



Justin Key/NW

A panoramic view of Marquette's downtown area. The city's blend of historical landmarks and comfortable atmosphere was just one of the reasons why it was nominated for the award.

Marquette: Named one of '12 Distinctive Destinations'

By Alex Eisner
contributing writer

With its historic downtown, access to Lake Superior, unique sandstone architecture, museums and a plethora of local events, it's no wonder Marquette has been named one of "12 Distinctive Destinations" by the National Trust for Historic Preservation.

Originally a mining town, Marquette and its community members have kept this unique heritage alive. Historic landmarks still around today include the Landmark Inn, the iron ore docks, Marquette City Hall and

Marquette County Courthouse. The iron ore docks along the Lakefront still remain, and although the waterfront isn't as busy as it once was, the Presque Isle Dock is still in use today after almost 100 years.

"The city serves as a major port for iron ore," said Mona Lang, the executive director of the Downtown Development Authority.

Built in 1902-1904, the Marquette County Courthouse has brought a major film and tourism to the city. Michigan Supreme Court Justice John Voelkner's novel "Anatomy of a Murder" is based on a mur-

der in 1952 in which he was the defense attorney. A few years later, a film based on the novel was shot in the Marquette County Courthouse and premiered in 1959.

"We have historic buildings, and we've been sensitive and genuine to our history," Lang said.

The Landmark Inn opened in 1930 and housed many famous guests including Amelia Earhart. It closed in 1982 due to lack of maintenance, but it was reopened after renovations began in 1995.

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Justin Key/NW

The Landmark Inn has lodged a variety of guests, ranging from writer Jim Harrison to aviator Amelia Earhart.

Stupak scholarship in danger of being cut

By James Dyer
contributing writer

Every day at 4:15 a.m., Ricardo Alvarez wakes up, gets some breakfast and starts running. Alvarez runs about 65 miles a week as a part of his training to be an Olympic boxer. At 11 a.m. classes start, and at 2:15 p.m., he hits the gym to get ready for practice, which can sometimes last until 6:30 p.m. On Wednesdays, Alvarez, a junior physical education major and captain of the United States Olympic Education Center (USOEC) boxing team, has to leave early for night classes that

Many of these athletes don't have anything to fall back on.

— Jeff Kleinschmidt
USOEC director

last until 9:20 p.m. With classes and homework taking up his downtime, it is difficult to find time for a job to pay for school, he said.

Alvarez and many other athletes at the USOEC rely on the B.J. Stupak Olympic Scholarship to help them pay for school. The scholarship, which can pay up to \$20,000 per year toward the cost of tuition for Olympic athletes, is one of the 126 programs that are being cut in President Obama's budget proposal for fiscal year 2011. If the scholarship does get cut,

NMU will more than likely lose many of its Olympic athletes because of financial difficulties, Alvarez said.

"With the scholarship gone, a lot of these athletes will disappear," he said. "If it does get cut, I will try, but more than likely I'm gone too."

Approximately 65 athletes from NMU receive the scholarship, according to Jeff Kleinschmidt, director of the USOEC.

"Many of these athletes don't have anything to fall back on," Kleinschmidt said.

NMU's 71 USOEC athletes train 1,500 - 2,000 hours every year, and few are able to hold a part-time job to pay for school while maintaining their grades, he said.

"It's really important to understand how important this

scholarship is for athletes," Kleinschmidt said.

In order to be eligible for the scholarship, athletes must be accepted at one of four Olympic training centers around the country, including the one located on NMU's campus. Students must also be eligible for Free Application for Federal Student Aid (FAFSA) and maintain a satisfactory academic level. Generally, the students attend classes full-time, Kleinschmidt said, but the scholarship does not require that athletes take a minimum of twelve credits.

According to Kleinschmidt, this isn't the first time the scholarship has been cut from the executive budget.

"Nine out of the 10 years [the scholarship existed], the president has not included [the scholarship] in the budget," said

Kleinschmidt.

One of the reasons the scholarship is often considered expendable, he said, is that it is difficult to track an athlete's long-term progress through school, as most of them receive their degrees after their Olympic career. Despite this, Congress has voted the scholarship back into the budget each year.

"We are cautiously optimistic," Kleinschmidt said.

According to Kleinschmidt, Rep. Bart Stupak has played a key factor in getting funding for this scholarship from Congress. The scholarship, which began in 1998, was renamed in 2000 to honor Stupak's son, who passed away that year.

"While I was disappointed to see the President's proposed

See *Stupak* • page 4

Briefs

Third Eye Blind comes to NMU

Northern Arts and Entertainment, in cooperation with the Student Finance Committee, are sponsoring a concert with Third Eye Blind. The event is scheduled for Wednesday, March 24, at an undetermined time. Tickets are available for purchase starting Monday, Feb. 15. Prices are \$20 for the floor and \$18 for seating.

— Cameron Witbeck

NMU vs. MTU in blood drive

The NMU Volunteer Center is putting on the annual NMU vs. MTU Blood Drive Tuesday, Feb. 16, in the lower level of the LRC.

For the last 10 years that the blood drive has occurred, Michigan Tech University has doubled the amount of blood that NMU has given. Community members and NMU students and staff are allowed to participate. To donate you must be 17 years old, at least 110 pounds, and haven't donated blood in the past 56 days. Up to 10 people can donate at any one time, and the process takes about an hour, depending on the length of lines.

One pint of blood can save up to three lives and all the blood donated stays in the U.P. The blood drive starts at noon and people are allowed to arrive and donate until 5:45 p.m.

— Adelle Whitefoot

Summer job fair to be held

There will be a summer job fair Tuesday, Feb. 16 from 1 to 3:30 p.m. in the Great Lakes Room of the University Center. This event will be open to all students and will include on-campus jobs for students taking summer classes and opportunities for students looking to get a job out of state.

Employers from across the nation will be present and looking for applicants. Students can also look for internships. According to Steve LaFond, the assistant director for Career Services, students should be looking for options while attending the job fair. LaFond said that students should look into what positions are available to apply for and what employers will be present before they go to the event.

A list of employers who will be attending is available under the events section on the Career Services Web site.

— Audrey Menninga

Ethics Skill Builder! offered

NMU students and the general public are encouraged to go to the Skill Builder! "Ethics in your College Career" on Tuesday, Feb. 16. This event will examine many ethical and moral dilemmas that college students may have to face or have already faced.

Katie Jensen, the head of the student group Mortar Board, as well as four other Mortar Board representatives, will be presenting this Skill Builder! Jensen hopes that the event will lead people to think about options they might not have considered when making a tough ethical decision.

The event also counts toward the ethics portion of the leadership edge in the Superior Edge system. According to Jensen, participants in the Skill Builder! will have the opportunity to discuss any ethical issues that they have encountered. To register for this event, call 227-1771 or e-mail slfp@nmu.edu. Any questions about this event should be sent to kjensen@nmu.edu.

— Erica Hattis

Can you hear me, meow?



Cameron Witbeck/NW

Jim McMahon, a sophomore speech, language and hearing sciences major, screens Wildcat Willy for hearing loss at the Wildcat Wellness Health Fair. The event was held in the University Center on Tuesday, Feb. 9.

ASNMU update

Morgan announces he won't seek reelection for next year

By Cameron Witbeck
news editor

At this week's meeting of the Associated Students of NMU (ASNMU), Jason Morgan, the organization's current president, announced that he would not be seeking reelection in the spring.

Morgan, a junior political science major, said that he feels that he has accomplished a lot of the goals that he set for himself when he was elected last spring.

"I've poured my heart and soul into this organization. [I've given] all of my evenings, my weekends, and I think that I need to pursue other endeavors at this point," Morgan said.

During the meeting, on Monday, Feb. 8 in the Charcoal Room of the

University Center, ASNMU representatives discussed a proposal from the NMU Calendar Committee, which may result in a structural change of the academic school year. While the proposal is not solidified, it entails a possible change of NMU's school year to closing for two months during the winter. The proposal is being discussed as a way for the university to save money on operational costs like heating and lighting.

Several representatives expressed concerns that they and their constituents have with the proposed change, like how the change might affect class loads or student employees, while others discussed its possible advantages.

"When we got into the nitty gritty of [the proposal] the reaction was, surpris-

ingly, very positive," said Josh Corbat, a senior secondary education integrated science major and vice president of ASNMU. "It was an interesting reaction."

- ASNMU representatives also spoke about the group's election process and tabled a discussion topic that dealt with changes to organizations bylaws until ASNMU's Feb. 15 meeting.

- The appointments of two ASNMU representatives were unanimously approved by the body. Zach Fix, a sophomore pre-law political science major, was appointed as an Up-Campus Representative and Lauren Murphy, a senior nursing student, was appointed as an Off-Campus Representative.

Map Key

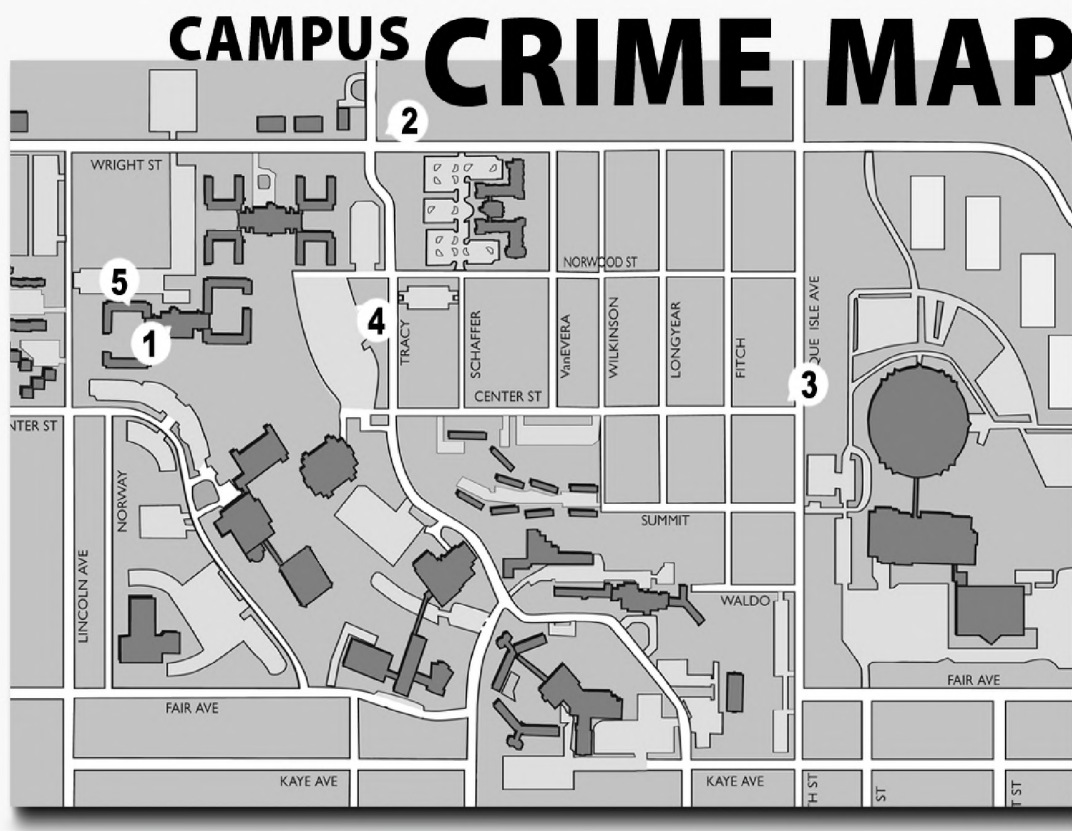
1) Money was reported stolen from a student at 10:40 a.m. on Feb. 5 at the Marketplace.

2) A student was arrested for drunk driving at 1:46 a.m. on Feb. 6 at Tracy and Wright St.

3) A student was given an MIP at 12:13 a.m. on Feb. 6 at Presque Isle Avenue and Center St.

4) The mirror of a student's car was reported maliciously destroyed at 6:27 p.m. on Feb. 6 in Lot 11.

5) A student was referred to the dean for possession of marijuana on 11:30 p.m. on Feb. 8 in Gant Hall.



Scholar addresses Chinese social work

By Alex Belz

assistant news editor

A Chinese scholar spoke about the emergence of social work in China Wednesday, Feb. 10 in the Mead Auditorium to a crowd of about 60 students, faculty and community members.

Xu Yang, the director of social work at the East China University of Political Science and Law in Shanghai, said that the field has been increasing rapidly in China over the past decade. In 1999, there were only 30 social work programs at universities in China. By 2006, there were more than 200.

"The social change is really dramatic," Yang said. "There is a really great demand for the development of social work."

Social work is a professional field which helps disadvantaged communities, groups or individuals in need of assistance. It was banned in China in the 1950s but was allowed again in the 1980s. Since that time, the field has been on the rise. But Yang said that there are many problems facing the up-and-coming field. One of the biggest is determining government involvement in social work.

"Because we are a developing country, the social work is quite different from developed countries. Maybe one of the big differences is the government's role in social work. We have a large government, but a small society. Government really should take the responsibility to help to develop social work, but at the same time if the government intervenes too much, some



Ashley Wiggins/NW

Xu Yang, a Chinese scholar, spoke to students about the emergence of social work in China in the Mead Auditorium.

agencies may depend on it," Yang said. "Is the social worker working for the government or is the social worker working for the agency?"

Because social work education and knowledge is obtained from the West, another challenge facing social workers in China is making it work for China's unique culture.

"In China, it is perhaps different than in other countries. If I am a drug abuser, my whole family will try and protect me. They wouldn't even let the neighbors know that I used

drugs. Sometimes, the whole family might move to another area, just so the neighbors wouldn't know. So there are lots of cultural differences," Yang said.

Many of the problems facing China today are similar to problems within the United States, Yang said. Because of the Chinese government's policy of allowing only one child per couple, China faces an increasing crisis of dealing with a large elderly population and a smaller working population.

Before her trip to the States,

Yang conducted a study of people who have retired and people who were still working.

"The retired people depend on the government heavily. They think, 'I have worked for the society, for the country, for the party, for my whole life. It is necessary for the government to give me some pension.' They think it is natural," Yang said. "But for the young people ... they will not depend on the government as much as their parents, because they think 'Maybe I can make more money to ensure I can live a decent life

when I retire.' So the new generation's opinions have changed about retirement and reliance on the government."

China is trying to develop social workers who are qualified and knowledgeable in their field. Some of the professors are still learning themselves within the field, Yang said.

"It's really hard to build qualified social work in China, it's really a challenge," Yang said.

Other issues facing Chinese social workers are drug rehabilitation, the homeless, orphans, mental health issues and correction service.

Yang was first nominated to come to NMU as part of the International Speaker Series by Ira Hutchinson, a professor and head of the social work department.

Hutchinson first met Yang when he visited China to give a lecture at Yang's university on family and social change.

"When I got back, I nominated Helen for the International Speaker Series, so that we could learn about social work in China and Helen could learn more about social work in the States," Hutchinson said. "She's been sitting in on some classes and meeting people who work in social work agencies."

Early Education Social Work major Sonia Oja said she thought the speech was very enlightening.

"It was really interesting to see they have the same problems as us but to an even greater extent because of the population difference," Oja said.

Marquette

Continued from page 1

Events such as the UP 200, Art on the Rocks, Blue's Festival, Noquemanon ski race and many other festivals bring different people from all around. According to Lang, it's the volunteers that organize and run the events that make Marquette special and vibrant.

This award is a good opportunity not only for Marquette, but NMU as well, said Russell Magnaghi, professor and interim department head of NMU's history department. He said it helps promote the university and its natural appeal to students looking for a unique place to live.

"The university can use Marquette and its environment as a giant laboratory for whichever subject is being taught which can promote the area and get students to come here," Magnaghi said.

Marquette was also nominated because of its historic downtown buildings which are different than most contemporary buildings.

"One of the characteristics of the buildings is that they're built with sandstone which lends to the charm and architecture," Magnaghi said.

Lake Superior and the area which surrounds Marquette also play a big role in making it a distinctive destination.

"The hills and the lake around the city of Marquette make it sort of a gem and make it what it's called, 'The Queen of the Lake,'" Magnaghi said.

This award not only congratulates the city and its people for Marquette's beauty but will also greatly impact tourism. According to Nan Taylor, field representative for the Michigan Historic Preservation Network and the National Trust for Historic Preservation,

it's advertising for the city and university and tells something about the quality of life.

"It helps put Marquette on the map across the country," said Taylor.

Each year cities all around the U.S. submit entries for this nationally recognized award. The other 11 competing cities are: Bastrop, Texas; Cedar Falls, Iowa; Chestnut Hill, Penn.; The Crooked Road, Va.; Fort Collins, Colo.; Huntsville, Ala.; Provincetown, Mass.; Simsbury, Conn.; Sitka, Ala.; and St. Louis.

The distinctive destination program has been around for more than 10 years, but this year there is an added contest for people to vote for the 2010 Fan Favorite. To vote, log on to www.preservationnation.org and click on your favorite.

Currently, Marquette is in the lead by about 10 percent.

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Granholtm says no new education cuts

By Cameron Witbeck
news editor

During her final State of the State address on Wednesday, Feb. 3, Gov. Jennifer Granholm said that there will be no new cuts to Michigan's educational funding in her executive budget.

The governor's budget will be presented to a joint session of the Michigan State Senate and House of Representatives on Thursday, Feb. 11. The executive proposal is just a part of the budgetary process; the final budget is an amalgamation of the House, Senate and executive budgets and is expected to be completed by July 1. It is possible that cuts will be present in the final budget if state legislators propose them.

Les Wong, NMU president, said that the governor's statements concerning educational funding did not surprise him.

"She has always been a supporter of higher education and NMU. She is succinctly aware that an educated Michigan is directly related to economic prosperity," Wong said.

For the past eight years, Michigan has reduced state appropriations for funding higher education. Wong said that while he would certainly welcome a scenario in which there are no further cuts in the final budget, he is not confi-

dent that this will happen.

"We are proceeding with strategic planning to preserve the Northern experience to the best of our abilities, given a variety of assumptions about the state's ability and/or inability to cover the [budget deficit], reform itself and change for the better," he said.

Last year, Michigan's budget included a 2 percent reduction in state appropriated funds for public universities. These state appropriated funds and tuition constitute the majority of a university's fiscal capital.

Wong said because the final budget may include cuts to appropriated funds, he has asked departments across NMU to consider an additional 8 percent reduction scenario to help identify where cuts can be made if necessary.

He also said that NMU is looking at options other than budget cuts to help address a possible reduction in appropriations.

"For me, it's budget balancing," Wong said. "Cuts are only a part of the answer."

There are several ideas that NMU is considering to help meet a possible reduction in appropriations. Some of these include shifting the academic calendar to close school for a larger part of the winter, consolidating the times and locations of classes to save on heating and lighting costs, a concentration on online classes, and a

financial evaluation of university programs from athletics to academics.

Gavin Leach, NMU's vice president of finance and administration, said that some of the approaches the administration is considering, like expanding online courses at NMU, will help generate revenue for the university by increasing the number of students that can be served.

"We are examining a number of systemic strategies including energy strategies, revenue generation ideas, reorganizations, curricular ideas and potential staffing reductions," Leach said. "We continue to review and explore ideas."

Leach said that the administration is communicating with state legislators in an effort to have a better understanding of the size and extent of possible reductions. He also said that the administration will work to ensure that the educational quality of NMU is affected as little as possible by reductions.

"NMU is resilient and has always done an excellent [job] in maintaining and enhancing the NMU experience even in tough times," Leach said.

Along with promising no new cuts to educational spending for the upcoming fiscal year, Granholm also said that her budget proposal will allocate for the Michigan Promise Scholarship to

be reinstated.

"We will identify a creative way to pay for it, and we will give it a new focus; keeping our young people in Michigan when they earn their degrees," she said.

Jason Morgan, a junior political science major and president of the Associated Students of NMU (ASNMU), said that he was impressed by the governor's proposal to reinstate the Promise Scholarship. He also said that he believes its revival is financially feasible despite the approximately \$1.6 billion deficit that is projected for Michigan in fiscal year 2011.

"[The reinstatement of the Promise Scholarship] requires our lawmakers to have the integrity to look out for students," said Morgan. "It's my view that any cuts to higher education would show a lack of competency in our legislators."

According to Morgan, ASNMU will join students from 14 other schools in Michigan at a rally in Lansing on Friday, March 25 to advocate against cuts to higher education funding.

"I think NMU students need to know that we are facing one of the worst budget deficits in our lifetimes, but we cannot accept that as an excuse to let education be cut. Cuts to higher education funding are a tax on students; we need to stand up and fight for our funding."

— Stupak —

Continued from page 1

fiscal year 2011 budget eliminate the B.J. Stupak Olympic Scholarship, it does not come as a total surprise," Stupak said in a press release. "We have been down this road before, and we have been able to secure funding each time."

Many Olympians, Stupak said, do not go on with their athletic careers after the Olympics. The B.J. Stupak Olympic Scholarship is intended to help these athletes graduate from college and enter the workforce.

"These men and women are pushed to both the physical limits and financial limits for the chance to represent our nation at the Olympic Games. This scholarship helps them reach their dreams athletically and educationally and is a valuable investment in these young men and women," Stupak said.

If the scholarship does get cut, many athletes don't have much to go back to, said Alvarez, who said that without it, he might have to go back to his job in a factory.

"Some of these guys don't even know how to start getting jobs," he said. "They've spent their whole lives [training]... we could lose a lot."

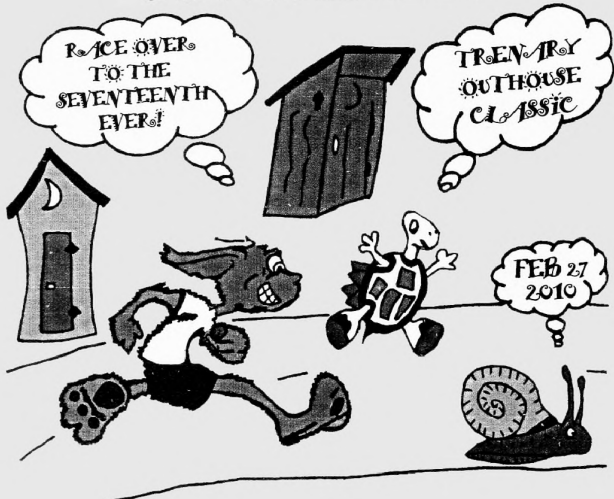
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- Pascale Mark 1992
- Keith Hug 1993
- Jeanette Zalba 1994
- Lori Anne Ryding 1996
- Sarah Braman 1997
- Ronald Seaberry Jr. 1998
- Nathaniel Dawson 1999
- Rebecca Andersen 2000
- Jedidiah Freidrich 2001
- Erin Spencer 2002
- Barbara Baciak 2003
- Monique Yoder 2004
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- Jeron Schmidt 2006
- Megan Sarder 2007
- Jennifer Turri 2008

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Eligibility: The recipient must be a junior or senior with at least two semesters remaining prior to graduation and must meet the following additional requirements:

1. Contributed significantly to the on-campus living environment in residence halls or University apartments (Note: The student does not need to currently be living on-campus.)
2. Earned a minimum grade point average of 2.70
3. Preference will be given to U.P. high school graduates

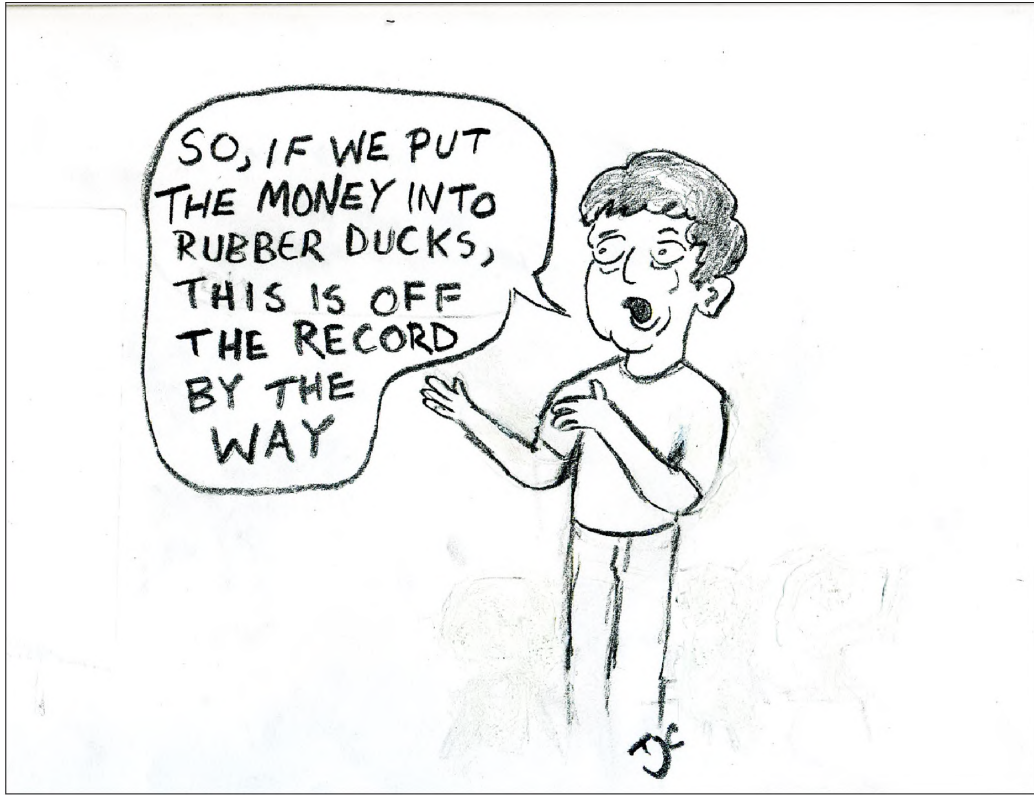
Amount: \$1,000 for the next academic year

Anyone who has made a significant impact in on-campus living is eligible to apply for the Allan Niemi Scholarship. Applications are available at:

- Housing and Residence Life Office (2101 Hedgcock)
- All residence hall desks
- Woodland Park Apartments front desk

Applications must be submitted to the Housing and Residence Life Office by Friday, February 26, 2010. Please contact the Housing and Residence Life Office with any questions at (906) 227-2622.

Staff Editorial



Tom Cory
opinion.northwind@gmail.com

North Wind to report on ASNMU

Starting this week, the North Wind will run a short weekly article highlighting the Associated Students of Northern Michigan University (ASNMU), including what is covered at their meetings and what projects will be a priority throughout the week.

ASNMU is the student-run government that acts as a voice of the students, though the effectiveness of this voice is debatable.

In the past, there has been concern about whether ASNMU is competently representing the students. Throughout the school year, at their weekly meetings, debate is raised on whether the organization is doing enough to be transparent.

We feel that ASNMU members could be doing more to effectively represent the students who elect them, and with a weekly article, we hope to do our part in making students more aware of what their student body is achieving. These articles will address what happened at the weekly meetings or cover issues with which ASNMU is occupied.

These topics affect students, like this week's discussion on a change to the academic calendar, but these meetings are rarely attended by the public. We will act as a watchdog for the students, writing on what ASNMU is discussing.

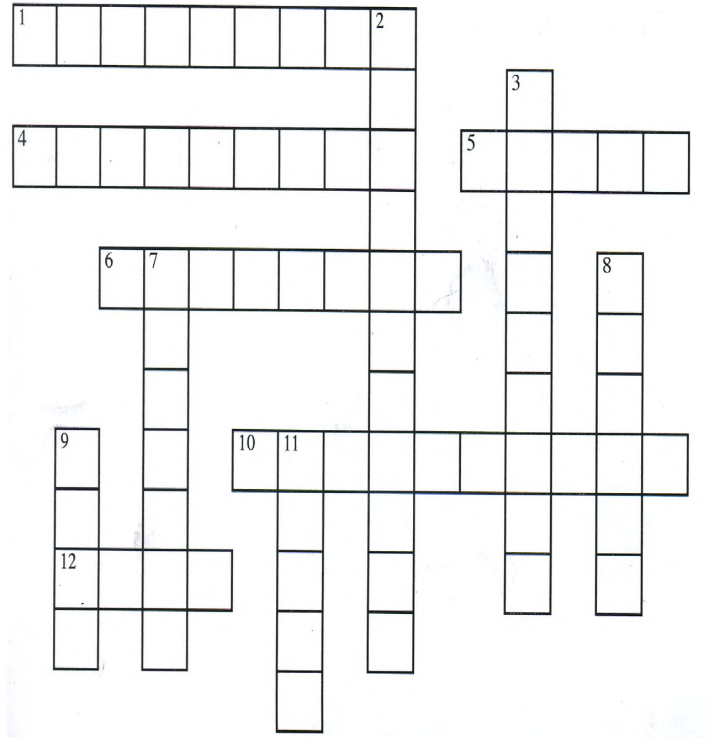
This year's board has been active; its work to voice student opinion on the Prom-

ise Scholarship was wide-ranging from rallies held in the academic mall to encouraging students to call their state senators to document how much they rely on the scholarship. They also heard student concerns about parking issues when University Center employees were ticketed en masse last semester. But even when the board is active as such, students are rarely aware of what is happening. We hope that our weekly article will bring the work or lack thereof to students' attention.

In order to understand our weekly ASNMU update, students might need to know that the board is composed of representatives who are supposed to address the issues of their constituents. We think that more could be done to make students aware that these resources are available to them. The representatives have the means to answer questions and constitute change, but the only way to do so is to reach out and let students know that they're available.

We hope to shrink the gap between ASNMU and the constituents they represent with this weekly article highlighting what they are discussing at their meetings and where their priorities lie. This level of transparency will help bring ASNMU and the student body together for a more effective representation of the student voice.

Crossing Winds



Down

2. Marquette just became one of 12 _____ Destinations
3. The Editor in Chief of the North Wind
7. President of Northern Michigan University
8. What country is Vancouver in?
9. Movie title: Yours, Mine, and _____
11. Acronym for our student government

Across

1. U.S. Senate's majority leader
4. 2010 Super Bowl Most Valuable Player
5. The god of erotic love and beauty in Roman mythology
6. On Tuesday, this state suffered from an earthquake
10. U.S. representative for Michigan's 1st Congressional District
12. The current Forest Roberts Theater production

Letter Policy

Letters to the Editor must include a full name, year, major and a phone number for verification. Please limit letters to 250 words or less.

All letters may be edited for grammar and length.

Letters can be mailed to The North Wind, 2310 University Center, 1401 Presque Isle Ave., Marquette, MI 49855.

Letters can also be submitted via e-mail to editor.northwind@gmail.com, or through a Web site submission on www.thenorthwindonline.com.

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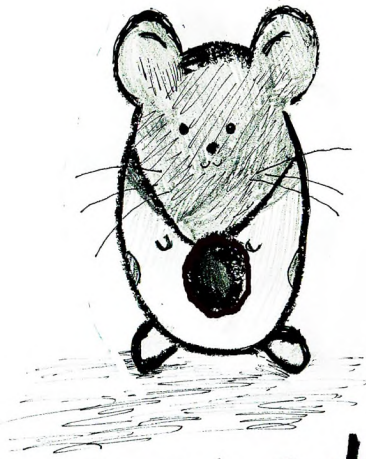
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For What It's Worth

By Lucia Lopez - Opinion Editor



"ACCEPTING ON BEHALF OF THE INTERNET, 'HAMSTER DANCE'"

Tom Cory/ N.W

Internet isn't worthy of Nobel Peace Prize

In the last year alone, corporations became individuals, Jon Stewart was named the 'Most trusted man in America,' the Saints turned into Super Bowl material and Massachusetts has, for the first time in 47 years, elected a Republican senator.

And, just when I thought it couldn't get any stranger, the Nobel committee short listed the Internet as a candidate for the Nobel Peace Prize. Yes, that's correct: the Internet. Apparently, anything is possible in this new decade and even inanimate objects can win awards.

Every year, the Nobel committee invites university professors, past Laureates, scientists and others to submit candidates for Laureate nomination. The Norwegian Nobel Committee has a policy of not releasing the names of nominees for 50 years after the selection, but oftentimes, the people who nominate them make their choices public. Such is the case for the Internet. The Italian version of 'Wired' magazine selected the Internet for submission and last week, the entry was legitimized by the Nobel committee.

According to Alfred Nobel's will, the Laureates "shall have done the most or the best work for fraternity between nations, for the abolition or reduction of standing armies and for the holding and promotion of peace congresses."

Since the Internet hasn't ever

retrieved troops or created a committee to search for peace, it's only logical that the committee accepted the nomination due to its work for fraternity between nations.

I must admit that the Internet has been a great tool that has encouraged promoted democracy in the world. After all, cries of protests in Iran last June became

With this criterion, the hammer should also be nominated for the Peace Prize.

known to the rest of the world through none other than Twitter. And, like Italian 'Wired' magazine said in their video submission for the Internet's nomination, the Web is advancing dialogue, debate and consensus through communication.

But just like the Internet has facilitated some peace, it has facilitated plenty of hate. One need not look further than collegeachb.com, a site dedicated to anonymous posts that, more often than not, are too malicious to print in this column. Clearly, this site isn't the only to perpetuate hate and the Internet only makes it easier to do so.

With this criterion, the hammer should also be nominated for the Peace Prize. It, too, is a tool that can be used to promote and advance democracy around

the world. Undoubtedly, it has built houses as part of Habitat for Humanity, but this was possible only because someone held it and hammered nails to build a home. That's the key: there has to be someone to use it. And, that someone — whether it is a Chinese dissident or a Russian human rights activist — is person who deserves the prize.

Alas, it's not like this is the first time that the Norwegian committee has diminished standards for Laureate candidates. After all, Henry Kissinger became a Laureate despite his role in bombings in Cambodia and Laos which caused thousands of civilian deaths. President Barack Obama also received the honor of the Nobel Prize last year, though I'm still trying to figure out why.

I can handle the Saints winning, I can somewhat stand the thought of corporations as individuals, of Scott Brown as Senator and I can enjoy that Stewart is the 'Most trusted man in America,' but despite the common myth, the sky doesn't need to be the limit — the Internet can be the boundary quite justifiably (so can the hammer). There are plenty of people who have caused change and have become a driving force for peace into the world — perhaps by utilizing the Internet and perhaps without — but either way, those are the people that deserve the prize and the ones who can actually appreciate it.

Less television per day keeps the doctor away



Guest Column

Melissa Young

Through the years, technology has expanded and, in some ways, it has made people become a bit lazy. It seems as though no one has time to sit and relax anymore; there is always something going on.

But, it's not like we can blame children for becoming lazy or for surrounding themselves with technology because it really is something they have never lived without. We have to face the fact that this will never change and technology will still grow throughout the years. We have to focus on what we can do: we can set rules as to when and how often children can be on the computer, listen to music or watch TV.

My parents often talk about how it was 'back then' and how laid back everything was before this crazy influx of technology. In order for children to be more involved in day-to-day personal communication parents need to be involved in making that possible.

According to a Jan. 28 commentary in the New York Times, if children start surrounding themselves for hours on the computer or watching TV, there will come a point where verbal communication will lack in a child's life and just get worse as they become older.

Nowadays there are so many different types of shows with different types of commercials. Even if children aren't watching violent shows they can still catch it from commercials. LimiTV, an organization promoting growth and achievement, said that the average child watches 40,000 commercials per year which is damaging their self-esteem and causing more violence in their lives by what they are viewing.

The commentary in the New York Times also states that young children spend almost seven and a half hours a day using some type of electronic device. The downfall to this new technology has made some children lazy in almost every way. Instead of walking over to a friend's house children can just text or when they need information they can just find it on the internet without even having to go to the library. More and more, children are staying in to watch TV instead of going to play outside. Parents are just standing by while their children sit in front of a TV or a computer for hours.

So many parents talk about how much of a problem this is for their children, but the real problem is that parents aren't trying something new. Why is nothing being done to stop it?

The Center for Disease Control (CDC) has recently come up with a plan to encourage parents to get their children moving. Sitting a child in front of the TV, so parents can get work done is the easy way out. Instead parents should be aware of how much health risks have increased and make sure their children become more active. The program is called "60: Play. Every day. Every way." Fitness issues are facing children now more than ever and it is important to do something about it. Indeed technology has benefits to its expansion, such as being able to locate children faster and parental control over TV content, but I feel as though everyone can agree that there is a point where electronics can be turned off and face-to-face communication can be incorporated.

Personal communication is fading fast, and in order to prevent that from happening, parents need to take a more active role and stress the importance of communication as well as the health risks involved with sitting in front of a TV for excessive amounts of time.

Interested in sharing your opinions? Questions, comments or concerns? E-mail opinion.northwind@gmail.com



Caffeine, sugar not the best options



Chew On This

Robin Rahoi

Caffeine and sugar seem to be a staple in the average college student's diet. But how much is too much?

Many obesity studies are pointing to the addition of refined sugars and overconsumption of those sugars as a culprit in decreased health and increased weight.

Sugars are the simplest form of carbohydrate and are found naturally in foods such as milk, fruits and starchy vegetables. Refined sugars, such as sucrose and high

fructose corn syrup are found as additives in many foods on the market. Carbohydrates, natural or refined, act to raise your blood sugar. This rise in blood sugar is necessary to supply your cells with energy. If you consume too many calories over time, whether those calories come from sugar or not, you will eventually gain weight.

Luckily, caffeine contains no calories so a cup of black coffee with no additions won't add calories to your day. It is when we start adding "extras" that we change the profile of a basic cup of coffee.

Additions of syrups, mocha, chocolate chips and whipped cream all add a substantial amount of calories to espresso

drinks. Commonly, whole or two percent milk is commonly used in espresso based drinks but can be substituted with fat-free milk. That change alone can save between 80 and 112 calories in a 16 ounces beverage. Flavored syrups can add between 20 and 60 calories per pump, which is equal to .35 ounces.

If giving up the sweet taste is not an option, reducing the normal amount by half or taking advantage of the sugar-free sweeteners that are offered in many shops will also cut down on sugar and calorie intake. Removing the whipped cream from beverages can shave off an additional 70 calories. The size of your beverage will also change the calories in the cup.

For most people, moderate doses of caffeine, less than two 16 ounces brewed coffees a day or about 200-300mg of caffeine total, isn't harmful. But, according to the Mayo Clinic, too much caffeine can cause adverse side effects, such as nervousness, irritability, increased blood pressure and insomnia.

Tea is also a popular caffeinated choice among students. It's also a great choice since green, black and white teas offer healthy components such as antioxidants and polyphenols that help to keep your heart healthy. Fortunately, brewed tea without any extra additions has no calories no matter what size the cup, making it a pretty smart choice.

And for those students who

decide to forego the coffee but still want a caffeine kick, energy drinks are a popular choice, but exactly how good or bad can they be? The fact is that they only provide a temporary energy boost, and the surge in energy is from the large amount of sugar and caffeine these drinks contain.

Realize that if the reason for caffeine and sugar consumption is due to being frequently tired or run-down, there are healthier ways to boost your energy. Adequate sleep, exercising regularly and eating a healthy diet will help. These strategies will not only increase your energy but also will help you maintain your overall physical and mental fitness in the long run.

Ban on headscarves won't cause change



Staff Column

Margaret Ylitalo

Since September of 2004, French children have not been permitted to wear headscarves in classrooms. This ban has been upheld, and on Jan. 26, French lawmakers submitted a report to Parliament to ban full-facial veils in government offices, public transit and hospitals.

A six-month debate ended the original intent to ban the full-facial veil in all public places. Fortunately, the panel was not able to agree to this degree of eradication; it is

wrong to force women to remove their headscarves.

Critics think veils promote gender inequality, extremism and insult the French secular system.

French President Jacques Chirac thinks it is necessary to ban headscarves in order to retain the secularity of France, taking into consideration the importance of separation of religion and state. However, government regulation of religious symbols and headscarves would not uphold that value; it would vehemently oppose it.

If the government forces women to remove the headscarves, they will turn their religious opinions into public policy.

If the minority of France's 5 million Muslims who wear headscarves must remove them be-

fore entering a hospital or train, they will face the uncomfortable knowledge that the government has a problem with their beliefs. It would be a direct interaction of religion and state.

According to a Jan. 25 Associated Press article, the head of the lawmakers, Communist Andre Gerin, claims that France needs to "progress" toward a veil-free public; this will be a step toward getting rid of Islam's "black tide of ... fundamentalism."

Though the veil may oppress women, being stripped of headscarves would cause self-consciousness in them. "It's like asking us to go naked," 19-year-old Oumeima Naceri said in the Feb. 1 issue of Time magazine. Women should not be forced to wear head-

scarves, but they should have the choice.

In Moroccan feminist Fatima Memissi's book "Sheherazade Goes West," she tells of encountering Western women and men dominating us. It was shocking to her that when we age, when our hips expand and when we don't fit into a size six pair of jeans, our society labels us as "ugly."

Also, in the Western world, the cosmetics and diet industries are gigantic. The importance of youthfulness masks mature women.

The majority of clothing designers are males, and heterosexual women prefer men who are older and larger than they are. Memissi thinks this is actually a more effective form of oppression than the use of enclosed harems: if conser-

vative high ranking Shiite religious leaders — Ayatollahs — knew about this tactic, they would use it.

French sociologist Pierre Bourdieu calls this symbolic violence because there is no physical restraint, but women accept this belittlement. It is no better than wearing a veil. Some Muslim women choose to cover their faces. Some Western women bare their bodies. It would be wrong to regulate one but not the other because of gender inequality.

Forcing women to remove their veils would be a bigoted act. It would harm France's separation of religion and state. It would promote closed-mindedness and would not alleviate gender inequality. Control is unnecessary in effecting change.

Sound Off

What role do political biases play in the news media?

Compiled by Justin Key



Drew Dean
Freshman
Environmental Conservation

"Biases can alter certain peoples views because they hear it in the news."



Ryan Rhoades
Sophomore
Marketing

"Certain media sources have different biases and they affect our views."



Zach Fix
Sophomore
Pre-law/Political Sciences

"It plays a significant role in slanting how we hear the news either left or right."



Aubrey Bitson
Sophomore
Health Fitness Management

"Get people on the band wagon because of how the news covers topics."



Ryan Suemnicht
Freshman
Criminal Justice

"They influence everyone in the country that watches the news or reads newspapers"



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 Prof. Michael Joy

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 May 9 – May 31
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 Prof. Mits Oba

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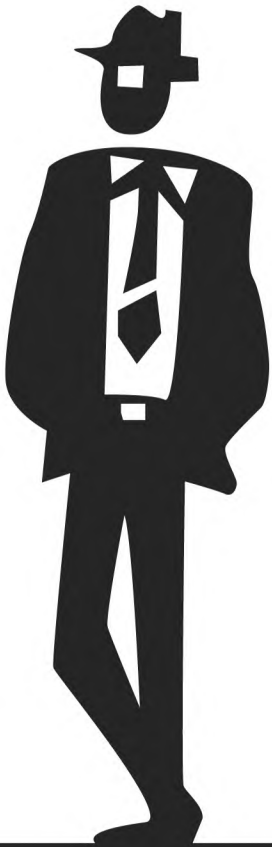
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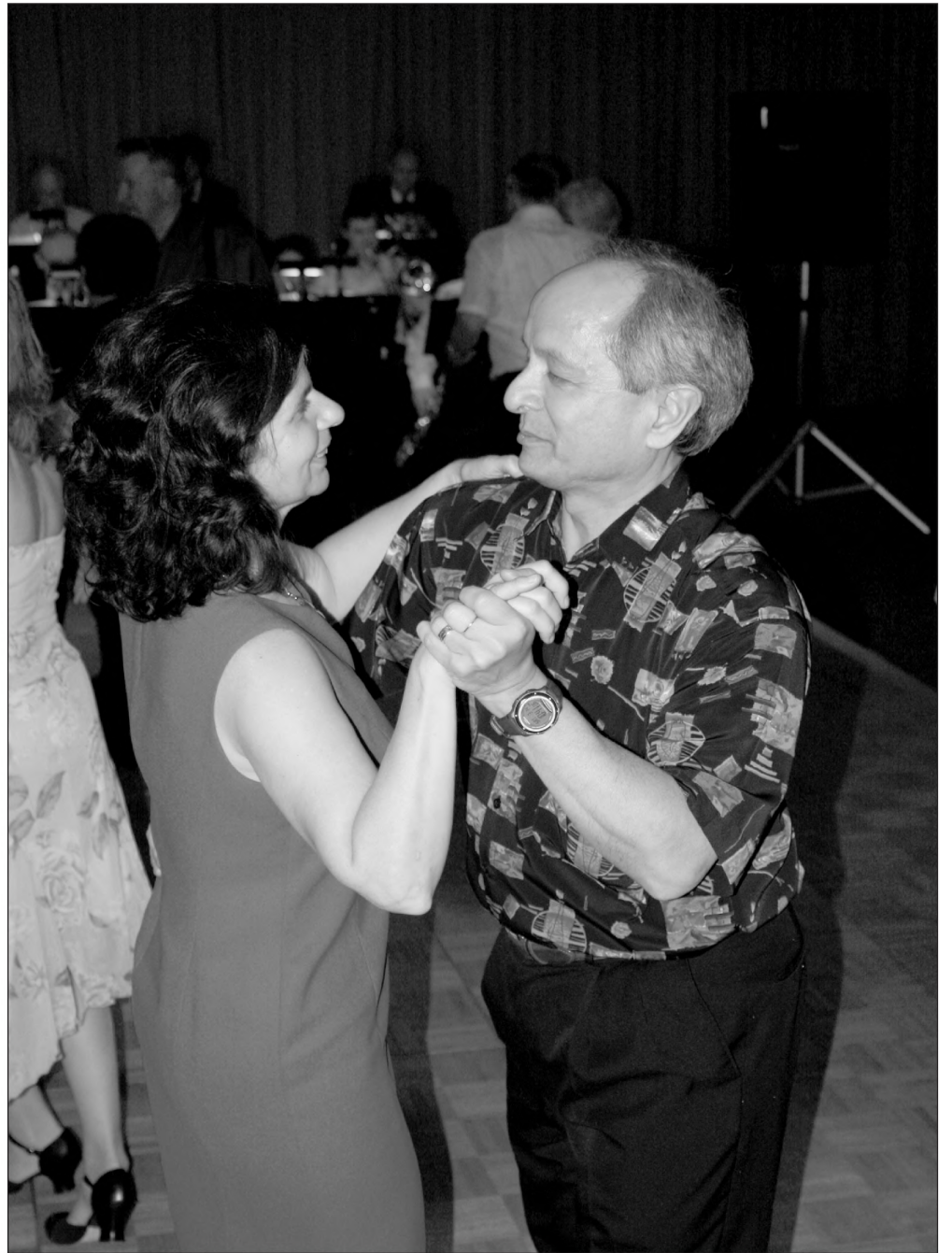
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Annual Ball unites community, students



Top: President Wong and his wife, Phyllis enjoy a dance together at last year's annual ball. Left and right: Students and community members alike get their groove on on the dance floor



By Melissa Seelye
contributing writer

Whatever happened to the dances and proms of high school days? For most college students, special nights such as those are hard to come by. On Saturday, Feb. 13, however, Steppin' Out Ballroom Dance Club's second Annual Ball will be just that: a very special night.

NMU's Steppin' Out Ballroom Dance Club, in cooperation with the International Dance Program, will be putting on this year's event. Westerly Winds Big Band will provide the musical entertainment once again.

Westerly Winds is a 14-piece band and one of the best swing bands in the area for listening and dancing to, according to Kelsey Drew, a junior secondary math education major and president of the Steppin' Out Ballroom Dance Club.

"You don't get to dance to a live band very often, so I encourage everybody to jump on the opportunity. This is a one day a year event," Drew said.

For students looking to try formal dancing for the first time, Drew encouraged them to attend the ball.

"It would be a very good way

to see different levels of dancing—you can pick up different types of dances that you [might] be interested in trying," she said.

Among the dances featured at the ball, Drew said there will be a lot of swing, the foxtrot, tangos, and the Latin-inspired cha-cha and salsa.

"I find that people who were in band or have had some musical background often pick up faster than people who don't have any musical background just because they can pick up a beat better ... or quicker," Drew said. "But really anybody can try to learn how to dance."

To further help newcomers learn the dance moves, Drew said that members of the group will incorporate brief sets of instruction during breaks between dances. The more experienced dancers will try to make people of all levels feel comfortable and enjoy themselves.

Though it is no longer the President's Ball, NMU President Les Wong and his wife, Phyllis Wong, did attend last year's Annual Ball. However, the event is less formal than it used to be and more accommodating to the students and the community.

"It's a good way to interact with the community. There are a lot of people [here] who dance.

It's quite often an overlooked thing," Drew said.

For this year's event, Drew hopes to at least match the attendance of last year's ball, which drew about 40 community members and 30 students. She would love to see the Annual Ball become a tradition of its own.

"I would definitely want to come back to it even after [graduation]," Drew said.

Aside from the food, music and dancing, the ball is an opportunity to socialize and network. Danielle Hernandez is a fifth year secondary education major and has been a member of Steppin' Out for the past three years. Hernandez appreciates the chance to meet new people and give advice to those who haven't attended the ball before.

"Expect to meet some great people and be inspired to dance and to enjoy dancing of all different types," Hernandez said.

Hernandez also said that the most important thing is to relax and not worry so much about the steps.

"There's always a right step to take with certain dances but everyone's learning and that's the best part," she said.

The members of the group all seemed to agree that there's something unique and wonder-

ful about the ball. Hernandez contrasted it with a concert or a lecture, events where she said you don't get as much out of the experience.

"When you think about concerts, they're very impersonal and big, everyone's a number. But did you learn anything from the event? Did you go home and want to tell all of your friends that you danced with this really great dancer and didn't fall on your face? ... [Dancing] is personal," Hernandez said.

What makes it so are the connections made between dancers, especially during the mixers where dancers change partners as the women circulate the room in one direction and the men in the other.

"You never know who might show up and say, 'Hey, let's dance,'" Hernandez said.

Nikki Spicer, a sophomore zoology major who joined the club just this year, said that having a good time is what makes dancing such a great experience for her.

"I absolutely love dancing. I love the people in the group and [practices are] honestly the highlight of my week," Spicer said.

For Spicer, the best part of Steppin' Out has been working with other members of the club.

"They're all willing to help

you, even if they're not your dance partner," Spicer said.

Steppin' Out meets Sundays at 7 p.m. Group members encourage anyone interested in learning more or going over dances that were covered at the ball to join them.

The ball is a semi-formal event which allows students to make it as formal as they want. Steppin' Out does ask, however, that no one wear jeans. Clean, dry shoes are also important, as a temporary wood dance floor will be brought in.

For those students and community members who have purchased their tickets in advance, the evening will begin with social hors d'œuvres at 6 p.m. and a plated dinner by Conference & Catering at 6:30 p.m. Following dessert, the band will play three sets from 8 to 11 p.m. in the Great Lakes Rooms of the University Center. Students interested in the dance portion of the ball but who have not purchased a ticket can enter for free with their student ID after 8 p.m. as part of their Student Activity Fee.

Photos and packages will also be on sale at the ball through AbysmalVesper Photography. Anyone with questions should contact Kelsey Drew at kdrew@nmu.edu.

REFRANT



Yin Tang/NW



By Scott Viau
features editor

On Jan. 24, 1996, "Rent" creator Jonathan Larson died of an aortic dissection. His death came one day before "Rent" was scheduled to open at the New York Theatre Workshop. For a play that contains themes of living each day to the fullest and believing in love, Larson's death served to further the intent of his musical.

Over the years, "Rent" has had over 5,000 performances at the Nederlander Theatre in New York City and has spawned several domestic and foreign tours. Now, "Rent" has come to Northern where students, faculty and community members alike can see for themselves why many consider "Rent" to be one of the best musicals of the '90s.

Communication and performance studies professor Shelly Russell said the show will hit its audience like a rock concert.

"It's some of the best music you've ever heard, telling a story that all of us are aware of," Russell said. "This is really a show for [our] time. The first time I heard it I said, 'I've got to work with students on this show.' It's so harsh, real, troubling and yet reassuring."

Given the huge popularity of "Rent" and the fact it has won several awards, including a Pulitzer, the difficulty of staging it may be severe, but Russell felt that the more challenging aspects included the thematic issues and the music.

"The music was much more difficult than we expected. We're doing a rock show, but we're also doing a rock show that was arranged for the finest voices on Broadway," Russell said. "Besides that, we're dealing with huge emotional issues. This is a group of young people who are telling a story that involves AIDS, homosexuality, racism and prejudice."

Getting the rights to perform "Rent" is not an inexpensive endeavor. Russell said they had to ask themselves if

putting on the show might be too expensive, but after re-reading the script, Russell realized that they had to do the show.

Once the rights were in place, Russell set her sights on finding the right actors to make the characters on stage come alive. Russell said that the right actors came to audition, though.

"The voices are astounding," Russell said. "When you hear the show, you'll be amazed. We just got extremely good voices."

Playing Roger, one of the leading roles in "Rent," is Curtiss O'Rorke Stedman. Stedman's face is undoubtedly a familiar one to students on campus. Recently, he was seen in the Vista Theatre's production of "The Rocky Horror Show."

Like "Rocky Horror," Stedman had never seen a production of "Rent" until a week or so before auditions were to be held. When he finally watched the movie, Stedman thought it looked like a lot of fun and decided to audition.

Stedman said that his favorite part of the play is working with the cast and crew and having a good time with them.

"Rarely is it possible to meet so many talented and kind individuals working rigorously for a month together to create a stimulating visual and audio spectacle and all the while building friendships that will no doubt carry on far beyond the final show," Stedman said.

Stedman elaborated that "Rent" is not the only thing the students have going on in their life. A large amount of dedication is required to make the production look as good as it should. Students also have jobs and class during the day and then they spend their nights perfecting their performances.

"We come ready to practice and perform every night because we get our rocks off burning the candle at both ends and wouldn't have it any other way," Stedman said.

Yet for as much work as Stedman put into the play, he found the most challenging aspect of the play to be that which he had to do most: acting and singing. Despite being

in "Rocky Horror," Stedman still thinks he has no acting experience and has been struggling to connect with someone that illustrates complete opposite characteristics than himself.

Although Stedman said he had difficulty connecting with the character he is playing, there are indeed similarities between the two.

"Roger and I share the same sentiment when it comes to writing songs," Stedman said. "However, his desires to write and mine are completely and utterly different for very obvious reasons that are portrayed early in the show."

This semester marks Stedman's last at Northern. Although his experiences in the theater have been somewhat extensive in the past few months, Stedman has expressed a bit of regret over not participating during his first years here.

"I am sorry that I was such a bump on a log in my prior years here," Stedman said. "I am happy to have met people here that inspired and pushed me to partake in theater."

Elementary education major Ben Filipowicz landed the role of Mark, another lead role and the roommate to Roger. Filipowicz, unlike Stedman, was very familiar with the play and had been since he was a freshman in high school.

"I immediately fell in love with it and have been learning every song in the show since then," Filipowicz said. "Mark was a dream role."

For those out there who have never seen or even heard of "Rent," Filipowicz said that "Rent" is about what the world lacks and what it needs to be a better place.

"It's about how people don't connect on any level anymore and how communication has gone down the drain," Filipowicz said. "Larson was trying to bring musical theatre to the MTV generation. Not only did he do that, but he did it well."

"Rent" will be performed Feb. 16-20 at 7:30 p.m. with a special matinee performance at 1 p.m. on Feb. 20. Tickets are available at any EZ ticket outlet.



Heart-wrenching 'Precious' inspires hope



Film: Precious: Based on the Novel 'Push' by Sapphire

Director: Lee Daniels

Producers: Oprah Winfrey, Tyler Perry

Writer: Geoffrey Fletcher

Starring: Mo'Nique, Gabourey Sidibe

Runtime: 109 minutes

Rating: R

tive school comes along, Precious seizes the chance and through it she learns of the strength she has inside and the love she can give to those around her.

I never thought I'd write the following words: Mo'Nique's performance is a revelation. The raw emotion she's able to convey will shake you to your core, as will Sidibe's. Both of these actresses more than deserve the award nominations they have been receiving and Mo'Nique does deserve to win an Oscar for her portrayal of one of the most emotionally repulsive women in cinema. Her character is dark, disturbing and highly unsettling.

Sidibe is nothing short of a miraculous discovery. Her true talent is revealed when the actress has appeared on talk shows and is delightful, charming and even bubbly, which is in stark contrast to the scarred, angry and confused character she plays. One of the biggest surprise performances comes from Mariah Carey. It's hard to express just how refreshing it is to see her in a role that actually matters, and it's slightly mind-boggling to compare her excellent performance here to the vapid personality we're shown in real life.

Director Daniels has taken a time-worn story of loss and hope

and breathed new life into it. It must have been fascinating to be able to sit behind the camera and watch him direct his actors to such of levels of pure emotional truth. Throughout the film, we're given little glimpses into Precious' fantasy world where she imagines herself famous. These scenes are a nice touch by Daniels, as the audience does need a light touch to contrast the darkness surrounding these characters.

I wasn't quite sure how I felt about the cinematography while watching the film. Daniels goes for the shaky, quick-zoom style

of documentaries to drive home the realism of the story. At first it comes across as being merely a pretentious affectation, but the more one gets into the story the more one realizes that the cinematography is helping you become more involved in the plot, not hindering.

"Precious" is one of the most emotionally draining films of the year. Although some people refer to movies in this genre as "depression porn," it's a film that can make you cry and inspire you in the same scene. It may be tragic, but it's a film that deserves to be seen.



By Scott Viau

features editor

Movies about the difficulties of the underprivileged are a dime a dozen. The protagonist is given a trying circumstance and must then overcome it in order to learn a valuable life lesson. "Precious: Based on the Novel 'Push' by Sapphire" is indeed a film with such a theme, but it would be an insult to the filmmakers to overlook it based solely on that fact. The inspiration it holds is at the end of a long, hellish road that no

one should have to travel.

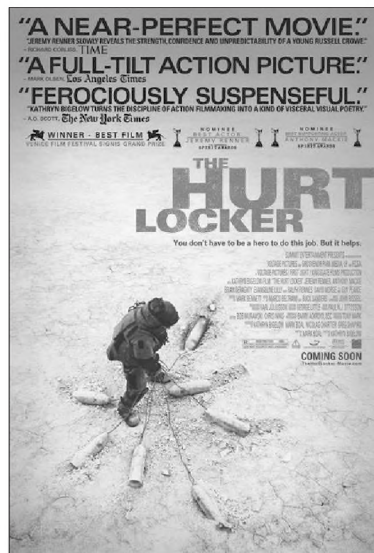
Claireece Precious Jones (Sidibe), better known as simply Precious, has not had the easiest life. She's pregnant with her second child, her first one has Down Syndrome and both were conceived by her father. To make matters worse, Mary (Mo'Nique), Precious' mom, treats her like complete garbage, with nothing but contempt. To Mary, Precious is nothing but a constant reminder of all the mistakes she has made in her life. Further exacerbating Precious' situation is the fact that she's illiterate and can barely make it through school. When an opportunity to enroll in an alterna-



Photos courtesy of Yahoo!

Precious (Sidibe) and her Mom (Mo'Nique) falsify their lifestyle for their case worker in order to keep the welfare checks rolling in.

Taut suspense to be found in 'Locker'



Film: The Hurt Locker

Director: Kathryn Bigelow

Producers: Mark Boal, Greg Shapiro

Writers: Mark Boal, Kathryn Bigelow

Starring: Jeremy Renner, Guy Pearce

Runtime: 116 minutes

Rating: R

Renner steals every scene, and because his performance is so powerful it makes the movie even more suspenseful as well as emotional. I did not expect much from Anthony Mackie during the beginning of this film, but he really impressed me. His acting is very solid, especially when he slowly begins to lose his sanity. Geraghty plays the little brother role well in this movie, and his character's view on death is especially creepy. The rest of the supporting cast is great, but these three actors should be proud of themselves.

This film is easily the best war movie to come out since "Saving Private Ryan," but in a much different way. The amount of suspense this film gives off is something that very few films have ever reached. Everything about this movie is excellent; from the amazing story to one of my personal favorite characters of all time, this movie has it all. The story seems straightforward at first, but after a couple of viewings I have come to the conclusion that this is one of the most intelligent war films of all time. The physiological and psychological anguish that each character goes through seems legit, and the story never goes over the top.

Bigelow has a solid chance at winning the award for best director, but she has some stiff compe-

dition from her ex-husband James Cameron ("Avatar"). While some of her previous films like "Point Break" and "Near Dark" are considered good films, she truly outdid herself with "The Hurt Locker." From the great casting to the beautiful camera shots this is what movies should look and feel like.

The score by Marco Beltrami and Buck Sanders is truly ingenious. The amount of suspense they build is more than fitting for this film, and that is why they are also nominated for an Academy Award for this film. The cinematography by Oscar-nominated Barry Ackroyd was my favorite part of this film, and in my opinion is next only to "Inglourious

Basterds." This is truly the best cinematography of the year. The sound effects are outstanding in this film, and the special effects are top notch.

This is a must see movie, but we never got it in Marquette's theaters while it was in rotation. This is the defining movie for modern military, and it may be hard for some people to watch because of some realistic gruesome images. Do not go into this movie thinking it contains Michael Bay style action sequences where buildings are exploding everywhere; this movie is much more than big explosions. We will see if this film captures the Oscar, but even if it does not this film should not be ignored.



By Brett Hilbrandt

staff writer

With the Academy Awards just around the corner (March 7), the two films leading in nominations are "Avatar" and "The Hurt Locker," both with nine nominations. While "Avatar" is breaking records every day, "Locker" only made \$13 million at the box office. It may not be as widely known as those lovable blue warriors, but "The Hurt Locker" is one hell of a film.

Sgt. JT Sandborn (Anthony Mackie) and Spc. Owen Eldridge (Brian Geraghty) are

emotionally damaged after their comrade is killed by a bomb he was attempting to defuse. Bomb specialist Sergeant First Class William James (Renner) is then sent in and they attempt to defuse bombs in Baghdad. After a couple brave stunts that are not protocol, Sandborn and Eldridge realize that James uses the thrill of bomb defusing as his drug of choice. The crew is put into great danger day after day, as the entire crew struggles to keep their sanity until they can return to their families, hopefully alive.

Renner is up for the Academy Award for best leading actor, and I would like to see him win. His performance as a man who has some serious psychological issues is phenomenal.



Photos courtesy of Yahoo!

Bomb Specialist William James (Renner) finds he is surrounded by bombs and must figure out a way to diffuse them all without killing himself.

Valentine's Day celebrated around Northern

Les Wong, NMU President

Valentine's Day brings up many images for many different people: candy hearts, flowers and greeting cards are just a few of the many things associated with the holiday. But for Les Wong, Valentine's Day is more than the typical romantic holiday: it's an anniversary.

"Students might find this extraordinary- my wife and I have known each other since we were 16 years old," Wong said. "We've actually been lifelong mates for quite a while. So I guess in a way Valentine's Day marks our formal commitment of getting engaged."

Wong said that he and his wife have a rule of being alone on Valentine's Day. They try to avoid serious business on the holiday and have some quiet time together.

"Our plan is to do some cross country skiing. She likes taking photos out in the wild so we'll probably take our snowshoes with us," Wong said.

Wong said that he hopes the university community has a good Valentine's Day.

"I just hope that everyone gets a Valentine from someone, mysterious or not, anonymous or not, I just think it's a fun time," Wong said. "Even though we're a pretty serious university community, it's fun to be silly once and a while, and nothing helps that better than Valentine's Day."

— Alex Belz

Phyllis Wong, President Les Wong's wife

Phyllis Wong has called her husband her "best friend" and "soul mate." She said she can't imagine spending Valentine's Day with anyone else.

Wong said she feels the true importance of Valentine's Day to be "a conscious effort to take time to tell the people who are important that they are important." This year, Wong plans to spend the evening with her husband and cooking for him.

Valentine's Day has held a special meaning for Wong since she was young. In grade school, students exchanged cards and candy. Wong enjoyed the prospect of anonymity this allowed. "There's something special there [when it] could be someone you liked, and it was almost like you were his secret valentine."

— Stephanie Minor

Dave Bonsall, director of the Center for Student Enrichment

This year, Dave Bonsall, plans to do something for his wife on Valentine's Day. "I'm sure I will [do something]. I might take the wife out to dinner. Chocolates, flowers, card," Bonsall said. Though the Center for Student Enrichment isn't hosting any events themselves, office members do participate in a small gift and card exchange.

— Dalton Krause

James Cantrill, department head of Communication and Performance Studies Department

The trend of being romantic and excited about Valentine's Day does not fade over time for most. "From teenage years to being an adult, Valentine's Day is probably less of a big deal," said James Cantrill. "But, that's not to say people can't get presents for me."

Cantrill remembers an early Valentine's Day when he went around his neighborhood passing out the small card-stock Valentine's still delivered by children today. Nowadays, he celebrates the holiday with his wife.

"There is nothing wrong with a special day about love," Cantrill said joyfully.

Cantrill said that winning the mega-million lottery and taking his wife out to Big Boy would be the ideal Valentine's Day. This year, he plans on giving a card or bouquet of flowers to his wife as well as preparing dinner for her.

— Jordan Wyers

Sarah Eberhard, resident advisor in Van Antwerp

Valentine's Day is this weekend and many people are getting ready to celebrate with their loved ones. Sarah Eberhard would like to spend the day with her boyfriend, but since he lives far away, she will be spending it with her best friend.

Eberhard has been with her boyfriend for three years and he has had time to make up for their worst Valentine's Day together: Eberhard spent a lot of money on him, and he didn't get her anything in return. Her favorite Valentine's Day memory is from her childhood, when every year her father would send her flowers while she was in school. The day has grown over time to mean a lot to her.

"I think it's dumb when guys get really mad about Valentines Day. They have sports every weekend. This is the one day we get flowers," Eberhard said.

This year as a resident advisor, Eberhard plans on putting candy in envelopes and leaving them for her residents to find.

— Veronica Wickman

Lindsay Sparks, resident director in Halverson Hall

Lindsay Sparks, resident director of Halverson Hall, said that she enjoys Valentine's Day every year. "It's fun," Sparks said. "It gives people an excuse to be cheesy and express how they feel about one another."

Typically for Valentines Day, Sparks doesn't do anything special. Sometimes she goes to dinner, but often, it's just a normal day. In years past, she was a nanny for three young boys, so she used to have fun and celebrate with them.

"It's the little stuff," Sparks said. "Helping kids understand the holiday so they can get into it." This year, Sparks said she has no particular plans. However she might do something special earlier that weekend.

"Valentines Day is kind of like Grandparents Day: it gives us a reason to say how we feel," Sparks said.

— Erin Eidsvoog

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NMU 'Cats maul Ferris State Bulldogs

Stewart earns CCHA goalie honors; Wildcats prepare to host WMU

By Trevor Pellerite
sports editor

The NMU hockey team (12-10-8 overall, 8-8-6-3 Central Collegiate Hockey Association)

stayed hot last weekend after taking five of six points from a second consecutive opponent. The Wildcats made a statement

on Friday and Saturday, Feb. 5 and 6 in Big Rapids, Mich., where they kept the eleventh-ranked Ferris State Bulldogs (17-9-4 overall, 11-7-4-3 CCHA) to a winless weekend. Friday's game ended in a 3-3 tie, and the 'Cats took the extra shootout point.

"I was happy with our performances, I thought we played pretty good," said head coach Walt Kyle. "I think we knew on Friday night they were going to come out real hard. We were kind of able to withstand the storm a little bit."

NMU nearly came away with an outright win, but a goal in the waning minutes of regulation was overturned by the officials for goaltender interference.

Saturday was a different story, as the 'Cats skated to a 4-0 victory.

"They did control the play for long periods of time, they had a lot of powerplays and they were able to get a lot of shots on the powerplay, but again, I thought that our guys had opportunities that we took ad-

vantage of. And Stewart played very well," Kyle said.

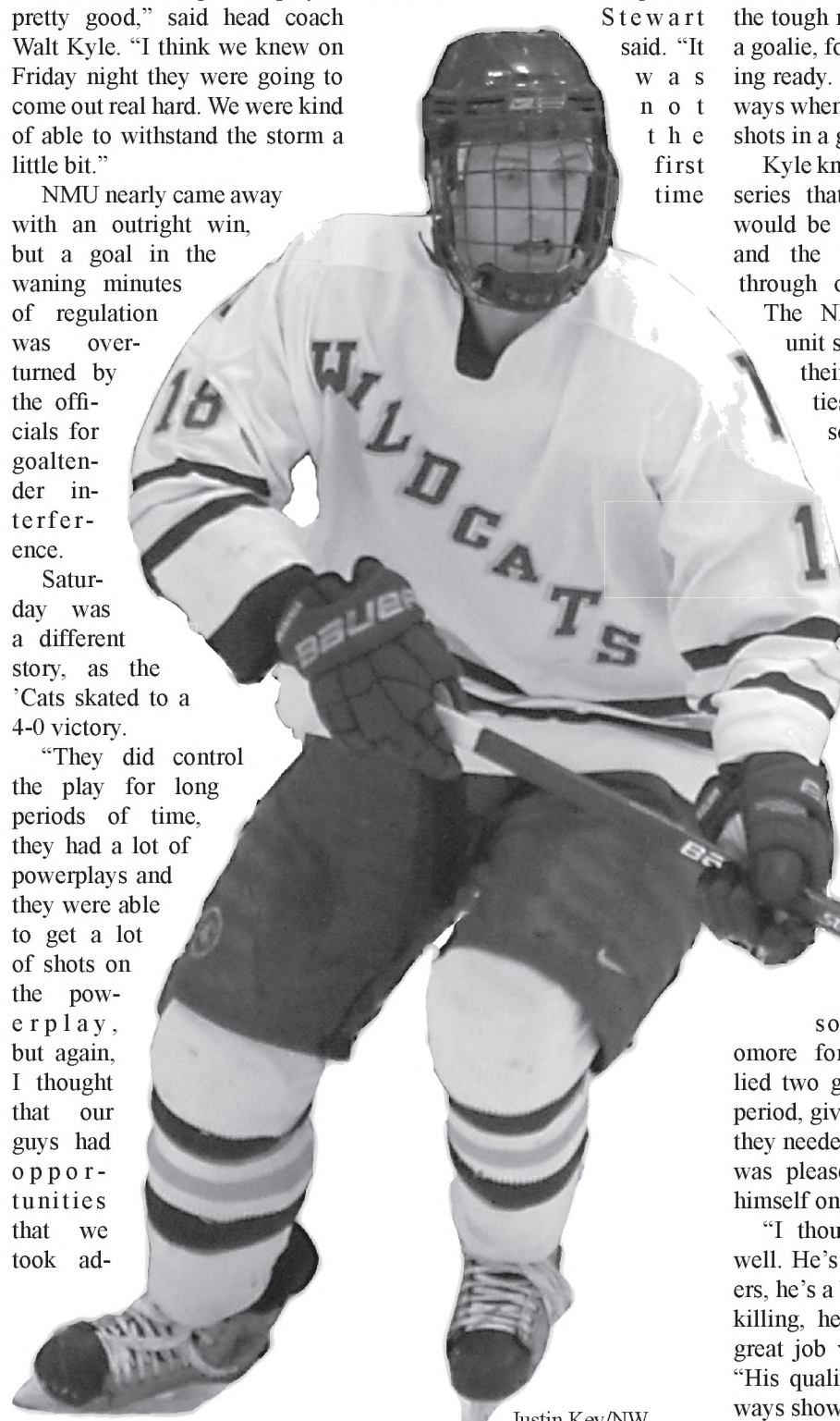
Senior goaltender Brian Stewart put on a clinic on Saturday, turning away all 51 Bulldog shots en route to his third shutout of the season. On the weekend, Stewart had 94 saves on 97 shots against, enough to earn him the title of CCHA Goaltender of the Week. It is the third time this season that Stewart has garnered the conference honor. Kyle said that Stewart's consistency is crucial to success at this point in the year.

"This is absolutely where we expected him be," Kyle said. "It's always important going down the stretch that we have the kind of goaltending that he's capable of providing."

Stewart is now tied for the 10th best save percentage in the nation, at 92.3 percent.

"It was good, I just felt good. Every shot, I saw. [The team] did a good job clearing the rebounds. It felt good,"

Stewart said. "It was a not the first time



Justin Key/NW



Yin Tang/NW

Above: NMU goalie Brian Stewart freezes the puck in a match against Alaska Fairbanks. Stewart earned the title of CCHA Goaltender of the Week for his play against Ferris State. Below left: NMU forward Justin Florek.

this season he has faced 50 or more shots in a game, but he said it didn't bother him."

"It just keeps you in the game for sure," Stewart said. "That's the tough mental aspect of being a goalie, for sure, just always being ready. It's definitely great always when you're always getting shots in a game constantly."

Kyle knew going into the FSU series that special teams would be key to success, and the Wildcats came through on both fronts.

The NMU powerplay unit scored on two of their 11 opportunities, and have now scored powerplay goals in three of their last four games.

It was the NMU penalty kill that really stole the show, however, shutting the door through all 14 of the Bulldog powerplays and scoring a shorthanded goal each night.

NMU's offense was led by Justin Florek on Saturday. The

sophomore forward tallied two goals in the first period, giving the 'Cats the boost they needed to seal the win. Kyle was pleased to see Florek get himself on the score sheet.

"I thought he played really well. He's one of our best players, he's a big part of our penalty killing, he was out there did a great job with that," Kyle said. "His quality of play doesn't always show up on the score sheet. To us, he's one of our most valu-

able players night in and night out."

Goals take second stage for Florek, however, who just likes seeing the team do well.

"It's great, but as long as I'm out there helping out the team, that's all that counts," he said. Florek also added an assist on Friday.

Additional offensive contri-

His quality of play doesn't always show up on the score sheet. To us, he's one of our most valuable players.

— NMU coach Walt Kyle
In reference to forward Justin Florek

butions came from junior Mark Olver and senior Ray Kaunisto. Both scored two goals over the weekend series. Olver is the team's top scorer, bringing 33 points off 15 goals and 18 assists. Kaunisto has 23 points on the year, including 12 goals.

This weekend, on Feb. 12 and 13, the 'Cats will host the Western Michigan University Broncos (8-15-5 overall, 4-14-4-1 CCHA). Although the Broncos are currently in second to last place in the CCHA, they are coming off a sweep of the Notre Dame Fighting Irish in which they outscored their opponents 11-3.

"They're obviously starting to play, to be able to do

that to Notre Dame," Kyle said. "Western has some very dangerous players, they have exceptional goaltending."

The Broncos are led by goalie Riley Gill, who despite a losing record, sports a 2.675

GAA and a .926 save percentage.

Special teams will continue to be crucial in the final games, but Kyle also hopes to see his team stay out of the sin bin.

"I would say the number one thing we have to do a better job of is not taking the penalties that we're taking right now. We can whine and complain about officiating, the truth is we're taking a lot of penalties, we have to cut that down," he said.

With the Wildcats in seventh place in the conference and only five points away from a fourth place slot and a first round playoff bye.

Kyle knows that the 'Cat's cannot afford to overlook any opponents regardless of record, but he isn't concerned about his team's approach to the upcoming series.

"Western's quality of play against Notre Dame should help us focus on Western," Kyle said. "At this point now, we have six games left in the regular season. We have to take those games one at a time, win games, collect points, and improve as a team, and that's been our focus all year."

Florek believes the keys to success will be focusing on fundamentals.

"We need to win every game from here on out. We can't take this game lightly," he said. "Just play as hard as we can, bury every chance we get, and just work hard."

The puck will drop both nights at 7:35 p.m. in the Berry Events Center.

Women 'Cats take win streak to seven

By John Becker
staff writer

The NMU women's basketball team was victorious in last weekend's games, keeping their seven-game winning streak and spot at No. 2 tied with Grand Valley State University; however, the tie will end this week when the 'Cats take them on at home.

On Thursday, Feb. 4, the Wildcats were triumphant over Ashland, 81-65, which successfully avenged the loss in January. Holly Cole led the team with 16 points, followed by senior Mariah Dunham and sophomore guard Elicia Derusha with 14. Derusha earned a double-double with 12 of the team's 38 rebounds.

NMU head coach Troy Mattson said he was happy with most of the things the team did but that there was one thing he saw.

"I wasn't really happy with 40 minutes of play. I thought we

played real good basketball for maybe 30 minutes, but I think that has a lot to do with us being up 20-25 points too and you lose a little bit of concentration," he said.

The 'Cats earned a victory, 73-59, against the Tiffin Dragons on Saturday, Feb. 6. The team was led in points by Christa Erickson with 17. Derusha followed with 12 points and earned another double-double with 12 rebounds. Mattson said Erickson's offensive effort was exceptional.

"I thought Christa Erickson played great, making some big shots for us all weekend; it was real aggressive and for that reason she really gets us going on the offensive end," he said.

Erickson said she does her best to put herself in a position to make the play.

"I know when people drive, I just try to find the open spots where they can see me and dish the pass," she said.

The Wildcats share the No. 2 spot with Grand Valley, but the tiebreaker will occur on Thursday, Feb. 11 at 5:30 p.m. in the Berry Events Center. The team was recently victorious, 66-54, at Grand Valley on Jan. 30.

Mattson said he's not concerned with the tiebreaker, but with playing hard and coming out on top.

"It's not really about ending the tie, it's about us progressing and beating good basketball teams. We got to be able to beat Grand Valley, especially on our home court," Mattson said.

Erickson, however, said the team is eager for the challenge that Grand Valley brings.

"Everybody is super excited. We want to double up on [Grand Valley], and this is a big game," Erickson said.

The 'Cats will play Ferris State on Saturday, Feb. 13 at 11 a.m. in the Berry.

While Ferris is second-to-last in the GLIAC North Division, they gave Northern a run for their money on Jan. 28, when the Wildcats slipped by, 56-54. Mattson doesn't expect the score to be much different from January, either.

"It'll be a close game. Anybody in our league is capable of anybody. We have to make sure no matter what happens in the Grand Valley game that we come ready to play against Ferris," Mattson said.

Erickson said both games are important as thoughts of the GLIAC Tournament manifest in the back of the team's mind.

"We want to be respected in our conference, and we want to double up on a team and get two

wins because that puts us in great standing for the tournament."

The Wildcats will be on the road twice next weekend before heading back the following week to finish out the regular season with two games at home.



Justin Key/NW

Senior forward Mariah Dunham carries the ball for the Wildcats. Dunham has been averaging 11.6 points/game for NMU this season.

Player Spotlight



Elicia Derusha turned in two double-doubles this weekend, tallying 14 points and 12 rebounds against Ashland on Feb. 4 and another 12 points and 12 boards against the Tiffin Dragons on Feb. 6.

NMU Lacrosse competes at home

By John Becker
staff writer

The NMU lacrosse club opened up the 2010 season last week with three victories during the Superior Dome Tournament.

The Wildcats (3-0 overall, 1-0 CCLA) were victorious in their 2010 opener on Friday, Feb. 5 against the Knights of Calvin College, 11-6. Freshman attacker Kingsley Agassi led with three goals. Sophomore attacker Craig Pulak scooped 10 ground balls off the field.

On Saturday, Feb. 6, the 'Cats earned two victories: first, they were triumphant against the University of Wisconsin-Eau Claire Blugolds, 12-5. Agassi led with five goals. Junior defenseman Nick Johnson lifted six ground balls.

Second, the Wildcats defeated the Saginaw Valley State University Cardinals, 9-4. Agassi led with three goals, followed by sophomore midfielder Jason Casens and senior midfielder Eddie Sindles with two. Agassi led with five ground balls dug up, followed by Sindles with four.

NMU head coach Matthew Glenn, new to the program, said he is very pleased to be coaching and has the experience to help the team prevail.

"I've got about seven years playing experience, and I've been helping coach for the last three years as a player coach," Glenn said.

Glenn said he comes from a more defensive background but that he's got some offensive ideas as well.

"Offensively, we just set up in different formations depending on how many guys we want behind the net, in the middle of the field, or at the top of the box," he said.

Glenn also said the 'Cats aren't afraid to cycle or pass to get their opponents out of position. He also plans on mixing up playing behind the net and crashing the net.

Glenn's goals include getting to the Central Collegiate Lacrosse Association (CCLA) Tournament and competing at the national level in the NCLA.

Glenn said the team lost two attackers who graduated last year and three or four who left to focus on studies or employment.

"We'll sorely miss them but we got a bunch of new players who are just as good, and I'm looking

forward to seeing what they can do with the rest of the season," he said.

Agassi is another one of the team's new members, and Glenn said he's an exceptional attacker.

"He's just becoming one of the better attackers I've ever seen play," Glenn said.

Glenn also said he was surprised how well both Pulak, who is also new, and Agassi played during the tournament.

Returning players include Sindles, who Glenn said is one of the best midfielders ever to grace Northern's field, senior defenseman Nick Johnson and senior midfielder Justin Nimsgern.

Nimsgern said the team is really young right now and it's up to the veterans to help those younger players come into their own.

Nimsgern himself did not start playing lacrosse until college, so he didn't get much playing time until he became more experienced.

"It feels like you can teach the guys what you know, because there's a big difference between college and high school in terms of speed and intensity," Nimsgern said.

The Wildcats are looking to improve upon last season's 4-6

record, which Nimsgern said was the team's first losing record since before he joined in 2006.

"We'd like to get back up there and be competitive with Davenport and Grand Valley state who are in our conference and nationally ranked teams," he said.

Davenport is ranked No. 3, Grand Valley State is ranked No. 6 according to the Adidas/MCLA, the LAX Magazine Top-23 Poll.

The current goalie is senior Kevin Sande who has had a .787 save percentage, with 13 goals against and 48 saves.

Glenn said Sande is a great goaltender and the 'Cats are lucky to have a veteran in front of the net.

"He came in as a freshman and ever since then he's been wowing us with his game. Last year he had one of the best save percentages in the entire NCLA so we're glad to have him," Glenn said.

The LAX 'Cats will play again on Saturday, March 13 at DePaul. The team only has away games from now until the end of the regular season.

Nimsgern said the team is sad the only home games of the season have passed, but they are thankful for the fans coming out to cheer them on at home.



Justin Key/NW

The NMU Lacrosse club poses after sweeping their invitational tournament last weekend. The team will be on the road for the rest of the season.

Football signs 27 recruits for 2010

By Drew Kochanny
assistant sports editor

The Northern Michigan football team welcomed 27 new student athletes to the program. On Wednesday, Feb. 3, all divisions of the NCAA brought in new members to their teams as recruits to sign their national letters of intent.

"We wanted to get the best players we could," head coach Bernie Anderson said. "The first thought was that we had to go out and get offensive linemen. I think there are a couple of impact players on here that are going to be key down the road as well."

Members of NMU's 2010 recruiting class hail from five states, with 16 players from Michigan, five from Wisconsin, three from Illinois, three from California and one from Minnesota. NMU managed to gain commitments from seven junior college transfers to go along with the 20 high school seniors.

Anderson feels that bringing in junior college transfers, who enrolled in the 2010 winter semester at NMU, was important for the team's offseason preparation before other recruits arrive in the summer.

"We recruited to try to get some help in January," Anderson said. "It's nice to get them up here in January because you have the offseason and spring ball with them."

The NMU football team is coming off of their best season since 2002 with a record of 6-4, which included a five game winning streak over GLIAC opponents and two Superior Dome shutouts. Departing from the 2009 team are 16 seniors, including nine starters.

Offensively NMU brings in 18 players, including 11 offensive linemen, where NMU lost three starters from the fall. Helping strengthen the skill positions will be the addition of four wide receiver recruits as well as one quarterback and two running backs.

Offensive line and depth along the line was a major concern heading into the recruiting process this season and Anderson feels the team was able to bring in the caliber of linemen needed to compete in the GLIAC.

A local member of the class Anderson was impressed with

was the addition of offensive linemen Jordan Adediran (6-2, 282) of Gwinn.

"I think had he been at a big school and exposed I think he would have had a lot of recruiting attention," Anderson said.

Adediran was one of six players from the UP who signed with NMU on signing day.

"I chose NMU because it's close to home and its developing

Northern wanted me to be a part of their family. That was the main reason. NMU felt like a family.

— Nick Ditomaso

NMU football recruit, Class of 2010

into a good program and I want to be a part of that success," said Adediran.

NMU was able to gain the commitment after signing day from Fithburg, Wis. native James Bester (6-7, 350) another offensive linemen who may be able to contribute early according to Anderson.

"He's a key, key recruit at 6-7 350; he's got great size, and great feet," Anderson said. "I think he's a division I player that

I think we wound up getting."

Defensively, NMU brings in eight players, with five of them being linebackers; another area heavily recruited this offseason by the Wildcats.

"We didn't end up with a lot of defensive players other than a couple of inside linebackers and a couple defensive linemen, but we felt we were OK," Anderson said.

The Wildcats lose both starting inside linebackers from last years team which included All American selection Nathan Yelk and All Conference selection, Zach Gauthier.

Helping replace the two right away will be the addition of junior college linebackers Seth Choate (6-0, 230) of Hickman, Calif. and Modesto JC, and Spencer William (6-1, 230) of Anaheim, Calif. and Santa Ana CC.

Linebacker recruit, Nick Ditomaso (6-0, 190) of Macomb, Mich. was another member of the 2010 class Anderson felt excited to be bringing to NMU.

"I think he is a good tough nosed linebacker that's going to

help us," he said.

Ditomaso, who was also recruited by GLIAC member Saginaw Valley State, said the main reason he chose NMU over the Cardinals was the fact that NMU actually reached out to him.

"The program actually came and recruited me, got me interested in the academics and the football program," Ditomaso said. "Northern wanted me to be a part of their family. That was the main reason. NMU felt like a family."

The recruiting process is far from over for Anderson who feels that bringing in more players to add to the class, including another running back or two, is a must to compete next fall.

"We still want to bring in five or six players," Anderson said. "They could be coming from the high school ranks, but would probably be coming from California or Florida."

Overall, Anderson was impressed with the student athletes brought to NMU and feels confident the 27 members will be able to compete in the GLIAC.

"What we tried to do is get players that would help us beat Grand Valley and get into the top of the conference," he said.

Men's hoops to host GLIAC North best

By Drew Kochanny
assistant sports editor

The NMU men's basketball team split in weekend play, losing to Ashland 86-70 Thursday, then beat Tiffin 82-72 Saturday.

NMU now sits at 6-10 in the GLIAC and 9-11 overall on the year. The Wildcats now hold the fifth place spot in the GLIAC North Division with six conference games to go on the year.

"For the first time all year we came out of our locker room ready to play [against Tiffin]," head coach Dean Ellis said. "We've had a terrible time getting ourselves intense and mentally prepared to play at home."

Against Ashland, (6-10 GLIAC, 10-11 overall), NMU was unable to come back from a large first half deficit which included a 14-1 run to end the first half by the Eagles. Sophomore guard Raymond McElroy led the Wildcats with 22 points.

Saturday against Tiffin, (0-16 GLIAC, 1-20 overall), NMU was able to get an early lead on the Dragons and didn't look back.

"The biggest thing with Tiffin was we just came out ready," said freshman forward Mylan Murphy. "We knew it was time to get a win, and we just came out with the fight in us."

A 51-32 halftime lead by NMU would be cut down by the Dragons in the second half to nine points with under three minutes to play,

making it a 79-70 game. McElroy would seal the deal late in the game with a layup and a free throw.

Ellis felt the fire players came out with to start the game wasn't there to start the second half as Tiffin was able to cut into NMU's lead large halftime lead.

"We were very average in the second half, and because of it, we let Tiffin back in the game," Ellis said. "We need to get more determined and focused and more mentally prepared to play."

One reason NMU was able to jump out to a 27 point lead was thanks in part to the shooting of Marc Renelique in the first half. The senior guard knocked down 24 points in the first 20 minutes of play, including six 3-pointers. Renelique finished the game with a career-best 37 points, making 9 of 13 three's from beyond the arc. Senior guard Chris Warner added 11 points on the night.

"[Tiffin] didn't guard him in the first half," Ellis said. "He had four wide open 3's to start the game and made them all. When he's not guarded, it's probably going to be painful for the other team."

NMU now welcomes GLIAC North Division opponents Grand Valley State (13-3 GLIAC, 17-4 overall), and Ferris State (11-5 GLIAC, 13-8 overall).

Thursday, Feb. 11 the Wildcats take on Grand Valley State for the second time this season. NMU won the first matchup against the Lakers 61-58 ending an 11 game

win streak by GVSU.

"They're going to come out with as much fire and revenge and determination as any team we've played here this year," Ellis said. "They're going to play a lot harder, and as a result we're going to have to."

Renelique led the Wildcats in scoring the first time around with 17 and knows that in order to beat Grand Valley at home they will need to play mistake free basketball.

"I don't think Grand Valley is the most talented team we've played, but they've played disciplined and played hard and they won't beat themselves," he said. "You've really got to earn a win against them."

Three weeks ago NMU lost at Ferris State 82-75, with Bulldog forward Justin Keenan's 26 points and nine rebounds being a major contributing factor. It was Keenan's 14 points from the free-throw line which really hurt the Wildcats, as many found themselves in foul trouble.

"He gets to the free throw line 12 to 14 times a game," Ellis said. "That's going to be a big focus for us. He draws fouls so well you have to keep rotating guys at him."

Murphy, who will have the responsibility of containing Keenan most of the game, knows that he will have to play at a high intensity throughout the game against the four time GLIAC player of the

week.

"He's a good player," Murphy said. "He's going to get his points regardless, but you've got to play hard and always contain him."

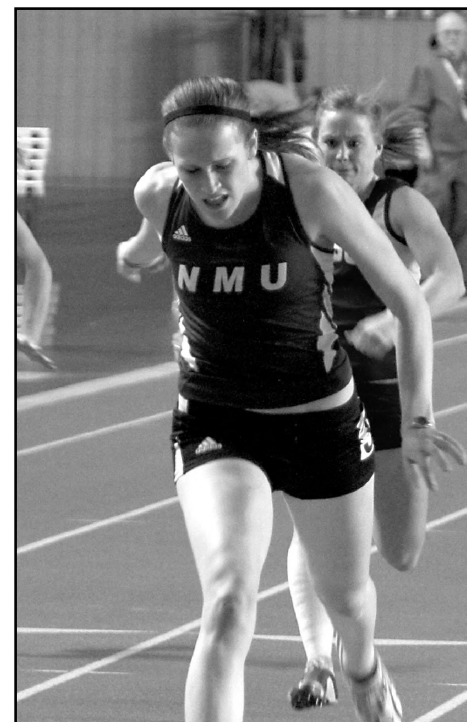
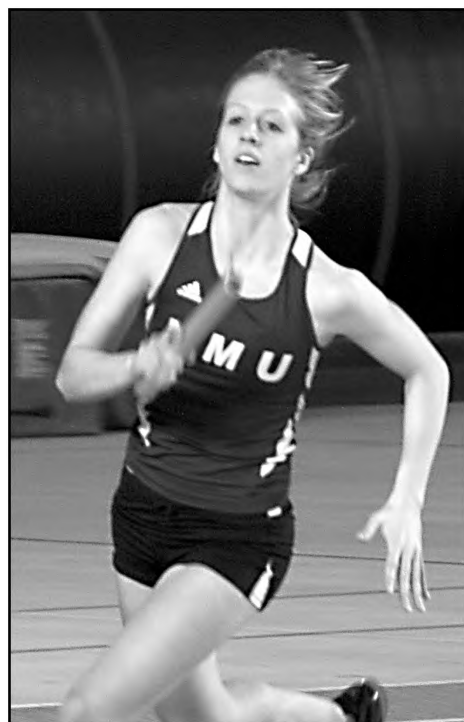
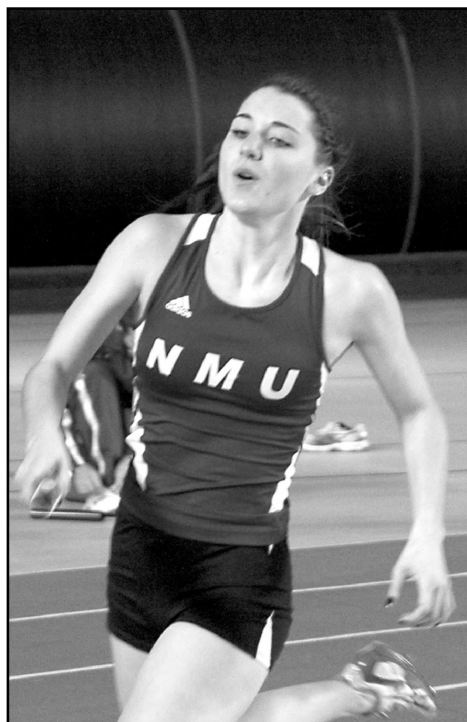
NMU tips off Thursday against Grand Valley in the Berry Events Center at 7:30 p.m.

Saturday game time is set for 1 p.m. in the BEC.



Justin Key/NW

NMU freshman forward Mylan Murphy dunks over a Tiffin defender in Saturday's game. Murphy is averaging 6.8 points and 5.7 rebounds a game.



Trevor Pellerite/NW

From left to right: Brittnee Balbierz, Alyssa Erspamer, Becky Rotter and Catherine Angeli, all shown here at the Northern Challenge on Jan. 23, all ran legs of the 4x200-meter relay in Stevens Point, Wisc. last weekend. The team set a new NMU school record, clocking a time of 1:46.75.

Track breaks records, looks to future

By Michael Levy
contributing writer

The Northern Michigan University women's indoor track and field team traveled to Stevens Point, Wis. for Pointer Invitational last Saturday, Feb. 6.

It was a two day meet with the pentathlon event on Friday night and the invite on Saturday morning.

NMU head coach Tom Barnes was pleased with his team's effort on the road.

"They had a great performance overall," said Barnes. "We broke two school records and finished second out of 15 teams."

The NMU 4x200-meter relay of junior Brittnee Balbierz, freshman Alyssa Erspamer, freshman Becky Rotter and sophomore Catherine Angeli ran a 1:46.75

for second place, which was a new school record. Angeli said the team was really shocked when they first heard the news of the new record.

"At first we were like, 'no way,'" said Angeli. "We had a couple bad handoffs on the exchanges so we really didn't think we had it."

Barnes said the group didn't panic and that they kept their poise during the miscues and were able to come away with a new school record.

"When the handoff took place we knew we had to make up for it," said Angeli.

The distance medley relay team of red shirt freshman Nora Kiiilunen, senior Maegen Hendershot, senior Erin VanEnkevort and junior Kristen Schulz crossed the finish line first with

a time of 13:05.66.

Hendershot led the 'Cats in the 800-meter run with a time of 2:18.57, which was good for third place. It was a personal best time for Hendershot.

"She is heading in the right direction and is starting to show," said Barnes.

Angeli finished second in the 55 hurdles with a time of 7.41 seconds. She missed the school record by just .01 seconds.

Angeli is happy with her performance at the moment, but is looking to improve each week.

"So far, we are heading in the right direction. We are hopefully going to break more records and get ready for the GLIAC's," said Angeli.

In the field events, sophomore Bailey Franklin took home the triple jump with a leap of (11.27

meters) for a new school record.

Senior Krista Squires once again took home first place in the weight throw. Squires won the event with a toss of 16.84 meters.

In Friday night's pentathlon event, which consisted of the 55 meter hurdles, high jump, long jump, shot put and 800-meter run, NMU had three athletes finish in the top four. Franklin won the event with 3,136 points while freshman Brooke Granquist was second (2,807) and sophomore Melissa Christensen was fourth (2,685).

"It's a long day of competition for the girls," said Barnes. "Franklin did an outstanding job, and she is just a sophomore."

Overall, Barnes likes where his team is at during this indoor season.

"We really competed well as a team during the two-day event. This was a good dress rehearsal as we had the two school records broken, and we really were close with three others," said Barnes.

This weekend will be the final tune-up before the GLIAC Indoor Championships at the end of February. Barnes is pleased with his team's progress this far in the year.

"I am happy at the stage we are at right now. All the hard work and training is really paying off by the results," said Barnes.

The 'Cats will travel to Duluth, this weekend (Feb. 13-14) at the Lake Superior Challenge. Barnes says not all the athletes will compete in as many events as they normally do, but that they are looking forward to breaking a couple more records.

NMU diver qualifies

Once again, it's back to the national swimming and diving meet for NMU diver Kelli Vander Baan. Vander Baan, a junior at NMU, had a strong showing in the 3-meter and 1-meter boards at the Stevens Point Invitational in Stevens Point, Wisc. on Friday and Saturday, Jan. 22-23.

On the 3-meter board, she not only surpassed the necessary 420 points needed to qualify but also took the event with her score of 422.15. The 1-meter board was a similar story where she took second and earned 394.75 points in order to exceed the qualifying standard of 390 points.

This is the third trip to the national meet for Vander Baan. In the 2007-08 season, she finished twelfth, unfortunately not qualifying for the finals. During the 2008-09 season, she fell just 1.05 points short of qualifying for finals. Since her freshman year, making it to the top eight and qualifying for the finals has been her goal.

"Last year I got 11th in the pre-qualifiers, and then I got ninth (in the finals)," she said, "so it was kind of frustrating".

After improving each year and coming so close to the finals last year, Vander Baan is vying for one of those eight spots.

Vander Baan is confident in her chances at nationals and has a clear vision of how she wants to perform and what she wants to accomplish this year.

"I want to place top eight in the 3-meter, and I want to qualify in the 1-meter. I think I have a really strong chance this year," she said of her expectations.

Not only is Vander Baan training and pushing herself harder in order to obtain her goals this year, but she also has a few new moves up her sleeve. She has learned two new dives that she hopes to have perfected before the championship meet.

"I've just started to push myself a little bit more, and I've learned some new dives, so hopefully my

degree of difficulty will help me as long as I do them well," Vander Baan said of her preparation for nationals.

Vander Baan will also compete in the GLIAC Championships Feb. 10-13 in Detroit. She, along with her coach Andy Ward, decided that this meet would be used to test the progress of her new dives and to see if she is on the right track for success at nationals.

"Our plan going into the conference meet is to have her showcase two new dives on the 1-meter board," said Ward, "She knows she can accomplish these new dives, but will there be enough time to polish them for competition. The ultimate goal will be to have them ready for when she goes and competes at the qualifying rounds before the Nationals."

The swimming and diving championships will be held March 10-13, 2010, in Canton, Ohio.

— Jennine Holmes

NMU SPORTS SCHEDULE

Feb. 12-14	FRIDAY	SATURDAY	SUNDAY
	WESTERN MICHIGAN 7:30 p.m. BEC	WESTERN MICHIGAN 7:30 p.m. BEC	
		FERRIS STATE 1:00 p.m. BEC	
		FERRIS STATE 11:00 a.m. BEC	
		CCSA CHAMPIONSHIP	CCSA CHAMPIONSHIP
	GLIAC CHAMPIONSHIPS Detroit, Mich.	GLIAC CHAMPIONSHIPS Detroit, Mich.	
		LAKE SUPERIOR CHALLENGE 10:00 a.m. Duluth, Minn.	

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<p>Friday, February 12 Tailgate Party Parking Lot 58 5:30-7 p.m.</p> <p>Wildcat Hockey vs. Western Michigan Berry Events Center 7:30 p.m.</p>	<p>Saturday, February 13 Broomball Tournament Outside the PEIF</p> <p>Wildcat Basketball vs. Ferris State Berry Events Center Women's at 11 a.m. Men's at 1 p.m.</p> <p>Wildcat Hockey vs. Western Michigan Berry Events Center 7:30 p.m. Pregame Show Presented by Cat Chat 7 p.m.</p>	<p>Sunday, February 14 Broomball Championship Tournament Outside the PEIF</p> <p>Clue Kick-Off Back Room, UC 7 p.m.</p>	<p>Monday, February 15 Eat Big or Go Home Marketplace 4:30-9 p.m.</p> <p>Tuesday, February 16 Give Big or Go Home NMU vs. MTU Blood Drive LRC Basement Noon-5:45 p.m.</p> <p>Airband Competition Jamrich 102 7 p.m.</p>
<p>Wednesday, February 17 Open Skate Berry Events Center 6-9 p.m.</p>	<p>Thursday, February 18 NMU Discount Ski Day Marquette Mountain 10 a.m.-9:30 p.m.</p> <p>Casino Night Great Lakes Rooms 9 p.m.-Midnight</p>	<p>Friday, February 19 Human Sled Dog Races Payne/Halverson Fields 4 p.m.</p> <p>U.P. 200 Sled Dog Race Downtown Marquette</p>	<p>Spirit Police: February 1-12</p> <p>Give Big or Go Home Food Drive: February 12-19</p>

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Shout Outs

Cammy Wammy — It's been a rough week, but I'm glad it has gotten better for the two of us. Happy Vietnamese New Year baby! May this new lunar year bring you luck, fortune and happiness. Love you! — **Panda Monkey Bear**

Thao — Happy New Year! Let's hang out soon, friend. — **Alex**

Roommate — I need more Coolman in my life. Go buddy go! — **Belz**

Mickdiq — Let's discuss philosophy soon. — **Alex**

Krista — The cookie was fantastic-- frosting included -- but the Sweetie orange was even better. — **Roomie #2**

Adam — You reek of recent achievements. I'm extremely proud of you (even though I was disgusted by your extra long hair story... kidding)! — **Jodi-Kin**

Emily — I look forward - with great anticipation- to our conversation on E-mail etiquette. — **JoD**

OE — You remind me of a large pizza. Also, the paper looks pretty this week largely due to your efforts. I can't thank you enough for your help in everything. — **EIC**

ANE, FE, OE — This weekend will be epic. — **EIC**

Mia & Jason — Happy St. Valentine's Day. — **T.C.**

Alex — Hells Belz. — **T.C.**

Lynn — I love Matt Costa, which makes me think of you. I particularly enjoy the song Sunrise. I love you, miss you. — **Lucy**

NW Staff — You're the light in my life. All of you. — **EIC**

Thao — Chup mung Nam moi. Anh yeu em. — **Cameron**

Dim, Eisner, Alex — You guys all really stepped up and got work did, yes, did. — **NE**

Ben — We'll get your practicum articles in. — **Crabby Cam**

NW Staff — I love you despite my grumpiness. I'll bring doughnuts again next time. — **OE**

Crossword — After hours and hours, I finally conquered you. — **Your nemesis**

Friends — I will surely miss you and am deeply sad about missing crepe night. — **Lu**

EIC, FE, ANE — This week-end will be the most mind blowing experience of your life. — **OE**

Thaah — Hiya! — **Tevah**

OE — Me gustan las chalupas! — **SE**

Ween — Thank you. for everything. and everything. — **Lulu**

EIC, OE, ANE — I can't wait until we leave tomorrow! Gonna be amazing. — **FE**

LOST — I'm very excited to interview one of your producers I hope you give me the scoop. — **Scott**

Test tomorrow — Not looking forward to you ... at all. — **Lucy**

Inspirations
Las Salchichas
Elusive Crosswords
Massive pizza
Wildcat Willy
Dr. Viau

ALEX NYE THE COMIC GUY — Alex Nye



NORTHERNANIMALS — Stephanie Bajema



NOVEL GRAFIK — Shooky



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- Social Security Number
- Driver's License
- 2009 Federal Income Tax Return or estimated tax return for parents and student
- W-2 forms or other records of money earned for parents and student



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