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Dakota Student

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Hydrocodone is a commonly misused painkiller.

Photo Courtesy of Flickr

"STUDY - DRUGS"

Prescription Abuse

Madison Feltman
Dakota Student

As final exams are around the corner many UND students find themselves in a frenzy trying to carve out time amongst their already busy schedule to study. Many students are also faced with high levels of stress and anxiety. One rising way students combat these problems is the abuse of prescription drugs.

One out of ten UND students abuse prescription drugs, 3.7 percent abuse prescription painkillers and 5.3 percent abuse prescription stimulants. Students are drawn to prescription painkillers because they tend to numb physical and emotional pain, whereas the draw to prescription stimulants comes from the idea that they alter brain activity. One commonly used stimulant is Adderall.

Adderall has become widely known as a "study drug" and its use has substantially increased within the past ten years. A study of over 10,000 college

students across the nation found that more than half of the students with an Adderall or other ADHD prescription were asked to sell their medication to their peers. Almost every student who abuses prescription stimulants obtains them from a friend or classmate.

Around three quarters of abusers use the drug for academic purposes, with hopes that it will help them study, stay awake and focus prior to big exams. Abusers also have the expectation that the drug will make them smarter, but it simply enhances focus and allows them to stay awake for long periods of time.

Like all drugs, there are risks. Adderall and other ADHD drugs tend to have more side effects than commonly used medications. Students who abuse these drugs typically do not take into consideration the long-term side effects, one of which is insomnia. While the majority of short-term side effects are minor to young people, the likelihood

"You need your brain to be in the best shape it can possibly be in. Don't chemically alter it."

Jodi Ramberg, UND Substance Abuse Prevention Coordinator

of side effects occurring increases if Adderall is used without a prescription or consumed in large doses. Another key component abusers do not take into consideration is the fact that they may get caught.

"Strangely, some people don't fully seem to realize that use and possession of prescription drugs without a prescription is a felony," Jodi Ramberg, UND Substance Abuse Prevention Coordinator said. "I have worked with a number of students who have had to work very hard to try to piece their lives back together after being caught with something that they 'got from a friend to help me study.'"

The Drug Enforcement Agency (DEA) has labeled Adderall as highly addictive, meaning that the minimum sentence for distribution is five years in prison. However, many students are unaware of this because it is not commonly enforced.

The attitudes towards prescription drugs known as "study drugs" have created a culture where students believe there are no real side effects and the idea that there is a slim chance of getting caught. The harsh reality is that students need to take into account these factors to prevent future harm to themselves both physically and mentally.

"You need your brain to be in the best shape it can possibly

be in. Don't chemically alter it. Do things that enhance brain health like getting good sleep, good nutrition and exercise," Ramberg said.

There are many opportunities that students at UND can take advantage of during finals week in order to prevent substance abuse. Such as, Press Pause activities and DeStress Fest which takes place from 2:00 – 4:30 p.m. on Dec. 5 at the Wellness Center. Always

remember to take breaks and schedule ample study time prior to finals week so you are not cramming and overwhelming yourself.

Madison Feltman is the News Editor for Dakota Student. She can be reached at madison.feltman@und.edu



Trevor Alveshere/ Dakota Student

Students voted to make way for an improved Memorial Union.



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Union vote causes uproar

Sasha Leibold
Dakota Student

On November 20, 2018 students had the chance to vote yes or no for a new Memorial Union. 1,306 students voted yes and 1,133 voted no. Since 53% of students voted yes, the State Board of Higher Education and the North Dakota Legislature will have the final say if there will be new Memorial Union. If the State Board of Higher Education and the North Dakota Legislature approve the new Union, the current Union will be begin to be vacated at the end of the Spring 2019 semester. Office's that are currently located in the Union will be moved to the Library or the Wellness Center. Organizations that have reservations in the Union after May 15, 2019 will be held at alternate locations on campus.

"If UND is willing to put forth 20 percent towards the new Memorial Union, why can't they put 20 percent toward fixing the Union," Stephen Sapaugh, UND Student said. UND is willing to contribute 20 percent of the cost to the building of the new Memorial

" If UND is willing to put forth 20 percent towards the new Memorial Union, why can't they put 20 percent toward fixing the Union."

Stephen Sapaugh, UND Student

Union,. UND is also working with alumni, private donors and other funding sources to build a new college of Business & Public Administration as well as updating the Chester Fritz Library, High Performance Center and the Alumni Center. "I don't think that having a vote for one day is fair and when students aren't here because they're gone for Thanksgiving break, that isn't fair either. They should have made the vote mandatory or had it open for at least a week," Sapaugh said. A new Union has been a main topic for the last few years. If a new Union is voted no, students would still have to pay fees associated with maintaining the old one. Student fees pay for the Memorial Union and the people who work in it. Students would pay for the new Union annually. Students now pay \$1.21 per credit hour on the current Union, this

fee will go up to \$14 per credit to pay for the new building, in addition to other student fees they already pay. Graduating students say they won't benefit from the building, but will be forced to pay for it. But, as future alumni, some will use it for events and also invested in the wellbeing of the University. Students have wondered if there will be an appeal for the new Union.

Some students who weren't here or didn't know about the vote stated they want the chance to revote. "I would appeal the vote," Sapaugh said. "I wasn't here and didn't know that there was a vote happening. If I was I would have voted no." This project falls to students because campus facilities has identified other priorities. Money to support academic buildings comes from different

funding sources and those buildings will be addressed in the University's master plan. The current Union was the result of student initiatives, so the new Union will be funded by students. More students voted for the new Union than in the recent mascot election. Although, there was a greater voter turnout than in recent student elections, there are still many students that feel the election was not given the press it should have to inform the entire student body.

Sasha Leibold is a news writer for Dakota Student. She can be reached at sasha.leibold@und.edu

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The Big Change on Campus

An opinion of the building of the new union

Quinn Robinson-Duff
Dakota Student

Change is a necessity in life. It comes in all forms and can manifest itself into a multitude of different avenues. It forces us to challenge the way s

easily claw its eyes out and eat it.

Speaking of mouse and mice, they have been observed in one building particular, The Memorial Union. When mice or mouse (Still don't know which are which) are

UND Newsletter.

That's nearly 70 years of hundreds of thousands of footsteps and traffic rummaging through the halls. Most of which are college students who some may say aren't the most

and features in the union could be considered outdated. Running a university is a competitive field and to increase the student population it is crucial to change and adapt to what surrounds us. To adapt and stride to be better than NDSU and the wretched Gophers.

With that being said, it's good news that UND has decided to build a new Union.

Although, this does mean that students will have to pay a little bit extra in fees, about 14 dollars for each credit. Which in the grand scheme of student loans and cost, is not high. The new union is set to be completed by Spring 2021 with construction starting soon. Meaning probably this summer when the ground thaws.

This satisfying news is stellar to

hear because it shows progression and change within the campus community. Change that will excel the University and Grand Forks into new heights. Change that has been delayed but with that in mind it's always better to start late than to never start at all.

Quinn Robinson-Duff is a columnist for Dakota Student. He can be reached at quinn.robinsonduff@und.edu

This satisfying news is stellar to hear because it shows progression and change within the campus community.

Quinn Robinson-Duff, Columnist

in which we think, act and correctively gather conclusions upon a variety of situations. Change is needed because stagnation is death. When nothing is progressing forward, nothing is happening. When nothing happens, death occurs. A mouse must change its course in order to prevent an attack from a hawk. If a mouse stays still, the hawk will then

being observed in the dining portion of the building, it may be a clear sign to start a change.

"The current building, which was built in three phases beginning in 1951 with additions in 1964 and 1983, needs a new roof, along with fire safety, heating, plumbing, electrical, and accessibility updates, totaling \$40 million" says a

responsible people in the world. This is the first time many of them have lived on their own so accidents and incidents are bound to happen (Don't know the difference? Ask an aviation student to look it up in the regs).

Technology and society have been on a rapid growth since the rise of the internet and frankly many of the designs



A look at what the new union will look like when it is completed.

Photo Courtesy of UND

Seniors: Enjoy it while it lasts

Bilal Suleiman
Dakota Student

As graduation approaches for the outgoing seniors, it's time to get sentimental and reflect on the most recent chapter of life coming to a close.

The time flies. I can still remember coming to freshman summer orientation, getting my student

for a change.

Then freshman year happens. The all nighters happen. Going to work hungover happens. The hours and hours spent writing papers. Those shitty group assignments in a class you don't care about happen. It happens fast, until suddenly, its two weeks before

No way."

These are the years people will tell stories about. Most people's lives are about to become very linear and predictable as soon as college ends and they find that first "big kid" job. College will have been the time where they got to go out, experiment with

during college happened outside of the classroom. After you've dealt with unexpected situations like car accidents, relationship drama or bailing a friend out of jail. All while simultaneously juggling two part time jobs and school deadlines, you're better prepared to handle the unexpected rigors of adult life. I think life after college will be easier in a way, so if you make it through your undergrad years that's a good sign that you can survive as an adult.

If you've made more than your fair share of mistakes, don't sweat it.

There's plenty of time to recover, plus you have a ready-made excuse: "I was in college." I mean, our brains aren't fully formed until age 25. What else would you expect? It's a part of the process.

Another part of the process is having fun. If you didn't have some fun during your time at UND, you definitely did it wrong. Going to a hockey game at the Ralph, ending the night at Joe Blacks, then having breakfast at Darcy's the next morning summarizes the UND experience better than any promotional recruitment video

ever could. That's the part of UND that I am going to miss the most.

As excited as we all are to start the next part of our lives, I'm sure there will be a moment come January where it will truly dawn on us that our undergrad days are over.

Just like those dorm room posters used to say: You can retake a class, but you can't retake a party. Enjoy your time at UND, you'll miss is when it over.

Bilal Suleiman is a columnist for Dakota Student. He can be reached at bilal.n.suleiman@und.edu

Experience is the best teacher and a big part of the college experience happens outside of the classroom.

Bilal Suleiman Columnist

ID picture taken and registering my classes for the first time. I remember feeling excited, hopeful and ready

graduation and you're writing an article about graduating and thinking "was that really four years?"

who they are and live a little.

That being said, you don't get to be that young, adventurous and impulsive without taking a few L's along the way. But that's how we learn. By getting out and pushing the limits, trying things differently and making some mistakes along the way.

Experience is the best teacher and a big part of the college experience happens outside of the classroom. Much of what I learned



All areas of education are present during the graduation ceremony.

File Photo/Dakota Student

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Scrooge in Rouge



Photo courtesy of Empire Theater Facebook Page

Cast members from Scrooge in Rouge during a scene from the play.

Noah Sell
Dakota Student

As the holiday season begins to come in full-force, we may once again start to feel that we are being bombarded by the same old classic and/or cheesy holiday shows. For some, this is just another part of the season that they greatly enjoy and wait all year to experience again, but others may be looking for a break from the more traditional shows and want to find something a bit different to sate their appetite for holiday entertainment. This is where "Scrooge in Rouge"

comes into play. Tyler Folkedahl, a Grand Forks native who plays Lottie Obligato, but can be described as anything of his favorite parts but traditional. The story follows three actors who find themselves in a bit of a pinch when they realize that the rest of their troupe is unable to help perform the play, leaving the roles wrapped up in one. The high energy, rapid pace story on their own. This makes room for plenty of humorous exchanges as the three often break in and out of character to argue and poke fun at each other, not to mention the abundance of dry humor and innuendo.

are left with a feeling of disappointment that it's over because you have so much fun watching the actors enjoying themselves both on stage and when they are interacting with the audience. Stage Manager and Light Board Operator Sara Larson also had nothing but praise when she spoke about working with the production and the actors. "It's really great being a part of the productions here because all the actors are local and their talent gets to be showcased. It's also super rewarding to be able to put in so much

hard work and then have the audience members give such positive feedback," Larson said. Larson has been involved with different theaters and productions for nearly a decade and went on to explain her love of working in the theater scene, especially in the Grand Forks area. "Coming from a smaller community there aren't many opportunities to be involved in a theater like this, so I feel very lucky to keep getting to do shows here. Especially when the casts are as fun as this one," Larson said. Alex Kleven, who plays Charlie

Schmaltz, also enjoys the energy that the show has and explains the effect that it has for him and the other actors. "My favorite part of the show is the spontaneous nature of it. It's guaranteed to be different each night," Kleven said. If you have yet to experience Scrooge in Rouge, you still have a chance this week as it will continue to run from Thursday, Dec. 6 through Saturday, Dec. 8 at 7:30 p.m., with tickets available online and at the door.

Noah Sell is a A&C writer for Dakota Student. He can be reached at noah.sell@und.edu



Photo courtesy of Empire Theater Facebook Page

Cast members Tyler Folkedahl and Alex Kleven during a scene from "Scrooge on Rouge."



UND Wind Ensemble during their final performance of the fall semester.

Photo courtesy of UND Music

UND Wind Ensemble

Molly Andrews
Dakota Student

On Monday, the Chester Fritz Auditorium was filled with music created by the University of North Dakota's Wind Ensemble.

They were accompanied by the two local Grand Forks High Schools, Red River High School and Central High School. This was the first time in years that the high school bands have played alongside the collegiate band.

The UND Wind Ensemble is a diverse group of students and not all of them are music majors.

Madie McPherson is a junior at UND studying English. She plays the french horn and is the leader of her section. She has

been playing the french horn since the second grade and wanted to keep music in her life while attending the University.

"I didn't want to give up music in general, but I didn't really know any other way than to be in wind ensemble and I love band. It is like my getaway from life. It's an

easy and relaxing way to make my day less stressful," McPherson said.

they only practiced with the high school bands on the day of the show.

"It brings everyone together in such a way. It also is such an escape from reality," McPherson said.

Her favorite part was when all of the bands joined together at the end of the performance and the audience

director of bands at the University of North Dakota.

In fifth grade, he decided to get involved with band and has played many different instruments. Popejoy even had a rock band that played at school dances. Today, he plays jazz vibes in an effort to continue to play even with

play alongside the UND students. He explained that usually the high school students don't get to experience the University's ensembles or even each other because their concerts are typically on the same day.

"It is always great to share music making," Popejoy said.

He explains how most students in the band have been playing for over eight years and the ensemble is a way for students to play music at a higher level. After high school, the next step for students to continue making music is the university ensemble and after that, joining a community ensemble.

"We feel like music

is for everyone," Popejoy said.

This concert, they had the pleasure of playing alongside the high school bands but sometimes they are accompanied by other collegiate bands and even community bands as well.

"Music is about building community," Popejoy said.

Although the Wind Ensemble is done performing for this semester, they will be performing in the Spring starting with a showcase concert during the UND Honor Band and Choir Festival in January of 2019.

"It brings everyone together in such a way. It also is such an escape from reality."

Maddie McPherson, Wind Ensemble Member

easy and relaxing way to make my day less stressful," McPherson said.

McPherson, as well as the members of the ensemble, have been working hard for the past four to five weeks preparing for the show. However,

members experienced the performance from the center of the group.

The man behind the Wind Ensemble is Dr. James Popejoy. He has been teaching for 38 years and it is his 19th year being the

his busy schedule.

He wanted to be a band director since eighth grade and admits that at that age, he didn't really know exactly what that meant.

Popejoy thought it was important to invite the high school bands to

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



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UND had a record of 1-9 against Duluth going into last weekend's series.

File Photo/Dakota Student

Barn Burning in Duluth

Men's Hockey split the series this past week against No. 2 Duluth

Kyle Kinnamon
Dakota Student

North Dakota versus Duluth. Two of the most dominant teams in not only the National Collegiate Hockey Conference, but in all of college hockey.

Since 2015, the NCAA championship game has had either North Dakota or Duluth in the game. North Dakota winning in 2015-2016 and Duluth appearing in 2016-2017 and 2017-2018, winning the latter.

Going into this weekend, North Dakota was 1-6 against Duluth in the last two seasons. In order to change that, discipline and smart play would be key.

"We will watch a lot of film," sophomore defenseman Matt Kiersted said. "Playing smart, playing the right way against them. Not giving them those opportunities to be on the power play. Sticking to our system and not playing loose."

While this rivalry has gotten deeper and deeper over the years, it has been the most intense since the change of conference from the WCHA to the NCHC. North Dakota has

had plenty of good battles with Duluth and it's always a very physical match up. But, the respect for the Duluth program has never been lost upon North Dakota. Duluth has become a powerhouse in college hockey and North Dakota has always treated them that way.

"They are a good team," junior forward Cole Smith said. "They're skilled and they play the game the right way. I think any team that plays the game the right way is a tough team to win against. For us going in there, we will have to play our game, play the right way ourselves, play hard and physical and make all the little plays."

Friday Night

A game North Dakota would like to have back.

UND was down by two goals early in the game and allowed emotions to take over from there. Dixon Bowen and Nick Wolff were both kicked out of the game during a scrum. With Bowen out and injuries already to Nick Jones, Joel Janatuinen and Collin Adams, the forward core was thin for the remainder of the

game. "Hockey is an emotional game," senior defenseman Hayden Shaw said. "There's highs, there's lows, but you can't ride that too much. You've got to stay even and level-headed. I think we just let it slip away a little bit."

In the end, North Dakota was shut out and allowed five goals to Duluth.

"Anytime you come on the road and you don't score a goal, you let one period get away on you, there's frustration for sure," head coach Brad Berry said. "There's got to be accountability on our part. Coaching staff, players,

everybody together to try and rectify those things."

Saturday Night

Looking to bounce back from Friday, North Dakota came out strong in the first period.

The first period had sophomore forward, Jordan Kawaguchi's, name written all over it. For good and for bad.

Kawaguchi dangled his way through the neutral zone and around a Duluth defender to sneak one by the goaltender, Hunter Shepard, to put North Dakota up early in the game.

Not even two minutes later, Kawaguchi would

then win a puck battle in the corner to set up sophomore forward, Grant Mismash, for what would be the game winning goal.

Kawaguchi ended up being thrown out of the game for spearing a Duluth player.

North Dakota was able to stay level-headed and kill off the major penalty, which boosted the morale of the team for the remainder of the game.

North Dakota would go on to win 2-1 over Duluth. Splitting the series 1-1-0. This was a huge win for North Dakota's playoff hopes, beating the number two team in the country on the

road. "That's an ugly, ugly road win and we couldn't be more excited about it," senior forward Rhett Gardner said. "We had a pretty depleted lineup there and we came together. I think this is going to be a good momentum shift for us."

"I'm happy with the way we played," junior captain Colton Poolman said. "We didn't have our Grade-A game, I think, but we brought the A-plus effort."

Kyle Kinnamon is a sports writer for Dakota Student. He can be reached at kyle.kinnamon@und.edu



Duluth defense was not able to keep up with UND offense on Saturday night

File Photo/Dakota Student

Finding the Positives

Men's basketball looks to get back on track during three game losing streak

Luke Askew
Dakota Student

The University of North Dakota men's basketball team got off to a nice start in the 2018-19 college basketball season. However, a rough stretch of games now has UND riding a three-game losing streak.

After starting the season 3-1, UND beat Concordia College (NE) in convincing fashion with a final score of 89-56. The Fighting Hawks had four players finish in double digits, including senior Conner Avants, who led the way with 22 points on an efficient 9-of-12 shooting from the field. Avants also had seven rebounds, four assists, two steals and one block.

UND was then 4-1 (3-0 at home) but was about to embark on a tough two-game road trip. The first of the two games would be at Utah Valley to take on a tough Wolverines squad.

UND didn't have a great first half in this one, meaning they'd have to try and dig themselves out of a small hole in the second half. Despite a solid second half from the Hawks, it wouldn't be enough as UND fell 74-68.

After the game in Utah, the Fighting Hawks traveled over to the Montana State Bobcats. Three-point shooting would keep UND in the game, but in the end, it wouldn't be enough to keep up with a balanced Montana State attack. Despite the loss, junior guard Billy Brown had a really nice game for North Dakota. He led the Hawks in scoring with 17 points on an efficient 5-of-7 from the field and a stellar 4-of-5 from three-point range.

UND would look to right the ship on Saturday, Dec. 1 at home against the Idaho Vandals.

Going into Saturday's tilt,

star seniors Cortez Seales and Conner Avants were both having really nice seasons. Seales was averaging 14.0 points, 3.7 rebounds, and 3.1 assists per game on an efficient 47.4 percent shooting from the field and Avants was averaging 13.3 points, 6.1 rebounds and 2.0 assists per game on an unbelievably efficient 69.1 percent shooting from the field.

Unfortunately, Idaho did a nice job of holding Seales and Avants in check on Saturday. Seales and Avants were limited to a combined seven points.

Another impact player for UND in the 2018-19 season has been redshirt freshman Aanen Moody. Going into Saturday, Moody was averaging 9.1 points per game with 6.6 of his 7.9 field goal attempts per game coming from beyond the arc. Moody's ability to shoot the three-ball at

a high volume off the bench has really helped UND stretch the floor. Against Idaho, Moody scored nine points on 3-of-10 shooting from three-point territory in 25 minutes off the bench.

The player of the game for North Dakota on Saturday, though, was sophomore forward Filip

Rebraca. Rebraca finished the game with a team-high 19 points on 8-of-13 shooting from the field to go along with eight boards. Unfortunately, that wouldn't be enough to put UND over the top. After outscoring Idaho 28-26 in the first half, the Vandals would storm back with a vengeance, outscoring UND 41-26 in the second

half, paving the way for a 13-point Idaho victory.

The Fighting Hawks will look to get back on track on Wednesday, Dec. 5 when they head to UT Rio Grande Valley to take on the Vaqueros.

Luke Askew is a sports writer for Dakota Student. He can be reached at luke.askew@und.edu

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Nick Nelson/Dakota Student

UND is still trying to find their rhythm after losing a couple key players last season.

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