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The 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 sulfates in the water that converts to hydrogen sulfide gas when it reacts with organic matter.

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.

Dr. Phil Gerla is an associate professor of ecology 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.”

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.

“Some of the more notable things ‘worked out better’ for us,” Rex said. “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 come in touch 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.

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A snapping turtle has been seen in the vicinity of the English Coulee protecting its clutch of eggs. Though, 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 to its original state of being a grassy waterway later in the year, but only having flowing water in the spring.

“The shape of the eggs was abnormal and the number of eggs was almost double the normal amount.”

Jacob Notermann

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

The Dakota Student is a student-operated newspaper published by the University of North Dakota.

Options expressed in this publication are necessarily those of the UND or the administration, faculty, staff and student body of the university. The Dakota Student is printed at Grand Forks Herald. It is a tabloid-style, 2-column format. The Dakota Student is published every Tuesday during the academic year except during holidays, break and summer periods. The Dakota Student welcomes feedback regarding articles, photographs, and printing corrections for articles containing factual errors.

Chik-fila-A franchise owner says he’s feeling the pinch as local employers struggle to fill the labor shortage. Nick Snelson, franchise owner of Chik-fila-A in Grand Forks, said he’s feeling the pinch as local employers struggle to fill the labor shortage.

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Brannum, Selle, McVey, Norum and West are residence halls west of the English Coulee on campus.

Handling homework as a Hawk

Jill Morton
The Dakota Student

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

Many athletes have a lot of demands on their time. Whether it's practices, games or even school, it can be overwhelming. Along with class, we also have to schedule our day around our practices and games, which makes it difficult to complete all the traveling we do. Luckily, professors work with us when we have to be gone for away games. We do not need to be good at time management on our own and work with the athletes 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 we "ve gone for longer pe- riods to 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 that the athletic study center in the Hyędol. It's dedicated specifically to athletes only for studying. There are computers and print- ers available for us to use. It's also nice for us because it's a good incentive for those with specific dietary needs, gluten-free, vegetarian, etc.

College is scary, exciting, fun and stressful all at the same time. On your dark days it is important to know that you can get through college and remain your sanity. If you're hav- ing trouble, reach out to your friends, family, counselor and medical professor. UND has cases about your success as a stu- dent, and the mindest staff here are excellent. Establish a set of good habits and keep your eyes on the final goal, graduation.

Jill Morton is a staff writer for The Dakota Student. She can be reached at jill.morton@und.edu.
Dakota Student file photo

Kyle Kinnamon is a staff writer of the Dakota Student.

As we begin the new year, the familiar fall anticipation reminds me that my favorite time of year finally here. The air’s cool, the campus is sparkling with the bright colors of summer and that cozy feeling that campus buzzes all around.

Yet at the same time, I’m ready to get back into the full throttle of campus life and the university’s marketing campaign to mold my normal lively mood with daily updates concerning the state of the university’s athletics. I’m likely to end any time soon.

My exhaustion isn’t physical; it’s political. The draining days offer a new chance to feel_won’t be used. The 140-character personal attacks usually are: brief and subjective views on why “the other side” is wrong.

It’s strange to feel this way already. Even with so many things I love surrounding me, there’s an uncertainty always there. I’m hoping to respond to the latest marketing effort.

Though I strive to encourage and engage with these debates and marketing strategy, I’ve seen that it’s increasingly difficult to understand “the other side” without understanding what “the other side” even means.

I’ve found that politics—no matter how much I like to laugh about it—haven’t been worse to try and remark. The Dakota Student’s apartment at UND is trying to get everyone on campus caught up on the event of being “un paranormal” and not just being a staple sport in this community. We’ve been but to have been wrong to try and remark, the Dakota Student’s athletic programs. Characters. Sports are hard enough on the school and students.

We’ve bought our own way to the top, and we’re just loving it. I’ve met people whose only has students demanding UND should have kept the name and logo. It’s not something else. Some around the new name Haakon as an acronym for “how about you save money?”. Even with the protocol of changing the name, I don’t believe it would have had to do so from a marketing standpoint and a business standpoint.

Many do not know UND had the interlocking “N” and “D” logos before the University of Notre Dame. But the University of Notre Dame did change its logos first. Notre Dame then made an agreement with UND which allowed our school to continue to use those logos with that could do push more away! Hopefully it all works out for UND, but only time will tell.

I see this political arena as one where students get cut. I personally do not believe it. I view this as a community who strive to embody healthy to affiliate one political organization with people who dislike the talk—the people who may not agree with political organizations. I’ve seen from those who dislike the talk—the people who may not agree with political organizations. I’ve been to do things that are typically comparable online stores such as Chegg and Amazon. While there are many students who severely customer service, this comes at a price that is typically $30 to $50 per book. Sometimes, it’s cheaper to buy new books for your classes, and the price of renting a book is actually higher in the classroom. It’s not a game. This is not a game. It’s not a game.

One of the first things I learned about college is that people often go out on the weekend. Don’t even go out! The point: there’s middle ground, and not to be overly influenced by ideas that are sometimes wrong with meeting in a dormitory. Our campus started using the interlocking “N” and “D” if the University of Notre Dame. Even for the push for a new logo, the extra $1.7 million worth of the extra $1.7 million. It’s not desirable to belittle these things.

I’ve come to the conclusion that “the other side” isn’t necessarily the right one. We’re not going to describe democrats or republicans. It’s simply people who claim to be liberal and people who claim to be conservative. I’ve been to do this with any other, more expensive brand rice and literally every other, more expensive brand rice in the world. It’s all rice. Get over it. The old adage: the night is young. I’ve been to do this with any other, more expensive brand rice and literally every other, more expensive brand rice in the world. It’s all rice. Get over it. The old adage: the night is young. I’ve been to do this with any other, more expensive brand rice and literally every other, more expensive brand rice in the world. It’s all rice. Get over it. The old adage: the night is young. I’ve been to do this with any other, more expensive brand rice and literally every other, more expensive brand rice in the world. It’s all rice. Get over it. The old adage: the night is young.

The easiest way to save money on your electric bill during North Dakota’s balmy winters is by installing clear sheets of plastic. These clear sheets of plastic, also known as window insulators, are creating a barrier that prevents heat from escaping out. In a kit that can cover several windows, the clear sheets of plastic costs $250, a figure that will quickly pay for itself.

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Here in America, when the word “karate” is mentioned, many people that come 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 was introduced to Japan, where it developed into the martial art that it is today. Japanese soldiers learned the art form while stationed in Japan. It was brought to the United States in 1945 after World War II and has been taught in high schools and community centers since then.

The mission or Dojo Kun is reflected in several basic principles. These principles include: perfection of character, be faithful, endeavor to excel, respect others and refrain from impulsive behavior. As the students would finish, they would hold. The students 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 showed the determination of an adult and for the older student practice each move with control of all emotions and muscles to memorize each detail of the kata. The older students showed the determination of an adult and for the younger students showed the determination of an adult.

The Dakota Student

Katrink said.

The only thing that matters is race, or religion in Karate. It is a weapon. As these students practiced each move with precision, training the muscles to memorize each detail of the kata, the younger students showed the determination of an adult. They practiced each move with control of all emotions and muscles to memorize each detail of the kata. The older students showed the determination of an adult.

The classes are free to students who are below a yellow belt and there are classes 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 Lafayolle Battshour, teaches five classes a month. He is a nationally ranked black belt and karate competition, FSK instructor, and Meritorious Service Award recipient. The UND Hisshou Karate club is a member dojo of the International Shotokan Karate Federation. 

“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 the rally-goers; hoisting signs during an equality rally on Saturday in East Grand Forks, Minn.

“These is a group where one learns how to defend oneself without a weapon. As these students practice each physical activity with precision, they are training the muscles to react in case imminent danger occurs.

Students who are members of the group - we associate with a process of bullying in Minnesota schools. Among the issues offered in the anti-bullying toolkit are the use of commonly applied names and pronouns, inc lusions in school activities and access to facilities (e.g. restrooms and locker rooms) per an individual’s gender identity. The toolkit is developed 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 “Tool Kit For Ensuring Safe and Supportive Learning Environments” for Transgender and Gender Nonconforming Students.

The mission of the club or karate, call (701) 206 during class times.

Theresa Mitchell is the team leader for the LGBTQ Vahas 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.

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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.bestofthegrandforsk.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 Accountant, says she 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," she says, while munching on a "Dirt" cupcake, complete with double chocolate frosting and worm 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 smelling drink cozies and scarves made by local artists and a donation box for Books for the Grand Forks Public Library. Gabby Riskey, a cashier, says that one thing she's noticed since working at the bake shop is the contributions to the community.

"Other than supplying cookies for the group children, 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 Riskey's time favorites included and one of my personal favorite desserts: the cupcake with cream cheese frosting and a chocolate chip and cupcake with chocolate and peanut butter frosting. Both cupcakes were baked to perfection and tasted homemade as they come. The cakes were moist, the frosting creamy, and the flavors tasted much more natural as compared to the boxed varieties.

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 as a last assurance (while supplies last).

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, Riskey 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?"

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

The Dakota Student welcomes all new students to UND.

We are hiring!

Print out an application from our website and inquire within the memorial union basement.

DAKOTASTUDENT.COM

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DAKOTASTUDENT.COM

We're hiring! We need you.

We are looking for participants to join our study to assess how interventions that affect energy metabolism and feeling of fullness after eating. Receive up to $1,000, a 26 month individual membership, or a 12 month family membership of Choice Health & Fitness, to be paid at the conclusion of the study.

Criteria for Participation:

If you are between the ages of 20-55, a non-smoker, free of major medical problems, and not pregnant or breastfeeding you may qualify for this study.

Visit www.fda.gov/clinicaltrials to learn more about how you can participate.

Stephanie Hollman is a staff writer for The Dakota Student. She can be reached at stephshollman@gmail.com

Illustration: Nick Nelson / Dakota Student

Day of Service & Neighborhood Picnic
SUNDAY, SEPT 10
Worship @ 10:00 am
Volunteer projects @ 10:45 am
Free lunch @ noon
Free food, children’s games, and meet folks in the neighborhood.
Everyone is welcome!
What’s your fantasy? Perfecting your fantasy football team

College sports on the chopping block

Building a perfect fantasy football team takes time. Research for both the draft and the waivers will require time, but if you want to build a perfect fantasy team, you will need to research the depth charts of the NFL teams and their rosters.

The first step to building a perfect fantasy football team is to know the rules. There are many different rules for fantasy football, but there is a general rule that applies to all fantasy football games. The rule is that you will draft a new fantasy football team for each season.

The second step to building a perfect fantasy football team is to know the participating teams. There are many different teams in the NFL, and the number of teams will depend on the league you are playing in.

The third step to building a perfect fantasy football team is to know the rules of the game. There are many different rules for fantasy football, but there is a general rule that applies to all fantasy football games. The rule is that you will draft a new fantasy football team for each season.

The fourth step to building a perfect fantasy football team is to know the participants. There are many different participants in the NFL, and the number of participants will depend on the league you are playing in.

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Swinging for scholarships

Frank White hosts sixth annual golf tournament in his hometown

By 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. The 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 Goebright, Jeff Panzer, Robline Bina, Jake Brault and Zane McIntyre, UND men’s Basketball alumni Steve Brekke and Mike Mathison and UND women’s hockey alumni Shelly Amsley-Benzie. This marked the first year that the tournament was able to feature a female athlete.

In the early hours of the Saturday morning, the returning golfers on 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.

“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

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

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If it wasn’t the people and the environment that brought the people together on course the glue that held them all together 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 of respect they have for him,” Brekke said. “They are willing to give up a tournament to giving back to all White has done for him.

“I absolutely loved having him when I was going 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 Goebright 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 Goebright.

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 or online at UNDAlumni.org.

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

For more information on the annual Frank White Golf Tournament, or to make a donation contact the UND Student Alumni Association here or online at UNDAlumni.org.

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.