



Dakota Student

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FLOWERS

IN SEASON



Nick Nelson / Dakota Student

UND safety Chuck Flowers stands for a portrait at Memorial Stadium on Wednesday, October 4, 2017.

Allyson Bento
Dakota Student

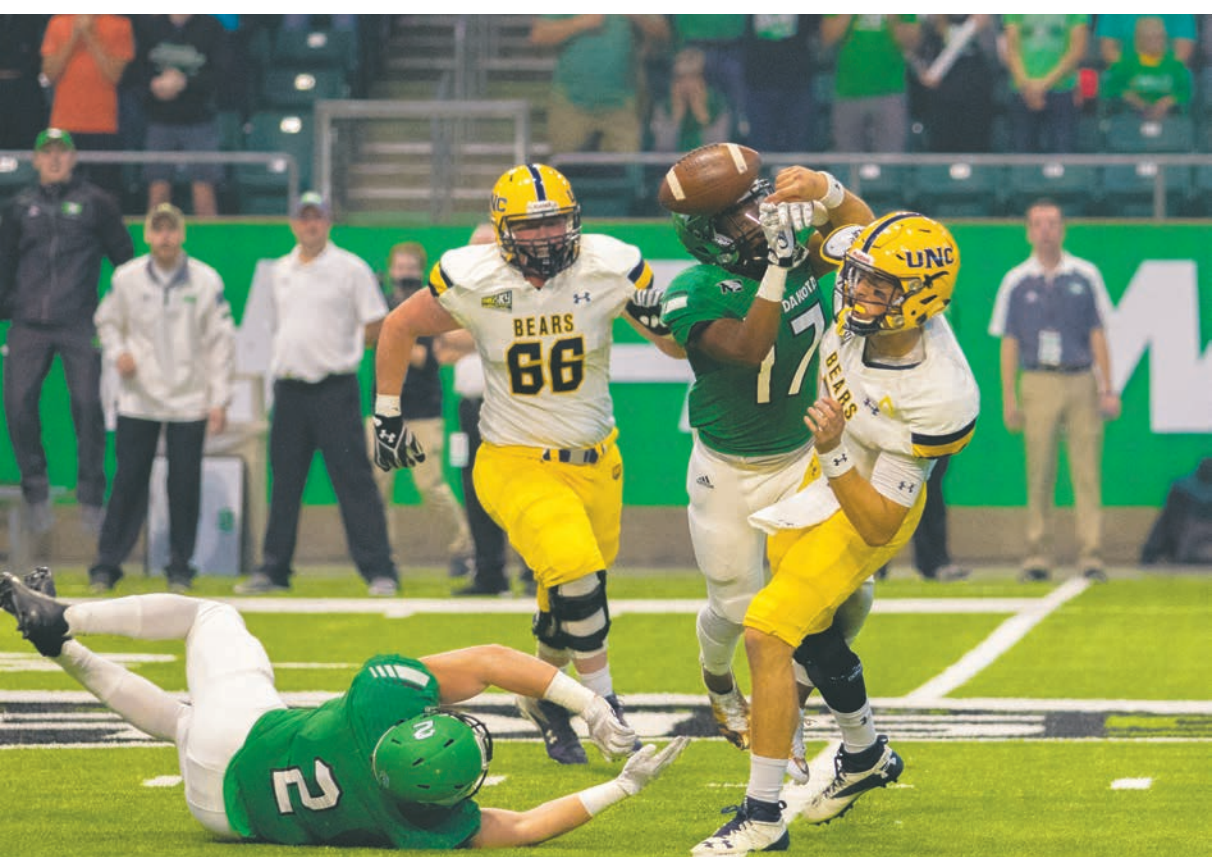
There aren't many things that could make someone willingly uproot their life in sunny California to brave a frigid North Dakota winter, but for Chuck Flowers football was the magic word. Chuck is a senior safety on the University of North Dakota's football team, and his journey to where he is today started in Chino Hills, California. "I've been wanting to play football since I was two or three years old, probably since I could talk," Chuck said. "My dad had the game on and it was the USC Trojans, and I said 'I want to play for the red team' and ever since then USC has been my team."

Chuck still cheers for the Trojans and he spent endless hours practicing like one as well. "My school was Chino High School back home and we would train probably every day right after Pop Warner practice," Chuck said. A practice ritual that began at the early age of seven for Chuck and his family; his brother, sister, mother and father all put in work post Pop Warner, the oldest youth football program which already instills a great skill set within their players. "My brother and sister were both out there just following me, trying to keep up with me and do the same thing I was doing," Chuck said. "So that work ethic was put in at a young age and kind of just carried over." That work ethic earned Chuck a starting spot at safety for Citrus Col-

lege, where he played his first year of junior college football and had a breakout year registering 50 tackles and led the Western State Conference with five interceptions to earn All-Western State Conference honors. In addition, Chuck was named to the California Community College Football Coaches Association Region IV All-California first team. This talent was not only noticed by scouts, but by the ones who looked up to him for years prior. Chuck's younger brother Emmanuel Flowers currently sits as a redshirt freshman for the Michigan State University Spartans. "My brother really taught me everything I know. My dad would actually take him and me out after every practice, so I kind of got my hard work ethic from him," Em-

manuel said. "He taught me a lot of things about technique and we played the same position, so he taught me a lot about my position." This isn't always the scenario. Most siblings grew up where there was a good chance they kicked and screamed their way through their parents tolerance, but at the end of the day, their older siblings were their role models, who they wished they could be like when they grew up. That rings true for Emmanuel when looking up to his older brother Chuck, watching him play for UND for the first time. "Seeing him out there on the big screen, it pushed me to actually go be out there. I've always wanted to be like my big brother in a way," Emmanuel said. "So that's one of the things where I want to be like him in every aspect." Chuck's play at corner may have been what brought him to UND, but recently he's shown that he is a multi-faceted player and takes on the "next man up" mentality. As injuries are no stranger to UND's roster, Chuck showed that safety can also be where he belongs. "I was recruited as a corner," Chuck said. "But when I came here and we had a lot of injuries, they decided to move me to safety because they felt like I was better for the safety, so when Coach Schmidt said 'what do you think about playing safety?' I was like 'let's go!'" Chuck said. With an enthusiastic attitude to a new position on the team, Chuck took the control and hasn't regretted the decision. "I love to play safety. I just like being in control," Chuck said. "In corner, you're always listening to the calls. Safety, you got to know

all the formations. You got to know where everyone's lined up you got to know what you're doing and what everyone else is doing." Chuck put on a display at safety during last weekend's much needed homecoming win against Northern Colorado, when he set up redshirt freshman linebacker Cam Hunt in the first half by knocking the ball out of UNC quarterback Jacob Knipp's hands. Chuck helped UND end on the high note they needed when he landed an interception on the 1-yard line to squash any chances UNC had of a comeback. "Chuck always makes those plays," UND sophomore defensive end Mason Bennett said. "We expect him to make those plays because that's just the player he is." The trust from his teammates has been built over his four-year career here at UND and his positive attitude in addition to his skill is what makes him one of UND's greatest assets. "We're very confident that we can get right back in this race," Chuck said. "We've had a little adversity here, but two years ago we lost just like this, and we won six straight and we had the chance to go to playoffs. We're just going to control what we can control and that's showing up every day to film, practicing hard and that's showing up on game days." With five games left in his college career, Chuck looks back on his success here at UND. If he could send message to his freshman self today it'd be, "Be patient, your time is coming."



Kyle Zimmerman / Dakota Student

UND safety Chuck Flowers takes out Northern Colorado quarterback Jacob Knipp during Saturday's Homecoming football game at the Alerus Center. The Fighting Hawks earned a hard-fought 48-38 victory over the Bears.

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Illustration courtesy Pixabay.com

Psychedelics are mysterious and often misunderstood, with effects that are potentially medically beneficial.

Researching psychedelics

Making the case for hallucinogens as a viable medical option

Nick Sallen
Dakota Student

“Psychedelic” is a word used to describe mind-altering and sometimes bizarre hallucinations, especially as it relates to hallucinogens. A hallucinogen is any psychoactive chemical that changes perception, thoughts, emotions and consciousness.

The word “hallucination” comes from the Latin word “alucinari” which means “to wan-

der in one’s mind.” LSD, psilocybin mushrooms, salvia, MDMA, DMT (ayahuasca), mescaline, PCP DXM and a handful of other substances are all classified as hallucinogens. These powerful chemicals have a long history of being consumed for religious purposes and used medicinally across cultures.

However, many of these substances are illegal across much of the world. In the United States, hallucinogens are categorized as Schedule 1 and 2 drugs, with no potential for medicinal use, and a high potential for abuse. In the ‘60s and ‘70s there was some research being done on LSD, but Presidents Richard Nixon and Ronald Reagan ramped up funding for narcotics task forces, otherwise known as the “War on Drugs.”

Research on hallucinogens abruptly stopped as it became nearly impossible to acquire the chemicals in a lab. Nowadays, psychedelic drug research is gaining some mainstream media attention, particularly MDMA-assisted therapy for those with PTSD and the Amazonian brew known as ayahuasca.

As a member of the

Psychedelic Club at UND, I want to be the best vessel of information I can be for students who are addicted or curious. It is important to keep in mind that these are powerful chemicals with the potential for very negative, potentially life-threatening consequences, so I am in no way condoning

with drug use. Some of the principles that arise from harms reduction is a non-judgmental attitude towards users, acceptance that illicit drug use is a facet of our society rather than ignoring or condemning use and promoting well-being in users without necessarily demanding users abstain. A journal entry on the

mon questions. There are two messages which resonate from the journal. The first is that the potential therapeutic effects are best understood from a biological, sociological, spiritual and psychological model. The second is that ayahuasca is an anti-inflammatory drug, which can explain the many uses this drug has.

“There is not yet any scientific evidence - or even personal reports - indicating that ayahuasca use elicits substance dependence,” Frecska writes, Michael Krebs journal on the values and beliefs of psychedelic drug users highlights how psychedelics are capable of life-changing experiences.

Psychedelic users are generally more spiritual, have greater concern for others, can cope with stress more easily and value financial wealth less than non-users. Learner writes, “Psychedelic users scored significantly higher on mystical beliefs (e.g., oneness with God and the universe) and life values of spirituality and concern for others than the other groups, and lower on the value of financial prosperity, irrespective of culture of origin. Users of non-psychedelic illegal drugs scored significantly lower on a measure of coping ability than both psychedelic users and non-illicit drug users. Both groups of illegal drug users scored significantly higher on empathy than non-illicit drug users.”

I think more studies should be done on hallucinogenic drugs so that we can better understand their positive and negative effects. There is no financial incentive for pharmacies to fund research on these alternative practices. To promote studies, there needs to be more pressure put on federal regulatory industries.

We need to be better at educating the masses and the media. Public health events

“More studies should be done on hallucinogenic drugs so that we can better understand their positive and negative effects. There is no financial incentive for pharmacies to fund research on these alternative practices. To promote studies, there needs to be more pressure put on federal regulatory industries.”

Nick Sallen, Copy editor

the use of these chemicals. But for those who choose to use, I want to be someone they feel comfortable going to stay safe and informed.

The Psychedelic Club promotes harms reduction, which is an ideology aimed at reducing the negative consequences associated

potential therapeutic benefits of ayahuasca by Ede Frecska looks at the potential therapeutic use of ayahuasca, an Amazonian brew which contains the powerful hallucinogenic drug DMT. The journal goes into the history of ayahuasca, its uses and answers some com-

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and lobbying for private funding should increase. But I think the most important factor will be the public accepting scientific, clinical and sociological evidence regarding psychedelics. I believe changes in education, public policy, political action and a greater acceptance of scientific research is necessary for hallucinogens to be used as a viable therapy or medicine option.

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UND Wind Ensemble

Bringing music to campus



Photos by Nick Nelson / Dakota Student

Director of Bands at UND, James Popejoy, directs the University Band during a concert Tuesday night at the Chester Fritz Auditorium.

Devon Abler
Dakota Student

The University of North Dakota Wind Ensemble is an ensemble known for their musicianship. Having been invited to perform for various music education events throughout the state of North Dakota, this group has been selected to present performances at the 2001, 2005, 2008, 2011 and 2017 North Dakota Music Educators Association Conferences, the 2002 Inaugural North Dakota Arts & Humanities Summit, the 2006 College Band Directors

be described as a stage of hyper alertness. The brain begins to focus on specific elements, such as how the ensemble can use the music to connect with the audience. Music is used to connect humans to one another, to express the soul and to bring to mind the ineffable. Coming together as an ensemble of 70 plus students, we all have the common goal of creating music to touch at least one person in the audience. However, placing 70 people together in a room and commanding them to create music does not work simply. There

new students. I like to say that the name of the group does not change but every year it is a new ensemble. Watching the group evolve throughout the semester is a rewarding experience." Ryan George titled one of the pieces performed by the Wind Ensemble Tuesday night "Firefly." The piece was written for his two young daughters. He overheard one of his daughter's say that the fireflies were not bugs, rather they were Tinkerbell coming to take her to Neverland. Being presented with this piece had its challenges. How does one

"It is an honor to create music with this ensemble. Having a vision, hearing it come to life and being able to tell a story without words is one of the greatest joys that I have being a conductor."

James Popejoy, Director of Bands at UND

National Association North Central Division Conference and the 2012 Western International Band Clinic. This ensemble performed their first concert of the fall semester on Tuesday night. I have not attended a single Wind Ensemble concert. Instead, I perform in them. For students who have not had the opportunity to perform within a musical ensemble, let me share with you the experience through the eyes and ears on the stage. I imagine the feeling that musicians experience before a concert is similar to the feeling that athletes experience before a game. The adrenaline that rushes through a musician's body can only

needs to be a mastermind leading the ensemble with a clear vision. James Popejoy, the Director of Bands here at UND, has been conducting the ensemble for over 20 years. His role is directing the music and making the story come to life. An artist is known for creating art with a paintbrush. A conductor is known for creating art with a baton. "It is an honor to create music with this ensemble," Popejoy said. "Having a vision, hearing it come to life and being able to tell a story without words is one of the greatest joys that I have being a conductor. At the beginning of the semester, we have a new group filled with

embody the spirit of a firefly when they play a tuba? I do not know. I play the oboe. Yet by following the conductors lead and working together as a group instead of individuals, audience members in the Chester Fritz Auditorium, if they listened close enough, could hear a child's imagination running wild and could almost hear the fireflies flitting through the air. The UND Wind Ensemble has another concert on Nov 29 at 8 p.m. in the Chester Fritz Auditorium. Tickets can be purchased at the door.

Devon Abler is a features writer for Dakota Student. She can be reached at devon.abler@und.edu



Directed by James Popejoy, the UND Wind Ensemble performs a portion of Gustav Holst's "First Suite in E Flat" Tuesday night at Chester Fritz Auditorium.



The UND Wind Ensemble performs the final piece of their Tuesday evening concert, "English Dances, Set 1, Op. 27," at the Chester Fritz Auditorium.

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Captain's log

The journey begins

Dakota Student file photo

Senior forward and UND hockey captain Austin Poganski drives the puck past the blue line at the Ralph Engelstad Arena against Minnesota Duluth last season.

Nick Erickson
Dakota Student

Austin Poganski is entering his fourth and final season at the University of North Dakota, this time as captain of a historic hockey program. Poganski is joining an elite group including the likes of past captains Gage Ausmus, Matt Greene and Dave Hakstol. Poganski came to UND after playing one year for the Tri-City Storm in the United States Hockey League. In his one year for the

in the 4th round (110th overall) by the St. Louis Blues in the 2014 National Hockey League Entry Draft before ever playing a shift at UND. Since Poganski's freshman year at UND, he has been a power forward that does his job night in and night out for the betterment of the team. He always puts the team ahead of himself, regardless of the sacrifice needed. His leadership and play has stood out to his coaches and his teammates over his time at UND. "He (Poganski) is a really physical power

ment was made for the captains, Poganski was genuinely surprised, because he genuinely believed others deserved to be named captain. Poganski's selfless reaction just reinforces his team-first mentality, in turn making him more fit to be the captain. "I was a little bit surprised," Poganski said. "There are so many other guys that in my mind deserve the captain role."

Though Poganski was surprised, his teammates were not. When asked if Poganski embodies the tendencies and attitude of a captain, his teammate for the last three years, Shaw was quick to respond. "Yes, absolutely," Shaw said. Poganski's hardnosed gritty style of play not only shows up in the games, but in practice too as Shaw mentions.

"He (Poganski) holds guys accountable, and he leads by example when we go out on the ice, especially every day at practice," Shaw said.

Practicing hard may go unseen to many, but not to the young players. Young players seeing the captain practice as intensely as if he is

With being named captain, many would think the captain would feel more pressure to perform and showcase how they earned

Although Poganski now has a bigger role on the team, that does not stop his teammates from giving him a little grief now and then. As Shaw was glad to poke fun at Poganski's first speech to the team. "I think all the guys were excited for his first speech around the net. At times, it sounded like he was reading off a script," Shaw said jokingly. "But, he did a good job."

In its history, North Dakota has a knack for finding, recruiting and developing young players into not only great hockey players, but great men off the ice as well. Including the likes of players such as Zach Parise, Jonathan Toews, Gage Ausmus and Stephane Pattyn. All great leaders on and off the ice, and Austin Poganski is once again continuing the trend. Embodying what it means to represent the University of North Dakota hockey program.


Nick Erickson is a sports writer for Dakota Student. He can be reached at nicholas.r.erickson@und.edu

"It is a great honor. Coming in as a freshman, I didn't really expect to have any leadership role on the team. Obviously, being a senior now, it's pretty special."

Austin Poganski, Captain of UND Men's Hockey

Tri-City Storm, Poganski had 31 points in 55 games played. He had 19 goals, 11 of which were on the power-play, and 12 assists. Poganski ended up playing well enough to be drafted

forward," junior defenseman Hayden Shaw said. "It is fun to watch his game, but it is not too fun to go against in practice, but when he is on your side it's a blast." When the announce-



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