



# Dakota Student

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# GOODBYE SWEETHEARTS

**Madison Feltman**  
Dakota Student

With Valentine's Day around the corner, stores have their shelves filled to the brim with festive candy. One popular hate-to-love or love-to-hate candy has not made its way to shelves this 2019 Valentine's Day season, Sweethearts Conversation Hearts. This will mark the first Valentine's Day without Sweethearts in 153 years.

As reported by Candystore.com, the popularity of the sentimental candy had risen over the past five years peaking in 2018 as the number one Valentine's Day candy. Yet, the sweet sayings of "Be Mine" and "Kiss Me" could not keep their producer, the New England Confectionery Company, better known as NECCO, above water.

The concept behind one of America's favorite candies dates back to the 1860's, as Daniel Chase, the brother of NECCO's founding father, Oliver Chase, started printing saying on candy. Many were entertained by the various sayings such as "Married in white, you have chosen right" and used them for many special occasions. The Sweethearts we know today date back to 1902 and were originally produced in other shapes such as postcards, baseballs, horseshoes and watches. The lengthy conservative sayings were changed to shorter sayings we still know today as "Marry me" and "Be True." Over the years, the candy has adopted new sayings to keep up with the times such



Trevor Alveshere/ Dakota Student

Sweethearts Conversations Hearts contain sentimental messages such as "Be Mine" or "XOXO."

as "Call Me" or "E-mail Me."

After years of success, in July of 2018, the company announced that they had gone out of business. During an auction, Round Hill Investments swooped in and bought NECCO. What looked like a saving grace for Sweethearts, was quickly left open-ended as months later Round Hill sold the NECCO wafer brand and Sweethearts to

Spangler Candy Company,  
known for their famous  
Dum Dum lollipops.

Don't fret just yet, Spangler has announced that the Valentine's candy we all know and love will be back on shelves next year.

"There are a lot of manufacturing challenges and unanswered questions at this point, and we want to make sure these brands meet consumer

expectations when they re-enter the market," Spangler Chairman and CEO Kirk Vashaw said in a statement.

The company further explained that they did not acquire the brands until September and were just simply unable to successfully produce Sweethearts for this Valentine's Day. With plans of relaunch for the future, NECCO wafers will also be re-introduced to the market.

sometime this year.

The Spangler Candy Company released a graphic with three conversation hearts that enclosed the sentiments of "Miss U 2," "Wait 4 Me" and "Back Soon."

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# WHO WILL BE YOUR MATCH?

**Theresa Hanley**  
Dakota Student

In a recent study completed by WalletHub, North Dakota is one of the worst states to be single in, placed 48 out of 50, 50 being the worst. The only states worse to be single in are Arkansas and West Virginia, respectively. The study had three different areas of focus that led to their findings; dating economics, dating opportunities and romance/fun.

The team at WalletHub evaluated these three different dimensions using 28 topics that had different weights depending on their relevance. This included topics like lowest and highest share of single adults, lowest and highest gender balance of singles, the most and fewest online-dating opportunities, the lowest and highest amount of restaurants per capita and the rate of crime.

North Dakota is ranked as the state with the lowest gender balance of singles, meaning there are more male or female singles than those who are male or female in committed relationships. North Dakota was also ranked with the fewest restaurants



Trevor Alveshere/ Dakota Student

There is a wide variety of dating apps for all audiences.

per capita according to the study.

As Valentine's Day draws near and the idea of having another, or a first Valentine's Day alone creeps into peoples minds. The

number of downloads for dating apps like Tinder and Bumble have skyrocketed. We have all heard the typical Tinder and Bumble stories. But how bad or good are these stories really?

UND students share their experiences using dating apps and didn't hold back any details

Story continued  
on *page 2*



Match story from front page

**The Good**  
“Evan and I matched on Tinder and Bumble and now we have been dating for seven months” - Andrea  
“I met a guy on Tinder, met him at a party was very uninterested so he introduced me to his friend and we are a VERY happy couple” - Emily  
“I only went on Tinder when UND had home hockey series to meet guys from the other teams and I’ve actually gained a lot of Instagram followers and snap friends from it but nothing ever stuck” – Hannah  
“Both of my cousins married their tinder dates” - Lauren  
**The Bad**  
“One time I went on a Tinder date and this dude was not only shorter than me, he

called me the wrong name the whole night” – Jenna  
“I took a tinder date to formal, she threw up in the bathroom and I had to pay a clean up fee and her cab home, we did end up hooking up a while after so I guess it’s a success” – Noah  
“I matched with this guy on Tinder and we started snapping and one morning I woke up to a video of something I did not consent to” – Mason  
“I met my last boyfriend on Tinder and was with him for a year, after not being able to take the relationship seriously, I only used Tinder to pump my tires and then I met my current boyfriend” – Anna  
“I went on a three-hour Tinder date with a guy that I just met and who told me that I remind him of his younger sister. He still tries to contact me.” – Audrey  
“I accidentally matched with my cousin on Tinder, I did not even realize who

she was until we both showed up to the same family reunion the next day” – Kyle  
“I went on a Tinder date with a guy to Olive Garden and not only did he take the last breadstick, he was super rude to the server and mentioned he was actually a college dropout. The date was so bad I went to the bathroom and called my friend, she came to Olive Garden and lied, saying her and her boyfriend broke up, and I made him drive us back home” – Mia  
**The Ugly**  
“I thought that I met my future husband on Tinder and then he ended up getting his ear pierced and then shortly later got his nose pierced and then I ghosted him, it was easily the most cringe thing I have ever had to lay eyes on.” – Sydney  
“One time, I was seeing this guy that I matched with on Tinder, and his ex-girlfriend called me at 3 a.m., on his phone,

calling me profound names” – Morgan  
“Tinder deleted my account because I made a joke that I was twelve and they took it seriously” – Katherine  
“I went on a Tinder date with a guy who took me for a walk to his mom’s house and tried me get me to sleep with him on her bed” -Allison  
“I met my current (now ex) boyfriend on tinder and fell in love and this week I walked in on him and his ex-girlfriend getting back together. I found her bra hanging in my room” – Kayla  
“I was blacked out drunk at a social event, came home, and woke up next to someone laying next to me who I didn’t know, but we matched on Tinder prior, and I don’t recall what happened with them that night.” – Logan  
So is it all worth it? The good, the bad or the ugly. Most people who had a bad story with online dating, usually had a couple good ones too. But

in a state like North Dakota, where it is hard to be single, it may be worth the risk to take.  
\*\*In order to protect the privacy of students at UND all names used in this article were changed.  
The study is available here: <https://wall.ethub.com/edu/best-states-for-singles/31667/>  
Author’s Note: During the research I conducted for this article, a lot of students have opened up about their experiences with sexual harassment, sexual assault and rape. If you have ever been or are in an uncomfortable and unconsented situation, please reach out to resources on campus like CVIC at UND, the counseling center, the office of student rights and responsibilities and UPD.

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The Cost of Valentine's Day

Cortnie Cottrell  
Dakota Student



Widman's Candy Store in Downtown Grand Forks is very busy this time of year.

Trevor Alveshere/ Dakota Student

“Going for a drive, writing a hand-written letter or baking something sweet for the one you love creates more emmeories and reveals creativity without breaking the bank.”

Cortnie Cottrell, News Writer

depending on the type of rose. During this holiday, roses sell for almost twice as much as any other flower. The reason for the recent price inflation of roses around Valentine’s Day can be attributed to the great

demand in volume and shorter daylight hours of winter which can produce plants. Alongside flowers, the price of cocoa also increased approximately nine percent since last year, averaging a

box of chocolates at a whopping 17 dollars! And let’s face it, who buys only one box of chocolates-because you never know what you’re going to get. With 54 percent of Americans celebrating this romantic holiday, it is estimated that we will spend up to 20.7 billion dollars this year alone, with men spending an average of \$196 and women spending \$100, which is a six percent increase from last year. If the expected amount is fulfilled, this year’s spending will break the previous record from 2016 which was 19.7 billion dollars. A couple of ways to avoid the frightening expenses of Valentine’s Day would be to substitute expensive gifts with quality experiences. For example, tickets to a concert, sporting event or comedy show will create memories that will last a lifetime, not solely satisfy a sweet tooth for five minutes or express love through beautiful roses that end up wilting over

time. Going for a drive, writing a hand-written letter or baking something sweet for the one you love creates memories and reveals creativity without completely breaking the bank. Valentine’s Day does not need to wipe out your bank account to show someone that you really care about them. Yes, pretty flowers, fancy dinner reservations and expensive jewelry is delightful; however, a simple, heartfelt card or kind act of service will suffice. Besides, anyone can go out and buy sentimental objects, but creative, thoughtful words or actions from the one you love is simply irreplaceable.

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Trevor Alveshere/ Dakota Student

Widman's Candy Store is famously known for their "Chippers."



# The Day After

Why Feb. 15 is better than the actual holiday

Megan Vogt  
Dakota Student

Let me start out by saying I hate Valentines day. I hate it. I don't get it. I never understood why people celebrate a day of love. Ew. Gross. Not me at all. But I will say that the best part about Valentine's day is the day after. The wonderful day of Feb. 15.

The day of discounted candy. How wonderful is it that candy like Kit-Kats and Starbursts are discounted simply because of the wrapping. How amazing! Candy that tastes the exact same is discounted because the foil around the sweet treat is pink with hearts and not the original logo.

Honestly, it is the best time to treat yourself. Feb. 15 is the day when candy and stuffed animals go on sale because of a heart on

it. Last year, I went out to Target and bought a heart shaped box of fun sized Kit Kats for me and two small stuffed animals for my dogs. I only spent six dollars for all three items. How great! They were all 75 percent off. How awesome. I still got candy, just 24 hours later. I still got stuffed animals but I have zero use for them, but my dogs get very protective of their toys so why not treat them.

Don't get me wrong, I don't mind love. I guess it can kind of be cute. Key words: kind of. Seeing two people incredibly happy with each other sometimes brings a smile to my face. But all in moderation. Valentine's Day is a day where people are allowed to show their PDA. That is where I am out. Nope. Not for me at all. Why on earth would you give a day

for people to do that. Why! I just don't get it.

Also, I love the 15th because that is when I get my cards with a couple of bucks in it. That is truly the best. I get a coffee paid for me by someone else. Usually on the 15th, I get a cute package from my mom and her teacher friends that are all decked out in glitter stickers and punny phrases. That is what I look forward to the most during the Valentine's season. I get homemade snacks from a bunch of moms and candy and usually a random item that makes you think, "really...why?" But it never fails to bring a smile to my face during this dreadful holiday.

This year, I will choose to stay indoors watching Say Yes to the Dress and eating Angie's Kettle Corn and maybe consider ordering a heart-shaped

pizza, and that to me is the perfect way to spend Valentine's Day. I don't know about you, but I am poor. I cannot afford to go out to eat or get all glammed up for a night

out with my friends. I would much rather pitch in four dollars for a pizza and hang out then spend a bunch of money on a fine dining experience.

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Trevor Alveshire/Dakota Student

Mark your calendar for the day candy is discounted.

# Two different views on Valentine's Day

## The Pro's

Se Kwon  
Dakota Student

Valentine's Day, also known as the day some people get spoiled with chocolates, flowers and cute Valentine's Day cards. I am aware that not everyone gets to receive chocolates and cute gifts, but I think Valentine's Day is actually a fabulous concept. When I think of Valentine's Day, I automatically think of spending time with a significant other and in my case, that significant other will be my bed.

On a serious note though, Valentine's Day is a really special day to have fun cherishing each and every moment with your significant other. For me, it's not just about the chocolates and sweets, it's not just about the festive pink and red colors, and it's not about the cards that they write. I will probably be laying on my bed, scrolling through Twitter and laughing hysterically at the Valentine's Day card memes that pop up on my feed. One Valentine's Day card meme had a picture of famous actor Leonardo DiCaprio and the pick up line reads, "You Leonardo DiCaptured my heart."

I live for Valentine's Day card memes like these, some find it super annoying but I find them so funny.

Valentine's Day is good in so many ways- even if you are single! It's a day to celebrate love and spend the day with the people you love, even if it just means friends or family. If you are in a committed relationship or you do have a significant other, it's fun that way too.

On this special day, the act of giving comes into play, too. Not only will you be giving, you will also be receiving. I love the thought of giving gifts to people, especially ones with meaning. I'm a huge sucker for reactions and putting smiles on faces so even just the thought of preparing gifts and giving them to someone makes me smile- it's one of the greatest feelings in the world to me.

The day after Valentine's Day is also great because candy and sweets are marked down to low prices. This is obviously a smart marketing strategy because everyone rushes to the store to buy sweets for their significant other or whomever they may be spending their special day with, but not many people will be going to the store after Valentine's Day for more sweets, so make sure

you take advantage of the sales they will be having.

For those of you who are spending Valentine's Day alone, remember that you are not actually alone. Valentine's Day is a perfect opportunity to surround yourself with the people you love, whether that means your family, friends, roommates, etc. This Valentine's Day, try something different. Give a little, tell the people you love how much they mean to you and don't forget to treat yourself. If you are not alone this Valentine's Day then make sure you realize how important it is to put in effort for your significant other. They will notice and appreciate it when there is an obvious thought behind every gift.

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## The Con's

Quinn Robinson-Duff  
Dakota Student

Valentine's Day, some hate it some love it. But one thing is for sure, it does not matter. The tradition started as early as the 5th century during the Roman empire.

"It's thought that as part of the celebrations, boys drew names of girls from a box. They'd be boyfriend and girlfriend during the festival and sometimes they'd get married. Later on, the church wanted to turn this festival into a Christian celebration and decided to use it to remember St Valentine too. Gradually, St Valentine's name started to be used by people to express their feelings to those they loved," the BBC said.

As the years went on, especially in the 20th century, it could be noted that the use of Valentine's Day turned from something of meaning to a commercial enterprise where businesses hope to benefit from the consumer as much as possible.

Similar to engagement rings, which were mainly introduced as severe propaganda by the De Beers corporation in the 1930's, before then it was uncommon for civil

people to use diamonds as an engagement ring.

Valentine's Day soon became commercialized by companies hoping to make a profit. We've all more than likely heard the common phrases, "Get them something they will remember," "treat them with something right." These sayings create an expectation that cannot always be withheld. Especially if an individual does not have access to excess resources to spend.

The holiday pressures couples to buy gifts for each other, exercising a materialistic market where we consistently must pretend that THINGS matter.

Buying gifts, presents and chocolates to show we love someone? We shouldn't have to give a gift to show this. Being there in times of despair is more important than buying chocolates.

Valentine's Day creates this illusion of treating your partner special on this one day. If you're in a relationship, you should not make one day out of the year, "a special day" where you treat each other nicely. Love comes from the heart, not from what you give to someone. Love is more powerful than things. It's something

special, something we can't explain. It's stupid to think we can buy something like that, its superficial and phony.

Valentine's Day has become a fake holiday, buying things for each other because society and propaganda tell us we have to. I bet couples who are in a failing relationship will still do this even if they are not meant to be. They will treat each other nice, in a fake way, because everywhere they look they see, Valentine's day chocolates, candies, signs, slogans and propaganda almost forcing consumers to buy products.

Valentine's Day can be something special, it can be a day where couples treat each other special. But it has become too bagged down with companies jamming information down our throats, it's become forced. A forced holiday where we have to buy, buy, buy, not a holiday to treat someone special. But instead, a holiday where corporations shove propaganda down our esophagus.

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Photo courtesy of Flickr

A cute decoration that can be set up to celebrate Valentine's Day.



Quinn Robinson-Duff/Dakota Student

The candy aisle at Walmart is decorated with candy for Valentine's Day.



# The Origin of Valentine's Day

The true meaning behind all things Valentine

Mason Dunleavy  
Dakota Student

Oh, the joyous time of Valentine's day. Several weeks before February 14th the stores are littered with pink, white and red, the seemingly symbolic colors of Valentine's day. Seeing this every year has me questioning the true meaning of this yet another hallmark holiday.

This question takes me back to the ancient Roman festival of Lupercalia. The earliest story of Lupercalia was found to be dated around 500-600 B.C., with several origins still being disputed. The story revolves around the twins Romulus and Remus, the rumored founders of Rome. The twins were ordered to be thrown into the Tiber River due to their mothers' disloyalty to King Amulius. Instead of being thrown, the twins were placed into a basket by a merciful servant. It is stated, "The brothers were then rescued and cared for by a she-wolf in a den at the base of Palatine Hill where Rome was founded." After being adopted and raised by a shepherd, the boys returned to the cave and named it Lupercal. The festival is said to be for the god Lupercus, god of fertility.

This cave also became the site for the festival's precursor entertainment and appeasement, the common ancient practice of animal sacrifice, mainly goats

as they represented sexuality. After the sacrifice came the feast and the whipping of the women. Unlike what we think of as whipping, this whipping was accepted and welcomed as it represented fertility.

So, what were these women whipped with? Freshly cut goat strips.

Who were they whipped by? Mostly naked priests named Luperci, not to mention, also just smeared goat blood on their foreheads and wiped it off with milk-soaked wool while laughing, you know, as tradition follows.

Shortly after, all the single men would randomly pick a woman's name out of the jar and the two would be matched over the time of the festival. This would often follow with the two pairing for at least a little while.

As it turns out, we see the festival of Lupercalia everywhere around Valentine's day. The only thing the Christians took from Lupercalia during the persecution of Pagans in the late Roman Empire, were the colors red and white to represent the holiday. Those colors are symbolic with the day as I mentioned before, apart from pink.

Want to know what they represent from Lupercalia? Red represents the blood from the animal sacrifice, and the white represents the milk-soaked wool used to clean the blood, how romantic.

Now onto the



Trevor Alvashere/ Dakota Student

Cards as a Valentine's Day gift has been tradition that has been around for a while.

namesake of the holiday, the mysterious St. Valentine. The most common and most believable story of Valentine unravels under the rule of Claudius around 3rd century A.D., rather late in the Roman Empire. Claudius led constant military campaigns causing the morale of his troops to diminish progressively through time. Seeing morale at an all-time low, Claudius thought it was the troop's wives making the troops disobedient.

How does he solve this problem? Oh, just ban marriage throughout the empire.

Now emerges Valentine, who proceeded to marry young lovers against Claudius' decree. Valentine was eventually discovered and put to death, only after he was dragged through the streets of Rome and beaten with clubs. To top it off, they cut off his head. There is also a story of Valentine leaving a note to his jailer's daughter before

the execution reading, "From Your Valentine." For his heroic service, the church named Valentine a saint.

So why do we celebrate Valentine's day instead of Lupercalia? During a rough time to be a Pagan, Pope Gelasius stopped the Pagan festival and replaced it with Valentine's day to celebrate Saint Valentine, except he made February 14 the celebration day instead of the 15, take that Pagans.

So, whether you

believe Valentine's day should be about Pagan fertility rituals or about a rumored saint, it shouldn't be about love. Because if you only devote one day to love, what are you doing all the other days? Happy Valentine's day everyone. Enjoy your goat-blood-red decorations.

Mason Dunleavy is a columnist for Dakota Student. He can be reached at mason.dunleavy@und.edu

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# Galentine’s Day

Show some love to the gals that are always by your side

Molly Andrews  
Dakota Student

Galentine’s Day, a holiday created by the wonderful Leslie Knope from Parks and Recreation. She is known for caring too much and smothering her friends with support and gifts. Knope created this holiday as a way to spend time with all the wonderful ladies in her life and celebrate friendship with them instead of a romantic relationship.

This holiday is all about celebrating with your girl gang and ditching the boys and drama just for a day.

Are you interested in celebrating Galentine’s Day?

If you are, there are some events happening in Grand Forks that would be perfect for a Galentine’s celebration.

Traditional Galentine’s Day is celebrated on Feb. 13, but there is an event happening on Feb. 12 that is perfect if your girl gang likes arts and crafts.

Brick & Barley Bar and Restaurant is hosting Brooke Flora for a Galentine’s Day Floral Workshop.

This is a guided

workshop that is perfect for spending time in a group, or just having some quality time with your best friend. You also get to keep the floral centerpiece that you create. Not only that, you can grab a bite to eat and have a couple cocktails.

The workshop is from 6 p.m. to 8 p.m. You can buy your tickets online through Facebook for \$65.

If you are looking for something to do on Valentine’s Day, Bully Brew Coffee is offering a “You and Me Cookie Date.” You can get a drink and pick of a cookie to decorate with your girlfriends.

Bully Brew Coffee has six different locations where this event will be taking place. Some that are in the Grand Forks area are on S. Columbia Road, S. Washington Street, and in East Grand Forks just across the bridge. This sweet event is happening on Feb. 14 from 7 a.m. until 5 p.m.

Are you busy during the week and looking to do something on Friday instead? Sorelle Due Boutique is offering a Galentine’s Day Shopping Experience.

This event is all about



Leslie Knope of Parks and Recreation, inventor of Galentine’s Day.

Photos courtesy of Flickr

treating yourself, and your girlfriends too. There will be some treats there as well as a discount. Everything purchased during the event is 10 percent off.

This event is on Feb. 15 from 4 p.m. to 6 p.m. The

location of this event will be posted the week of, so be sure to check their Facebook page to find the pop-up event.

If you are busy during these events, you can always plan your very

own Galentine’s Day and celebrate your girl gang. It’s as easy as watching a movie together or grabbing something to eat.

Most importantly, send some love to the girls that have stuck by your side no

matter what. They are the real keepers.

Molly Andrews is a A&C writer for Dakota Student. He can be reached at molly.andrews@und.edu

# Editor’s Choice

## Our Favorite Romance Movies

### A Walk to Remember

“A Walk to Remember is the OG of Nicholas Sparks books to movies. This movie is not only my favorite romantic movie, but it ties for my favorite movie of all time (tied with Breakfast at Tiffany’s) because of the pure heart-wrenching performance by Shane West and Mandy Moore. \*Spoilers ahead\* Moore plays a small town, teenage, bible-hugging girl who allows her faith to guide her through the death of her mom and her cancer diagnoses. She’s forced to help the resident bad boy whose community service is to star in the school play and the most iconic line in the whole movie from Moore is when she tells West “you have to promise not to fall in love with me,” and because this is Nicholas Sparks, he falls for her becomes a better man and then she dies. Thanks Sparks. West delivers an equally iconic monologue at the end as he looks out into the distant off a pier and says “I’ll always miss her. But our love is like the wind, I can’t see it but I can feel it. BRB SOBBING.”

Allyson Bento, *Editor-in-Chief*

### Love, Simon

“Love, Simon is the cutest movie I’ve ever seen- it’s a great Valentine’s Day watch if you’re looking for something cute, romantic, but also has a larger plot and story than just the romance. It’s a great watch for anyone, but especially for my fellow LGBTQ+ people or couples, as the story centers around the romance of two gay high schoolers, as they come to terms with their identities, and become comfortable with a romance unlike what they see normally in their town. It’s a roller coaster ride of emotions- Simon, the main character, starts writing to an anonymous boy at his school who is also gay, but when a bully outs both of them to the school without their consent, he loses his friendship. I don’t want to spoil too much, but in a thrilling, harrowing date proposal, he gets the guy and they all live happily ever after. 10/10 cute romance, 10/10 LGBTQ+ representation. 11/10 feel good!”

Maddie Two Crow, *Arts and Community Editor*

### Friends with Benefits

“The duo of young JT (Justin Timberlake) and Mila Kunis. I mean, it can only go up from there!! Friends with Benefits is a rom-com that is equal parts comedy and romance, which you don’t see too often. It’s a feel-good, binge-worthy movie that gets better every time you watch it. The movie will break your heart and then tape it back together, just as every good romantic comedy should.”

Madison Overby, *Sports Editor*

### The Longest Ride

“This movie is by far my favorite Nicholas Sparks movie (sorry Allyson). This movie is a cute mix between Southern Charm and Classic Romance. I am not a huge fan of romance movies, but this one gets me everytime. It is a feel-good movie that makes you want to watch it again and again. Yes, I will admit a tear was shed. A rodeo star falls in love with a sorority girl and there is a tragic event that brings them together. It is just like all the other romance movies out there, but for some reason this one is my favorite. I have never been a die-hard Nicholas Sparks book/movie fan, but this one is truly amazing and I will watch it forever.”

Megan Vogt, *Opinion Editor*



Photos courtesy of iStockphoto.com

All your Valentine’s Day movie needs covered.

### Silver Linings Playbook

“According to google, Silver Linings Playbook is a Drama/Comedy-drama, though for me it’s one of my favorite romance movies. My top reason is because, well Jennifer Lawrence is in it and coming from someone who owns every J-Law movie I might be a little obsessed. My next reason is because I’m not about overly romantic and perfect stories, so I enjoy how this movie uses its share of awkwardness, rough patches, and real human struggles that lead to a true connection being build. This movie also has some of the best quotes that you can use in your own relationships. My favorite one is when Lawrence’s character is reasoning with Cooper’s character and says, “There will always be a part of me that is dirty and sloppy. But I like that. Just like the other parts of myself.” Often we forget to love ourselves when we are in a relationship and tear the ugly and messy parts of ourselves down making it seem like we are worthy of less. But this moment in the movie shows that its ok not to be perfect and to love every detail about yourself in order to let someone else in to love you too.”

Trevor Alveshere, *Photo Editor*

### Dirty Dancing

“When someone asks me “what’s your favorite movie?” I always respond immediately with Dirty Dancing. This movie is simply just a feel good movie, it brings you back to 80’s and thrusts you into the drama of a secret love affair that was all stemmed from a scandalous dance routine. As the movie progresses we follow Johnny and Baby as they fall in love after Baby volunteers to help Johnny out as long as he would teach her the dance. As you watch you find yourself invested in their romance as they sneak around together trying not get caught. And let’s be honest who doesn’t love a movie with a kick-ass dance number to end it all.”

Madison Feltman, *News Editor*



# Less is more

## UND students like to keep Valentine's Day simple

Noah Sell  
Dakota Student

Before spending a small fortune this Valentine's Day, ask yourself if there is anything you can do that is more meaningful and doesn't break the bank. Upon speaking with a handful of other students, the answer to that question appeared to be "yes" more often than not.

With Valentine's Day coming up, I thought it would be beneficial to ask some other students about what their ideal Valentine's Day would be like and have them compare it to what their average Valentine's Day is like.

"My ideal Valentine's Day doesn't have to be anything special. I don't need any extravagant gifts or grandiose gestures, although I wouldn't complain if I received any. I see Valentine's Day as a nice reminder that my significant other loves me even through the trying times," Kyler DeLancey, a UND student said.

DeLancey is not the only student who would rather have a low key Valentine's Day.

DeLancey's sentiments are shared by Allyson Johnson, another UND



Photos courtesy of Flickr

Valentine's Day doesn't have to be expensive.

tend to do at Valentine's Day, they just go over-the-top and I'm not really someone who's for that so I'd rather just have a chill day at my apartment or house with my boyfriend and just watch a ton of movies and order take-in and whatnot. But people just like to go over-the-

to do something low-key and small with someone you love."

The opinion that less is more is not shared by everyone, however. Some people might be expecting more than just the presence of their significant other, like presents with a decent price tag.

"My ideal Valentine's Day: I'm just chilling at home, waiting for my husband to get home from work, while I'm just a stay-at-home mom, and when he comes back he brings one of those six-foot tall teddy bears. Then later, we have some spaghetti and then he gives me a box. The box just looks like there's just shoes in it so I'm like, 'Oh cool, I can always use more shoes,' but it turns out to be a puppy," Allison McGauvran, another UND student said.

Most students, however,

prefer the idea of a low key day with someone they love. Kia Isherwood, a UND sophomore who is of the "less is more" ideology, prefers the sentimental to the expensive.

"My ideal Valentine's Day date is going on a long drive and eating food in the car while listening to our favorite songs. My typical Valentine's is watching The Bachelor and eating candy. Either way, it's great being with my favorite person."

Student Tamara Ramirez also shared her desire for a simple Valentine's Day, whether she spends that day with a partner, or just treating herself.

"So, my ideal Valentine's Day is just a chill day at home, being relaxed, and spending it with the one I love. What tends to happen is I just do nothing and spoil myself, super simple," Ramirez said.

More people than you may expect are perfectly comfortable spending Valentine's Day doing something modest, such as going for a drive or watching a favorite show, while others might be expecting something that's more of an investment, like a pet. Either way, it's

possible to save a lot of hassle just by having a conversation with your significant other about how you both want to spend Valentine's Day.

Noah Sell is a A&C writer for Dakota Student.  
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"My ideal Valentine's Day doesn't have to be anything special. I don't need any extravagant gifts or grandiose gestures."

Kyler DeLancey, UND Student

student who said, "My ideal Valentine's Day is not doing something really high-key because I feel like that's what people

top and get chocolates and stuffed animals and cards, like cards are cute and whatnot, but you don't have to pay a lot of money

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Photo Courtesy of Meghan Janssen

The record-setting 4x800 relay team consisting of, from left to right, Erica Eades, Hannah Oscarson, Madison Overby and Meghan Janssen.

# A Record-Setting Weekend

Staff Writer  
Dakota Student

“Made *especially* for you.”  
That was the line on the box of chocolates that the winner of each event received on Friday and Saturday at South Dakota State.

The University of North Dakota track team headed to Brookings, S.D. this past weekend for the SDSU Indoor Classic. The meet was the largest of the indoor season, with some individual events having over 150 competitors.

The weekend was termed the “Conference Preview,” as all the top competitors in the Summit League were in attendance. It was the first time all of the Dakota schools were at the same meet all indoor season, which brought with it heightened nerves and adrenaline throughout the field.

“This meet was an eye opener for our team because all the Dakota teams from the Summit League were in the field this weekend,” Head

Coach Kevin Galbraith said. “Those are some of the best teams in the conference and it was a good preview of the Summit League Championship for our team.”

The first gun went off on Friday night, and the UND track team saw success in the, combined, 35 heats of the 200-meter dash. Freshman Moseeta Bodah took eighth overall in the event in a field of 108 runners.

The men also took away a lot of positives in the 200-meter dash, with two top ten finishes against 120 runners. Sophomores Oluwaseyi Aguda and Ethan Buckles finished fourth and ninth respectively.

Also on Friday night, UND went 1-2 in the women’s high jump with sophomore Erica Benson taking the event and Isabel Waite coming in second by attempts.

Sophomore Nick Krella was 0.01 meter off of the PR he set at outdoor conference last year and had a huge night, taking second in a strong field of men’s pole vaulters.

To cap off the night, juniors Madison Overby and Hannah Oscarson took first and third in the 3000-meter run. Overby ran a personal best time by 20 seconds to take home the win, as well as the top time in UND history. Oscarson also ran a personal best of almost 10 seconds to raise her standing to number four all-time at UND.

Saturday brought with it no shortage of excitement as well.

Senior Kyley Foster dominated the women’s

pole vault field for the win and built on her previously set school record. Foster also had attempts at a height higher than her outdoor track personal best, which was set last year in April. To see success this early in the season is very promising moving forward.

In addition to Foster’s record, the women’s 4x800 team won the event by almost 22 seconds. The team consisted of senior Meghan Janssen and juniors Erica Eades, Hannah Oscarson and

Madison Overby. En route to the big victory, the team broke the school record by five seconds.

“As far as records go this weekend, that’s a great indication of some of our athletes’ body of work this season,” Galbraith said. “This is the time of year you want to see those types of performances.”

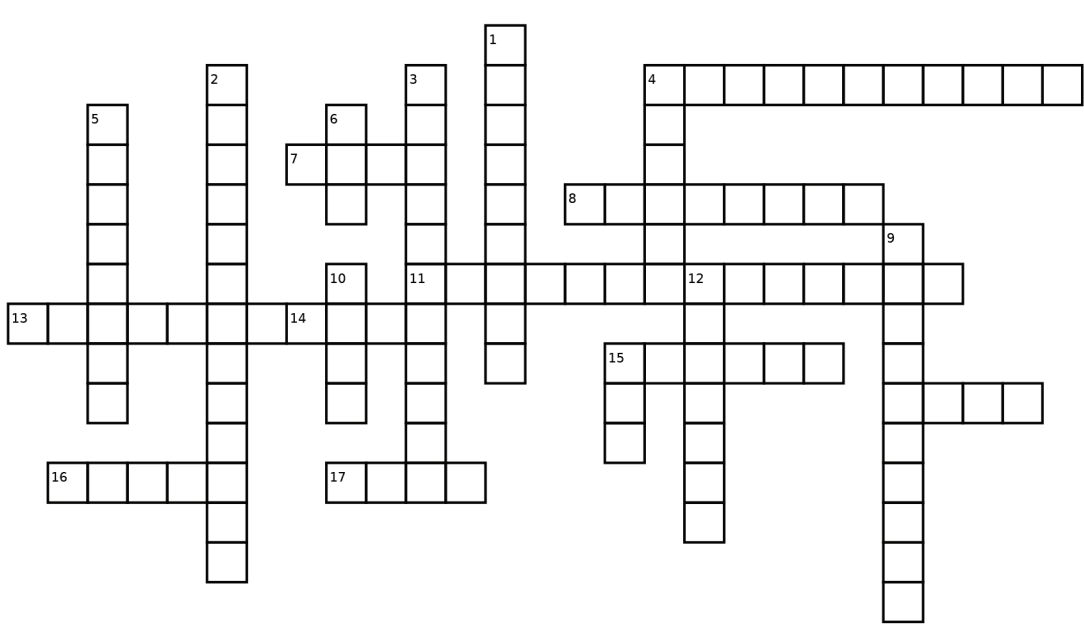
Although the meet directors may not have made the boxes of chocolates prepared especially for the Fighting Hawks, the team ended up bringing home four wins

in the stacked field.

UND is back in action at home in the High Performance Center this Saturday Feb. 15. Keep the Valentine’s Day spirits high and stop by to send your love to the track and field team. This meet will be the last competition before the Indoor Conference Championships in Brookings, S.D.

# TAKE A BREAK

## Valentine's Day



Down:

1. Hershey's Kisses
2. Day before Valentine's Day
3. Heart-shaped candy with words
4. Another word for Kiss
5. Valentine's Day month
6. Love is in the "\_\_\_"
9. Affectionate note
10. Hugs and Kisses
12. "Secret \_\_\_\_\_"
15. Valentine's Day Color

Across:

4. Roman Saint
7. "Be \_\_\_"
8. Will you marry me?
11. Nirvana Song
13. Beyonce
14. Holiday of \_\_\_
15. Movie Genre "Funny Love Story"
16. Shoots love arrows
17. Valentine's Day flower



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Kyley Foster clears the bar in pole vault.





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