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The Hyslop Sports Center is one of the prospective campus buildings to be demolished in the future, according to a 30-year campus plan released by UND on Tuesday, January 16, 2018. Dakota Student File Photo

Computer science chair Ronald Marsh explains his thoughts on the potential deal

Jacob Notermann
Dakota Student

Last December, the Dakota Student reported that UND was in talks with academic resource giant Pearson in regards to revamping online education. The deal, if agreed on, would involve Pearson taking part in online education marketing as well as creating infrastructure for the classes themselves. When we spoke to Jeffrey Holm, chair of the UND psychology department and the project manager for these discussions, he said that Pearson wouldn't be providing any of the curriculum themselves. With these plans now surfacing and becoming more relevant,

other university faculty are voicing their own support or concerns with a possible deal with Pearson. Ronald Marsh, chair of the UND computer science program, said he has met with Pearson at least four times about how they could be useful to his program. While he respects Pearson's track record in the field and feels as though their services could be beneficial for the university, there have been concerns in regards to length of the online semesters. According to Marsh, Pearson prefers to use 8-week semesters, rather than UND's traditional 16-week semesters. "Our 16-week courses have a very good reputation amongst employers," Marsh said. "I am kind of concerned that if we

did an 8-week, could we maintain that same level of rigor?" According to Marsh, many of his online students are working professionals who may not be able to complete what the current curriculum calls for in this small amount of time. Summer semesters are 9 weeks; these semesters alone can have difficulty covering required course material. Marsh said he recognizes Pearson's understanding of the target demographics, but an understanding of the computer science program is what's causing the back-and-forth on the duration issue. There would be issues if they went with the 8 week, because then classes, faculty and resources wouldn't be able to sync. Whereas if the

Pearson classes went with a 16-week schedule, Marsh said he'd be able to schedule the same courses online and in-person with the same instructor. As the chair of his department, Marsh is the main communication line between the content of the talks and the remaining faculty. When asked how that communication is being conveyed, he said he would be having a meeting with his colleagues in the coming days. Their concerns and or discussion points would become his going forward. "I think if we can do it in a way that doesn't really disrupt current things in the department, I think most of the faculty are okay with going online especially if it can strengthen the

graduate program," Marsh said. Despite Marsh's original skepticism towards online learning, he believes a possible deal with Pearson could help increase enrollment and retention in graduate courses, thus bringing in more tuition dollars and resources to the program. This deal with Pearson and the conceptual construction will both involve substantial funds on UND's end. Regarding the construction concepts, feedback can be sent to und.facilitiesplanning@und.edu.

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University releases 30 year vision Here's what campus could look like in 2048

Jacob Notermann
Dakota Student

The 2018 winter semester is starting out with a strong rollout of administrative initiatives. Last Tuesday, UND Today released a series of maps showing the university's "preferred vision" for changing the campus landscape. These maps are merely conceptual outlines for a "30-year vision for the UND campus, detailing what it could look like by 2048." The outlines include the demolitions of Gamble Hall, Chandler Hall, Sayre Hall and the Hyslop Sports Center, along with oth-

er more deteriorated buildings. New construction, as reflected in the outlines, include a new College of Business and Public Administration that would be built where Montgomery Hall currently rests, with connections to Merrifield Hall and the Chester Fritz Library. Along with new buildings, the visions show a central pedestrian highway that would run parallel to University Avenue behind the Chester Fritz Library. This pedestrian highway would run completely from the High Performance Center to the Chester Fritz Auditorium. The maps also account for renovations to the majority of the aca-

demetic buildings, including the Student Memorial Union. Earlier this year, Student Body President Cole Bachmeier specifically mentioned the Union's renovations being a priority this year, but there are currently no public plans for the students to vote on the matter. Sasaki, an "international interdisciplinary planning and design firm" from Massachusetts, are heavily responsible for these concept maps.

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"The outlines include the demolitions of Gamble Hall, Chandler Hall, Sayre Hall and the Hyslop Sports Center, along with other more deteriorated buildings."

Jacob Notermann, Staff writer

Attempted campus sexual assault a "crime of opportunity"



Nick Nelson / Dakota Student

Bright lights shine on campus during a recent campus safety tour on October 12, 2017. A recent attempted sexual assault at Noren Hall highlighted safety and security concerns in the university community.

UPD says students are too willing to let strangers into dorms

Diane Newberry
Dakota Student

On January 6, University of North Dakota students still scattered across the country for winter break were alerted by mass email to an attempted sexual assault in Noren Hall. The federally mandated "timely notice" came with a brief description of the incident, in which two unknown men had gained access to a dorm room and attempted to remove the female victim's clothes, and a description of the

suspects and their vehicle. At the time of the email notification the suspects were still at large, but have since been caught. "We have identified both suspects," Detective Carlos Caro of the University Police Department (UPD) said. "One is in custody and one is pending criminal charges. We are good there. We got them." The incident was unusual both in its dramatic nature and timing and might raise some questions regarding dorm safety, particularly during breaks

when dorm capacity is extremely low. This was only the second year that students staying in the dorms over break could remain in their usual rooms as opposed to being congregated into one dorm building. However, dorm security over break is not lessened, with Resident Advisors (RAs) on duty 24 hours a day and the UPD still conducting random walkthroughs of the facilities. Maria Draper, former RA of Noren Hall and current Resident Manager with the UND Housing

Office, says that one of the biggest problems facing the dorms is an easy-going culture amongst students regarding entry. "Theoretically, the dorms are completely safe," Draper said. "The doors all lock and when they don't, they are taken care of immediately so that they do. People getting into the halls who aren't supposed to be there - I think that's definitely our Minnesota and North Dakota nice attitude where it's like, 'Oh, you know, someone wants to get in. I'm just going to open the door and let them in.'"

In mid-December the UPD requested the housing office send out a notification to students to lock the doors to their rooms in light of a rash of burglaries. The police believe the fact that some doors in Noren Hall were left unlocked directly lead to this attempted sexual assault. "In my opinion, I think this was - I hate to say this- almost like a crime of opportunity," Caro said. "Had they not been able to gain access to the dorms, or had the doors not been unlocked, I don't think this would have happened."

In addition to the "timely notice" email, the UPD also posted information regarding this most recent incident on their so-

cial media pages, a tactic they say has been a great deal of help in the past. "We can't be everywhere all at one time," Lieutenant Danny Weigel of the UPD said. "We understand that with policing, it has to be a partnership between both the community and the police department." According to the UPD, information gathered from social media tips were the biggest breakthrough in this most recent case. "Each little tip we get, we can step back and start putting a picture together," Caro said. In terms of preventing future crimes of this nature, Caro stressed that students must scrutinize unknown persons attempting to get into the dorms, and said that this incident has led to discussions of whether to implement stricter security guidelines on dorm entry, such as having a designated person to check identification and verify that people entering dorm buildings have legitimate reasons for being there. Caro said suggesting these practices, which were last implemented on campus fifteen to twenty years ago, has been met with "mixed reviews."

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Some users have become disillusioned with the divide between reality and perception when it comes to social media.

Stephanie Hollman
Dakota Student

“God, your life looks so cool.” I received this Instagram comment from one of my old high school friends on a photo that I took this past summer of my cousins ascending the summit of El Capitan, the daunting, 7,569-foot monolith on the north side of Yosemite National Park. As an amateur photographer, I was particularly proud of this one photograph because to me, it captured all of the beautiful parts of the moment perfectly: the breathtaking view of Yosemite valley and my favorite hiking companions, caught mid-step, under the perfect lighting provided

by the California sun. What it didn’t show, however, was that what it took to get the shot was not as picturesque: 14 hours of hiking endless switchbacks, several heated arguments amongst the hikers about which trails were the right one, stale Clif Bars and severe sunburn. All while at the mercy of vicious mosquitos. My friend’s comment prompted me to think about how social media, particularly Instagram, has a negative effect on its audience. The social networking app originally made for sharing personal photos and videos to your family and friends has become a conglomerate of low-quality memes, fitness transformation photos, high-speed cooking videos and,

above all, heavily-photoshopped images displaying the best sides of everyone’s lives. Comparison is the thief of joy, and the way that Instagram is

minded that the posts that fill their feed have all been carefully selected from numerous shots and are not accurate depictions of how the poster’s life

"Comparison is the thief of joy."

Stephanie Hollman, Columnist

used now by certain users to showcase only their exotic travels, delicious (and expensive) looking meals and obnoxiously cute “#relationshipgoals” couple photos, unveils the hidden danger that lies when what people perceive is radically different from reality. Users need to be re-

actually is. They need to understand that life exists beyond cleverly thought out emoji captions and base their self-worth on their lives outside of the app and not on the amount of likes and followers that they receive. The photos are artistic expressions, not the a realistic representa-

tion of reality. They are meant to evoke feelings associated with capturing a perfect moment. Unfortunately, envy is a big one. Viewers fail to realize that in reality, their lives, just like yours and mine, are far from perfect: they just usually pick the photos that make it look like they are. Another version of these perfect photos are ones in which users advertise products or a brand through their posts with a cheery caption and various links. As brand ambassadors, their main duty is to bring attention to the company and introduce the brand to their social network in a positive light. Personally, I see no problem with this advertising method because for the most part, users will

post about products that they have tried and tested from brands that they respect and proud to represent. At the same time, how popular would the app be without the variety of captivating content that it features? Photos and videos titled “A Day in the Life of a UND student” or “Mediocre trip to Yosemite National Park” wouldn’t garner much interest with its current audience. Therefore, we should appreciate Instagram and other social media sites as they are: a fun place to enjoy adventures, inspiration and the occasional hipster latte art.

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The Decline of ESPN

Bilal Suleiman
Dakota Student

These days, it seems that everyone has an opinion about the current state of the media. Ever since last year’s presidential election, news media has received a lot of flak for being biased, publishing “fake news” and sensationalizing stories in an effort to retain viewership. These are complex matters that will take time and effort to solve, but in the meantime I have a few thoughts on an area of news reporting that should be held more accountable: sports. I’m looking at you, ESPN. Sports news outlets, namely ESPN, fabricate drama to fill their 24/7 news cycle. Their daytime programming is filled with debate shows where analysts spend all day yelling at each other about mundane issues. This

week, NBA basketball analyst and former all-star forward Charles Barkley called LeBron James a “drama queen.” LeBron was chosen to be the captain of the all-star team through the fan vote, but he did not win the players’ vote, and Barkley believes it is because he (LeBron) is a drama queen. It’s a valid opinion to have and coming from a former player, it has credibility. That’s all good with me. It’s fine that ESPN gave the story coverage because LeBron has such high visibility. My problem with this is what happens afterwards. ESPN beat the topic to death by spending full segments of their shows discussing and debating every possible angle and view, to my annoyance. Regular news media got ahold of the story and now his words are being blown out of proportion. This is a side

effect of having 24/7 coverage: eventually there is just nothing left to talk about. People who want publicity and are aware of this situation will take advantage of it. To fill their airtime, ESPN will notice a story and run with it just so they can have something to talk about. Lavar Ball, the father of Los Angeles Lakers rookie Lonzo Ball, is one of the most talked about figures in sports right now. Using the platform his talented son gave him access to, Lavar made a series of outrageous claims that

gained him notoriety in the sports world. Less than a year ago, no one knew who Lavar Ball was. Now he’s having Twitter battles with President Donald Trump. In his most recent incident, Lavar told ESPN that Lakers Head Coach Luke Walton has lost control of the team and that the players don’t want to play for him. ESPN published these comments in an article without speaking to credible sources to see if these accusations have any merit. The NBA Coaches Association released a

statement afterwards stating, "The article attacked Coach Walton on the basis of one person's unsubstantiated opinion. The story failed to provide quotes or perspectives from any players, or from Lakers management, either named or unnamed, verifying the claims made in the story." ESPN works closely with sports leagues to provide unparalleled access to players and coaches. Part of the reason they’ve dominated sports coverage in the past is due to their credibility, their

access and their relationships with sports leagues and teams. The deterioration of relationships with sports leagues would spell disaster for ESPN, whose ratings are already dropping due to the internet. They’re already putting out a shabby product to begin with, so, if I were ESPN, I would avoid burning any bridges in order to slow the deterioration of the company’s reputation.

Bilal Suleiman is a columnist for Dakota Student. He can be reached at bilalsuleiman24@gmail.com

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The dream in action

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The secret lives of musicians

Devon Abler
Dakota Student

This past weekend, the UND Music Department was preparing for the UND Honor Band, Choir and Strings festival. The festival opened with a showcase concert featuring performances from every ensemble the music department has to offer. Sounds of the caribbean and a jazz lounge rang throughout the Chester Fritz Lobby as the Steel Pan and Jazz Ensemble provided prelude music to the concert .

There was a mixture of smooth jazz and vibing steel pans flirting back and forth with each other, inviting the listener to be transported to another world. Audience members were invited to take a seat in the concert hall and were welcomed by Katherine Norman-Dearden, the departmental chair of the music department. She gracefully invited the audience to allow the music to touch their souls and enjoy what was to come. The concert contained performances by the concert choir, wind ensemble, a piano duo, the women’s choirs and the chamber orchestra.

As a music student at UND, there are many different degree paths a student can take. The department offers de-

grees in music education, music performance, music therapy, and a bachelor of arts. The department also offers a graduate degree.

Michael Thompson is a junior music education major at the University. He is a member of the concert choir and is the student conductor of the Allegro

on January 28. This is a major accomplishment for Thompson because he will be premiering a song cycle that he and his collaborative pianist, Jonas Fisher, wrote together. The piece is a form of expression on how the digital age has had on this world. “It’s entitled ‘Digital Age’ and is an ex-

“If you look at the twelve tone technique, it has these mathematical groupings and structures that are amazing. Music has taught me about math and math has taught me about music.”

Matthew Lorez, alumnus of Piano Performance and Mathematics

Women’s choir. Choosing to become a music educator was an easy choice for Thompson. “The idea that I can pass on the joy I get from music to the next generation is incredibly exciting,” Thompson said. “When one of my students accomplish a goal they set for themselves, it’s gratifying. There is no better feeling than seeing a student succeed.”

Helping students succeed is not the only thing Thompson is known for. As a voice primary, Thompson is preparing for a junior recital

amination of the effect technology, especially social media and cell phones, has had on our world. Eight months of hard work have accumulated in a publishable work of music that we are excited to share,” Thompson said.

Composition is not just for music education majors. Matthew Lorenz recently graduate with a degree in piano performance, mathematics and is finishing his honors thesis. These degrees were not chosen by chance. Music and math have always been a part of



Lorenz’s life. During his time here at UND, it seemed logical to combine his two passions and showcase through his compositions how music and math intertwine with one another.

“In my mathematics capstone class, I am doing a project through music but analyzing it from a mathematical perspective. I’m doing a composition with samples of whale sounds and applying twelve tone techniques,” Lorenz said. “If you look at the twelve tone technique, it has these mathematical groupings and structures that are amazing. Music has taught me about math and math has taught me about music.”

Music and math are not the only two things that go together. Cassandra Richtsmeier is a senior music therapy major and psychology minor. Within the past three years, she has had a placement at the University Children’s Learning Center. This placement is run en-

tirely by music therapy students who are supervised by the director of music therapy.

“Kids, especially kids where english is not their native language, sometimes struggle to be part of a group. Music therapists are able to use music as a way to facilitate social interactions and help with language learning,” Richtsmeier said. “We can create a simple song that helps the child socially interact with their peers and connect simple words to an object, such as connecting the word cat to a picture of a cat.”

This semester, Richtsmeier is working with the physical therapy department using a treatment plan based on neurologic music therapy. She and another student are in charge of co-treating a client and gathering data for research. Music therapy is an interdisciplinary healthcare profession that works on helping clients achieve non-musical goals through music.

“Music therapy works

with other therapies and when used together, brings better and faster results. When combined with physical therapy, music therapy makes the task more enjoyable and removed the dryness of the repetition. The music is used to motivate, reinforce and cue the client through the use of timing and rhythm,” Richtsmeier said.

Music therapy is not the only music degree that can be found in the medical setting. Sara Zachmeier is working towards her bachelor in music with pre medicine as an emphasis. She is involved in the wind ensemble and the pride of the north marching band. Zachmeier has started working in the healthcare profession and has witnessed how music and medicine are connected with one another.

“I’ve been working my way into the hospital and seeing music therapy being done by the therapist or even just the influence of



Photos by Nick Nelson / Dakota Student
The UND Allegro Women’s Choir performs “There Will Come Soft Rains” during Friday’s UND Student Ensembles Showcase concert at the Chester Fritz Auditorium.

music therapy on the patients has inspired me,” Zachmeier said. Witnessing the influence that music has on clients has inspired Zachmeier to pursue research on music therapy and infants in a medical setting in the near future. “I am trying to in-

ment also offers graduate degrees. Tamara Auer recently graduated with her masters in performance. She received her undergraduate degree from the Milan Conservatory in Italy. Receiving her masters from the United States has always been a dream of Auers. This

“Kids, especially kids where english is not their native language, sometimes struggle to be part of a group. Music therapists are able to use music as a way to facilitate social interactions and help with language learning,”

Cassandra Richtsmeier, Senior in Music Therapy

corporate everything due to the limited time left with the program, yet it is exciting to see the connection between music and medicine,” Zachmeier said. Four undergraduate degrees are not all that the music department has to offer. The depart-

dream came true when the UND String Trio was searching for a violist. “My teacher was good friends with Dr. Drago. When Dr. Drago was looking for a violinist for the UND string quartet, I met Dr. Drago when I was in Prague. He asked if I was inter-

ested in applying and I told him that I was tied up with teaching and my studies. I then met the UND String Quartet and decided that I was going to pack up in Italy and come to the United states. I only had one exam that I needed to complete and was able to do that over the summer,” Auer said.

The concert on Friday was just a taste of what the music department has to offer. From composing new music to witnessing the power of music therapy in the hospital and rehabilitation centers, to making it possible for students to continue their education past an undergraduate degree, the students in the music department are not just musicians. They are individuals who are committed to making a lasting impact on the lives of the people who surround them.

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Hobey hoax

Nick Nelson / Dakota Student

Within the National Collegiate Hockey Conference (NCHC), no players on the UND men’s hockey team were submitted to be Hobey Maker nominees this year.

Nick Erickson
Dakota Student

The candidates for the coveted Hobey Baker were recently announced and Fighting Hawks fans were left collectively scratching their heads in confusion. The list lacked any University of North Dakota representation. Specifically a few individual fans on Facebook. One account claimed to have discussed this lack of UND representation with the Hobey Baker committee themselves. The account also claimed the response they received from the Hobey Baker committee was informing them that there were no players submitted by the University of North Dakota’s Athletic Department. The blame was quickly pointed to that of former Athletic Director Brian

Faison from commenters. This however, isn’t the case. There is an explanation for this and it is less sinister than the fans on Facebook are suggesting. After an email exchange with UND Assistant Athletic Director of Media Communications Jayson Hajdu, the rumor that it was the Athletics Department at UND that didn’t nominate any of the players was quickly debunked. “Candidates are indeed selected by the head coach (and then submitted by the media relations/sports information department),” Hajdu said. Some fans were so willing to accept a negative outcome from the UND Athletics Department that they even made remarks of outrage on the Athletics Department’s recent Facebook posts.UND has

remarkable players this season and there is no doubt about that. Cam Johnson is one of the top goaltenders in the NCHC this year and Grant Mismash has put up a successful and impressive rookie season. It certainly is a testament to the hockey culture around Grand Forks to see how quickly people were willing to become upset with the lack of representation in this year’s Hobey Baker race. Fear not hockey fans.“It was determined that this year’s team, even more so than in recent years, is about the team itself and there isn’t a standout candidate to put forward at this time,” Hajdu said.This is something that all UND hockey fans should look to and admire about this year’s competitive environment surrounding the team. It’s not

about an individual player, but the team is more focused on being a better team rather than develop-

ist by the committee,” Hajdu said. “The two are not inextricably tied and that process will still play itself

“It was determined that this year’s team, even more so than in recent years, is about the team itself and there isn’t a standout candidate to put forward at this time.”

Jayson Hadju, Assistant Athletic Director of Media Communications

ing standout players. At 12-6-6 this season, the team has had some really impressive efforts so far and is hoping to continue that team-first mentality with the second half of the season in full swing. Not all hope is lost. We may still see some UND players in the race for the Hobey Baker later on this year.“Not being selected for the fan vote process does not preclude a player from being named a final-

out down the line.” There were a total of 74 nominees for this year’s fan voting portion of the Hobey Baker. Michael Bitzer of Bemidji State was one of the nominations.UND just finished a split home and away series with the 11-7-6 Bemidji State Beavers, thoroughly routing the Beavers in Bemidji, then ultimately tying them at home at the Ralph Engelstad Arena. Bemidji was a solid out-

of-conference test for the Hawks as they had been on a nine game unbeaten streak until UND made the quick bus trip down and back on Highway 2, routing them for a 5-1 victory. Other familiar faces to UND in the race included Minnesota Gopher Casey Mittelstadt while Denver had three nominations of Henrik Borgstrom, Troy Terry and Dylan Gambrell. Every NCHC team was represented by one or more players with the exception of North Dakota.If anything can be learned from this it’s that the message Berry is sending is that UND has a team first mentality for this season and there isn’t a single player that takes the crown.

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UND kicks off track season

Madison Overby
Dakota Student

After spending the first week of January training an immense amount, University of North Dakota Track and Field rung in 2018 with the Thundering Herd Classic in Fargo on January 13. The day was marked with many victories and place finishes across the board. The success at the Thundering Herd Classic is only the beginning for UND Track and Field this indoor season.

The women throws are led by returners Molli Detloff and Katelyn Weber. Detloff was an All-American in outdoor track last spring. Last Saturday in Fargo, Detloff threw 66 feet 4.5 inches in weight throw to break her previous school record by over a foot. Weber won indoor conference in shot put last indoor season and then placed fifth in the event in Fargo. Head coach Kevin Galbraith considered Detloff’s throw the be-

ginning of a very successful season for her. “That’s a strong start for her and we expect her to just keep improving on that all season long,” Galbraith said. The men throws are led by Adam Mehr, Tyler Kolander and Michael Quesenberry. Mehr and Kolander started off the season strong with fourth and fifth places in the weight throw, respectively. Quesenberry placed fourth in the shot put in Fargo. The jumps feature

Isabel Waite and Nolan Hovland in high jump as well as Kiley Foster in pole vault. Waite had a personal best jump of 5 feet 6.5 inches to win the event in Fargo. Hov-

land jumped 6 feet 8.25 inches to win the men’s high jump. Hovland also placed second at the indoor conference meet last year. Foster is coming off an indoor season

where she placed third at indoor conference. On the distance end of the track team, returners Hannah Os-carson, Erica Eades

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continued from page 6

and Connor Danielson will be at the forefront. Both Oscarson and Danielson won the 3000 meter race in Fargo with personal bests. Eades ran a personal best indoor time of 2 minutes 17 seconds in the 800 meter race. For sprints, freshmen Oluwaseyi Aguda, Shandon Toenies and Ethan Buckles are coming off great races in Fargo. All three made finals for the 60 meter dash. Galbraith is excited about the prospects. “All of our runners had to run a pre-final, a semifinal and a final,” said Galbraith. “Seeing three freshmen make it to the finals is a great start for us.” Finally, freshman Josh Pillath became the fastest freshman in UND history with his

time of 8.33 seconds in the 60 meter hurdles. The coaches and athletes are not letting early victories get to their heads. The main goal of the indoor season is performing well at the indoor conference meet in late February, but the focus of the entire track season comes in May at outdoor conference and potentially the regional and national meet for some athletes. The strong start to the indoor season serves as motivation to continue the hard work in practice by showing that it pays off when the meet days roll around. Track and field will be home at the UND High Performance Center on January 26-27 with free admission.

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Fighting Hawks guard Geno Crandall looks for an open teammate against Presentation College earlier this season. Photos by Nick Nelson / Dakota Student



UND guard Geno Crandall drives to the hoop against Presentation College earlier this season at the Betty Engelstad Sioux Center.

Basketball looking for a bounce back

John Gregg
Dakota Student

With a less than fabulous start to the season, the Fighting Hawks Men’s basketball hope to improve come crunch time. Recent wins to conference teams, Idaho State, Weber State, and a win to non-conference in state rival, North Dakota State propel the team in the right direction. “These last three games, I think you have seen the team we all knew we could be. It just took a little longer than we wanted to get there, but we’ll take

it and continue to grow and get better,” Head Coach Brian Jones said. The Hawks started the season with a 4-9 record through December leaving many questioning what could have happened in the off season following last season’s historic run to the NCAA Tournament for the first time in school history. Losing star player Quinton Hooker who averaged just under 20 points per game last season was a tough loss for the Hawks, Hooker now plays professionally in Poland. Fans wondered who would be able

to step up and fill the void left by Hooker’s absence, and as of recent the answer has been Geno Crandall, Junior Guard from Minneapolis, Minnesota. Crandall averages 16.3 points a game this season, leading the Fighting Hawks in scoring. Many had high hope that Crandall would be the much-needed replacement to the scoring void left from Hooker’s absence, and although the team record shows the slow start Crandall’s stats have been strong from the start. In the Hawk’s most recent game, an overtime loss at

Northern Colorado on January 20, Crandall scored a team high 30 points, yet the team fell short after Northern Colorado scored a buzzer beater. “The past few years, we’ve developed a bit of a rivalry with them,” UND’s Geno Crandall said. “It kind of competes with the NDSU rivalry. But these games mean more because it’s a conference game and last year we played them for a championship.”

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Dakota Student File Photos

Teams and coaches can become second families for student athletes staying on campus during holiday breaks.

Sacrifices for your sport

Madison Overby
Dakota Student

Nothing compares to the feeling of settling into a long winter break after a semester filled with exams, projects, assignments and stress piling into the living room with your family, hot cocoa in hand to watch Christmas movies and just relax. The first couple days of break are the ones to catch up on sleep and make plans with the hometown crew and for most students this carries throughout the entire break, but for student-athletes things aren't as laid back.

My break takes a different turn the day that my coach sends out the training schedule. The workouts are meant to be good tune-ups: getting into shape and getting in some speed before the first indoor track meet in early January. Instead of sleeping in, I'd wake up at 7 a.m. to have breakfast and drink some coffee. Around 9 a.m. I'd head out the door to either the indoor track or the gym. I'd walk back through the door of my house around 1 p.m. hungrier than ever and hearing my bed shouting my name. I get into a routine

of working out first and resting later while family and friends are squeezed into the spaces that were left open. The rest of the time at home went by in a blur and before I knew it, it was time to head back up to Grand Forks for a week of intense training before school started up again. Coming back to Grand Forks the first week of January is a different experience to say the least. It seems like campus isn't quite the same when there aren't a hundred people walking down University Ave. at any given time. Once the team gets

back, we spend a majority of the day with each other either at practice, volunteering or socializing. The main point is, winter break becomes a time to get better. The coaches look at the lack of school as an opportunity for athletes to put more time into training and more time into recovery. This is a given for the athletes on the team, who follow the training programs rigorously and often without complaint. However, families are the ones that often have a problem with the high intensity training. Not only are you sac-

rificing a week of time at home to come back and practice with the team, but you're sacrificing countless hours while you're at home to be working out. Parents claim to understand, but help load up the car with slight resistance and teary eyes. I hugged my sister goodbye and told her to enjoy her remaining three weeks of winter break as she told me, again, how much it sucked that I had to go back after two weeks of my own. All this being said, there's something that feels right about driving back to Grand Forks. There's something about

the early mornings, the long practices, the team meals at a variety of restaurants around town. Honestly, there's something about the second family that you miss so much while you're in your hometown. Grand Forks becomes home and the team becomes family. These are the types of bonds that make it seem like sacrificing time at home isn't that much of a sacrifice at all.

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Student athletes often give up free time they would otherwise spend with families and loved ones during the holiday season to instead train and practice for their respective sport.