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Maxwell returns to Writers Conference
— UND graduate travels from Florida as featured author in 45th annual event

By Sam Wigness
The Dakota Student

An airplane carrying short story author and UND graduate Brian Maxwell touched down on Wednesday in Grand Forks.

Maxwell had returned to the city to attend the 45th annual UND Writers Conference for a sixth time, but this conference will be different than the previous ones. This will be Maxwell’s debut as a featured author, a position that has him in disbelief.

“As far as being on the ‘other side of the panel,’ I think it will feel very surreal,” he said. “In fact, my plan is to defer to my colleagues as much as possible. I’m a small fish here in a pond of very accomplished writers and artists, and essentially, I’m just happy to be here.”

During the conference, Maxwell will be in the prestigious company of Robert Pinsky, Jessica Lott, Sarah Leavitt, Colson Whitehead — named “The coolest writer in America” by Esquire magazine — and Geoffrey Dyer. Although Maxwell’s journey from Florida seems long, it is dwarfed by Dyer’s trek from London.

“Back in 2006, just to get involved I would drive the writers around,” he said. “I was lucky enough to drive Charles Baxter, the fiction writer, and I was a big fan of him. I drove him around in my ‘crappy 96 Chevy Cavalier.’”

After finishing up his graduate studies in 2011, Maxwell road-tripped back to his hometown in Florida from the aforementioned Cavalier.

“I was happy as a clam to hand out fliers for the conference back in 2006, but to actually be asked to share my work and ideas on writing is something that I’m still trying to come to terms with.”

Brian Maxwell
UND alumni

I was happy as a clam to hand out fliers for the conference back in 2006, but to actually be asked to share my work and ideas on writing is something that I’m still trying to come to terms with.

Maxwell’s research has shown success in the field trials, but the amount of tests actually done is low because of weather. Bradley said that parvo isn’t a winter disease, so cases are lower in North Dakota.

The parvovirus usually affects puppies six weeks to six months old, and is highly contagious, but can be reduced by vaccinations early on.

“Currently, we have tested on 23 dogs since last fall, with a survival rate of 87 percent,” Bradley said. “We were only taking in dogs from Minnesota and North Dakota, but now that we are approved by the USDA we are expanding into the market, and create better therapeutic antibodies to 13 different viruses, so we have a long track record of success,” Bradley said.

Economically, this helps because a week in the vet’s office would cost $1,500... Now we are looking at $100 treatment, so it is cost effective.

By Misti Meads
The Dakota Student

A UND researcher has received a $2 million grant to continue his research into treating an illness attacking man’s best friend.

Executive director of the Center of Research Excellence for Avian Therapeutics for Infectious Disease David Bradley received the grant to research and study treatments for parvovirus — a highly contagious viral disease that can lead to severe illness and death in dogs.

According to Bradley, the grant came in two parts — $1 million came from the North Dakota Department of Commerce, and Research ND Bio (Avianax LLC) matched the $1 million grant to help support the creation of a parvovirus antibody.

“The grant is divided into three milestones,” Bradley said. “The first is demonstrating success in field studies … second is to establish the manufacturing facility … and third is to get the product in the market.”

Bradley’s research has shown success in the field trials, but the amount of tests actually done is low because of weather. Bradley said that parvo isn’t a winter disease, so cases are lower in North Dakota.

The canine parvovirus attacks dogs in two different ways. The intestinal form is more common, and causes lack of appetite, diarrhea, vomiting and weight loss. The cardiac form is less common but often leads to death.

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Economically, this helps because a week in the vet’s office would cost $1,500... Now we are looking at $100 treatment, so it is cost effective.
After being a total fan-girl for the first “300” movie, I had very high expectations for the second installment — which arrived eight years later — “300: Rise of an Empire.”

The film follows Athenian general Themistocles (Sullivan Stapleton), who, during the first invasion of Greece by the Persian’s, shot an arrow at King Darius I (Yigal Naor) — Xerxes’ father — killing him.

In an attempt to avenge Darius’ death, his former Greek mentor, Artemisia (Eva Greene), convinces the naïve Prince Xerxes (Rodrigo Santoro) that he must become god-like and avenge his father’s death by going to war with Greece. This is how Xerxes came to be the giant, deep-voiced Persian with the piercings, gold skin and god-like persona.

Ten years later, Xerxes goes to war with Greece with his massive army. While he is engaging in battle with King Leonidas and the rest of the Spartan army, which is shown in the first movie, Artemisia battles Themistocles and the Greek navy at sea.

Artemisia forms a Persian navy that is much larger than the Greeks’ to battle Themistocles. Given the great size advantage, Themistocles must rely on cunning battle tactics to defeat Artemisia and her navy.

Artemisia was the most compelling character. The movie reveals that her family was brutally raped and murdered by her fellow Greeks, and then she was used as a sex slave for them. I couldn’t help but feel terrible for her — even though she was the protagonist.

It was also refreshing to see a strong female lead character in this movie, but aside from Artemisia, the other characters weren’t well defined, which was disappointing. We also didn’t see too much of Xerxes, which was disappointing because he was brilliant in the first film, but he was off battling with the Spartans.

There were also a few themes recycled from the original. The one that annoyed me most was the whole Greek father-and-son duo in which the son had to earn the respect of his father.

Aside from these minor letdowns, this movie was awesome. I watched it in IMAX: 3D in the Twin Cities, which was beyond incredible as this was a great movie for 3D. I give “300: Rise of an Empire” five out of five stars. It was equipped with slow-motion battle scenes, tons of gore and the visual aesthetics that were ever-present in the original. The second installment also didn’t have the magic and freak-show characters that were part of the Persian army that made the first movie seem unrealistic.

The battles scenes took place at sea made this movie far more intense than the original and the end of the movie left ample room for a sequel. I just hope it doesn’t take eight more years.

Adele Kieger is a staff writer for The Dakota Student. She can be reached at adele.kieger@my.und.edu.
“Thanks to UND, I was lucky enough to get a teaching job in my hometown,” he said.

Maxwell is now a professor at Eastern Florida State College and is working on a series of short stories about the Melbourne area in Florida notorious in the 1980s for drug trafficking and criminal activity.

“I’m focusing on the part of Florida that isn’t exactly Disney World, even though Disney World is only an hour and a half away,” he said.

While UND helped Maxwell return to his home state and warm-climate, the return to Grand Forks is a special one.

“Everyone gets the kinds of opportunities that the Writers Conference presented,” he said. “Fellowship, great discussions, raucous dinner engagements — and the general sense of panic and awe that each conference seemed to bring. There’s a beautiful intimacy to this conference — the writers are always very available and very present during the various events.

They say amazing things, so I guess I always enjoyed learning in that manner. Unless you live in NYC (or somewhere similar), you don’t get these types of opportunities. At least I never did as a Floridian.”

While Maxwell has been honored with the John Little Prize in Fiction, the Thomas McGrath Prize for Poetry and nominated for Best New American Voices series, he says his biggest achievement came quite recently.

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realizations, it was different than the year not being our biggest rival,” junior pitcher Dillon Simpson said. “I think everyone in the back of their mind was hoping it would happen somewhere in the tournament, to why not one of the biggest games of our season?”

North Dakota’s chance to compete at the Frozen Four tournament and moving one step to the ultimate goal is only heightened by its opponent.

“Excitement, first of all, is something that’s in that dressing room,” senior captain Rocco Grimaldi said. “Guys are really happy with the opportunity we have and the chance we get to play an old rivalry game. It’s an exciting time for us.”

The excitement is grounded though, when UND knows it will have to prepare for a hard-working Minnesota team that has consistently proven itself all season — posting a 27-6-6 overall record and holding a place near the top of the rankings all season.

Union and Boston College will also join the rivalry in the tournament, facing off against each other before North Dakota and Minnesota drop the puck at 7:30 p.m. on April 10 at Wells Fargo Center in hopes of advancing to the championship game April 12.

**Tradition**

Since the 1940s, the teams have played each other in the regular season, and this year marks the fourth meeting between the rivals in the NCAA tournament in the past 10 years.

There’s a lot on the line. There’s also a boost of intensity that resonates from the matchup.

“I think you’ve got to try your best to approach it like any other game,” junior Mark MacMillan said. “But I think any time there’s a rivalry game, especially between us and the Gophers, there’s a little extra boost, no matter what. Whether it’s a regular season game or playing the Frozen Four in Philly, you’ve got to keep your wits about you and make sure you don’t get too hyped up about it. But there’s definitely always an extra boost when we play against the Gophers.”

As the lone club that didn’t gain a spot in the Frozen Four with a No. 1 ranking beside its name, North Dakota’s entrance as a No. 4 seed comes after its defeat of Mid-west No. 1 seeded Wisconsin and a strong Ferris State team.

The team that bounced back from a 4-7-2 start doesn’t boast for the Green and White. While his record is only 1-2, Muckenhirn sports a 3.58 ERA and leads his team with four home runs and is justified. You take a look at the other teams here — most importantly the team we play — they’ve been the go-to guys. Rese has the best batting average on the team at .345, while also collecting the most hits with 20. Campbell has been the power hitter, as he leads the team with four home runs and is tied for team lead in RBIs with 10.

UND will be traveling to the best team from start to finish. From October, they’ve been one of the top few teams and lead the nation in a few categories. They’re anchored by a Hobey Baker finalist goaltender. It goes top to bottom.

“You’re fully justified in that. No. 1 spot. They’ve earned it. For us, we know nobody is going pick us to win that game. We’re going to prepare real well to go in and play our game.”

North Dakota’s entrance into the tournament wasn’t made in a fashion that would have been expected — yet the way in which it happened makes the team believe it still has work to do.

“Whatever role they give us, we’re going to take,” sophomore Rocco Grimaldi said. “It doesn’t really matter if we’re the underdog or the top seed. As long as we’re in it, anything can happen.”

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By Mariah Holland

The UND men’s and women’s golf teams were in action Monday and Tuesday of this past week.

The men’s team was in Cal-houn, La. for the Wallace Jones Invitational while the women’s travelled was Houston, Texas for the Houston Baptist Husky Invitational.

The men’s team placed No. 14 overall with the top places for UND being Sean Halverson, who tied for 33rd place in the tournament. The host of the tournament, Louisiana-Monroe, took the top place in the team portion of competition.

The women will return to play next week in Jonesboro, Ark., to participate in the Arkansas State Red Wolves Intercollegiate.

The women’s team placed 13th overall with Sadie Martin taking the team’s top-place finish with the 43rd position in the tournament.

The women will continue their trek in the southwest as the team heads to Kansas City for the Gary Crossley Ford Kansas City Shootout that will take place next week.

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Sophomore distance runner Lydia Lutz competes with UND’s cross country team during a meet. Photo by Keisuke Yoshimura/The Dakota Student.

fifth grade, but has always been into the longer races.

“I’ve always been a distance girl, so I have no fast twitch for sprinting” Lutz said.

After lettering in track and cross country six times in high school, Lutz followed her older sister Victoria to UND to run, looking up to her older sister from the start of her career.

“I kind of always followed her, and my parents were always pretty active,” Lutz said. “Then she got into running, and I kind of just followed her.”

A Park Rapids, Minn. native, Lutz is used to cold weather, but she still gets frustrated by North Dakota winters. After worrying she wasn’t ready for her 10k in Carolina, Lutz was pleasantly surprised.

“It felt awesome,” she said. “This winter was really hard working out-wise because it was so cold, and we were always on the roads, so going in I really didn’t know how it was going to go. I didn’t feel ready for it at all, so I’m super pumped.”

When it comes to performing in the classroom, Lutz proved herself a dedicated student right away. During her freshman year, she was named to the 2013 Big Sky Conference Spring and Winter All-Academic Teams. The standout student was also named to the 2013 Spring Semester President’s Roll of Honor.

“It’s a lot of time commitment,” she said. “You have to learn how to manage everything, and I think that being in a sport does kind of help you because it’s like, ‘I have to get this done now,’” it’s not like ‘oh, I have all weekend,’ and so it helps you kind of get your studying done.”

Lutz recently changed her major from biology to community nutrition, but still hopes to eventually make it to medical school.

With plenty of time left in the outdoor season to further improve, the UND track sophomore has set goals to strive toward.

“If I get to run the 10k at conference, I want to run a 37:30, or place at least,” she said.

The UND women’s track and field team will compete Saturday at the Dakota Duals meet in Vermillion, S.D.

“I’m going to race a 5k so we’ll see how that goes, but for right now I’ll probably focus on 5k and 10k,” she said.

Marie Monson is the multimedia editor of The Dakota Student. She can be reached at marie.iva.monson@my.und.edu
Rivals meet again in NCAA tournament
— North Dakota and Minnesota will face off next Thursday evening in the Frozen Four in Philadelphia

By Elizabeth Erickson
The Dakota Student

The 315 miles stretching between Ralph Engelstad Arena and Mariucci Arena have been well-traveled — by dedicated fans in old green and white jerseys, by the occasional dead rodent soon to be tossed on the ice in front of rambunctious sea of fans, by the players of two college hockey programs that have carried on an unfading tradition.

A tradition until this season, at least.

With North Dakota’s move into the NCHC conference and Minnesota’s jump to the Big Ten, perhaps the most anticipated rivalry in college hockey was severed in the regular season until at least 2016-17.

But the rivals etched a new meeting place in their schedules this season, thousands of miles from their Midwest roots, in Philadelphia.

The city will play host to the top-four teams in the biggest stage of college hockey — and North Dakota and Minnesota happen to be playing against each other for a chance at competing for the national championship.

“I think with the conference

UND’s Stephane Pattyn waits for a faceoff with a Minnesota skater in a previous meeting. North Dakota will play the Gophers next week, despite not planning to meet again in the regular season until 2016-17. File photo.

Lutz runs over records
— UND track star breaks her own record by over one minute

By Marie Monson
The Dakota Student

UND distance runner Lydia Lutz recently set a new personal record in the 10k at the Coastal Carolina Shamrock Invitational with a time of 38 minutes, 18.02 seconds.

Lutz chopped over a minute off of her previous record to come in sixth place at the meet.

“My coaches were super excited, so I kind of got some of their energy,” Lutz said. “(The last 400 meters) really hurt, but I just knew that I had to push through it and keep running faster so I could get a (personal record).”

Lutz, a sophomore at UND, has been running since she was in

Baseball breaks into non-conference
— UND heads to Creighton for weekend series

By Alex Stadnik
The Dakota Student

After nearly three weeks of Western Athletic Conference play, UND’s baseball team will take a break and play a non-conference series.

The Green and White are heading to Omaha, Neb., to take on the Creighton baseball team for three games this weekend.

After a slow start to the season, UND is starting to look like the team that finished its season one game away from the championship.

Last weekend ended with a little bit of history for the team. Against Northern Colorado, North Dakota accomplished its first sweep of a Division I baseball team in UND school history.

Even though the coaches knew what was at stake, they did not make it the focus of the game.

“We didn’t say a word about it,” UND coach Jeff Dodson said with a laugh. “I just wanted the guys to come out and play baseball and see how they responded after a big double header sweep.”

Though the sweep was a highlight, there is more to take away from last weekend

This team is hot, and playing its best baseball of the season. The Green and White are on a season high four-game win streak and will

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Lydia Lutz runs outdoors with the UND cross country team.