

Dakota Student

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Scrooge In Rouge

Duluth Series

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Hydrocodone is a commonly misused painkiller.

Photo Courtesy of Flickr

"STUDY - DRUGS" Prescription Abuse

Madison Feltman

Dakota Student

corner around the many UND students ADHD out time amongst their high levels of stress friend or classmate. and anxiety. One rising drugs.

UND students abuse and focus prior to big prescription drugs, percent prescription painkillers that the drug will make and abuse stimulants. Students are and allows them to stay drawn to prescription awake for long periods painkillers because of time they tend to numb whereas the idea that they used stimulant is Adderall.

increased within the short-term side effects past ten years. A study are minor to young

of over 10,000 college people, the likelihood

students across nation found that than half of As final exams are the students with an Adderall other prescription find themselves in a were asked to sell their frenzy trying to carve medication to their peers. Almost every already busy schedule student who abuses to study. Many students prescription stimulants are also faced with obtains them from a

three Around way students combat quarters of abusers use these problems is the the drug for academic abuse of prescription purposes, with hopes that it will help them One out of ten study, stay exams. Abusers also abuse have the expectation percent them smarter, but it prescription simply enhances focus

Like all drugs, there physical and emotional are risks. Adderall and the other ADHD draw to prescription tend to have more side stimulants comes from effects than commonly medications. alter brain activity. Students who abuse One commonly used these drugs typically do not take Adderall has become consideration the longwidely known as a term side effects, one "study drug" and its of which is insomnia. use has substantially While the majority of

"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

side effects occurring increases Agency if Adderall is used labeled without a prescription highly or consumed in large meaning doses. Another key minimum abusers for do not take into five years in prison. consideration is the However, fact that they may get students are unaware students at UND can

"Strangely, people don't fully of drugs prescription is UND Coordinator said. "I caught. very hard to try to to together after being caught with something

that they 'got from

study.'"

that distribution of this because it is not take some commonly enforced.

The seem to realize that towards prescription substance use and possession drugs known as "study Such as, Press Pause prescription drugs" have created a activities and DeStress a culture where students Fest which takes place a believe there are no from 2:00-4:30 p.m. on felony," Jodi Ramberg, real side effects and Dec. 5 at the Wellness Substance the idea that there is a Center. Prevention slim chance of getting remember The have worked with a reality is that students ample number of students need to take into prior to finals week so who have had to work account these factors you are not cramming prevent future and piece their lives back harm to themselves both physically and mentally.

"You need your a friend to help me brain to be in the best

shape it can possibly

The Drug Enforcement be in. Don't chemically (DEA) has alter it. Do things that Adderall as enhance brain health addictive, like getting good sleep, the good nutrition Ramberg sentence exercise," said.

> There are many many opportunities advantage during finals week attitudes in order to prevent abuse. Always harsh breaks and schedule study overwhelming yourself.

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



Trevor Alveshere/ Dakota Student

Union vote causes uproar

Sasha Leibold

Students voted to make way for an improved Memorial Union.

alumni,

Library,

Alumni

fair either. They

should have made

the vote mandatory

at least a week,"

has been a main

Union is voted no,

still have to pay

fees associated with

would pay for

the new Union

credit hour on the

current Union, this

annually. Students

Union

new

Sapaugh

students

they put 20 percent fees pay for the

maintaining

Dakota Student On November 20, 2018 students had the chance to vote yes or no for a new Memorial Union. students 1,306 voted yes and 1,133 voted no. Since 53% of students voted yes, the State Board of Higher Education and the North Dakota will Legislature 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 semester. 2019 Office's that are

currently located in the Union will be moved to the Library or the Center. or had it open for Wellness Organizations that have reservations in the Union after May 15, 2019 will be held at topic for the last alternate locations few years. If a new campus. "If UND is willing to put forth 20 towards percent the new Memorial

toward fixing the Memorial Union," Stephen UND Sapaugh, Student said. UND is willing to contribute 20 percent of the cost now pay \$1.21 per 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 fee will go up to \$14 Some students who also working with per credit to pay for private the new building, donors and other in addition funding sources to other build a new college fees they already of Business & Public pay. Graduating Administration as students say they well as updating won't benefit from the Chester Fritz the building, but High will be forced to Performance pay for it. But, Center and the as future alumni, Center. some will use it don't think for events and also that having a vote will have invested for one day is fair in the wellbeing and when students of the University. aren't here because Students they're gone for wondered if there support academic Thanksgiving will be an appeal buildings break, that isn't for the new Union. from

weren't here or didn't know about the vote stated student they want chance to revote. "I would appeal the vote," Sapaugh said. "I wasn't here and didn't know that there was a happening. vote If I was I would have voted no."

This project falls to students because campus facilities has identified other have priorities. Money to comes funding 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 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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Happy Holidays from UIT@UND //////// 777-2222

OPINION Dakota Student The Big Change on Campus An opinion of the building of the new union and features in Although, this does hear because it mean that students shows progression to the progression of the students of the progression of the progression of the students of the

Dakota Student

community.

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

Speaking they have been footsteps of Union. When mice college which)

This satisfying news is stellar to hear because it

shows progression and change within the campus

That's nearly 70 of years of hundreds a mouse and mice, of thousands of observed in one traffic rummaging building particular, through the halls. Memorial Most of which are students mouse (Still who some may don't know which say aren't the most

the union could mean that students shows progression a university is a in fees, about 14 community. competitive field dollars for each Change that will stride to be better by Spring 2021 it's always better than NDSU and the with construction to start late than to wretched Gophers. starting

said, news that decided to build a new Union. news is stellar to

considered will have to pay and change within outdated. Running a little bit extra the and to increase the credit. Which in the excel the University student population grand scheme of and Grand Forks is crucial to student loans and into new heights. change and adapt cost, is not high. Change that has to what surrounds The new union is been delayed but us. To adapt and set to be completed with that in mind With that being Meaning probably good this summer when Quinn Robinson-Duff is a columnist UND the ground thaws. satisfying This

soon. never start at all.

for Dakota Student. He can be reached at quinn.robinsonduff@und.edu

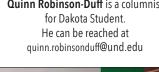




Photo Courtesy of UND

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. nothing 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,

of the building, it many to start a change.

building, which bound to happen was built in three (Don't know the 1951 with additions in 1964 to look it up in the and 1983, needs regs). a new roof, along electrical, updates, totaling frankly the hawk will then \$40 million" says a of

responsible people being observed in in the world. This the dining portion is the first time may be a clear sign have lived on their own so accidents current and incidents are phases beginning difference? Ask an aviation student

Technology and with fire safety, society have been heating, plumbing, on a rapid growth and since the rise of accessibility the internet and many designs

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

Seniors: Enjoy it while it lasts

Bilal Suleiman Dakota Student

approaches for the outgoing seniors,

get time sentimental and reflect on the most recent chapter of life coming to a close.

can still remember coming to freshman summer orientation, getting my student two weeks before experiment

and registering my

classes for the first

time. I remember

for a change.

Going to work The hours hours spent writing papers. Those shitty group assignments care about happen. lt

Experience is the best teacher and a big part of the

Bilal Suleiman Columnist

writing

about

and

college experience happens outside of the classroom.

article

graduating

thinking

No way." all nighters happen. tell stories about. people's Most hungover happens. lives are about to and become very linear and predictable as soon as college ends and they find that The time flies. I in a class you don't first "big kid" job. College will have happens fast, been the time where until suddenly, its they got to go out,

lent Then freshman These are the happened outside time to recover, plus the part of UND graduation year happens. The years people will of the classroom, you have a ready- that I am going to After you've dealt made excuse: "I was with situations like accidents, relationship drama or bailing a friend out of jail. All while simultaneously juggling two part time jobs and school deadlines, you're prepared have better handle to the unexpected rigors of adult life. I think life after college will be easier in a way, so if you make it through undergrad your years that's a good sign that you can

> survive as an adult. If you've made UND more than your fair better share of mistakes, don't

college There's plenty of ever could. That's unexpected in college." I mean, our brains aren't fully formed until next part of our age 25. What else would you expect? It's a part of the process.

process is having fun. If you didn't some fun during your time at dorm room posters 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 experience than promotional it. recruitment

miss the most.

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

> Just like those 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

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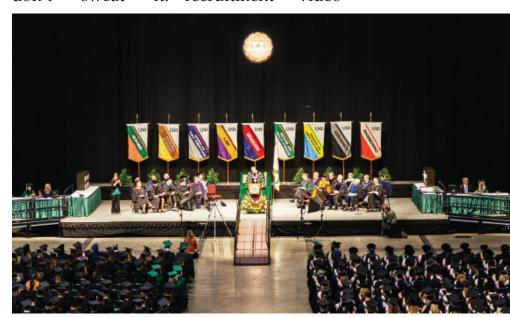
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and who they are and live a little. That being said,

you don't get to "was that 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 differently things and making some mistakes along the

> 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.

Arts — Community



Photo courtesy of Empire Theater Facebook Page

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

Noah Sell

Dakota Student

Asthe 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 cheesey 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 shows and want to find something a bit different to sate their appetite for holiday entertainment. where "Scrooge in Rouge"

comes into play. Tyler "Scrooge in Rouge" a loosely tells the classic native story of "A Christmas Lottie but traditional. The of story follows three this actors who of a pinch when they sprinting their troupe is unable love playing parts to help perform the like this with multiple leaving the roles wrapped up play, trio scrambling to in one. The high cover each part in the energy, rapid pace story on their own. in performances is This makes room for wild," Folkedahl said. traditional plenty of humorous The high energy is exchanges as the three definitely noticeable often break in and out from the audience, as of character to argue the actors seem to just and poke fun at each keep building off of other, not to mention each other throughout the abundance of dry the performance until humor and innuendo. the end when you

Folkedahl, Forks who plays Obbligato, Carol," but can be spoke about some described as anything of his favorite parts working with production. find "I've loved working themselves in a bit with my friends and realize that the rest of backstage, I always

are left with a feeling disappointment that it's over because you have so much fun watching the enjoying actors themselves both on stage and when they are interacting with the audience. Stage Manager

Light Board Operator Sara Larson also had nothing but praise when she spoke about working with the production and the actors.

being a part of the like this, so I feel very Dec. 8 at 7:30 p.m., 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 who plays Charlie

have the audience members give such the show has and 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 to be different each working in the theater night," Kleven said.

scene, especially in

smaller community a chance this week as there aren't many it will continue to run opportunities to be from Thursday, Dec. "It's really great involved in a theater 6 through Saturday, lucky to keep getting with tickets available to do shows here. Especially when the casts are as fun as this one," Larson said. Alex Kleven,

hard work and then Schmaltz, also enjoys energy 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 If you have yet to the Grand Forks area. experience Scrooge in "Coming from a Rouge, you still have

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online and at the door.





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

UND Wind Ensemble

Molly Andrews

Dakota Student

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

They were accompanied 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 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 and wanted to keep music in her life University.

give up music in from general, but I didn't McPherson said. really know any

been playing the they only practiced director of bands play alongside the is for everyone," the second grade bands on the day of North Dakota. the show.

"It "I didn't want to is such an escape many

french horn since with the high school at the University of UND

In fifth grade, brings he decided to get the high school pleasure of playing while attending the everyone together involved with band in such a way. It also and has played different the reality." in struments. Popejoy even had Her favorite part a rock band that other way than to be was when all of played at school in wind ensemble the bands joined dances. Today, he and I love band. It together at the end plays jazz vibes in is like my getaway of the performance an effort to continue from life. It's an and the audience to play even with

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

explained

He

that

students

same day.

He explains how school, the step for students in January of 2019. continue to making music is the university ensemble and thought after that, joining community ensemble.

"We feel like music

students. Popejoy said. This concert, usually they had the

don't alongside the high get to experience school bands but University's sometimes they ensembles or even are accompanied each other because by other collegiate their concerts are bands and even typically on the community bands as well.

> "Music is about building c o m m u n i t y , " Popejoy said.

Although the Wind most students in Ensemble is done the band have been performing for this playing for over semester, they will eight years and the be performing in ensemble is a way the Spring starting for students to play with a showcase music at a higher concert during the level. After high UND Honor Band next and Choir Festival

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

Maddie McPherson, Wind Ensemble Member

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

McPherson, as well as the members have been working is However, 19th year being the school show.

easy and relaxing m e m b e r s his busy schedule. experienced the group.

Dr. hard for the past Popejoy. He has

He wanted to be a performance from band director since the center of the eighth grade and admits that at that The man behind age, he didn't really of the ensemble, the Wind Ensemble know exactly what James that meant.

Popejoy four to five weeks been teaching for it was important preparing for the 38 years and it is his to invite the high bands

Molly Andres is a A&C writer for Dakota Student. She can be reached at



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File Photo/Dakota Student

Barn Burning in Duluth Men's Hockey split the series this past week against No. 2 Duluth Kyle Kinnamon had plenty of good game. had plenty of good game. "Hockey is an to try and rectify battle in the corner "That's an univ

Dakota Student

North Dakota versus Duluth. Two teams in not only the National Collegiate hockey.

2015, Since NCAA the championship game has had either North 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

will watch a lot of film," sophomore defenseman Kiersted said. "Playing smart, play. Sticking to and playing loose."

has gotten deeper the most intense Janatuinen since the change of Collin North Dakota has remainder of

battles with Duluth and it's always a very physical match up. But, the respect for Hayden Shaw said. of the most dominant the Duluth program has never been lost there's lows, but you upon North Dakota. can't ride that too but in all of college a powerhouse in stay even and level- first period. college hockey and headed. I think we North Dakota has just let it slip away a had always treated them little bit." that way.

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

"They are Dakota or Duluth good team," junior and allowed five forward Cole Smith goals to Duluth. "They're said. skilled and they play the game the right way. I think any team that plays the game the right on you, there's way is a tough team frustration to win against. For sure," head coach us going in there, we Brad Berry said. will have to play our the last two seasons. game, play the right accountability on In order to change way ourselves, play that, discipline and hard and physical staff, smart play would be and make all the little plays."

Friday Night

A game North Matt Dakota would like to have back.

UND was down playing the right by two goals early way against them. in the game and Not giving them allowed emotions those opportunities to take over from to be on the power there. Dixon Bowen Nick Wolff our system and not were both kicked out of the game While this rivalry during a scrum. With Bowen out and deeper over the and injuries already years, it has been to Nick Jones, Joel and Adams, conference from the the forward core WCHA to the NCHC. was thin for the

"Hockey is an emotional game," senior defensemen "There's highs,

In the end, North a Dakota was shut out

"Anytime you come on the road and you don't score a goal, you let one period get away for "There's got to be our part. Coaching minutes

to try and rectify those things."

Saturday Night

Looking to bounce back from Friday, North Dakota came

sophomore player. forward, Jordan Kawaguchi's, name written all over it. For good and for

dangled his way through the neutral zone and around a Duluth defender would go on to win we brought to sneak one by the goaltender, Hunter Shepard, to put 1-1-0. This was a North Dakota up huge win for North early in the game.

battle in the corner forward, Grant we winning goal.

Hockey Conference, Duluth has become much. You've got to out strong in the up being thrown depleted out of the game for there and we came The first period spearing a Duluth together. I think this

> able to stay levelheaded and kill off the major penalty, which boosted the junior Kawaguchi morale of the team Colton for the remainder of said. "We didn't the game.

North 2-1 over Duluth. A-plus effort." Splitting the series Dakota's playoff Not even two hopes, beating the later, number two team in

"That's an ugly, to set up sophomore ugly road win and couldn't be Mismash, for what more excited about would be the game it," senior forward Rhett Gardner said. Kawaguchi ended "We had a pretty lineup is going to be a good North Dakota was momentum shift for

> "I'm happy with the way we played," captain Poolman have our Grade-A Dakota game, I think, but

> > 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.

Finding the Positives

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

Luke Askew Dakota Student

The University nice start in the half. However, a rough it stretch of games UND has riding threegame losing streak. in

After starting the Fighting convincing fashion Bobcats. with a final score of double including Avants, rebounds, four in and one block.

but was about to three-point range. embark on a tough two-game be at Utah Valley Idaho Vandals. to take on a tough Wolverines squad. Saturday's

of North Dakota and dig themselves seasons. basketball out of a small was team got off to a hole in the second 14.0 Despite basketball season. from the Hawks, wouldn't fell 74-68.

After the game was Utah, season 3-1, UND traveled over to Concordia Montana to take on on an unbelievably College (NE) in the Montana State efficient Threepoint shooting 89-56. The Fighting would keep UND Unfortunately, Hawks had four in the game, but in Idaho did a nice job players finish in the end, it wouldn't of holding Seales digits, be enough to keep senior up with a balanced Montana State who led the way attack. Despite the were limited to a with 22 points on loss, junior guard an efficient 9-of- Billy Brown had a 12 shooting from really nice game the field. Avants for North Dakota. player for UND in also had seven He led the Hawks scoring assists, two steals 17 points on an efficient 5-of-7 UND was then from the field and 4-1 (3-0 at home) a stellar 4-of-5 from was averaging 9.1

road to right the ship on field goal attempts trip. The first of the Saturday, Dec. 1 at per game coming two games would home against the from beyond the

Going

UND didn't have star seniors Cortez a Seales averaging points, 3.7 a rebounds, and 3.1 3-of-10 college solid second half assists per game an efficient on be 47.4 percent enough as UND shooting from the field and Avants averaging the 13.3 points, 6.1 Hawks rebounds and 2.0 assists per game 69.1 shooting percent from the field. and Avants check on Saturday. Seales and Avants combined

points. Another impact the 2018-19 season with has been redshirt freshman Aanen Moody. Going into Saturday, Moody points per game UND would look with 6.6 of his 7.9 Moody's into ability to shoot tilt, the three-ball at

high they'd have to try having really nice stretch the floor. 19 points on 8-of-13 Against Idaho, Moody scored nine points shooting from three-point 25 territory in minutes the bench.

The of the game for half, the Vandals Saturday, though, Filip forward

volume Rebraca. Rebraca half, paving the a great first half in Seales and Conner off the bench has finished the game way for a 13-point this one, meaning Avants were both really helped UND with a team-high Idaho victory. shooting from the Hawks will look to field to go along get back on track on on with eight boards. Wednesday, Unfortunately, 5 when they head that wouldn't be to UT Rio Grande enough to put UND Valley to take on over the top. After the Vaqueros. outscoring Idaho player 28-26 in the first North Dakota on would storm back with a vengeance, sophomore outscoring 41-26 in the second

The Fighting Dec.

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For more information contact Katie Wayne at kwayne@css.edu or (877) 287-8740. go.css.edu/UND-PBN





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

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