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Dakota Student

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Armacost Named President

13th president of UND

Mason Dunleavy
Dakota Student

On Dec. 3., the University of North Dakota and the State Board of Higher Learning wrapped up their months-long search for the new president. Dr. Andrew Armacost has been named the 13th president of UND and will likely begin on or after June 1, 2020. The Presidential Search Committee had its first meeting on July 24, 2019, with multiple candidates in mind. The candidates were narrowed down to six people before they came to the UND campus and spoke with forums. Another meeting was held after the candidates came to visit, which narrowed the field down to three candidates. The three candidates were then interviewed by the Presidential Search Committee in order to determine the next president. After much deliberation, Dr. Armacost was named to be president of UND.

Armacost was thrilled with the announcement that he will be the next president. In his words, he was overwhelmed.

"I am completely and utterly overwhelmed. Earlier today, I was walking along and wondering what my future would be like at the University of North Dakota. And as we were just hustling back from meeting with the students, I found myself almost sprinting – sprinting with purpose, sprinting with excitement, sprinting knowing that I have this incredible opportunity to lead this fine University for many years to come," Armacost said.

After Armacost made his initial statement, he thanked Interim President Josh Wynne for his commitment to the university and his efforts to lead the university after the departure of former UND President Mark Kennedy.

"Furthermore, I thank Interim President Josh Wynne for his leadership of this institution. He stepped up in a major way. This is what leaders do when they're asked to step up and take an important role. He has done that. I know he's been a real breath of fresh air for the University, and he's done amazing work. I look forward to following in the footsteps of many great leaders and really making a differ-



Photo courtesy of Shawna Schill

Dr. Andrew Armacost has been named as the University of North Dakota's 13th president.

ence in the lives of people here in Grand Forks. So, thank you." Armacost said.

Many questions surrounded Armacost's start date as president. He insisted that he plans to start the move from Colorado Springs to Grand Forks and he's eagerly waiting to get started as president.

"So it's my pleasure to be a member of this community, to join the city of Grand Forks. And Kathy and I will make the journey to Grand Forks from Colorado Springs some point in the near future, and we're eager to get started and eager to get the important work of this University underway," Armacost said. "We're building on a proud legacy of many great leaders, great

educators, great students who have passed through the doors of the University. I'm proud to be part of it, and to be a member of the Fighting Hawks."

After the announcement that Armacost had been named president and after his initial statement, the press was open to ask questions. Most of the questions referred to start date and aspects of the University, but some anticipated questions were asked as well. When asked about his first year in office, Armacost explained the process at which he's going to interact with the community.

"I can guarantee you that it's going to be a lot of time and effort spent with people individually and in groups to under-

stand the issues they've faced, and how they think this University can grow and become even better. And this will consume a lot of time," Armacost said.

Armacost was also asked about his commitment to the University and how long it will stand. During the community forums, Armacost insisted that this was not a stepping-stone opportunity.

"I can't pick a number of years; but know that my commitment is a long-term commitment. I do not view this as a stepping-stone to other opportunities, but rather, I will live in the moment of leading this great institution and not looking forward to other opportunities," Armacost said.

Interim President Josh Wynne is expected to continue his work until Dr. Armacost can begin as president. The search was long but necessary to find the most fitting candidate for the presidency. Congratulations to the 13th president of UND, Dr. Andrew Armacost, and thank you to Interim President Josh Wynne for your commitment to the university.

Mason Dunleavy is the News Editor for Dakota Student. He can be reached at Mason.Dunleavy@und.edu

Paws For Mental Health

Therapy dogs visit UND

Brianna Mayhair
Dakota Student

Finals getting you down, stressed out from all that studying and appreciate dogs? Then the Wellness Center at the University of North Dakota has got your back! On Wednesday, December 11 from 2:00 p.m. to 4:30 p.m. the Wellness Center is hosting their De-Stress Fest. Come pet some fluffy therapy dogs while relaxing and playing games to help combat stress.

Health Promotion Coordinator Sonia Doulamis explained how the event is organized and why taking breaks from studying is important to your mental health.

"All the therapy dogs all come from the community," Doulamis said. "All the handlers are volunteers and we are really grateful because they are taking the time out of their day to help be a part of this event. It would not be the same



Photo courtesy of Unsplash

Students can participate in De-Stress Fest at the wellness center.

without them. We usually have four to six therapy dogs during our event to help the dogs

not become overwhelmed. All the dogs are properly trained for this event, but we just ask

you ask the handlers before petting them." Dogs are in the program

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because research has shown that interacting with them decreases stress in multiple ways.

"By having the dogs and being able to interact with them helps lower blood pressure, releases the hormone oxytocin which helps individuals feel calm and distracts them from studying or other troubles for a short time," Doulamis said.

Students are studying a great deal more than usual around this time, but taking breaks and resting is very important.

"Taking breaks help you clear your head from a physical aspect," Doulamis said. "Practicing yoga, going for a run, going to the gym or just simply getting up and taking a short walk away from your books has shown that students that take breaks end up performing better because they let their bodies reset compared to someone who studies constantly and doesn't take many breaks or any at all. Everyone takes breaks in different ways, but it is important to take one in whatever way you find best."

Taking breaks is important, but the key is

to recognize when you should be taking breaks.

"Everyone is different," Doulamis said. "Personally, I know many people who set alarms on their phones and studied for a couple hours and took 15-30-minute breaks and others that study around an hour and take 10-minute breaks. The key is to not take too long of a break or else the motivation to study is lost. It is also helpful to switch subjects after studying one for a couple hours to help stay focused when studying."

Finals can be stressful for students as well as faculty members since

the holidays are right around the corner. Controlling stress levels is important not just for students, but for the staff members on campus.

"A lot of people tend to get overwhelmed with finals with the end of the semester getting really busy and that holds true for anybody," Doulamis said. "Whether you are a student, or you work full-time, people that might not have as much stress should be mindful of other people's stress and how they are acting. Don't be afraid to reach out to them and make sure they are handling their stress in a healthy way."

If you or anyone you know may be having problems with stress or any other issues, contact the University Counseling Center at 701.777.2127. Office hours are Monday-Friday 8:00 a.m. to 4:30 p.m.

Any questions concerning PAWS for Mental Health email Sonia Doulamis at sonia.doulamis@UND.edu.

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Thanksgiving Snowstorm

What the snow costs the community



Photo courtesy of Unsplash

Parts of North Dakota and Minnesota were hit with inches of snow during the Thanksgiving break.

Cortnie Cottrell
Dakota Student

Over Thanksgiving break, a snowstorm hit North Dakota that forced portions of Interstate 94

and Interstate 29 to be closed. The North Dakota Highway Patrol said they had helped at least 50 stranded vehicles. Eight inches of the snowstorm fell on Grand Forks. This

left a lot of work for the city of Grand Forks and their snow removal team to clean up.

When a snowstorm hits Grand Forks, action is taken immediately and sometimes even before the flakes start falling. The Public Works Operation director, LeahRae Amundson, described the process.

"We provide for brine application ahead of storms dependent on temperature," Amundson said. "The brine application is most effective in early and late winter, and it is used to prevent ice and snow from sticking to the roadways and building up over the winter season."

In simpler terms, the brine application is a type of different salting techniques. The three techniques to this application are anti-icing, de-icing and pre-wetting. All techniques are implemented by the city of Grand Forks to help ensure resident's safety while traveling.

Traveling during a snowstorm is dangerous but common, especially around holiday seasons. However, the city of Grand Forks Public Works Operations encourages residents to consider dangerous conditions such as low visibility and limited access to safe roads.

The City of Grand Forks

has a system for plowing roads when a snowstorm hits. Their first actions are to clear main roadways after a storm. The goal is to ensure that emergency vehicles can get around and get to residents if needed. The next goal is to open secondary roadways up, then they move into the residential areas. In regard to the Thanksgiving snowfall, they made one pass through all residential to provide pathways for the neighborhoods, then returned on to maintenance day to clear snow curb to curb.

With all this snow moving and removing, the city has calculated that on average a snowfall costs the City of Grand Forks approximately \$20,000. However, it does vary depending on snow amounts and duration or concurrent events. Because of the hefty price tag of an average snowfall here in Grand Forks, the City recommends residents to give the plows and equipment plenty of room, allow extra travel time and maintain a safe following distance. Carrying out these few safety tips should help prevent accidents and therefore, allow for snow removal to be done in less time, resulting in a less expensive snowfall for the city.

"Even though school did not get cancelled on

that following Monday, I think it should have at least been delayed a few hours," Emily Veronen, a UND student, said. "Coming from Minnesota, where the snow accumulated to even more than here in Grand Forks, I contemplated skipping class on Monday to take that day to drive back. Ultimately, I think UND should have called classes off on Monday, considering a good portion of their students are from the Minnesota-Wisconsin area."

Looking ahead, is the snow here to stay? Yes, according to onlyyourstate.com, as far as winter precipitation goes, they are claiming it will be above average with cold drops and the most frigid temperatures of the country. So break out your mittens and scarves and make sure your snowblower works because Grand Forks is going to be a winter wonderland.

Cortnie Cottrell is a News Writer for Dakota Student. She can be reached at Cortnie.cottrell@und.edu

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The Power of Social Media

Megan Vogt
Dakota Student

Social media has taken over the internet as we know it. It has brought a source to connect and interact with people that we once knew. If it is an old college roommate or a high school sweetheart. It is something that I think we can all agree has changed our worlds. However, it differs from each individual to determine if it is a positive change or a negative change.

According to Emarketer, 90.4% of Millennials, 77.5% of Generation X, and 48.2% of Baby Boomers are active social media users. This shows that Millennials are the most active, therefore the most impacted by social media.

Often times we get caught in the trap of thinking that being engaged in social media will help with our social lives or being liked. However, research is showing that this is not the case. I know I am constantly catching myself mindlessly scrolling through social media. I sometimes accidentally catch myself going back to Instagram because I don't remember if I scrolled through it already or not. I know I am not the only one.

I think about the amount of time I spend on social media and how I could easily avoid staying up until 2 a.m. because I procrastinated homework yet again. I think that there is an aspect that all of us college students can agree that social media has hindered our ability to stay focused.



Photo courtesy of Unsplash

Are you monitoring your screen time?

"National Centre for Biotechnology Information claimed that the average human attention span has dropped from 12 seconds in 2000 to 8 seconds in 2013 (just one second below that of a goldfish)," mytutor.co.uk said.

When people say they have the attention span of a goldfish, they are not kidding. I think this has to deal with how young kids are having screens placed

in front of their face.

Mytutor.co.uk recommends that less time multitasking with social media and doing other tasks may help with increasing the average attention span. They recommend the following:

1. Not using phones at the dinner table
2. Read a book instead of watching Netflix or Disney + during relaxation time.

3. Use the Parental Control setting on your phone to allow only a certain amount of time for a certain task. This can help prevent mindless scrolling.

I know that I am guilty of comparing my life to others because of their "social media happy" look. I often times catch myself thinking "if I looked like this, I could..." "If I had this, I would have..." I think in the end, I need to remem-

ber that I am me and there is no one else like me. I think that we work together to change the mindset of social media, this outlook can change.

I know there has been a rumor going around that Instagram was taking away showing the number of likes being shown to the public. While there has been some major backlash, I think that this is a good idea. It allows people to

stop fishing for likes and post what they feel happy about. This can help create a better, more positive mindset for social media and the impact it has on us, especially the younger generations.

Megan Vogt is the Opinion Editor for Dakota Student. She can be reached at megan.vogt@und.edu

Living Life to The Fullest

Changing the way you see things

Madison Feltman
Dakota Student

Every morning when I hear the tone of my

alarm, I immediately groan, roll over, and yank the covers up over my head. After some more moaning and groaning,

my feet hit the floor and it's time to start my busy day of work and exams. As soon as I am out the door I find myself mum-

bling "I can't wait for tomorrow to come."

We all in some way or another, yearn for tomorrow or what the fu-

ture has to bring, yet some of us never get the chance at a tomorrow or a future.

The truth is that no one is guaranteed to wake up the next morning and I know that first hand, it was around this time last year that I lost my young cousin to a car accident, and a couple of years ago that I lost my best friend to one as well. They were both so young, with very bright futures ahead of them, they both made plans to wake up the next day or more importantly they made plans for the future.

When I lost them I grieved differently, I didn't simply grieve their loss, I grieved more for their futures and the part of their futures that included me. I often find myself lost in thought when I imagine what today would be like if they were still with us. The one thing that keeps me moving on with my life is the message that comes from losses like these: live each day as if it was your last.

When I say live each day as if it was your last, I don't necessarily mean to drop out of school to travel the world, skydive, and to go bungee jumping off The Golden Gate Bridge, I mean live life to the fullest.

Don't moan and groan when you hear your alarm go off, take a deep breath and smile simply

because you are alive. Work hard in order to accomplish your dreams for the future. Cut ties with the negative things in your life that slowly drag you down. Cherish those that are a part of your life, strengthen relationships that have become weak, make new ones, and remember those you've lost.

Don't let the small things such as bad grade or a snarky comment break your happiness. Do things for yourself, get your nails done, buy that cute pair of shoes, and take a day or two off of work.

Always remember to say 'I love you,' never hold a grudge, tell your crush you like them, forgive, and be happy. Most importantly find ways to impact others, give every person you meet a reason to remember you.

You only have one life to live, we are not given an expiration date, and we may never know what day will be our last. Take the time to make sure that you are living each and every day to the fullest, recognize the future and work towards your goals.

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Photo courtesy of pixabay

College is Tough

But so are you!

Megan Vogt
Dakota Student

I remember sitting in my AP Government class and my teacher made our tests extremely hard and he had a TON of written essay type exams. He always told us that college professors were harder. I think that class has been the hardest class I have taken, and I was a senior in high school.

Seniors in high school have these mindsets that college is all about class and classes are extremely difficult. They find a way to create this fear about failing a class and going from an A student to a C student, and thinking that they are a failure. High school tries to prepare you for the intensity of college courses, but there is so much they are not preparing you for.

College students face trials that they never anticipated having. The mental drain of moving away to a new city, potentially a new state, causes a stress that not many students have felt before. The thought of making new friends or potentially thinking they haven't made friends, they never will make friends, is a new concept. Most freshman have had these friends or known people at the school they attended for years. They grew up together, they know the hard times that you've been through, they know you from your elementary school days.

You come to college and you know nothing



"Take a breath and remember where you came from and how you got here!"

about someone expect their name and their major. You don't know how to study effectively or how best to study for yourself. Stress management could have been executed through sports or long drives, but how do you effectively manage stress in college? These things are subjects and ideas that need to be addressed in college as a way to help their students transition into this crazy, real world.

Often times, freshman think that they are alone or do not know how to navigate through these new emotions. This way students can feel confident in themselves come times like now...finals week.

Finals week is stressful despite your age and how many years you have been in college. Here are some tips and tricks to remember to breathe and kick these finals in the butt:

1. Eat healthy, but don't forget to treat yourself in moderation

2. Sleep! You are more likely to do better on an exam with a good nights rest rather than pulling an all-nighter

3. Treat yourself to lunch off campus before your final. By getting away from campus, you are able to enter your final with a clear mind and better ability to do better because you are not stressing yourself

out as much.

4. Find a good space to study! If you can study with background noise, check out archives or starbucks! If you need a silent space to study, check out the newly renovated library and their study spaces (it is really nice in there)

5. Don't forget that grades do not define you as a person. You are incredible and your final grade does not grade you as a person.

Photo courtesy of Unsplash

College is tough, but so are you. You have got this! Take a breath and remember where you came from and how you got here!

Megan Vogt is an opinions writer for Dakota Student. She can be reached at megan.vogt@und.edu

Find A Penny

Madison Feltman
Dakota Student

I can almost guarantee that you have heard the saying "find a penny pick it up and all day you'll have good luck." Growing up, I lived by this whenever I would spot a penny I would rush to pick it up and hold it in my pocket for the rest of the day.

Still to this day I find myself chasing after pennies but for a completely different reason, that reason being one that you may have never heard of. After my grandmother had passed away, I received a mes-

sage that I will hold in my heart the rest of my life, it goes something like this.

"I am like a penny. Not a bad one, a very bright one. Remember, my darling children, I'll always turn up. Whenever you find a penny anywhere in the years to come, you pick it up and say 'there's my loved one.' Here's a penny, take it. It is the first of many. Keep it for luck, dear hearts. In time you will have a thousand reminders that I'm telling you how much you are loved."

Before, I always have chased after those lucky pennies but every once

and a while I would simply pass one by. Today when I spot a penny, I never fail to pick it up, and the smile never fails to reach my face. Whether I am having a terrible day or I'm on top of the world, that penny still means the same thing, that although I can't see those who I love in heaven, they are looking out for me.

I am sure you can discount these findings by saying that everyone drops change here and there or that you never know where it came from. This is most likely positively correct, but that doesn't change the

feeling you get when you find one.

Over the years I have lost many important people in my life and I have found that with each loss I find more and more pennies. I have found pennies on the sidewalk or my bedroom floor, but I have also found pennies in the shower, tucked underneath a pile of clothes, or in a place that I walked by a million times an hour.

There have been many memorable times I found pennies that strengthen my belief such as the time that I was preparing to move away to North Dakota. I had loaded the

car and triple-checked my list to make sure I had everything, but my mom, of course, had asked me to look in my room one more time in case. As I opened the door, there on the floor of my immaculate bedroom was a penny. I had just walked out and there was nothing there, I remember picking it up with tears in my eyes and gave it squeeze to let Grandma Evelyn know I got the message.

I have countless stories regarding how and when I find these pennies that I could choose to write about for hours, but I won't bore you. I have

a rather large jar of all of the special pennies I have found and it grows everyday just as my love for my guardian angels does.

Next time you find a penny, pick it up, give it a squeeze, you never know who it might be from.

Madison Feltman is the Editor-in-Chief for Dakota Student. She can be reached at madison.feltmen@und.edu

Pick it up

Trouble connecting to web pages while on UND Wi-Fi?

We know it can be frustrating not being able to access what you need.

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1. Connect to the UND network
2. In a browser, navigate to network.und.edu or wifi.und.edu
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UND Winter Wonderland Dinner Celebrating the season with a nice meal

Madelynn Deshler
Dakota Student

I walk up the stairs of Wilkerson and am greeted at the top by a large blown-up smiling snowman holding a candy cane. The sounds of laughter and conversations, and the clanging of dishes fill the air. I take in the savory smells that drift towards me. A large table with a plethora of food lays behind the entrance to the dining center. Once I get checked in, I am embraced by the holiday spirit. Specifically, I am embraced by UND's Winter Wonderland Dinner: an evening of food, activities and celebration.

The Winter Wonderland Dinner festivities began at 4:30 p.m. on Dec. 5 and went until 8 p.m.. It was hosted by the UND Dining Services, but the UND Housing Office planned a large majority of the evening's events.

Students and staff had a variety of food options at this dinner. An assortment of vegetables, specifically labeled as crudité, and salad were available, as well as a beef sirloin roast, cranberry pecan wild rice pilaf, and quinoa breaded shrimp. These are just a few of the many food items that were offered at the dinner. To go with the food, they created a holiday sparkling punch. And lastly, to finish off the meal, a pineapple upside down cake and a Black Forest Bundt cake were available.

Once students piled up their plates with food, they entered the dining area where they were greeted by even more holiday spirit. Resident's Assistants (RAs) were walking around with antlers on as students tried to throw rings onto the stems of the antlers. If students were successful, they received raffle tickets that they could use on gifts



People participating in games during Winter Wonderland

in a white elephant gift exchange. Blown-up penguins in the shape of bowling pins were set up near the back windows, and a white "snowball" was used as a bowling ball to knock them down. Students also had the opportunity to find their inner artist as they

used a variety of paints to decorate ornaments.

"It's really great to have something like this at this time of year, especially because of the stress we students are undergoing from finals right now," Breanna Dallum, a UND student, said. "It's also a nice holi-

day vibe before a lot of students head home for winter break."

Winter break is the first big break that the students have since the fall semester began. Therefore, after spending months together, the dinner gave many students the opportunity to

meet up, potentially one final time, before finals take over and before they go their separate ways for the holiday season.

William Candia, the residence life coordinator of the Johnstone/Walsh complex, was also present at the dinner. He discussed how he and the other RAs from the Johnstone/Walsh complex concluded to call it "Winter Wonderland" because they wanted to be mindful and respectful of everyone's traditions and beliefs.

Despite the many different meanings that the holiday season takes on,

the UND Winter Wonderland Dinner was a perfect celebration for all students to participate in.

If you missed out on the opportunity to attend the Winter Wonderland Dinner, UND Dining Services and the UND Housing Services will be hosting a similar event, the Moonlight Breakfast, this Thursday, Dec. 12 from 10:00 p.m. to midnight.

Madelynn Deshler is a staff writer for Dakota Student. She can be reached at madelynnedeshler@gmail.com

"It's really great to have something like this at this time of year, especially because of the stress we students are undergoing from finals right now."

Breanna Dallum, UND Student

Editor's Choice

Find out our favorite Holiday movies!

Madison Feltman- Editor-in-Chief

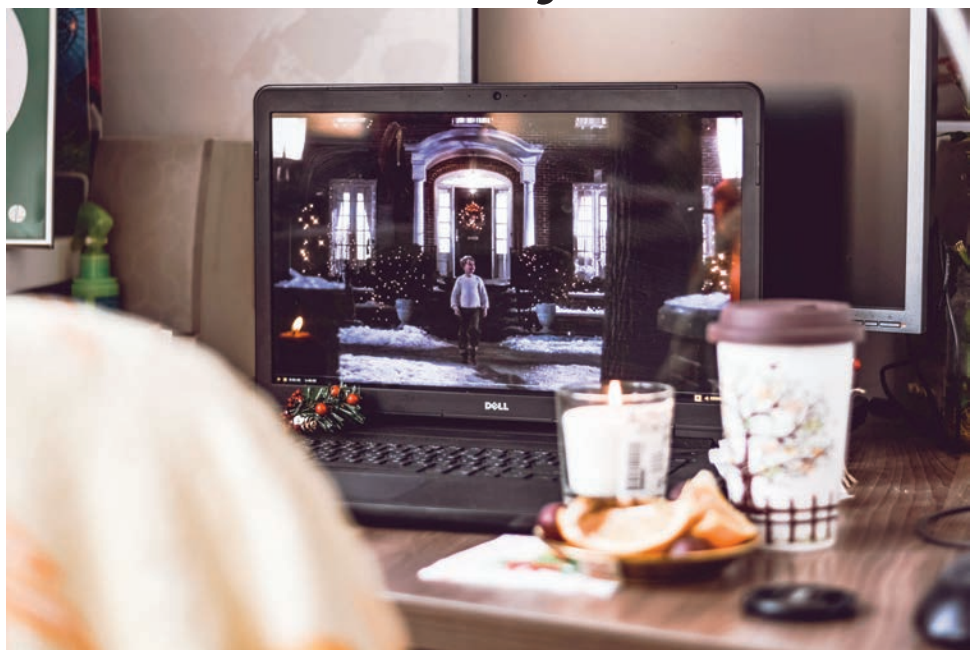
When I think of Christmas I think of being together with the ones you love and traveling to get there. Growing up we had long car trips to our grandparents for Christmas, which usually included watching movies along the way. One of my favorite movies to watch was Jack Frost, it was the tale of a family who experiences a tragedy as the father (Jack) passes away traveling home for Christmas. Charlie, Jack's only son took the loss hard, a year after his death Charlie built a snowman that magically

Molly Andrews- Arts and Community Editor

My favorite Christmas movie is The Polar Express. I watch it at least 5 times during the month of December because I feel like it gets me in the mood for Christmas. I like that it is filled with the idea of Christmas spirit, but I also like that it shows the importance of giving and friendship. Yes, it has the main theme with Santa and going to the North Pole, but the deeper meaning is believing in something, whether that be Santa or friendship. Another part that I like is the music. I am a sucker for some singing in the movies so I feel as though that is the cherry on top.

Madison Overby - Sports Editor

My favorite Christmas movie has got to be Christmas Vacation. Every time I watch it I catch another one-liner, which seems impossible because I'm sure I've seen it a thousand times. And fear-not, although it's not your classic cheesy Christmas movie, they still manage to throw some Christmas spirit and family-conquers-all messages at you. So even for the sappiest of movie-goers, it manages to strike a chord...if you can see through your tears from laughing so hard.



Courtesy of Unsplash

What's your favorite Christmas movie?

Megan Vogt- Opinion Editor

My favorite Christmas movie is Polar Express. I love the hot chocolate scene. With the dancing and the outrageous joy! The hope and love in the entire movie is just amazing. It allows for children to be kids and adults to enjoy the magic around the Christmas and holiday season. I enjoy watching this with my mom and my sister throughout the Christmas season.

Mason Dunleavy- News Editor

I watch Home Alone around Christmas time to get in the mood for the holiday season. Not only does it have a holiday cheer to it, but some of the scenes still make me chuckle, especially when the Wet-Bandits mutter to themselves after Kevin outsmarts them.

Is Santa Everywhere?

The different versions of Santa around the world



Photo Courtesy of Unsplash

The idea of Santa is celebrated differently throughout the world.

Olga Kopp
Dakota Student

"It's beginning to look a lot like Christmas everywhere you go..."

It is almost the end of the semester, which means that Christmas is coming! As Michael Buble sings, Christmas is everywhere you go. Everyone is in a holiday mood, and many people have different ways to prepare for Christmas. Some people are buying Christmas gifts for their loved ones and decorating their houses, while others are listening to their favorite Christmas music and making the list of ingredients for Christmas meals.

These are all good old-time traditions that everyone follows every holiday season. People are familiar with Christmas holiday routine, but what is the Christmas without a Santa Claus?

Santa is one of the most powerfully enduring of all cultural symbols and the most beloved. We call him Santa, Saint Nicholas, Kris Kringle, Sinterklaas, Father Christmas and many other names.

He brings us gifts and a holiday joy, and we are rewarding him with a glass of milk and cookies. "He sees you when you're sleeping and he knows when you're awake. He knows if you've been bad or good."

Clearly, Santa knows everything about us, but what do we know about him?

Many of us know that Santa Claus lives in the North Pole, where he and his elves toil throughout the year making toys and other gifts. We also know that he has a magical jingling sleigh and reindeers. We do not know, however, the real history of Santa Claus.

Santa Claus has taken numerous forms throughout the course of a rich history that dates back almost two millennia.

The modern Santa Claus grew out of traditions surrounding the historical Saint Nicholas, the British figure of Father Christmas, and the Dutch figure of Sinterklaas. Some maintain Santa Claus also absorbed elements of the Germanic god Wodan, who was associated with the pagan midwinter event of Yule and led the Wild Hunt, a ghostly procession through the sky.

Many grown-ups do not believe in the existence of Santa Claus, and think that he is a mythical creature, however, you should wait before making any assumptions or you might regret it.

What if I told you that Santa Claus did exist? Continue reading, but be aware that there is a chance that you will start to believe in Santa again!

Most stories suggest that history of Santa Claus started from Saint Nicholas. You may ask, "Who was Saint Nicholas, and why and how did he evolve in our consciousness to Santa Claus?" And I will tell you what I know about him.

Saint Nicholas was born in the town of Patara, in Asia Minor in March of 270, and was said to be saintly - in the Christian estimation - from infancy. He grew up to be not only a good boy but actually a great one, legendary generous. He would put coins in the shoes of the less fortunate who might leave the footwear outside - a practice that is still exercised today in many lands on December 6, which is Saint Nicholas' Christian feast day - and he eventually became known as Nicholas

the Wonderworker. Official sources describe Saint Nicholas as bright as well as devout and serious. He was very religious from an early age and devoted his life entirely to Christianity. Thus, Nicholas became Bishop of Myra in Lycia on the coast of Asia Minor.

But let's come back to the connection between Santa Claus and Saint Nicholas. There is one tale that makes its way to our time having been told over and over again. It is related to the legend of coins in shoes, which is a story that many people believe.

Nicholas came to know a poor man with a large family. The man had three daughters who were very intelligent and altogether companionable. There was no man, however, who would marry any of the daughters because the father could not provide a dowry. The father grew saddened, the daughters despondent. Then, for three nights in December, Saint Nicholas passed by the family's house and threw a bag of money through an open window. Each girl now had a dowry, each of them married, and the legend of the future Saint Nicholas as a secret gift giver.

Now, does this story sounds familiar to you? Saint Nicholas is giving free gifts like Santa Claus does. Saint Nicholas threw his gifts through an open window, while Santa throws gifts through a chimney. Does any of this seem similar?

It would be important to notice that Saint Nicholas was not only a gift giver, but he also helped the poor. He was a person who saw bright futures for the young, inspiring them to always be their best. After his death, Nicholas was credited with having performed many miracles. He was beautified and ultimately came to be considered, in various Christian traditions, the patron of sailors, merchants, travelers, bakers, scholars, repentant robbers, possibly repentant pawnbrokers, archers, Russia - but most important, of children. He became famous throughout the world, and by the Middle Ages traditions were springing up that were associated with him.

Saint Nicholas's feast day, as noted, came to be celebrated on December 6. In many European countries this became a day of celebration and gift giving.

December celebrations of wrapping up the bygone year as if with a beautiful bow, bringing joy and light in the darkening days - had dated to the Roman Empire and even before: the bawdy "saturnalia," to put a less wholesome phrase to it.

It's easy to see how the confusion with Nicholas started, with the saint having an annual day in his honor - during which gifts were exchanged - and the great elf from the North Pole beginning to make his surreptitious visits in the same season. It becomes even more of a muddle when we embark on a little tour of various "Santas" in other lands.

Indeed, the confusion never ends. I guess that's why we call it magic.

Santa Claus is generally depicted as a portly, jolly, white-bearded man - sometimes with spectacles - wearing a red coat with white fur collar and cuffs, white-fur-cuffed red trousers, red hat with white fur, and black leather belt and boots and carrying a bag full of gifts for children. This image became popular in the United States and Canada in the 19th century because of a picture drawn by a cartoonist named Thomas Nast.

Did you know that not every country has the same image of Santa? In some countries Santa is skinny while in other countries he is overweight. Also in some countries, Santa wears green, or blue while in other countries he wears red.

Santa Claus has many names across the world.

In Spain, for example, children receive gifts from the three Reyes Magos (three Wise Men). In the days leading up to El Día de Reyes, children in Spain, Mexico, and other Hispanic countries will write letters to their favorite magi - Melchor, Gaspar, or Baltasar - asking for gifts. That night, children leave out sweets for the magi and hay for the camels they ride on, and place their shoes where the magi will spot them. The next day, the offerings will be replaced by presents.

In Germany, children are fearful of Krampus: the demonic being that whips and kidnaps children who have misbehaved.

In the United Kingdom, Santa has a name of Father Christmas. Although you will see the more popular, red-suited version of

Santa on Christmas in the UK, the traditional British Father Christmas wears a hooded green cloak, a wreath of holly or ivy, and carries a staff.

In France, they call him Père Noël who has his own Christmas traditions. He wears a long red cloak instead of a red suit, and children leave their shoes by the fireplace, hoping that they will be filled with goodies after mass on Christmas Eve. Père Noël also traditionally travels with a not-so friendly companion called Père Fouettard, or "the whipping father," who spansks any children who have not behaved well throughout the year.

In Russia and Ukraine, people are celebrating New Year's Eve in the same way as we celebrate Christmas. There, they call Santa as Ded Moroz (translated as Father Frost), who is a figure of Slavic mythology. Father Frost usually wears a long red or sometimes blue cloak instead of a red suit. On New Year's Eve, he travels all over the Slavic region, mainly in Russia and Ukraine, carrying gifts for children with his cheerful companion, his granddaughter Snegurochka the Snow Maiden.

Tomte or Jultomten is a creature based in Swedish folklore. Traditionally a dwarf-like being with the appearance of a garden gnome, the tomte guards farmhouses from bad luck. Although he was originally associated with the devil, the tomte legend has in modern times become conflated with Santa Claus. On Christmas, an adult family member will dress up as Jultomten - complete with a face mask - and ask "are there any good children who live here?" before distributing his sack of presents.

The Nissen or Julenissen in Norwegian folklore are very similar to the Swedish Jultomten. Known as Christmas pixies or Christmas elves, the Julenissen were traditionally barn devils who would act as spirit guardians over farms. Today, Julenisse comes from the North Pole and give gifts to little children on Christmas, just like the iconic version of Santa Claus. Unlike Santa, Julenisse wears grey clothes and usually has a grey beard instead of a white one.

Sinterklaas is the Dutch version of Santa Claus who most resembles St. Nicholas,

the patron saint of children and inspiration for the modern Santa Claus legend. Sinterklaas comes riding into town on a white horse, wearing a tall, red bishop's hat and a jeweled staff. He knocks on doors and brings gifts to good children, while his companion, Grampus, rattles chains at naughty children and threatens to kidnap them.

In China, only about one percent of people are Christians, so most people only know a few things about Christmas. Because of this, Christmas is only often celebrated in major cities. In China, Santa is known as 'Sheng dan lao ren,' which means Old Christmas man. Chinese Santa Clause looks very similar to an American Santa Claus.

Joulupukki, also known as the Yule goat, has been nicknamed the Finnish Santa. Before globalism naturally combined traditional Scandinavian customs with modern-day Santa Claus, the Yule goat was a malevolent spirit associated with the Norse god Odin who knocked on doors and demanded gifts and leftovers from the Yuletide feasts. Nowadays, Joulupukki still goes around to each house, but will instead inquire, "Are there any well-behaved children here?" and hand out presents. He drives a sleigh pulled by reindeer that does not fly.

As you can see, Santa Claus has a rich history, and he has different names and images across the globe. One thing that we should know about Santa Claus is that no matter how he looks, no matter how many names he carries, he is a symbol of Christmas who have the same mission throughout many years - he brings a holiday spirit into our homes.

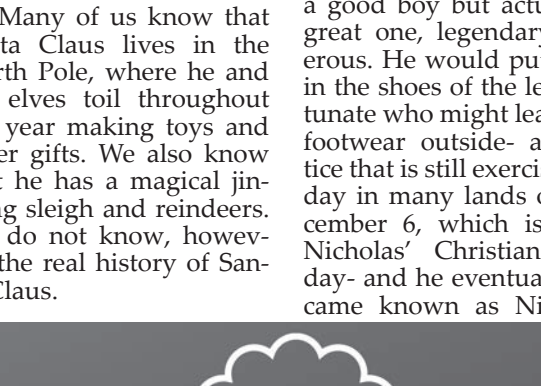
This Christmas, remember to leave out a plate of cookies and wait for Santa's visit!

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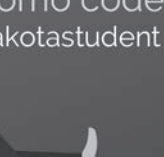


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Hawks Fall to Montana 77-70

Filip Rebraca's double-double isn't enough to lift Hawks



Filip Rebraca back on defense for UND.

Caitlin Collins/Dakota Student

James DeArman
Dakota Student

The University of North Dakota men's basketball team continued their trek zig zagging across the country. This time their travels took them to Missoula, Montana to face the Big Sky Conference favorites, The University of Montana Grizzlies. The Hawks gave the Griz a run in this contest as they kept the game close for the majority of the game before Montana put it out of reach late in the second half securing a 77-70 win.

UND began the game with a very poor performance in the turnover cat-

egory as in the first half alone they registered 12 turnovers of their 17 total on the night. They say you can not win a game in the opening minutes of a game, but you can certainly lose one.

The Hawks did not let this hold them back as they were able to grab their first lead of the contest halfway through the first half.

Marlon Stewart lead the way in the scoring column once again as the senior guard from Rock Island, Ill. finished with 19 points. Stewart missed his third straight 20-point game by just one in this contest. Shooting only 38 percent on the night Stewart

collected seven points from the line in this contest and helped to give UND a shot late in the game.

The Hawks kept fighting in this one and never let the Griz out of their sights as it seemed every time Montana made a run, UND was right there behind them. To begin the second half, Montana was able to extend their lead to eight points. However, just like earlier the Hawks were able to reel them back in to make it a tie ball game again.

With a tie game halfway through the second half, this was where Montana made their move that UND wasn't able to fol-

low, going on a 9-1 run to make their final lead insurmountable.

Montana playing an old school style of basketball, only attempted five three-pointers on the night as opposed to North Dakota's 22. Both finished with 40 percent from beyond the arch. The Griz were lead by a pair of guards that each finished with 20 points on the night. Senior guard Kendal Manuel showed his experience and poise in this contest finishing a perfect 10-10 from the charity stripe.

Montana's best player, Sayeed Pridgett showed up again on Friday night. Pridgett finished with 20 points and seven rebounds. The senior from Oakland, California is

leading the Griz in every major statistical category this season and has been the most important member of their squad in this young season.

Filip Rebraca continued his hot streak for the Fighting Hawks. Rebraca finished the game with 14 points and 12 rebounds. This capped off his sixth double double of the season. The team leader in points, with 15.2, and rebounds, with 9.5, the Serbian has also been the Summit League's best shooter and will need to continue to impress to boost the Hawks chances this season.

After this game the Hawks fall to 4-6 on the season, hovering around the bottom third of the conference standings. UND

will have to take better care of the ball in their upcoming contests if they want to start making their way up the conference leaderboard.

UND will conclude their road trip with a trip to Cheney, Washington to face the 4-3 Eastern Washington Eagles on Sunday night. UND will have to contain the Eagles own double double machine in Kim Aiken Jr. if they want to take the victory. North Dakota will return home on Dec. 17 to face Northland College at the Betty Engelstad Sioux Center.

James DeArman is a sports writer for Dakota Student. He can be reached at james.dearman@und.edu

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Kienan Walter consistently controls the play for UND.

Caitlin Collins/Dakota Student

UND Rolls Past Gophers and Broncos

Men's hockey continues season with 13-game win streak

Patrick Mulvahill
Dakota Student

The North Dakota vs. Minnesota hockey series is one that dates back to the 1948 season. This match-up is a 70-year rivalry filled with blood, sweat and pure hatred between these two teams when they hit the ice. Season records aside, this rivalry continues to be a hard-fought battle regardless of who has the more talented team.

The overall record between these two teams is 130-121-11 in the Gophers' favor.

Thursday night:

UND headed into the weekend at 10-1-2, on a nine-game winning streak. This was their first road series of many to come following their home series stretch to begin the season. The first period began in a shootout form as four goals were notched.

The game started off with a Kawaguchi goal, as Mismash pick-pocketed a Gopher defenseman coming out of his own zone, they went in on a quick 2-on-1 and Kawaguchi went top shelf.

Next, Tychonick found Weatherby on a quick one-timer to make it 2-0. Gophers freshman Meyers answered quickly with an impressive cut to the middle move and a stuff to make things 2-1. With a minute left in the period the Fighting Hawks were on the powerplay, as Captain Colton Poolman unleashed a bomb from the point to put UND up 3-1. The second period began with a burst of speed from Kawaguchi as he rushed up the middle and snuck a puck bottom left to make it 4-1.

Shortly after, Gophers Jack Perbix found the back of the net as a puck

bounced out front perfectly on his blade to make it 4-2. Mismash found the back of the net at 15:27 to put UND up 5-2 on a loose puck in front. Blaisdell carried the puck into the zone and sauced one backdoor to Pinto to make things 6-2. At 3:47 Nanne made a no-look drop pass to Raanta for a one-timer out front to make it 6-3.

The game finished up in similar fashion, closing out Thanksgiving night with a 9-3 win for UND. Gophers fans shook their heads in despair, while the UND fans in attendance took to celebration.

Regardless of who people were cheering for, no one would have predicted the intensity of the Friday night game.

Friday night:

After the huge win the previous night, UND was not looking to let up the brakes by any stretch. However, the game started off with a quick goal from the Gopher Tyler Nanne on a short side shot.

It was quickly answered as UND's Caulfield fed Pinto out front for a nice tap in goal from the slot. Next came a goal from Jasper Weatherby from a scrum out front and a puck that found his stick at the perfect time.

Seven minutes later, Kawaguchi found the back of the net as he redirected a shot from the point from Kierstedt to make it 3-1. The next goal came late in the third period as the Gophers were on the powerplay, McLaughlin kept the puck in and fed Walker who found Ben Meyers for the goal.

It was not enough for the Gophers, as they came up short in the end. UND used the power of UND fans, who may have outnumbered Minnesota fans

at Mariucci Arena, to pick up another win and finish off the sweep in Minneapolis.

This Weekend:

UND heightened their win streak to 13 wins after gliding by a No. 17-ranked Western Michigan. Friday night, UND struggled past Western Michigan as Scheel stopped 41 shots to shut out the Broncos and UND scored one in overtime to seal the win.

Saturday night reintroduced the UND we know and love. The Broncos had no chance, as UND took a 4-0 lead through the first two periods. The game finished up 8-2 in the Hawks favor.

"Pretty special," UND Head Coach Brad Berry said. "We knew we had a pretty special team here with a lot of returning players that took a step and a lot of good freshmen. Our team has grown a lot. When you look back at all the teams we've had at North Dakota, this probably ranks up there as one of the ones that are really special. We made a pact to our guys in the locker room here after the game to keep this rolling."

UND currently boasts the best record the team has seen since the 2002-03 season, and they are ranked No. 3 in the NCAA.

The men will now enter a practice period until they take on the U.S. Under 18 team per tradition on Dec. 28 in Plymouth, Mich.

UND will be back at the Ralph on Jan. 3-4 against Alabama-Huntsville, with Military Appreciation night that Friday.

Patrick Mulvahill is a sports writer for Dakota Student. He can be reached at patrick.mulvahill@und.edu



Jordan Kawaguchi holds off a defender against St. Cloud at home.

Trevor Alveshere/Dakota Student

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