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University of North Dakota’s award-winning television program features self-defense for women and an Olympic women’s hockey player

This week on Studio One, Ellen Snortland speaks about self-defense for women. Also, learn how a young woman’s dedication to hockey has brought her success.

GRAND FORKS, N.D. — Ellen Snortland, the author of Beauty Bites Beast, a book that provides practical methods of self-defense for women, is currently working on a documentary film based on the book. Snortland wants to promote awakening the warrior within every woman to protect themselves against violence. “What is common sense to me isn’t for others,” she says. “I am an advocate for an area that is greatly underrepresented.”

Also, a UND athlete will showcase her determination and hockey skills in the 2014 Winter Olympics. Michelle Karv has been playing hockey her entire life. In high school, she moved from her home country of Denmark to Finland in order to play for the Finnish National Team. In 2010, she helped Finland win the bronze medal at the Winter Olympics in Vancouver. In a few months she will join Finland once again in Sochi, Russia. Karv attributes her success to hard work and dedication saying, “It’s just all about commitment. It’s about putting the time and effort into getting stuff done.”

Studio One is an award-winning news and information program produced at the University of North Dakota Television Center.

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Area television markets and play times:
Bismarck-Mandan, N.D. - 5 p.m. Mondays on Channel 12
Brandon and Winnipeg, Manitoba – 6 a.m. – Saturdays on Prairie Public
Colorado Spring, Colo. - 5 p.m. Fridays, 4 p.m. Saturdays and 7 p.m. Sundays on Cable Channel 19
Denver, Colo. - 11 a.m. Mondays on Channel 57
Dickinson, N.D. - 5 p.m. and 7 p.m. Mondays on Channel 18
Fargo, N.D. – 7:30 p.m. Tuesdays, 2 p.m. Thursdays on Channel 99
Grand Forks, N.D. (Community)– 7 a.m., 12 p.m., 7 p.m. daily on Channel 3
Grand Forks, N.D. (UND Resident Halls ) -
Herndon, Va. 8 a.m. Tuesdays, 12:30 p.m. Fridays, on Channel 23, COX Communications
Minneapolis, Minn. – 10:30 a.m. Wednesdays and Thursdays on Channel 6
Minot, N.D. – 2 p.m. Mondays, 3 p.m. Tuesdays on Channel 19
Ray, N.D. – 7 p.m. Monday – Friday on Channel 17
St. Paul, Minn. – 6 p.m. Mondays, 1 a.m. and 11 a.m. Tuesdays on Channel 15