Research seeing upswing

By Emmy Erbes
The Dakota Student

With millions of dollars in funding each year, UND continues to thrive as an active research institution. The university had around $103.8 million in total research program expenditures for fiscal year 2013, according to the Annual Report of Sponsored Program Activity.

This amount is divided across all departments and awarded to faculty for a variety of research projects. Funding contributes to not only research itself but also to instruction, public service, scholarship and faculty travels that relate to research. The most active departments include aerospace sciences, computer sciences, medicine and health, energy and environmental sciences, and engineering. The Energy and Environmental Research Center alone was allocated more than $35 million for the year.

A lot of people are hired for research, and they are valued members of the university.

Michael Moore
associate vp for intellectual property commercialization

The large amount of money going into UND research produces an economic output that benefits the state of North Dakota and the region. $202.2 million in economic output was produced in 2013, and research provided 1,417 jobs.

A major benefit of our research is jobs,” said Michael Moore, associate vice president for intellectual property commercialization and economic development. “A lot of people are hired for research, and they are valued members of the university.”

Voter interest remains low

In an online survey, 490 students said they would vote in this April’s Student Government elections.

That’s only 3 percent of the student body of UND.

By Emmy Erbes
The Dakota Student

The 2014 Student Government elections set for April 16 are quickly approaching, and the organization took advantage of their "Tuesday Twos" email survey to estimate how many people will vote.

Out of 1,586 online respondents, 490 said they anticipate on voting in the elections, which is 35.5 percent. This leaves 896 respondents who said they do not plan to turn out to vote, or 64.65 percent.

If only the 490 students from the poll vote in the election, the voter turnout will be about 3 percent. In last year’s election, 2,077 students voted, creating a voter turnout of about 14 percent of the student body.

To beat last year’s turnout, student government needs the 490 survey respondents and 1,588 more students to get out and vote.

Positions on student government include Student Body President and Vice President, 23 student senators representing different areas of study and residency and 10 university senators representing the student body at an institutional level.

The second part of the Tuesday Two poll posed the question “Do you regularly read the Dakota Student (online or in print)?” and 291 out of 1,586 respondents said yes. 1,095 respondents said no, indicating that 79 percent of the student body do not regularly read the Dakota Student and 21 percent do.

Stay tuned in early April for a special Student Government elections edition of The Dakota Student that will provide information on all the candidates.

By Emmy Erbes
The Dakota Student

Law dean presents at Stanford

— Dean Kathryn Rand gives presentation on tribal gaming at Stanford University

By Ashley Marquis
The Dakota Student

Two experts on tribal gaming law and policy from UND recently traveled to Stanford Law to present their take on tribal gaming issues in the 21st century.

“We were pleased to be invited to speak, and we are grateful we have been able to build a national reputation in indian gaming law while we have been at UND,” Dean of the School of Law Kathryn Rand said.

Rand and Associate Vice President for Academic Affairs and Interim Dean of the College of Nursing and Professional Disciplines, Steven Light focused their presentation at the Contemporary Issues in Indian Law organized by the Stanford Native American Law Student Association, pointing out how political and legal issues have changed since the Indian Gaming Regulatory Act in 1988. In the late 1980s to the beginning of the 21st century, issues focused mainly on the adequacy of tribal and federal regulation and what games could be offered in those casinos.

Now, issues focus more on casinos located off tribal land, how states and tribes negotiate and internet gaming.

“In 1988, we never thought of the possibility of legalized online gaming,” Rand said.

Off-reservation casinos are formed when tribes get land that is not on their reservation and put a casino on it. Currently, there is not many off-reservation casinos but there are many proposals for them.

It was a lot of fun for us to be working with people who are on the ground working.

Kathryn Rand
Dean, UND School of Law

Dean Kathryn Rand, who recently gave a presentation at Stanford. Photo courtesy of UND Media Relations.
TODAY, MARCH 7, 2014

EVENT | Hockey Watch Party, 7:30 to 9:30 p.m., Memorial Union Loading Dock. Free pizza, wings and hockey for students.

SATURDAY, MARCH 8, 2014

EVENT | Engineering and Geology Days, 8:15 to 12 p.m., Gorecki Building. Tour the engineering complex and visit with faculty members and students.

SUNDAY, MARCH 9, 2014

EVENT | World Cultures Day, 2 p.m., Grand Forks Public Library. A variety of tables set up, each representing a different country and culture with volunteers to share information.

Tell us what is happening on campus.
Submit information via email to dakotastudentmedia@gmail.com or call 777-2678.

WEATHER

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HIGH 17 | LOW -2

WEDNESDAY
HIGH 24 | LOW 14

THURSDAY
HIGH 38 | LOW 26

THE DAKOTA STUDENT

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Ashley Marquis is a staff writer for The Dakota Student. She can be reached at ashley.m.marquis@my.und.edu

The UND School of Law, which is nationally recognized in regards to tribal gaming law. Photo by Jennifer Friese/The Dakota Student.

The appeal of having an off-reservation casino is that the casino could be located closer to a city rather than on the reservation which tends to be isolated in rural area. Locally, the Turtle Mountain band is proposing a possible off-reservation casino located in Grand Forks.

Another issue with tribal gaming law and policy is how state and tribes negotiate compacts — an agreement between the tribes and the state — for casinos.

The Indian Gaming Regulatory Act requires states and tribes to work together to agree upon regulations in the compact such as casino hours, which type of gaming will be allowed, minimum age for gambling, financial audits, licensing of employees, worker safety and criminal and civil jurisdiction. Some tribes are even required to pay a portion of their revenue to the state. This has resulted in lawsuits in California and Florida between tribes and state.

The conference had many nationally known tribal gaming law and policy experts attend. Professors from Harvard, Stanford, University of Michigan, University of Colorado and the University of California Los Angeles and attorneys working on tribal gaming issues in California and Washington, DC.

“It was a lot of fun for us to be worked with people who are on the ground working,” Rand said. “We talked about what the law requires and they talked about practice.”

Rand and Light are also co-directors for the Institute of the Study of Tribal Gaming Law and Policy which is a component of the North Plain Indian Law Center at the UND School of Law.

Rand and Light have both also written several articles and books related to tribal gaming.
Violence, taught not inherent

In the real world, there is no slow-motion, stylized, computer generated violence. There is only real blood, real death and real violence.

Michael Rauscher
staff writer

I’ve heard people claim mankind is inherently violent and men specifically, are inherently violent. At first this might make sense. Look at crime statistics, or the history of violence we have had or even the violence that is happening today around the world. The issue here is to closely look at these things. Crime statistics are statistics of people who are anomalous. Those who choose to commit violent actions are a small minority compared to the number of people on this planet who don’t.

Think about it this way, how many violent crimes have you committed? Crime is abnormal, and most forms of violence are criminal behavior; therefore, making violence abnormal behavior.

As far as history is concerned, we like to focus on the violent parts. Consider the upcoming sequel to the movie “300.” This movie glorifies a culture devoted to war, and focuses on the most violent parts. While it is true that Spartan culture was steeped in war, this was only one culture. The ancient Greeks prided themselves on their logical reasoning and philosophy. The Chinese were advanced far beyond many of their contemporaries at the time, and once Rome started gaining power, society in general began evolving, becoming more complex and advanced.

To look at these times and declare these were violent people or more violent than today is to focus exclusively on political events involving the military and ignoring many other advancements at that time. The same thing is true today. There is plenty of violence happening in countries all around the world, but who is committing the majority of this violence? Political leaders giving orders to soldiers.

Of course there are many individuals that commit violence independently of armies or political leaders. As I said before though, the people who choose to commit violent actions are a minority compared to society at large.

The other thing to consider is the reason for violent behavior. If you take a closer look at crime statistics, you will notice that most violent crimes are usually committed out of passion, and not an innate desire for violence.

In fact, statistically, people who commit violence rarely enjoy it. Consider soldiers coming back from the war with post traumatic stress disorder due to the violence they encoun- tered. This is not a new thing, it is simply shell shock with a new name. These soldiers play the same video games, watch the same movies and listen to the same music that supposedly desensitizes us to violence. Yet, they return with a whole host of psychological problems due to the violence they have witnessed. That doesn’t sound very desensitized.

If man truly loves violence, or are those who are forced into violent situations return with lasting psycho- logical damage specifically from those violent situations? We are not as violent as we think we are. We do enjoy thinking about violence though. However, most of us don’t even know what violence actually is. Many of us have never even been in a situation any more violent than a firefight. Violence is a choice people make that has nothing to do with what they watch, listen or play. Instead it’s usually out of passion whether it’s a person or an object.

The media is mostly to blame for this. Media does not cause violence, but it does help perpetuate the stereotype that people — men specifically — are inherently violent through excessive news coverage of almost every single violent event that ever occurs, and countless forms of entertainment centered around violence.

It’s true we’re obsessed with violence, but we’re obsessed with fictionalized violence. Even the violence in the news is fictionalized violence. It refers to actual events, but doesn’t depict them. So, often our minds drift to the illusion painted for us by film and television.

The illusion that we love violence comes from the fact that we love fictional violence. However, there is a huge difference between fictional violence and actual violence as anyone who has ever been to a war zone can tell you. In the real world, there is no slow-motion, stylized, computer generated violence, there is only real blood, real death and real violence.

Michael Rauscher is a staff writer for The Dakota Student. He can be reached at michael-rauscher@my.und.edu
Feminism, a long way from equality

Stephanie Gartner

March is Women's History Month. Throughout the week many events were hosted at UND. We have come a long way toward reaching equality. In the past century American women have gained more control over their lives, birth control and have taken many other steps towards being equal.

Yet, even with these leaps and bounds half of the time from the word "feminism" used, it is used as an insult. The word is thrown around with venom, equating feminism to school bullies who only want power.

There is so much wrong with this. Feminism and equality, but it’s not about achieving a matriarchy. Feminism concerns itself with the distribution of power and not with the claim of a predominant gender. It is not about taking down “the man” but about equalizing the sexes.

Feminism, as used to be viewed as a positive label. It isn’t anti-men, but anti-inequality. Even with all the advances we’ve made, we still aren’t there yet. Women are still viewed as second-class citizens. We are still used as objects in the media. Rape cases still involve more victim shaming than perpetrator punishment.

With all the advances our society has made, it seems cynical to point out the places we still need to improve. However, mentioning that reality is far from where it needs to be isn’t cynicism.

To think that we are there, that we have finally finished the journey and are a clear picture of Look at a magazine rack to see how far we have yet to go.

Women are still encouraged to stay in the kitchens and make sandwiches. Half of the magazines geared at women are geared towards those who stay home with the family.

The other half — the Cosmo group — is geared at pleasing men with our appearance and sexual skill.

It help with circulation, it also helps to establish your heart and lungs to travel throughout the body and fitness.

Pilates, Zumba or yoga. All are unique and focus on different aspects of the body and mind.

The strength building within yoga isn’t the same as lifting or squatting. Strength through it is demanding and challenging. You still have to put in effort, balance and hold good form to receive benefit from the pose (and not injure yourself).

Many instructors end practice with five to ten minutes of Savasana, or Corpse Pose — laying in whichever position you find most comfortable — and slowly and peacefully assist you in cleaning your cluttered mind, an essential for the overload college student.

As far as spirituality goes, people of all backgrounds — religious, spiritual, or neither — find yoga a magnificent source for finding peace. I know other yoga who are religious and I know those who aren’t. Whichever you choose, it doesn’t hinder your practice.

You can use a prayer of choice as a mantra, an inspiring quote, the Sun Salutation is often used in yoga, “Namaste” (said at the end of practice between the instructor and the student) which roughly translates to, “the inner peace or good bows to the inner peace and good in you,” or you can even create your own mantra. Whichever you choose on your own, your mantra can help ease any negativity the day or week has brought you (especially in Shavasana).

Yoga isn’t a practice that is for everyone but it’s definitely worth trying. It offers benefits and rewards to many aspects of our body’s wellness.

You can hit the books harder and find it can do wonders. But if you can manage to turn that negative remarks were there when I needed to hear it. Yet, some people still perceive it as threatening. Whether this is because of false or deeply held beliefs about a woman’s “place,” feminism still exists.

What feminism fight was for said best by Susan B. Anthony: "We ask justice, we ask equality, we ask for women’s rights that belong to citizens of the United States, be guaranteed to us and our daughters forever.”

Isn’t it about being a woman, but about being equal. Brothers, sisters, daughters, sons, mothers, fathers and everyone in between deserve equality, and that isn’t too much to ask.

Kjerstine Trooien is a staff writer for The Dakota Student. She can be reached at kjerstine.trooien@my.und.edu

Illustration courtesy K Funk/KFunkComics.

Criticism proves beneficial

Mary Ochs

He told my mom I had no motivation, lacked talent, and, frankly, he didn’t see me having any future with athletics.

Mary Ochs staff writer

Think of some moment in your life when you achieved something you were proud of and worked hard at something you loved. Now think back to what inspired you to accomplish that. It was always criticism that pushed me to excel.

When people tell me I can’t do something, that won’t make me or I’m not good enough, I do the very opposite and prove them wrong.

There are two instances where I can look back at my life and use a clear picture of. The first is during my freshman year, I was playing three sports a year. I played volleyball in the fall, basketball in the winter and ran track in the spring.

I was an never an all-star at any of them, but it was fun and I could hold my own. One day, the head coach of the volley- ball program was talking to my mom about the next batch of varsity players.

While I figured he would tell my mom some generic line about me working hard and the possibility of playing time, I heard him say words that altered my entire athletic career. He told my mom I had no motivation, lacked talent and, frankly, he didn’t see me having any future with athletics.

My epiphany hit.

My mom, of course, reas- sured me like the caring woman she is, then she asked me what my passion really was, and if I enjoyed sports. I thought for awhile and realized I loved sprinting down the court and making fast-paced breaks. I loved the physical drain and adrenaline rush after a long volley. Ultimately, I loved coming around that curve towards the finish line. These all pointed toward the same single fact: I loved to run.

When the fall of my junior year came, I decided to quit volleyball and basketball and focus on my true love for track and running. When I quit, I was told by my coaches and other parents that I was making a poor decision by quitting and I’d never be competitive enough for track in the spring. I focused myself on running and preparing for the spring. By the time I was a senior I had qualified for sections, broken multiple personal records and came a single second away from breaking a school record.

Today, I still run races in various communities and am training for my first marathon. But more important than any time or place I finished at was the true friends I made on the track team, the leadership qualities I held as captain and the love of running I discovered; all because I was told I never would.

After my first semester of college, I’d done poorly in a class and my professor told me I was out of luck. He said maybe I should take an easier class and there was nothing left I could do. This is college, I didn’t expect to be coddled, but I still took his words to heart.

I hit the books harder and changed my approach to something that interested me more and gave me a better chance in a future career. I became more motivated for my schoolwork and achieved much higher grades.

When I say I like criticism, I mean it. It sounds abnor- mal to enjoy being criticized, but if you can manage to turn that negative into something that can do wonders.

Positive reinforcement always helps, and my family and friends were there when I needed to hear it. But the negative remarks were there when I needed to hear them too, and I’m thankful for that.

Without that, I may have never discovered what I’m capable of. It is never a bad thing to receive criticism now and again.

Stephanie Gartner is a staff writer for The Dakota Student. She can be reached at stephanie.gartner@my.und.edu

Yoga not just stretching

By Stephanie Gartner

The Dakota Student

With all the buzz about health and wellness, a lot of people are looking for alternative ways of getting into shape, whether it be Crossfit, cycling, Pilates, Zumba or yoga. All are unique and focus on different aspects of the body and mind.

Being an active yogi, I am attuned to the damaging sciffs or the uninformed about "yoga stretching"? To give the uninitiated some credit, there is indeed a lot of stretching, but that difficulty is not all.

In yoga, yoga is body, mind and spirit. Poses not only intended to increase flexibility, but also build strength and open your chest to open circulation from your heart and lungs to travel throughout your body, and breath. Body-twisting poses release toxins from your system. Active, purposeful breathing is very important in yoga — not only does it help with circulation, it also helps with weight loss and stability.

The strength building within yoga is not the same as lifting or squatting. Strength through it is demanding and challenging. You still have to put in effort, balance and hold good form to receive benefit from the pose (and not injure yourself).

Lumbar shake; a sweat break and you’re pretty sure the instructor is counting ten times slower than usual. The reason you hear the two wonderful words "and one," you drop. Just as any other strength training, the more effort and time you put into it, the easier it becomes.

The challenges of balance and strength that yoga provides you with are not only physical. Similar to other workout regimens, endorphins, the "feel good" chemicals, are released. This, on top of rhythmic breathing and calming thoughts, will surely benefit mental wellness.

Many instructors end practice with five to ten minutes of Savasana, or Corpse Pose — laying in whichever position you find most comfortable — and slowly and peacefully assist you in cleaning your cluttered mind, an essential for the overload college student.

As far as spirituality goes, people of all backgrounds — religious, spiritual, or neither — find yoga a magnificent source for finding peace. I know other yoga who are religious and I know those who aren’t. Whichever you choose, it doesn’t hinder your practice.

You can use a prayer of choice as a mantra, an inspiring quote, the Sun Salutation is often used in yoga, “Namaste” (said at the end of practice between the instructor and the student) which roughly translates to, “the inner peace or good bows to the inner peace in you,” or you can even create your own mantra. Whichever you decide on, your mantra can help ease any negativity the day or week has brought you (especially in Savasana).

Yoga instructors are a practice that is for everyone but it’s definitely worth trying. It offers benefits and rewards to many aspects of our body’s wellness.

UND’s Wellness Center offers various kinds of yoga including gentle, relax and sunrise. Don’t fret if you’re worried about not having equipment either; they have mats, belts and blocks for your use. If you have given yoga even just a little consideration, go for it. Challenge yourself on various levels as that helping the weight of home- work, exams and work is a little bit easier. Namaste.
Faculty get funding for research, and then use their findings to get more funding and continue their research. This helps leverage any dollars that the state puts in — they take it to work, get more, and continue development.

Michael Moore
associate vp for intellectual property commercialization and economic development

Moore also said research helps the economy by generating cash flow.

“Faculty get funding for research, and then use their findings to get more funding and continue their research,” Moore said. “This helps leverage any dollars that the state puts in — they take it to work, get more, and continue development.”

Most funding is provided by the government and has decreased in the past year because of sequestration, but research activity remains strong with support from other sources such as foundations and non-profit sponsors. The number of grants in 2013 from both the government and these sources was 500 and totaled $82.2 million.

Although this is a 5.7 percent decrease from the previous year, funding over the past decade has still increased by 34.4 percent. This support has played a key role in the success of UND’s research efforts, but the administration’s support also has been vital, according to Moore.

“President Robert Kelley and Provost Thomas DiLorenzo are big supporters of the research enterprise at UND and the potential intellectual property that comes with that,” Michael Moore said. “They encourage research, and the faculty usually follow.”

The potential intellectual property that Moore mentioned refers to the inventions and innovations that result from faculty’s work. He said that some of the most important of these innovations include work that is being done with unmanned aircraft systems.

“There is a large group of intellectual property from the Odegard school involving development of unmanned aircraft systems, because we are a designated FAA test site,” Moore said. “The intellectual property emerging from the research there is important for the campus.”

In the last year, UND claimed 50 disclosures — details on an invention submitted for a patent. The university applied for 12 patents and had five patents issued for inventions created by professors in the areas of chemistry, biology, computer science and engineering.

The numbers increased from 2012, and the net revenue from licensing also went up, to nearly $150,000. Moore said these numbers can be expected to keep rising in years to come.

Emmy Erbes is a staff writer for The Dakota Student. She can be reached at emmy.erbes@my.und.edu

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Leadership group plans spring break charity trip
— Students Today, Leaders Forever headed to Washington D.C., Houston, Texas

By Megan Hoffman
The Dakota Student

Some students use spring break to relax in warmer places than Grand Forks, but one group of UND students will spend the break doing community service in cities around the country.

Students Today, Leaders Forever is a student organization with chapters across the country, including one at UND, which has been here for nine years. The UND chapter will be participating in the eighth annual spring break “Pay It Forward” tour. Three buses will leave from UND this March, one heading to Washington, D.C., and two to Houston.

This year will be junior Megan Milbrand’s first trip as a bus core leader on one of the Houston buses. Her bus will be stopping in Council Bluffs, Iowa, Springfield, Mo.; Memphis, Tenn.; Selma, Ala.; New Orleans and finally stopping in Houston.

“I’m really excited for the service projects,” Milbrand said. “It’s such a variety of different things. One city we’re helping Habitat for Humanity, I think we’re helping the zoo in Memphis and the animal shelter in another city.”

I experienced what it was like to dive into social issues. I realized I could turn serving others into a profession.

Ryan Andert
marketing and training coordinator

Milbrand discovered the organization during the Student Involvement Expo last fall. A friend showed her the booth and she signed up for a meeting and later applied for a leadership role on the tour. She will be one of 120 UND students on the buses leaving March 14 and returning March 22.

In 2005, UND was the third school in the country to start a Students Today, Leaders Forever chapter, and the program has sent out more students with each passing year.

An average day for students during the trip starts at 7 a.m. with three hours of service. Students then get a couple hours at the service site to eat lunch, reflect and talk to community members. The afternoons are spent discovering the city for a few hours before getting back on the bus to travel to the next destination.

“We usually get dinner on our own,” Marketing and Training Coordinator Ryan Andert said. “We eat a lot of local cuisine. We then go to the housing site and get about an hour and a half to unwind.”

Andert went on his first tour in 2012 and said the experience completely changed his life.

“We spend a lot of time doing personal growth,” Andert said. “I experienced what it was like to dive into social issues. I realized I could turn serving others into a profession.”

In response to rising obesity rates in America, UND students and professors are researching the use of video games to enhance exercise.

Shawn Reich, a second-year master student in kinesiology and a graduate research assistant in public health education, is one of the researchers. Reich started the study in February for his master’s thesis. He hopes to have results by late April or early May.

Sarah Edwards, assistant professor in the counseling psychology and community services department, and a research team are designing a similar study based on the use of video games which will be revealed next week.

“The obesity rates in America have gradually increased throughout the decades,” Reich said. “The Centers for Disease Control and Prevention estimates that approximately 35.7 percent and 17.5 percent of U.S. adults and children are obese. Physical health activity is a key health behavior in helping combat the obesity epidemic.”

Reich is looking for 24 sedentary to moderately active males ages 18-35 to participate in his study. The research is designed to examine if the use of technology, specifically video games, is a viable option to get sedentary to moderately active individuals more interested in exercising.

“My exclusion criteria include that you can’t be a varsity or college athlete or a highly fit individual because you’re more in tune with your body,” Reich said. “I’m just looking for people who may not get as much physical activity as they’d like. I will go on their availability, and participants who complete all sessions will be entered into a drawing for a $200 Best Buy gift card.”

The participants will be asked to cycle on an exercise bike for three 20-minute sessions. For one session, the participants will play Xbox 360 while cycling. In another, the participants will watch music videos. The last session will be without video game or music video accompaniment. During the three sessions, Reich will be looking for psychological and physical variables.

A similar study, titled “The Effects of Music and Video on...
Adelphi donates hundreds despite stolen cards
— Literary society’s annual bake sale donates proceeds to Global Friends Coalition

By Misli Meads
The Dakota Student

Despite stolen Valentine’s Day cards, Adelphi raised $400 for the Global Friends Coalition at its annual bake sale from Feb. 10 to Feb. 14 in the main entrance of McMillen Hall.

“Someone stole (the bag of) Valentine’s Day cards that were supposed to be used to raise money for charity, and whoever it was never came forward,” Treasurer Marie Monson said.

The UND Adelphi Literacy Society, known as the English club, holds weekly meetings to discuss literature related topics. Like any organization associated with UND, Adelphi is required to perform some kind of community service each year.

“Our Halloween bake sale proceeds go to the club to cover expenses for our activity at the end of the year, but the Valentine’s Day bake sale always goes to charity,” Livesay said. “We pick charities that are close to our hearts.”

After the first craft session the cards Adelphi made disappeared. “I wish I could explain the theft of our cards,” Livesay said. “After our first crafting session, the 75 finished cards and craft supplies were left outside of a professor’s office inside a bag were gone the next day. We rallied, though, and made more just before the sale started, even if some of the truly great cards were lost.” Livesay said the group was shocked because it normally can leave its supplies in the spot without incident.

Even though the first cards were stolen, the organization continued with the bake sale to raise money for the Global Friends Coalition.

“This year, we donated to the Global Friends Coalition, which promotes literacy and learning skills for immigrants in Red

Adelphi’s remade Valentine’s Day cards are displayed. Photo by Shae Bonifacio/The Dakota Student.

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Perceived Exertion and Performance of a Cycling Task at Vigorous Intensity" was done by Enoch Chow. In his study, Chow looked at how high-intensity exercise as a function of being exposed to music, video, both and nothing. For those who were exposed to music and videos, Chow saw that the video entertainment helped participants perceive lower exertion rates, and increased their performances during activity.

“TThe implication of this finding is that due to the lowered perceived exertion, an individual could engage longer in vigorous intensity exercise,” Chow said. The combination of music and video also contributed to participant’s positive feelings while engaged in the exercise which increased motivation, activity and overall health. Therefore, our findings have implications for all individuals who need to increase their exertion and overall health.

“Adele Kieger is a staff writer for The Dakota Student. She can be reached at adele.kieger@my.und.edu.”
Women hit the road

By Mariah Holland
The Dakota Student

The UND women's hockey team is off to Bemidji, Minn., this weekend to take part in the WCHA Final Face-Off to face rival Wisconsin in the fifth meeting this year between the two teams.

Wisconsin took the season series advantage, 2-1-1, including an overtime win over North Dakota earlier in the year. The game will be the first of two semifinals to take place with the game starting at 4:07 p.m. Friday at Bemidji's Sanford Center. Wisconsin is another tough rival for North Dakota as it saw against Bemidji State last weekend, but UND makes its opponent work for every chance.

"That's probably what I admire most about them is they've been patient, and they wait for opportunities and they make you pay, but they're definitely not going to open something or make silly decisions," UND coach Brian Idalski said. "You're going to have to earn everything you get defensively off them. They're well-coached and they're power play is really well, so special teams is going to be a point of emphasis."

The team that wins the Final Face-Off will get the WCHA automatic bid into the upcoming NCAA tournament. The four teams competing in the tournament are UND, Wisconsin, Minnesota-Duluth and Minnesota. This tournament is one step before the NCAA tournament and is compared to a large scale by many teams that compete.

"It's our mini championship — in fact, we're not shy about that," Idalski said.

One thing UND continues to focus on and has throughout the season is its ability to take shots when the opportunity arises.

"We need to be poised with the puck and not just throw it," Idalski said. "Wait for something, possess it, protect it — there's no harm in that. There should be no sense of panic for us to just throw the puck around. So when we beat (Wisconsin) 4-1, we had a couple dirty, gritty goals. It's important that, mentally-wise, we're really strong on our sticks and we're hungry for second chance opportunities."

UND had maintained a goalie rotation throughout the year, but Shelby Asmley-Benzle was the only starter in the first round against Bemidji State last weekend.

"To be honest, a lot of that came out of Shelby just flat out earning some playing time," Idalski said. "Lexi earned that right having practiced extremely well and looking sharp and took advantage of her opportunities more than we thought she would as a freshman. Experience is only good if you've learned on it, you've built on it and you've become better."

UND's position in the national rankings is not necessarily what it expected, but it is ready to focus on the task at hand.

"We don't feel like we're the ninth or 10th place team, but, at the same time, we kind of put ourselves in that situation," Idalski said. "(We were) struggling down the stretch, not closing games and not taking care of business. We know what the rankings are. We don't think that's a fair representation and we can get on our mathematical rant if we want to, but it is what it is. We need to win more games.

We're just looking to play some good hockey here and win a couple hockey games. That's our focus. That other stuff is out of our control."

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WIN FROM PAGE 12

ball in the second half until now, had already put his stamp on the game.

Not only was he scoring, he was doing it efficiently. Shooting 7-for-11 (63.6 percent) from the field, Huff collected 21 points in the first 20 minutes of play. Not only was he scoring, but also playing solid defense, collecting two steals and four rebounds.

"You know, I got a lot of shots up, but I just wanted to come out and play with confidence," Huff said. "Just play my last game here, and give my all."

Finishing strong

While the Bears never recaptured the lead, the second half was hard fought by both teams. Every time Northern Colorado would try to go on a run, UND would get a turnover or a big shot to calm the storm.

"We got a couple key stops, but we had some good possessions offensively that were longer possessions," UND coach Brian Jones said. "Troy had a big basket when they were making a run that kind of got us going, and Alonzo had a big second shot, big offensive rebound that kept the possession alive."

Through UND's determination and heart, it was able to hold off Northern Colorado's to secure the victory.

While it may have not have been the best defensive game, UND still made the right plays to win the day. The main advantage was that the Green and White dominated on the boards as they finished the night with 33 rebounds to Northern Colorado's 16.

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In their last game at The Betty, the seniors stepped up to play. Huff finished the night with 34 points and six rebounds. Aaron Anderson had a great night, with 20 points on four for five shooting, getting to the free throw line all night. Jason Nash also had an efficient night, shooting six for seven, and dropping 14 points.

Even seniors like Jamal Webb and Alonso Taylor, who did not have giant nights on the stat sheet, still had successful nights overall. Webb had some key assists, and Taylor forced a huge offensive rebound late in the game that kept the Bears from coming within a score of the lead.

The Green and White are clicking at the right time of year. With the win over the Bears, UND clinched a spot in the Big Sky tournament, won its fourth game in a row and secured a top-three seed in the conference.

With all that, though, the focus has not changed.

"Finish. Finish what you started. Finish this run," Jones said. "It's not going to be easy. You can't give in to the travel. You can't give into the short turn around. It is more about our pride and our toughness."
We've always loved each other and loved to see the other one be successful.”

With the regular season finished, the team will have a week to rest up before the start of the Big Sky Conference Tournament on March 12. The team plans on doing what it's been doing all season for the upcoming tournament — playing its game and crashing the boards.

“Our strategy is just to simply play our game and do the things we know how to do,” Szabla said. “Defensively, we're trying to lock down their best players and rebounding has been the name of our game all season, and just to limit turnovers — stuff like that, just everything just overall getting better and better every day and everyone individually improving, and as a team getting better.”

North Dakota looks ahead to the tournament with optimism and stays focused, but the women know they always have room to improve.

“There's always things we can work on,” Szabla said. “We really stress rebounding and defense and turnovers — stuff like that, just everything just overall getting better and better every day and everyone individually improving, and as a team getting better.”

UND holds its championship banner. Photo by Koisuke Yoshimura/The Dakota Student.

SENIOR PAGE

Staying away from the situation won't be easy Saturday night as the video tribute to the senior class plays on the big screen above center ice.

As with senior in the past, the emotion runs high.

“Yeah, I think it does, it always does,” Hakstol said. “You never realize it until Saturday night after the game when you see that group out on the ice and see some of the emotions that run pretty high — not only through the players but definitely through the coaching staff and through the fans, and without question throughout their families. It's an important weekend.”

“I think you should celebrate it a little bit. It's a big weekend in the lives of these young guys that put so much into the program.”

It's senior weekend. It's a chance to claim the Penrose Cup. It's a game that contributes to post-season rankings. More than anything, it's a game that emulates opportunity, and the team knows it.

“They're handling it well,” Hakstol said. “Everybody knows all the things that are at stake this weekend and I think that's exciting. — you wouldn't want it any other way. There's a great opportunity there, and at the end of the day you just have to bring your focus back to taking advantage of that opportunity and doing the work and taking care of the preparation as we would any week going into Friday's game. It's exciting to get to this point of the year, and without question it's nice to have a lot on the line.”

While UND's opponent in NCHC playoffs is yet to be decided, the conclusion of Saturday's game will determine the rankings. Western Michigan is sitting in the middle of the conference in a fight to claim home ice.

From all areas there are things going on,” Simpson said. “I think more than anything, you've just got to understand where we're at and the task at hand. Even though we've got a young group in there, we've got a mature group that understands where we're at as a team and what needs to be done this weekend.

“We'll have our time to look back and say, this was a good time for us as seniors and big picture stuff, but we've got to focus on this weekend and Western Michigan on Friday and Saturday night.

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Huff leads UND to victory

By Alex Stadnik
The Dakota Student

With the last home game for several players and the mounting pressure of the Big Sky Conference race, many teams would have folded under the pressure.

But the seniors of the UND men’s basketball team rose up to the occasion, as they have been doing all season long.

The Green and White exercised some old demons on Tuesday night, beating the Northern Colorado Bears, 90-94. This was a revenge game, as the last time the two teams played, the Bears dominated UND, 84-66.

“Coach wrote the score on the board from last game,” Troy Huff said. “I think that’s all we needed.

“We’ll leave the sentimental stuff until the end of the season,” he said.

As one of the younger captains in UND history, first wearing the “C” at age 20, Huff took on his role in stride — using his previous three years as a stepping stone to build bonds with his teammates.

He still thinks back to the thrilling Final Five game against Minnesota a few years ago and the rivalry games that ended in victories, but walking the halls of the Ralph Engelstad Arena and spending time with the guys that share those same memories regains highest as what he’ll miss.

“I don’t want to look that far down the road, but it’s something I’ve really appreciated over the years,” Huff said. “It’s a tight knit group where on any given day you’re going to come to the rink and have a good time with your buddies and play hockey. That’s probably the most important thing.”

After this weekend, the team will play one more series at The Ralph in the first round of National Collegiate Hockey Conference playoffs — the winner advancing to Minneapolis for the Frozen Faceoff Tournament on March 21-22.

After conference play, North Dakota is looking to advance into post season action.

Simpson knows the value in competing with a group of guys he’s spent countless hours with, and the four years he’s spent in the Grand Forks community largely becomes a reason to end this season on a high note.

“It’s hard to put into words,” he said. “You come into a place like this, you understand how important and how much tradition is in this building and this city. As far as the hockey goes, I’m extremely proud to have been able to play my four years here. It’s been quite a ride. More than anything, though, we’re trying to focus on doing something special this year with this group of guys.”

And he isn’t the only one who shares those thoughts.

“THat’s always kind of something we talk about and we have a great group of seniors,” junior defenseman Nick Mattson said. “You don’t really want to focus on it too much because it’s kind of sad, to be honest. These have been three of the best years of my life with these guys and I’m sad to see them go. But if you need any more motivation to win, it’s going to be all for them.”

Szábla points team to wins

By Marie Monson
The Dakota Student

Most freshmen athletes spend their entire first season on the bench — but not women’s basketball point guard Leah Szabla.

The Brooklyn Park, Minn., native has appeared in all 28 of this season’s games and started in 24 of them.

“I think that coming in as a freshman, it’s been a real honor to be a part of a team that’s been so successful,” Szabla said. “I’m just really excited to keep it going to hopefully host the Big Sky Tournament and to make it to our goal of the NCAA tournament. It’s a big blessing for me. That’s something that I always wanted to work for and I was hoping to contribute to the team in any way possible, and it’s worked out in my benefit.”

Szabla has brought her award-winning ability to create opportunity with her from Providence Academy High School, where she lettered six years in a row in basketball and still holds the record for all-time career assists with 382.

“I would say my role on the team is to be the point guard and to set up plays and to get everybody organized and to make plays with assists, or if it opens up on the offensive end I can score, just to be a threat,” Szabla said. “Mainly just to set up the offense,

Emotions run high for UND seniors

— After four years, four seniors prepare to say goodbye to fans and the community