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The Dakota Student

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The Dakota Student

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# Dakota Student

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## The smell is natural, but the coulee isn't

Jacob Notermann  
The Dakota Student

The familiar "rotten-egg" smell of the English Coulee is the result of sulfate in the water that converts to hydrogen sulfide gas when it reacts with organic matter.

Dr. Phil Gerla is an associate professor of geology and ecological engineering at the University of North Dakota.

"It's nothing unnatural," Gerla said. "If you go out to a totally natural wetland and dig around in the mud, you can smell hydrogen sulfide as well."

However, the majority of the Coulee's water originates from storm runoff that was drained through pipes into the coulee. "Anything that's deposited out on the streets and lawns will make its way to the coulee," Gerla said. "It's undergoing natural processes, but it's not a natural

system because it's picking up contaminants from around town."

Some of the more notable elements of the Coulee's ecosystem include creatures like otters, bullheads and common snapping turtles

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A snapping turtle was recently seen by the English Coulee.

Jacob Notermann/ Dakota Student

## North Dakota's first Chik-fil-A prepares for grand opening

Diane Newberry  
The Dakota Student

As construction workers put the finishing touches onto the franchise's new building on 32nd Street, the management team of North Dakota's first Chik-fil-A prepare for their grand opening.

"They turn the keys over to me next week," the owner Guy Wentink said. After spending years working for "corporate America," Wentink went to work for Chik-fil-A in 2011. The work and time he has put into the company was "worth the sacrifice."

Wentink says he is both excited and surprised to be opening the first Chik-fil-A franchise in North Dakota, saying that it was meant to happen in Fargo first, but things "worked out better" here in Grand Forks.

Currently holding interviews in a temporary trailer in the restaurant's parking lot, management is looking to hire "around 100" employees.

According to the Bismarck

Chik-fila-A | 2

## Campus meditation group feels loss of Lotus Center

Diane Newberry  
The Dakota Student

Since UND began demolition on the Lotus Meditation Center on June 19, the members of the meditation group that regularly met there have felt displaced.

The university has provided them with a space for their meetings in room 17 of Swanson Hall, but Janet Rex, Chester Fritz Library research guide and leader of the meditation group, says this has presented its own set of problems, mostly financial.

The group typically meets on Monday evenings and Wednesday afternoons, but "if

The original center was built with a donation from Tamar Read, a former UND faculty member. Rex says there still exist some funds from Read's original donation, but that the fees the group has incurred since losing their space have often needed to come out of pocket.

"We also had a lot of other groups that used the space (...) so people other than our group might feel a loss," Rex said about the lost center. UND has said that Swanson 17 can be utilized by different campus groups when scheduled ahead of time as well.

Though Rex says that "some people may not con-

*"When we had our own space, we could schedule the times when we wanted and weren't paying fees."*

Janet Rex - Meditation Group Member

we have retreats on the weekends (...) now we're going to be forced to pay fees," Rex said. "When we had our own space, we could schedule the times when we wanted and weren't paying fees all the time."

Rex also says that over the summer, the Memorial Union was not open on Monday evenings, and the group could not access their space. Instead, group members took turns paying a rental fee to a local church each week.

tinue with us because of the move," she and other group members remain hopeful that they will be able to adjust to their new home now that the summer has ended and access to the space will become easier for the faculty, students, and community members that meet with the group for meditation.

Diane Newberry is the news editor for The Dakota Student. She can be reached at diane.newberry@und.edu



Guy Wentink is the owner and operator of Chik-fila-A in Grand Forks.

Diane Newberry / Dakota Student

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## 2 | Chik-fila-A

Tribune, Grand Forks County posted a mere 2.2 percent unemployment rate last year, and according to the economic modeling service Emsi, had a 2.7 percent growth in wages between 2012 and 2016.

These conditions might indicate a labor shortage. Employers in the area also face the challenges that come with the transitory nature of college student employees.

Despite this, Wentink says he is not worried about staffing his restaurant, saying that Chik-fil-A has "differentiated (them)selves."

"We train them to be leaders in the community," Wentink said about the franchise's employees. He also cites college scholarships of up to \$1000 as an incentive for motivated workers.

If all goes well, the location hopes to open in mid-October.

Diane Newberry is the news editor of The Dakota Student. She can be reached at diane.newberry@und.edu



Jacob Notermann / Dakota Student

A snapping turtle has been seen in the vicinity of the English Coulee protecting its clutch of eggs.

## 2 | Coulee

that laid eggs this past spring.

Paige Hanson, a biology student and research assistant to Dr. Turk Rhen, spent the summer studying the eggs collected from one of the snapping turtles. Hanson said the eggs were nested about 50 yards from the Coulee in hard, dry dirt.

"Someone called us and said 'we saw a turtle nesting, you should come and grab them because we don't think they're gonna survive,'" Hanson said. "It took the turtle who laid them an hour to get back to the Coulee."

Some of the 80 eggs began hatching last week, and Hanson said about 80 to 90 percent of the eggs will hatch. This indicates that the water of the Coulee was healthy enough to have little impact on the eggs themselves.

Though, the shape of the eggs was abnormal and the number of eggs was almost double the normal amount. Hanson said the shape of the eggs is a result of the hard ground and the high number is more indicative of the age of the turtle.

Hanson said that her lab has released turtles into the coulee before, but questioned whether or not they could survive. "I didn't even know she lived in the

coulee until we found her eggs," Hanson said.

Dylan Young is a Master's student at UND. Despite the water being safe for wildlife, he said he wouldn't swim in the water. "It's disgusting and smells at times," Young said. "If it had more free-flowing water, it'd be very nice."

Gerla said the university has made efforts to improve the conditions, but the issue is difficult to deal with. One of the more recent projects was the addition of the floating garden pads. This effort was conducted by students in UND's Environmental Restoration Club to aerate the water and remove nutrients brought in through storm runoff.

"The floating islands are actually working quite well, but they're certainly not big enough to manage all of the nutrients in the coulee," Gerla said.

Students and faculty aren't the only force bringing new plants to the Coulee's ecosystem. There are invasive and exotic plant species along the coulee, more notably Purple-loosestrife.

"It looks really pretty, but it's taking over the coulee very rapidly," Gerla said. "From what I can tell, it looks like it's out of control this year."

One option is to "flush" the Coulee. This

would be done to improve the water quality if a summer doesn't bring regular heavy rain.

to its original state of being a grassy waterway later in the year, but only having flowing water in the spring.

fish and wildlife that currently reside in the Coulee. There are no current plans to remove any dams from the

*"The shape of the eggs was abnormal and the number of eggs was almost double the normal amount."*

## Jacob Notermann

Another option is to remove the dams from the waterway, removing the possibility of having standing ponds during dryer seasons. This would bring the Coulee

"People wouldn't like that, because then the Coulee wouldn't have water in it most of the time," Gerla said.

Removing the dams would also threaten the

waterway.

Jacob Notermann is a staff writer for The Dakota Student. He can be reached at jacob.notermann@und.edu



Jacob Notermann / Dakota Student

Invasive species encroaching onto the English Coulee

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# Surviving your first year

Nick Sallen

The Dakota Student

Congratulations on completing your first week of classes at UND. Before you throw away that syllabus, I'd like to take a moment to be your older brother and give you some sage advice on what to do and what to stay away from during your first year. That seemingly useless sheet of paper is a great reminder of what readings are due, what to prep for ahead of class and most importantly, test days.

Independence is a double-edged sword. I'm assuming this is your first time living away from your parents, taking care of yourself and sharing a room with someone you barely know. This is all pretty exciting, but also a lot to handle. Admittedly, I learned a few lessons along the way, some of which were much harder than others. So allow me to share some of the knowledge I've gained concerning dorm life and the first year of university.

Going to class is essential.

The information in your textbook is usually just a part of what's covered on exams. Oftentimes, professors will have questions from lecture, and not all professors post their lecture notes online. Beyond just note taking and participation points, going to class is a great way to meet other students and form study groups. Talk to your professors after class or during their open office hours. They can help answer anything that you're having trouble with. These interactions could provide a great future reference or letter of recommendation as you pursue your career goals.

Study habits will make or break a successful semester. A little bit of studying everyday is scientifically proven to result in better test scores than overnight cramming. Finding what study methods work best for you is important. I found out that I do well with regular studying in groups and repeating flashcard exercises to remember important terms or concepts the night before an exam.

Getting good grades is important, but there's something to be said for maintaining a balanced school-social life. Go party and meet the people in your dorm. If you're not bold enough to strike up a conversation with strangers, the activities put on by your RA's are a great way to meet your peers. I met my best friends in college during my first two years in the dorms. But I partied more than I should've. With



Dakota Student file photo

Brannon, Selke, McVey, Noren and West are residence halls west of the English Coulee on campus.

my newfound independence I made some poor life decisions which cost me some GPA points. It took me a while, but I think I've found a balance between school, work and play.

Sharing a room with another is an interesting experience where I think you'll learn a lot about yourself, and your roommate. Open communication works a lot better than passive-aggressive post-it notes. So to start the year off right, I think it's important to discuss what the ground rules and expectations are with your roommate. If there's something that bothers you, it's better to calmly explain to them what it is and be open to compromises. Nobody can read minds! In general though,

do your laundry more often than you think, ask to borrow something beforehand, respect your roommate's sleep schedule, and don't hit snooze every five minutes for an hour.

Since college is expensive, it is important to maintain financial wellness. Take out federal loans before private loans, don't get into credit card debt and take advantage of free food around campus. Before buying textbooks, get a feel for the class and decide for yourself whether or not you need it. The last two years I have purchased three textbooks which totals out to \$150. Renting and sharing textbooks with classmates can help cut costs. I rent or share almost all of my textbooks

through UND's bookstore, Amazon or Chegg.

UND routinely ranks as one of the healthiest campuses across the nation. So before putting on the infamous freshman 15, check out the Wellness Center and dining services "guiding stars". The Wellness Center has a bunch of quality equipment and trainers which can help you achieve your fitness goals. There are many workout classes for students ranging from cooking healthy, to yoga, zumba, cycling and kickboxing. UND's dining services also provides entree information online and in-person. Look for the guiding stars if you are on a diet, the more the merrier. Food is also labeled for those with specific dietary

needs: gluten-free, vegetarian, vegan, etc.

College is scary, exciting, fun and stressful all at the same time. Even on your darkest days it is important to know you can get through college and retain your sanity. If you're having trouble, reach out to your friends, family, counselors and medical professionals. UND cares about your success as a student, and the trained staff here are excellent. Establish a set of good habits and keep your eye on the final goal, graduation.

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# Handling homework as a Hawk

Jill Morton

The Dakota Student

Everyone knows college is a very busy time. We all have class and homework, not to mention all of our other activities as well. Some people are in band, some have jobs, some of us write for the school newspaper. It can be difficult to keep track of everything we have to do every day. Likewise, this is true for student athletes.

Student athletes have a lot of demands on their schedule day-to-day. Along with class, we also have to schedule our day around our practices and all the traveling we do.

Luckily, professors work with us when we have to be gone for away games. Overall, though, we just need to be good at time management to deal with both class and our sport.

For example, here is a day in the life of a women's basketball player. We wake up, sometimes as early as 6:30 a.m. depending on whether we have a morning lift or shooting practice. Then we have to go straight to class. After our morning classes we have a practice slot right in the middle of the day from noon to 3:00 p.m. Afterwards, some of us have evening classes that we often have to go to without even having time to

shower. Sometime during that day, we have to do our homework, make ourselves dinner, get in extra shooting on our own and work with the athletic trainers, physical therapists and so on.

Traveling can also be a struggle. Sometimes we can be gone for days or even weeks at a time during the school year. One time last year, we were gone for two weeks straight. This makes it very hard on our studies. We often have to do our homework on the bus or the plane while we travel. Sometimes when we're gone for longer periods at a time, the coaches will have to proctor tests for us. During the

two week long trip last year, we had mandatory study table hours at our hotel as a way to keep on track in school.

As student athletes, we do have some nice perks. One plus is the athlete study center in the Hyslop. It's dedicated specifically to athletes only for studying. There are computers and printers available for us to use. It's also nice for us because it's a good incentive to work hard while we're there because the supervisors don't allow us to be on our phone, watch Netflix or any other shenanigans. Thus leaving no other options except to work on homework. I think this can be

a helpful tool for new students to utilize to adapt to the new workload along with the busy sports schedule.

Another perk for athletes is that we have a nice break from school work every day. Bailey Strand, a women's basketball player, said that playing basketball and shooting can be a nice break in the midst of a long study session.

Also, when school is difficult and stressful, as athletes, we have a three hour time slot every day dedicated to something we are passionate about so we can easily give our mind a break from the strenuous school day.

One important study

tip I've learned has been to learn how to maximize my time. When you only have an hour of free time throughout your day, you really need to make sure you're working ahead. Nap time becomes a thing of the past.

Strand said that an important thing she has learned has been to learn when to say no. She can't do everything and after realizing what to prioritize, she's had more success. Being an athlete is a great opportunity, just as long as there's good time management in our lives.

Jill Morton is a staff writer for The Dakota Student. She can be reached at [jillian.morton@und.edu](mailto:jillian.morton@und.edu)

## DAKOTA STUDENT

The Dakota Student is looking for talented writers to apply for this and next semester. Join a team dedicated to bringing the news to the UND campus and beyond.

## Editorial Policy

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# More than just a rebrand



Dakota Student file photo

A student walks over one of the Fighting Hawk decals used in UND's rebranding effort.

## Kyle Kinnamon

The Dakota Student

As another year of North Dakota athletics are set to begin here on the campus of UND, there is a different mood amongst many students when it comes to our athletics. Mainly due to the cutting of men's and women's swimming and women's hockey this past year. The athletic department has seemingly forgotten and moved on from those former sports. The focus seems to be only on the new logo and the future with that new logo.

The athletics department at UND is trying to get everyone on campus to buy into the new Fighting Hawks name and logo by throwing it in student's faces. While basically forgetting that three sports were just cut, one being a staple sport in this community. The timing could not have been worse to try and remarket the school's athletic programs. Cutting sports is hard enough on the school and students.

Forcing a new name and logo to an unreceptive audience is hard enough. But, having to do both within a year is almost impossible to come out with everyone on board.

Over the last year, UND cut approximately \$3 million dollars in UND athletics. UND only needed to cut \$1.3 million, but cut extra for future use. The cutting of an extra \$1.7 million was seen as completely "unnecessary" by many students. Some students starting to even joke about the budget cuts. The running joke around campus is, "Yeah, if we don't get cut next." As well as students showcasing some of the new additions to athletics, such as the new golf carts, with the sarcastic caption "budget cuts."

While I understand the economic reason for the cutting of the sports that were cut. I personally do not agree with the process of the cuts and the obscene amount of push for change around campus. The past five years at UND have been nothing less than con-

stant controversy and instability. Starting in 2012, with the nickname controversy we are all too familiar with, that became a part of a national conversation of racial nicknames. So, cutting multiple sports around campus was just another notch in the totem pole of UND controversy.

The last year at UND has been nothing but in-your-face marketing of the new Fighting Hawks name and logo. This change was not wanted by a majority of the students, and state as a whole, so the aggressive marketing did not sit well with many. Numerous students demanding UND should have kept the interlocking "N" and "D" if nothing else. Some around campus started using the new name Hawks as an acronym for "how about we keep Sioux". Even with the protest of changing the nickname, the university had to do so from a marketing standpoint and a business standpoint.

Many do not know UND had the interlocking

"N" and "D" logo before the University of Notre Dame. But the University of Notre Dame trademarked the logo first. Notre Dame then manifested an agreement with UND which allowed our school to continue to use the logo, but only 10% of sales with that logo could go to athletics, with a cap of \$100,000. All other funds must go to the University to be used on anything but athletics. This reason is to be believed to be a driving factor for the push for a new name and logo.

Only time will tell for the outcome of yet another controversy for the University of North Dakota. Was the extra \$1.7 million worth it? Did the in-your-face marketing strategy sway more people to support the new name and logo? Or did it just push more away? Hopefully it all works out for UND, but only time will tell.

Kyle Kinnamon is a staff writer at UND. He can be reached at [kyle.kinnamon@ndus.edu](mailto:kyle.kinnamon@ndus.edu)

# Saving money after freshman year

## Brendan McCabe

The Dakota Student

So you're finally out of the dorms, ready to take the first real step into adulthood. Your new apartment lease is signed, you've bought your own groceries and you're finally fitting into your big boy pants. But what's this? All of a sudden your lease doesn't include utilities, you spent \$37 on asparagus and your big boy pants are a few sizes too big. Well, you're in luck. I'm here to help you save money and become slightly less of a disappointment to your parents.

A lot of college students think it's cool to go out on weekends, getting drunk with new people and forging friendships that will last a lifetime. But you know what's really cool? Fiscal responsibility. And oftentimes, that begins with the how you purchase basic necessities like shelter and food.

While it may sound hard to believe, not every rental house in Grand Forks is particularly nice. Many of them are old, creaky, dilapidated, dank, moldy, drafty and, worst of all, poorly insulated. While this last descriptor may not have crossed your mind when you signed

the lease in June, it's a factor that can really begin to cost you come fall and winter. I've met people whose utility bills have doubled and even tripled in the colder months due to increased use of the furnace and the constant running of electric heaters. This is a cost many people are unprepared for, especially during a time of year when Black Friday, Cyber Monday and Christmas are rolling around.

The easiest way to save money on your electric bill during North Dakota's balmy winters is by installing window insulators. These clear sheets of plastic go over your windows, creating a barrier that prevents heat from escaping and cold air from coming in. A kit that can cover multiple windows typically costs \$20, a figure that will quickly pay for itself.

Another way to lower your wintertime utilities bill is by only using your electric heater for short amounts of time. While it may be tempting to turn your heater on before class just so you can return home to a 90-degree room like a king, I have news for you. You aren't a king. You're a sophomore communications major who works at Menards in the summer. If you really want

to save money, and not be the one responsible for skyrocketing your house's electric bill, only run the heater in the morning or an hour before you go to bed. I thank you. Your roommates thank you.

One of the most obvious ways to save money is at the grocery store, and you can do it with three words: Screw name brand. I challenge anyone in the school to tell me the difference between Great Value brand rice and literally any other, more expensive brand of rice in the world. It's all rice. Get over it. The same can be said for pretty much every other food item in a college student's pantry, with the exception of ketchup. Store brand ketchup is almost always funky and terrible, so with all that money you saved by unplugging your heater, treat 'yo self to some Heinz. You deserve it.

My first semester at UND, I bought all my textbooks for every class and spent around \$650. By the end of that first semester, I realized I hadn't actually needed half of those books and the other half I could have rented for around \$150. While all of the books you "need" are posted on Campus Connection soon after you sign up for classes, I've found

it's much better to wait until the first day of class for the teacher to tell you if the listed textbook is actually needed. This method has already saved me \$80 this year, and many professors go easy on students who do not have their textbooks the first week.

Almost always, the UND bookstore charges more for books than comparable online stores such as Chegg and Amazon. While they are conveniently close to campus, this convenience comes at a price that is typically \$30 to \$50 per book higher than online sources. This gap becomes even higher when it comes to rentals.

One of the first things I learned about college is that textbooks are worth their weight in gold. At least they are until you've owned them for four months and try to sell them back to the bookstore at 5 percent of their original cost. If you did buy your textbook that you will only be using for a semester, instead post it online to a local sale page. You can make more money this way while simultaneously giving someone else a better deal.

Brendan McCabe is the Opinion Editor for The Dakota Student. He can be reached at [brendan.mccabe@und.edu](mailto:brendan.mccabe@und.edu)

## From the Editor-in-Chief

As we begin the new semester, that familiar fall anticipation reminds me that my favorite time of year is finally here. The air's cool, the campus is still glowing with the bright colors of summer and that back-to-school excitement buzzes all around me.

Yet at the same time, I'm exhausted. The national climate dampens my normal lively mood with daily updates concerning the state of the union. Sadly, it's not likely to end anytime soon.

My exhaustion isn't physical: it's political. Every emotionally draining day offers a new chance to feel worse than I did before. 140-character personal attacks occur frequently: brief and subjective views on why "the other side" is wrong.

It's strange to feel this way right now. Even with so many things I love surrounding me, that creeping uncertainty is always there goading me to respond to the latest news.

Though I strive to encourage and engage in both intelligent debate and mutual understanding, I find it increasingly difficult to understand "the other side"; more precisely, what "the other side" even entails.

I've found that politics – more often than not – deals in absolutes: left or right, yes or no, etc. We define ourselves by trigger words like "democrat" and "republican," either word likely to incite anger from, you guessed it, "the other side."

I see these political organizations as outdated clubs that stifle critical thinking. Americans proudly sport t-shirts and bumper stickers with donkeys or elephants featuring worn-out slogans with the same recycled rhetoric from four years earlier. The idea being: "so what if I don't agree with (insert politician's name here) on key social issues, they're my party's candidate."

I wonder if it's healthy to affiliate oneself with a political entity. I find it hard to believe that all members of the two major political organizations agree with every policy stance their party boasts.

Republicans, do you really believe in deregulating the EPA? Democrats, do you really believe removing guns from all citizens will lower homicide rates in America? Maybe you do, maybe you don't. The point: there's middle ground, and not every problem can be solved by absolutes.

Perhaps the most infuriating aspect of these political powerhouses are the pundits who strive to embody the ideology of their largest contributor. We take these talking heads – Tucker Carlson, Sean Hannity, Tomi Lahren, etc. – and place them on a pedestal, as if their nightly rants are somehow providing us with a larger truth.

There's nothing original or intellectually satisfying about a television personality screaming at an unprepared opponent on national television. These segments are not meant to inform or educate, they're meant to entertain. Therein lies the issue: when we look to someone else to tell us what to think, we eventually lose the ability to think at all.

What's worse, the same individuals who are quick to click the "share" button – propagating the latest Tomi Lahren video – are the first to cry "fake news" at any organization that reports something they don't like. They lash out, feeling personally attacked by ideas that are different from their own.

If it's not calling journalists "fake news" for reporting, it's blatant misdirection and a complete avoidance of responding to inquiry. A person could say "I wish President Trump would have condemned white nationalists," only to be met with "I didn't hear you complaining when President Obama didn't call out Black Lives Matter."

A similar reaction can be seen from those who dislike the talking heads. While they may not agree with political pundits like Sean Hannity, it's not necessary to belittle those who watch his show.

There's nothing wrong with meeting in the middle. It's not impossible for a Trump supporter to appreciate some policies while disliking others, and it's not unheard of for a Trump protester to do the same. "All or nothing" doesn't have to be our political rallying cry.

I've come to the conclusion that "the other side" isn't necessarily a phrase used to describe democrats or republicans. It's simply a phrase that means "someone I don't agree with." It's a way of expressing dissatisfaction with the world around us. It's a way of suggesting, "I'm right, you're wrong and this meme proves it."

Though I'm troubled by the world around me, it's still nice to remember that there are good things happening everyday. It encourages me to think that, though the national conversation is so heated, the new semester is still here. It's still cool outside, the campus is still bright and the buzz still surrounds us.

It's like a new beginning: a promise that every opportunity to make the world a better place is still available to me. It's a silver lining that reminds me why I'm here and why it's important to talk about these things. And though I will continue to check the news, I'll strive to remember that old adage: the night is always darkest before the dawn.

Matt Eidson is the editor-in-chief for The Dakota Student. He can be reached at [stewart.eidson@und.edu](mailto:stewart.eidson@und.edu)

# Features

## Hisshou Karate teaches more than moves

Devon Abler  
The Dakota Student

Here in America, when the word "karate" is mentioned, the image that comes to the mind of many is the image of the Karate Kid from the movie. For a group of students and adults here in Grand Forks, karate is so much more than that.

Karate is a form of martial arts that has been around for thousands of years. It originated in China and made its way to Japan where it developed into the martial art that it is today. Karate was brought to the United States in 1945 after soldiers learned the art form while stationed in Japan.

The UND Hisshou Karate group is a non-profit group that strives to provide a place where students, adults and anyone who is interested in learning the art of karate can come receive instruction and be provided with the opportunity to also give instruction to others.

Karen Katrink, a senior student and the class advisor, describes the range of students from anyone from seven years old to seventy years old or older.

"This is a group where you come as you are. White belt, green belt, black belt, you come because you want to continue to practice this skill. There is no gender, race, or religion in Karate. The only thing that matters is rank and respect," Katrink said.

Karate is a martial art where one learns how to defend themselves without a weapon. As these students

practice each physical activity with precision, they are training the muscles to react in case imminent danger occurs.

The fingers for escape, a move that was taught at the beginning of the class, is a move that is used to release one's self from a choke hold. The students would practice this move on each other without harming the opponent.

Students who join this group learn a variety of moves of how to escape an attack or fight an opponent. From strategic punching points to nerve points for escape, these students are learning self-defense tactics that are practical in today's world.

The mission or Dojo Kun is reflected on five basic principles. These principles are seek perfection of character, be faithful, endeavor to excel, respect others and refrain from impulsive behavior.

Throughout the class, all five were present. Even while the students were practicing each move on each other, after they would finish, they would bow to show respect to the other student. The refrain from impulsive behavior was difficult, however each student remained in control of all emotions and expressions throughout the hour and a half class.

Even when faced with disappointment or frustration, they remained composed and collected throughout the entire class. Students also showed a high regard for excellence. The students,



Devon Abler / Dakota Student  
Hisshou Karate students practice at the Hyslop Sports Center. Hisshou Karate is a traditional Shotokan karate dojo in Grand Forks.

some as young as 12 years old, would practice kata or memorized sequences supposed to represent a fight.

As these students moved through the kata, the expression on their face was filled with focus and determination. They practiced each move with precision, training the muscles to memorize each detail of the kata. The younger students strived for perfection in their art, often repeating a move over and over again until they were able to perform the move with precision and accuracy.

This group has been present at UND for almost

60 years and their teaching mission is giving back. Mohammed Mahmoud, an instructor for the group and the president of the club stated "the teaching mission is to give back once you have attained something from your practice. Every teacher that teaches here does not receive compensation for their time; rather, they donate their time to the students hoping that they will continue their journey."

This group meets throughout the week on Tuesdays (6:30 p.m. - 8:30 p.m.), Thursdays (6:30 p.m. - 8:30 p.m.) and Saturdays (10 a.m. - 1:30 p.m.) at the Hyslop in room 206.

The classes are free to

students who are below a yellow belt and there are dues of \$10 once students have passed their yellow belt exam.

The club travels regionally and nationally several times a year for training, rank testing, and competition opportunities. Sensei LaRoyce Batchelor, teaches a few classes a month. She is a nationally ranked kata and kumite competitor, ISKF instructor, and Meritorious Service Award recipient.

The UND Hisshou Karate club is a member dojo of the International Shotokan Karate Federation. Students who are members of this club are provided not

only with an education to defend themselves, but also with phenomenal mentors and the foundation for excellence outside of the karate world.

The five principles transfer to life and education, teaching these students the value of dedication and hard work. If anyone has an interest in learning more about this club or karate, call (701) 330-1621, visit them on Facebook at UND Hisshou Karate or stop by Hyslop 206 during class times.

Devon Abler is a staff writer for The Dakota Student. She can be reached at devon.abler@und.edu

# Rally for acceptance

Nick Nelson  
The Dakota Student

"Love is a terrible thing to hate" was one of many hand-painted statements on display Saturday afternoon at an equality rally in East Grand Forks.

Hosted by Gender Friendly Grand Forks (GFGF) and Indivisible Northwest Minnesota, the rally was in support of issues including women's rights, assistance for transgender and queer youth in education and human rights for all.

"Today is just another way of bringing the Minnesota side together into our family of groups on the North Dakota side with similar interests," GFGF advocate mentor Theresa Mitchell said.

The organization, which works with campus groups such as the Ten Percent Society (LGBTQ+ support group), provides support and assistance free of charge for transgender people in the Grand Forks community.

Concurrent with other Grand Forks Pride events, Saturday was picked as the date for the rally because it also fell on Women's Equality Day, which celebrates the adoption anniversary of the 19th Amendment - guaranteeing the right to vote to all United States citizens regardless of sex - to the Constitution in 1920.

"I think it's important for students in this region generally to understand that trans rights, that women's rights, are human rights," Josh Melgaard said.

Melgaard is the team leader for the LGBTQ+ Values Action Team at Indivisible Northwest Minnesota, a local branch of the Indivisible movement created as a response to the 2016 presidential election of Donald Trump.

Indivisible Northwest Minnesota supports initiatives such as Minnesota's Department of Education recently approved "Toolkit For Ensuring Safe and Supportive Schools for Transgender and Gender Nonconforming Students."

The toolkit was developed as a response to growing concern about incidents of bullying in Minnesota schools. Among the items offered in the non-binding toolkit are the use of personally approved names and pronouns, inclusion in school activities and access to essential facilities (e.g. restrooms and locker rooms) per an individual's gender identity.

Locally, the demand for groups such as GFGF and Indivisible Northwest Minnesota is real.

"For the last two years, we have been trying to get into schools (on) a group basis," Marshall said. "We have a lot of transgender students who come to our



Nick Nelson / Dakota Student  
Rally goers wave hand-painted signs during an equality rally on Saturday in East Grand Forks, Minn.

*"What I think it really comes down to is acceptance."*

**Theresa Marshall**

group - we associate with a lot of teenagers."

At the conclusion of the rally, Melgaard led participants - young and senior - in a march eastward to the American Legion for other Pride festivities; hoisting signs and a billowing transgender pride flag as cars passed on DeMers Avenue. Though falling on a gloomy, rainy day, public response to the rally

was sunny with numerous motorists honking in support. Marshall summarized the need for Saturday's rally and the ideals it represented simply, "What I think it really comes down to is acceptance."

Nick Nelson is the photo editor for the Dakota Student. He can be reached at nicholasgnelson@gmail.com

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# O' For Heaven's Cakes

Stephanie Hollman  
The Dakota Student

As the only specialty cupcake store in Grand Forks, O' for Heaven's Cakes N' More is a gem that will satisfy the cravings of almost any sweet-tooth. Voted as one of the Best 10 Bakeries in North Dakota by [www.bestthingsnd.com](http://www.bestthingsnd.com) and the winner of the "Best Cake" People's Choice Award by the Grand Forks Herald for the fourth year in a row, the bake shop is a local favorite that offers cupcakes, made-to-order specialty cakes, cookies and other treats.

From the group of construction workers who, still wearing their safety vests, sit at a table to have some chili and coffee on their lunch break to a few children who snack on chocolate cake pops, the customers who fill the dining room seem to come from all parts of the city. Tien Nguyen, a UND Accounting student, is impressed by the bakery's ability to bring so many people together.

"It's a spot in town that seems to bring a lot of people together," he says, while munching on a "Dirt" cupcake, complete with double chocolate frosting and neon gummy worms. "Grand Forks is a college town and so usually, you only see students everywhere. Not really the other residents in town."

Nguyen also stated that he likes the bakery because it's the only one of its kind in town and it reminds him of the smaller ones that he grew up with in his St. Paul neighborhood.

The interior is cute and almost kitschy, with mismatched tables and chairs and the glorious array of cupcakes, cookies, and other pastries displayed at the front counter. There's a table showcasing and selling drink cozies and scarves made by local artists and a donation box for books for the Grand Forks Public Library. Gabby Risky, a cashier, says that one thing she's noticed since working at the bake shop is its contributions to the community.

"Other than supplying the treats for formal events and birthdays, we also give tours of the bakery to kids," she says, as she restocks the display with double-chocolate cake, a fan favorite cupcake flavor.

O' For Heaven's Cakes has also taken part in Safe

Kids Day, an event hosted in the Spring by Safe Kids of Grand Forks that works to prevent accidental deaths of children, and Giving Hearts Day, which, according to their website, raises awareness and funds for more than 350 charities in North Dakota and Northwest Minnesota.

For events such as these, O' For Heaven's Cakes employees donated their time by participating in the events and cupcakes that are given to the volunteers and donors.

Along with the bake shop's contributions to the local community, Risky says that she enjoys working in the friendly environment with customers who make the job more enjoyable.

"I work with good people who are understanding and don't mind answering my many questions."

She greets every customer who enters, waves goodbye to the ones who leave, and is patient with the group children, mouths watering as they smear their hands on the display in awe of all the cupcake flavors and can't seem to make up their mind: "Dirt? Or Peanut Butter Fudge?"

I went with one of Risky's recommendations and one of my personal favorite desserts: the carrot with cream cheese frosting and a chocolate chip and cupcake with chocolate and peanut butter frosting.

Both cupcakes were baked to perfection and tasted as homemade as they come. The cakes were moist, the frosting creamy, and the flavors tasted much more natural as compared to the boxed cupcakes.

I especially liked how the bakery offers seasonal flavors that discern their pastries from the other places in town. Summer-time favorites included Key Lime Pie, Banana Split, Orange Dream, Root Beer Float, and Strawberry Lemonade and, because the season is coming to an end, customers can drop by and get a pack of these cupcakes at a discounted rate (while supplies last).

O' For Heaven's Cakes is located in the Old Grand Forks Mall and is open from Tuesday - Saturday from 9 a.m. - 5:30 p.m.

Stephanie Hollman is a staff writer for The Dakota Student. She can be reached at [stephshollman@gmail.com](mailto:stephshollman@gmail.com)



Nick Nelson / Dakota Student

Besides muffins and other baked goods, O' For Heaven's Cakes offers cupcakes in such flavors as Italian cream.

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# Sports

## Schedule

**M Football**  
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8/31 @ 6:30 p.m.  
**W Volleyball**  
@ New Mexico State  
8/31 @ 8:00 p.m.

**WX Country**  
Bison Open  
9/1 - TBA  
**M Golf**  
UNO Invitational  
9/1-9/2 @ Nebraska City, Neb.

**W Volleyball**  
vs. UNLV  
9/1 @ 12:00 p.m.  
**W Soccer**  
vs. Omaha  
9/1 @ 4:00 p.m.

# What's your fantasy?

## Perfecting your fantasy football team

**Cole Johnson**  
Contributing Writer

Building a perfect fantasy football team takes time. Research for both the draft and the waivers will need to happen earlier rather than later. To have a great team, you will need an understanding of all the NFL teams and their rosters.

Throughout the season there will be injuries, there will be replacements and there will be other unforeseen circumstances that can hinder a fantasy football team. The way to still have a perfect fantasy football team at the end of the year is to prepare for the worst throughout the season.

The first step to building a perfect fantasy football team is the research before the draft. You will need to know the rules your league has set for the season because this can affect how you will draft. You will need to know about the rosters in the NFL, who are the starters and the important backups.

Looking at mock drafts is also a great resource to have. Mock drafts are fake drafts that provide a look at how a draft can and should go. Mock drafts can provide insight when a player has fallen and would now be

considered of great value.

The last thing you should do before the draft is find out what pick you will be drafting from. This will allow you to create your own mock drafts and see what your team could possibly look like.

The next step in building a great fantasy team is the draft. During your draft, you want to begin by drafting the best player available. If you draft a running back first, you will more than likely be getting a surefire stud, later in the draft you will be wanting to draft that players backup, known as a handcuff. This will protect you in case your stud suffers an injury.

If you draft a wide receiver first you will be sitting in good shape also. There isn't as great of a need to draft your wide receiver's backup, because a wide receiver's backup is different compared to the running backs because there are many more wide receivers than running backs in the NFL.

After the first two rounds where you are drafting best available, you should be trying to fill out your roster with players that you think will improve upon their average draft position (ADP) in the following year. This means that when you draft a running



Photo courtesy of Pixabay.com

back at pick in the 42 spot, you should hope that in the next year he is getting drafted ahead of pick 42. Once your team is drafted, you will hopefully need to make as few changes as possible throughout the season.

The final step to building the perfect fantasy team, transactions. You will want to scour the free agent list in hopes of finding a hidden gem. Every year there seems

to be at least one player that goes undrafted in most leagues which ends up being one of the best players at their position.

Last year's hidden gem was Jordan Howard of the Chicago Bears. He was a rookie that wasn't being drafted in most leagues and ended up finishing as a top 10 running back and finished the year second in rushing. You want to be the person finding this gem because he can

end up winning you your league.

Picking up free agents isn't the only part of transactions, you also might want to find a trade that can benefit your team. If your team is very deep at running back, but weak at wide receiver, you should try to find another team in your league with the opposite problem and try to work out a deal to bolster your receiving corps.

By following these steps, building a perfect fantasy football team will be easily. There are still countless circumstances that can end your season which you will have no control over, most notably injuries. The draft will not win you your league. You will need to update and maintain your team throughout the year to have the perfect fantasy football team.

# College sports on the chopping block

**Nick Erickson**  
Dakota Student

It's the start of a new school year. The campus is bright with new faces, green shrubbery and grass. Everyone here is looking forward to specific things that will soon enough be upon us.

Some anticipate the tailgating sessions in the Alerus Center's parking lot. A good amount of us will be enticed by the start of the men's hockey games. Also, I think everyone is hoping to see our men's basketball team make their trip to the March Madness tournament a regular thing.

But there is definitely something missing this year. In the past two fiscal years, UND has cut five sports programs. Men's baseball and men's golf were cut in the spring of 2016 so we've had a year to adjust to their absence. However, it's still something people hated to see go. In the last fiscal year, UND athletics had to make their biggest chop on the highly avoided road of budget

cuts after it was said that the university would have to make another round of cuts to drop its budget by over \$1.3 million.

Then came the outrage. In January, UND chose to cut its men's and women's swimming and diving, as well as the women's hockey program. Yes, it may sound like the Band-Aid is being ripped off again by mentioning it, however we need to see the numbers in line with other budget cuts that have happened around the region in our neighboring state of Minnesota to see just how devastating these cuts were.

St. Cloud State University, one of our hockey rivals, recently made cuts that impacted six sports. University officials sat down a large body of student athletes to deliver the crushing news that left the male and female athletes with many wrenching emotions that even brought some to tears to find their teams were being blacklisted.

The cuts included eliminations to men's and women's tennis, women's

Nordic skiing, men's cross country and indoor/outdoor track and field, as well as taking away a few roster spots for players on their football team.

Now compared to our five sports this seems quite close in relevance to what was sacrificed right? That's actually incorrect. Comparing our programs that were cut just last spring, which was a total of \$1.3 million, to SCSU's cuts for this fiscal year cutting two more teams than what UND cut but only having a total savings of \$250,000.

MSU Mankato also saw cuts back in 2010-2011 which lead to the men's swimming and tennis and women's bowling team to be left in the past. These three sports ended up only saving the university \$190,000.

Another budget cut that occurred was one of UND's former hockey rivals in the WCHA, even though the amount was nowhere near the equivalence of UND's savings. Bemidji State University's athletic director chose to eliminate the men's indoor and

outdoor track and field programs to help with their massive budget crisis in 2011. They ended up cushioning their budget by only \$30,000.

The public outcry called for eliminations to come from somewhere else. Many good points were made. Some pointed out that the men's and women's track teams actually made costs of traveling cheaper since they traveled together to meets. They also pointed out that instead of eliminating an entire men's team to comply with Title IX regulations, that they could cut quite a few different roster spots from other sports

down to 40 male athletes left to cut from their respective sports. They then suggested cutting 40 players from the football team which just isn't logical considering they had a 97-man roster in 2011. Granted, it wouldn't end the program but the football program would suffer incredibly. It just goes to show how heartbroken people were.

A big issue with all of these cuts and what is determined expendable has to do with the bill passed in 1972, the Title IX bill. Which essentially is set up to ensure gender equality among state funded schools. A big reason why UND had to

make certain cuts was also due to the upcoming move to the Summit League conference from the Big Sky Conference. Cuts needed to be made in order to be able to provide some financial assistance in granting more scholarships to women's sports that would be making the move up to the Summit League in the near future.

**Nick Erickson** is a staff writer for Dakota Student. He can be reached at [nicholas.r.erickson@ndus.edu](mailto:nicholas.r.erickson@ndus.edu)

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# Swinging for scholarships

Frank White hosts sixth annual golf tournament in his hometown

Allyson Bento  
Dakota Student

After looking forward to it all year, a wide range of golfers gathered at the beautiful Walhalla Country Club for the sixth annual Frank White Golf Tournament on July 8. This annual tournament is put together by Frank White, a native to Walhalla N.D. and a sought after professor in the University of North Dakota's sociology department.

The tournament guest stars former athletes from the UND athletics department and every year attracts a sellout crowd. This year's special guests included UND men's hockey program alumni Andy Kollar, Andy Schneider, Karl Goehring, Jeff Panzer, Robbie Bina, Jake Brandt and Zane McIntyre, UND men's Basketball alumni Steve Brekke and Mike Mathison and UND women's hockey alumna Shelby Amsley-Benzie. This marked the first year that the tournament was able to feature a female athlete.

In the early hours of the sunrise, participants piled into the clubhouse to peek at what the tournament prizes had in store. White has been able to present great prizes donated by generous donors such as autographed jerseys, helmets and other sports equipment from current and former UND student-athletes, golf equipment and beautiful woodwork furniture.

As golfers began to tee off, the level of excitement rose even higher, the event had officially begun and for some this was their first experience at what this tournament was all about.

"I haven't ever done a golf scramble," Amsley-



Russ Huns / Russ Hons Photography

Special guests of the Frank White Golf Tournament pose with the tournament trophies on July 8, 2017 at the Walhalla (N.D.) Golf Course.

Benzie said. "Our group is really fun so we're having a good time, and the weather is beautiful so you can't beat that."

Nothing but blue skies made for a perfect day for golf, drinks and good times which when

the course that day.

"The good people, first and foremost I just enjoy being around here and seeing the Sioux faithful," McIntyre, who recently inked a two-year two-way deal with the Boston Bruins, said.

was the host himself, Frank "Koko" White.

"My favorite part about the tournament is being able to see the former students and student athletes come back that were students of Frank and the kind

tournament that supports a really good cause, which is scholarships for students."

Former student Andy Kollar, who has been coming ever since the tournament started, credits his appearance at the

to school," Kollar, who played on the '99-'00 UND National Championship team, said. "He's such a great guy he's so passionate."

Karl Goehring added: "I really enjoyed Frank as a teacher, he does a whole lot for so many people so to help him out and help his cause is a great deal."

Not to leave out the beautiful location and the people, "The town absorbs everybody and they're so giving and so friendly," Kollar said.

In the six years of hosting the tournament, White has been able to establish endowed academic scholarships at Mayville State University, Lake Region Community College and the University of North Dakota.

Thanks to the generosity of all the donors and participants, White raised over \$12,000 for the endowment.

As this year's tournament came to a close, many attendees left with new memorabilia and prizes, but the coveted first place trophy was awarded to the team lead by former UND goaltending coach, Karl Goehring.

With the tournament come and gone, White is now working on next year's plans already. Those who are interested in signing up to be a part of the special event can contact him at frank.white@email.und.edu.

Donations to the Frank White Endowment scholarship here on UND's campus can be made all year round by contacting Steve Brekke at [steveb@UNDfoundation.org](mailto:steveb@UNDfoundation.org) or online at [UNDalumni.org/givenow](http://UNDalumni.org/givenow).

*"My favorite part about the tournament is being able to see the former students and student athletes come back that were students of Frank and the kind of respect they have for him."*

**Steve Brekke - Associate AD, Development/ UND Basketball Alumni**

asked what makes this tournament easy to come back to, seemed to be the common answer with all the returning golfers on

If it wasn't the people and the environment that brought the people together on course the glue that held them all together

of respect they have for him," Brekke said. "They are willing to give up a Saturday and come up to Walhalla and golf in a

tournament to giving back to all White has done for him.

"I absolutely loved him when I was going



Russ Huns / Russ Hons Photography

Former UND goalie and current Boston Bruins team member Zane McIntyre holds a golf club during a raffle at the Frank White Golf Tournament in Walhalla, N.D. on July 8, 2017.

Allyson Bento is the sports editor for Dakota Student.

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