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Noque race binds students and family

By Amanda Monthei news editor

While the Noquemanon Ski Marathon, which took place from Friday, Jan. 25 through Sunday, Jan. 27, beckoned only a handful of students to compete this winter, two Northern students who did partake did so with the encouragement of a special guest.

For seniors Sarah Miller and Lindsey Wilkinson, the race was more than just a workout or competition and turned out to be an opportunity for quality time with their dads.

"I skied the 50-kilometer classic touring with my dad," said Wilkinson, an athletic training major. "He flew in from Colorado and we skied the whole thing together."

Miller, too, skied with her dad, but in the 24k classic event of the Noquemanon.

"It was nice that I actually did it with my dad," Miller said. "I ski for fun quite a bit, but he

We just did it for fun, and he's like

Mr. Nature, so we just went out

there and enjoyed it.

cross-country skier

came up (from Wausau, Wisc.) for the weekend and we did [the racel. It was just like a fatherdaughter thing.

"It wasn't super competitive or anything. We just did it for fun, and he's like Mr. Nature, so we just went out there and enjoyed it."

The course, which in 50 total kilometers runs from the Al Ouaal Recreation Area in Ishpeming to the Superior Dome in Marquette, travels near Deer Lake in Ishpeming before winding up to a high point on Granite Peak, followed by the Dead River Basin and eventually Tourist Park- all while following the Noquemanon Trail System.

"It was beautiful," Millersaid. "It had snowed a ton and until we got to Marquette there were good conditions. But it was just kind of slow and laid back with my dad."

Wilkinson said being the first skiers on the trail on Saturday morning made her tour a little more difficult.

"The first 12 kilometers were slow because we started at 8 a.m., which was an hour before everyone else," she said. "We - Sarah Miller had to break trail because there were no skiers in front of us. It

made us slower by a lot."

Regardless of speed, the commitment to train for a 15- or 30mile cross-country ski tour or race is a lot to handle in the first weeks of the semester for stu-

This was a challenge that Miller, an elementary education major, had to overcome in preparation of the 15-mile classic race on Saturday morning.

"I just started my methods program because I'm elementary (education)," Miller said. "That's quite time-consuming. It is hard though, especially skiing because it's such a long process. You can't really go for a quick little ski anywhere unless you go to the Fit Strip."

Wilkinson said she didn't train substantially for the race, but she had done most of her preparation while she was home in Steamboat Springs, Colo. over Christmas Break.

"I hardly trained because there hasn't been much snow," she said. "But typically, Nordic skiing for me is just for fun. I like being outside in the winter and exploring the area, and Nordic is fun to do because it goes up and down hills and the trails are so close to NMU."

Miller, who has been training for the Noquemanon for a couple of months, said she trained pri-



Courtesy of Lindsey Wilkinson nior athletic training major, Lindsey Wilkinson raced with her dad John Wilkinson in the 50k classic touring at the Noquemanon Ski Marathon.

marily with a recently graduated friend-Kayla Meyer, who did the 50k skate event in the Noquemanon-but said it wasn't necessarily competitive training.

"We train together and because she had to train more (for the Noque), I did what she did even though I didn't have to train quite as much," Miller said. "But we have been trying for the past couple of months-as long as there has been snow-to get something in for training everyday, even if it's short."

And while skiing isn't something that Wilkinson does very often, she does heed to its definite physical and mental benefits.

"I see it as a whole body workout, mentally and physically," Wilkinson said. "But it's also fun to do with friends who have never done it before."

Gun legislation draws reactions from U.P. residents

By Amanda Monthei news editor

Since the middle of December, outdoor retailer Wilderness Sports in Ishpeming has had a waiting list for the purchase of semi-automatic rifles-a list that is currently 15 customers long and counting.

Being one of only a handful of gun retailers in Marquette County and this region of the Upper Peninsula, the business in downtown Ishpeming has been receiving a large amount of calls and requests for automatic weap-

The calls-which are a result of recent gun legislation aiming to ban the purchase of automatic, ons-have streaming into the business from not only downstate Michigan, but also from as far away as New York state, according to Wilderness Sports employee Mike Leach.

"As far as getting calls and that kind of thing, it's been incredible," Leach said. "That's the only word I can use to describe it. We're getting calls from all over the place looking for (automatic) weapons. You name it, we're getting calls from all over."

The root of this sudden increase in automatic weapon requests has been grounds for extensive controversy in recent weeks, as legislation for new gun control regulations were introduced "by President Barack Obama on Wednesday, Jan. 16.

If enacted by Congress, the legislation will not only ban the sale of automatic and semi-automatic weapons, but will also make universal background checks mandatory prior to the purchase and sale of firearms.

On Northern's campus, the weapons ban will hardly affect students who store their guns at the Public Safety. office, according to Director of Public Safety and Police Services Mike Bath.

"(Assault weapons) are still legal, but our typical guns are shotguns, deer rifles and a few handguns," he said. "We also have lots of bows-that's an upand-coming sport and in fact we had to expand in our gun and bow area due to the number of

Bath also said that until there is a law passed, he is unsure of what will actually come of the proposed legislation.

"They've proposed some things, but until it actually shakes out, we're just not going to know," Bath said. "Until we see what the final version looks like, it's hard to know what's going to happen."

According to Bath, gunrelated incidents are a rarity on NMU's campus, yet the nationwide push for gun control legislation and the subsequent controversy comes after a particularly deadly year of mass shootings in the United States as a whole in

According to www.reuters. com, seven mass shootings took place in the U.S. in 2012, killing or injuring 140 total people.

The demand for stricter gun legislation has become more widespread in the wake of events like the Sandy Hook Elementary School shooting, the Aurora, Colo. movie theater shooting and the shooting in a Portland, Ore.

See GUNS • Page 3

Thursday, Jan. 31, 2013

A response to a potential assault ended with the arrest of a Marquette man for a suspected meth lab operation at 2218 Presque Isle Avenue on Monday.

Gregory Retaskie, 22, was attempting to revive his girlfriend, who was in medical distress and had stopped breathing when police responded to a po-

After the woman was sent to Marquette General Hospital, police investigated and found meth lab components scattered around the residence. Retaskie, who had a warrant out for his arrest in connection to another meth lab operation, was arrested on that charge while police investigated the recent

National News

In attempting to handle the nearly 11 million undocumented immigrants in the United States, President Barack Obama began a push this week with the intentions of repairing the current immigration system. The attempt, however, has been met with much Republican disagreement in Congress, according to

Immigration reform, which has for years been pushed aside because of bipartisan disputes on the issues, has been brought back into the legislative light this week as part of an increasingly liberal agenda that the president has established since his inauguration Jan. 26.

Obama's immigration plan would make it easier for undocumented, illegal immigrants to become American citizens by way of criminal background checks, the payment of penalties, the learning of the English language and a place in line behind other immigrants who are going about the same process

International News

Four city officials in the college town of Santa Maria, Brazil have been arrested for negligence in connection to a nightclub fire that killed nearly 240 people on Saturday night.

The fire occurred when a member of the band that was playing lit off a flare inside the at-capacity club called Kiss. The ensuing blaze gave off toxic fumes that resulted in the suffocation of those inside the

In the aftermath of the fire, city authorities are attempting to prosecute those that may have been responsible for the blaze, and have since detained the club's owners as well as members of the band Gurizada Fandanguiera, which had lit the flare.

Weird News

While a detailed map of North Korea has never found its way to the Google offices, new details of the secretive nation have been revealed on the website's map feature this week.

According to www.newser.com, volunteers in the Asian country used Google's Map Maker software to add features to the once blank maps of North Korea. New details include street names, landmarks and even prison camps that are the size of small cities.

Details were also pulled from satellite maps and analog maps that exist of the country.

While the maps provide some context to those who are curious about the layout of the mysterious country, which borders China and is said to have secret nuclear sites, the maps will also provide substantial help to those living in South Korea who may have familial connections to the country.

- Compiled from news sources

Musicians Get Folky in Tribute to Scottish Poet



Tim Clancy, Tim DeMarte and Barb Rhyneer (left to right) play at Friday night's Robert Burns dinner in the Great Lakes Rooms. Robert Burns was a Scottish poet who is celebrated annually with poetry, music, dance and speeches.

Map Key

1. A violation of the Controlled Substance Act was reported at 1:37 a.m. on Friday, Jan. 25 at Lot 16.

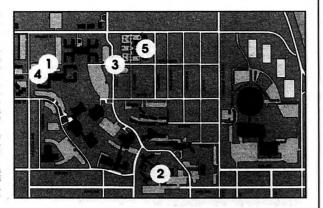
2. Larceny of university property was reported at 8 a.m. on Friday, Jan. 25, at the University Center.

3. A violation of the Controlled Substance Act was reported at 11:38 p.m. on Saturday, Jan. 26, at the intersection of Norwood Street and Tracy

4. A student at Gant Hall was found in violation of the Controlled Substance Act at 2:05 a.m on Sunday, Jan. 27

5. A student in was found in violation of the Controlled Substance Act on Monday, Jan. 28, at 10:36 p.m. in Halv-

Campus Crime Map



Campus Events This Week:

Thursday, Jan. 31: Attitude, Motivation and Time Management Skillbuilder, Back Room of the University Center from 4 to 5:30 p.m

higan Tech. Men start at 1 Saturday, Feb. 2: Men's and We p.m. Women start at 3 Center.

Tuesday Feb. 5: Kevin The Food Dude" Ro Jamrich Room 102. Cost is free for students and \$2 for general

olds Recital Hall. Cost is \$4 for Tuesday, Feb. 5 ieg V students and

Saturday, Feb. 2 and Sunday, Feb. 3. Norther men's and women's Nordic Skiing CCSA Championships, Al Quaal Recreation A to in Ishpeming. Races start at 10 a.m. on both days.

Thursday, Jan. 31 through Sunday Feb. 3: Michigan Ice Fest, Pictured Rocks, Munising. Courses begin at 9 a.m. Thursday and Friday. Demo equipment available at 8 a.m. on Saturday and Sunday.

WiMax to WiFi adapter now available

contributing writer

As costs go up for cell phone data plans and home internet, students may be able to seek help from Northern's own Micro Repair office.
The CPEi 890, a WiMax

modem that acts as an Ethernet hookup as well as a WiFi hotspot, is available for purchase for NMU students and staff, and is able to send a signal to cell phones, computers, tablets and other internet devices by using the WiMax

Though the modem cannot create a signal in areas with no signal whatsoever, it is able to take an available WiMax signal and convert it into an Ethernet jack, as well as a wireless broadcaster that streams internet for devices that don't support WiMax, according to David Maki, Chief Technical Officer.

"Once you turn on the CPE, any object capable of crease in the Micro Repair window in the lower level of the LRC.

WiFi is able to use the router," Maki said. "A computer, cell phone, anything in the house. This can be especially helpful for those with non-NMU distributed computers."

The modem is available to students and staff for \$165 at the Micro Repair window. The charge is non-refundable and will be added to the buyers NMU account, according to student Alyssa Carlson, who works at Micro Repair.

Caleb Dean, an assistant at the Olson Library information desk, said that while these

modems to сгеate service in WiMax dead d e m does create a small in-

coverage where available. He also suggests the modems that are available for rent from the

recommend the free, one-time, three-day rental from the library before purchasing the modem," said Dean said. "But make sure to return it on time, every day late is a \$10 fee."

To register the CPEi 890 visit http://register.nmu.edu or visit the Help Desk located in room 116 in the LRC. Rentals are available at the LRC information desk.



The WiMAX to WiFi adapters are available for \$165 at

GUNS -

Continued from Page 1

mall just days before the Sandy Hook incident.

Leach, who recoils at the media's use of the term "assault weapons," and instead refers to them as automatic or semiautomatic weapons, asserted that the recent legislation has generated mostly negative responses among the customers at Wilderness, who don't see the necessity for any type of gun regulation.

"Many have been against (regulation), but part of that is just going to be the clientele," he said. "We do deal mainly with people buying these things because (they're) going to be a illegal soon.'

The clientele he is referring to has, in just more than 14 days, bought six "assault weapons," but Leach is still significantly limited in his prospective sales due to nationwide shortages of military-style automatic firearms.

"We're out of stock right now," he said. "If I could, I'd get 20, but it just doesn't work that way with the nationwide demand the way it is. We're lucky to get one or two per week."

Another facet of the argument regarding gun control is concerned with not just the regulation of military-grade weapons, but also a confrontation of other institutional and societal obstacles.

"I think our problem lies not in insufficient gun laws, but the fact that we don't treat our people as our greatest resource." NMU student Lydia Kauppi said, citing deficient education and health care reform as a main issue in the argument over government gun control.

That said, accessibility to healthcare for those with mental health illness is another initiative that President Obama vows to address within the limits of the executive office, according to www.reuters.com.

Still, Kauppi said that in order to curb gun violence, citizens, as well as governmental bodies need to begin taking responsibility for their own futures and actions, and in doing so begin changing the way we understand and use firearms.

"If you want a population responsible enough to own high-power firearms, you need to engage in greater collective accountability," she said.

ASNMU considers overseeing Safe Rides Program

By Amanda Monthei and Nathan Hale

Among the topics discussed at Monday night's ASNMU general assembly meeting, the establishment of a Safe Rides Program for students was the source of most discussion.

The program was put in place by Relevant Campus Ministries seven years ago in order to provide sober rides home on two weekends of the year for any student who may need it. While the organization is currently running Safe Rides on only two weekends (Halloween and St. Patrick's Day) during the school year, Monday night's discussion explored the potential of ASNMU overseeing the program in the future.

Deb Heino, who began the Safe Rides program through Relevant Campus Ministries, said that AS-NMU having control over the program may make it more accessible to Northern students.

"We felt like having the association with a ministry really scared students into avoiding our services," she said. "We don't judge. We never push our beliefs on others. We are simply there to get you home."

However, one of the specified rules of the program is that students must dispose of all open beverages before entering the Safe Rides car.

"We don't want to put our volunteers or passengers in danger," Heino said.

Volunteers, safety issues and other logistics were among the things discussed at the ASNMU briefing on the program, which is the second time this semester that the program has been discussed in general assembly.

Members of the assembly posed questions concerning volunteers, unruly passengers (of which there has only been one requiring police intervention in the seven years since the program started, according to Heino), as well as ways to raise money and make sure only students are using the service. Liability was of utmost concern to the assembly and its advisers in the event of an accident.

"I'm going to talk to (university risk management), and if they are willing to put their seal of approval on it, I think we're going to take it on," ASNMU President Ben Stanley said. "If they say the risk is simply unmanageable, then we're just not going to take it on. We can't afford the risk."

Concerns also turned to the issue of confidentiality and the "promotion" of drinking, underage or otherwise.

Heino said the organization has upheld a promise of confidentiality in the past, and that any future programs would practice the same

"We've actually gotten into hot water with coaches on the campus asking us about their players," she said. "We cannot give out any information regarding any of our students that use Safe Rides."



ASNMU President Ben Stanley (left) and Chair of the Assembly Abby Roche (right) lead the ASNMU general assembly meeting on Monday. The assembly discussed the potential of managing a safe and sober rides program.

The potential for disassociation between the Safe Rides program and a faith-based campus organization has been received indifferently by some students who may not have known it existed, but still plan to use the program in the fu-

"I really think I would have been comfortable either way." sophomore zoology major Jacob Nyquist said. "In actuality, the reason I really haven't used this program before is because I had no idea it existed."

Another topic discussed at the ASNMU general assembly meeting on Monday night was a plan to get ASNMU-labeled green books-which are used at a teacher's request for written examsfor students to use for free. Stanley said that he was considering the possibility of purchasing a flatscreen TV in lieu of a glass case in the University Center, which would be used for announcements. highlighting other campus organizations and playing videos, according to Stanley. Finding and interviewing new members was also a main concern at the meeting.

"We are meeting again this Friday either at 9 a.m. or 11 a.m., whichever works best," Stanley said. "We're going to have another vice president nomination and we're also going start the appointments committee.

"This weekend, we'll do interviews with all the applicants for ASNMU positions and have appointments on Monday. If everything works out, we may have a full board for the first time in a long time."

Following the appointment of several members to the student senate, Stanley again made a motion for the appointment of general studies representative Wesley Reiber to the vice president position, which was voted down by the assembly.

Students cautioned about caffeine intake

News

By Louis Justman staff writer

In the lounge area of the lower level of the Learning Resources Center, Allie Van Lopik, freshman elementary education major, waits in a busy 9 a.m. Starbucks line to get her first cup of coffee for the day - a 16 oz. Grande, or nearly 330 mg of caffeine.

"I usually go to Starbucks at least once a day, and then if I want more coffee I make some in my room," Van Lopik said. "I know I probably shouldn't be drinking as much as I do. I know there are risks, but I don't really know them."

According to a 2012 report by the Food and Drug Administration, a current investigation of several cases involving energy supplements like 5-hour Energy, Monster and Rockstar has found that 18 people have died since 2009 from the overconsumption of caffeine.

According to food and drink industry consultants Zenith International, the number of people drinking these supplements has averaged a year-over-year increase of about 10 percent since 2007.

While the risk for death isn't substantial when it comes to energy drink or coffee consumption, smaller and more immediate effects can take a toll on you according to David Luoma, M.D. and medical director at NMU's Vielmetti Health Cen-

"If you're sensitive, you might experience caffeine withdrawal, commonly in the form of a headache," Luoma said. "Some people are more prone to irregular heartbeats, racing heartbeats and

The FDA lists numerous side effects of the drug caffeine. Many know that caffeine tends to make one jittery and shaky, but the symptoms can also range from headaches and nausea to dehydration.

that sort of thing."

Also on the FDA list is an uneven heart rhythm, making your heartbeat faster, causing an increase in blood pressure.

Lenny Shible, NMU Health Promotion Specialist, has heard discussions about caffeine and warns that it could be a prob-

"The challenge with some of the energy drinks is that sometimes it can cause changes in heart rate," Shible said. "If someone has an undetected heart problem, [energy drinks] can be dangerous or fatal."

According to the FDA, experts agree that more than 600 mg of caffeine per day is too

> A 5-Hour Energy has as much as 208 mg, a Full Throttle 200 mg and a Rockstar as much as

160 mg, according to the Center for Science in the Public Interest. And it's not just energy drinks that could cause problems—a 20 oz. Venti coffee at Starbucks has 415 mg of caffeine.

Shible said fatalities due to caffeine don't happen often, but they are definitely something to stay aware

of. This, however, can be hard to do because of just how plentiful the drug is, he said.

"One of the challenges with caffeine is sometimes people don't know which things they are putting in their body have caffeine," Shible said. "It's clear that coffees and sodas and the like have caffeine. What's not clear is that many medications that people use over the counter also have caffeine, because they

can enhance the positive effects of the medication "

On college campuses especially-where students are pressured with exams to study for, papers to

write and jobs to work-energy drinks are prominent.

Caffeinated products are available in vending machines, lounges, coffee shops and stores throughout Northern's campus and community.

Liz Shaw, a senior business management major and cashier at the NMU Bookstore, says she has definitely seen an increase in caffeine sales at the University Center business.

"We sell a lot of energy and coffee drinks," Shaw said. "For the 5-Hour Energy's, I see the same people come in pretty regularly for them."

In the Starbucks line, freshman nursing majors Allison Popovich and Lexie Biegalski aren't far behind Van Lopik.

"It's probably not good for your heart because it makes it start beating super fast and working over time," Biegalski

But are those risks enough to

If you do use caffeine don't feel bad about it. If you need your cup of coffee in the morning or if you're studying you use it, that's okay.

 David Luoma Vielmetti Health Center medical director

> stop them, from their morning caffeine routine?

"I could drink it every day and then probably not drink it," Popovich said, before giving it a little more thought. "I wouldn't be crawling out of my skin, but I'd feel like I was missing something."

According to Louma the important thing to do is recognize what your limits are.

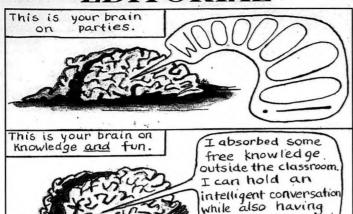
"In terms of moderate intake, there is no question it improves alertness and performance," Louma said. "If you do use caffeine don't feel bad about it. If you need your cup of coffee in the morning or if you're studying you use it, that's OK.

I wouldn't discourage its use, but if you do have side effects, if you do have heavy use or if you are really relying on high powered energy drinks to get you through life, maybe you should look for a different way to balance your life."





EDITORIAL



Enrich college life, attend lectures

Students at Northern have a variety of choices when it comes to activities and entertainment, yet not enough students engage in the intellectual presentations offered on campus.

The psychology department is currently sponsoring a colloquium series with topics ranging from how zebrafish can help psychologists identify and understand memory traces, so a correlation between sleep and storing memory can be made.

While intellectual discussions such as this can seem intimidating, students should take advantage of these opportunities to go outside of their comfort zone.

Challenge yourself and learn something new and amazing.

Every department offers a wealth of enriching and engaging events. Every semester, English graduate students have a thesis defense—a project graduate students spend years developing—that the public can attend.

The biology department just brought Taras Oleksyk on Thursday, Jan. 24, who discussed the things hu-

mans can learn about biology after nuclear events, such as Chernobyl and Fukushima Daiichi.

furi. W00000000!

These speakers offer academic insight and perspective, which is hard to come by outside of a university environment.

Most students spend four to five years obtaining a degree, and some never take full advantage of these educational opportunities.

Although courses and homework can be burdensome, take the time to learn outside of the classroom.

Instead of hitting the bars on a Thursday evening, check the academic calendar and see what is happening on campus. Unwind with a fruitful discussion instead of a fruity-tasting drink.

Give your brain the attention it de-

After all, you came to NMU for an

education.

Don't deny yourself a new, en-

Don't deny yourself a new, enlightening experience.

Use your free time to think instead of drink because you can always go to the bar, but you rarely get the opportunity to raise it.

Kindness in community noticed



Staff Column Shaina James

From living in the Upper Peninsula for almost four years, I have learned a few things about the people of this region.

One: they are very proud to be "Yoopers," and two: they are some of the friendliest and kindest people I have ever met.

Recently there have been a couple local events which have proved this to be true.

On Friday, Jan. 18, Morris Melby, a Gwinn resident, had his farmhouse, which was over a century old, go up in flames.

Before he and his dog could escape, Melby suffered from second-degree burns on his face.

Firefighters fought the fire throughout the night and Melby was taken to the hospital by friends who had shown up at the scene. Other people took Melby's dog Ginger to their home and looked after her.

After being separated from Melby, Ginger barked hysterically. The two have been staying at friends' homes a couple nights at a time. Wherever Melby goes Ginger follows. He still spends time on his property, which has been in his family since 1933.

A spaghetti dinner fundraiser— Magic for Morris—will be held from 4 to 7 p.m. Saturday, Feb. 2 at the American Legion Hall in Little Lake. Their main goal is to get a house on the property for Melby.

If this were to happen in any other place but the great U.P., I question whether or not this man

and his dog would be cared for by such a passionate group of people.

Not only did people take Melby and his dog into their own home, but they are also determined to raise money for the construction of a new home for Melby.

Another event that left a man saying thank you to the U.P. community happened on Sunday, Jan. 20.

A Lower Peninsula man named Scott Wilson was driving home from Copper Harbor when he collided with another car due to whiteout conditions. Wilson was 20 miles east of Marquette with his dog sitting in the back seat.

When Wilson went to go see how bad the damage was, his dog escaped from the car and ran toward the woods.

Wilson had to go to the hospital due to injuries, leaving his dog behind.

However, due to a group of people who utilized social media, Wilson was reconnected with his dog the following evening. It turned out that Wilson and his dog had their own Facebook group created by locals in order to help find the dog.

Because of a community effort, what could have been two devastating events turned out to be heartwarming acts of kindness that people around the world do not get to witness very often these days.

Whether it is because people of the U.P. live a more laid-back lifestyle or there is a more sense of community in the U.P., people have found time to help others in need and go way beyond what is expected.

It is instances like these when a student appreciates the local acts of kindness bestowed upon strangers without a moment of question. U.P. residents make this community a truly special place to live.

THE NORTH WIND

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Letter to the editor

"A well regulated militia being necessary to the security of a free state, the right of the people to keep and bear arms shall not be infringed." This is the Second Amendment.

Again, "shall not be infringed," is spelled out for us.

Reasons why you would choose to own and or carry a firearm are infinite.

One of the primary reasons is protection — of your own wellbeing and your freedoms — from criminals that wish to take either

Criminals do not abide by laws like you and me. This is why gun bons stop't work

in Chicago Since 2001, over 5,000 people in Chicago hav been killed by handguns alons as opposed to 2,000 U.S. soldier killed during the war in Afghani stan.

Why does Chicago have dou-

ble the casualties of a war-zone? Citizens don't have the means to defend themselves. Bans do not remove weapons from the hands of criminals, but rather law-abiding citizens like you.

Mass shootings that occur in America happen in "gun free zones" where criminals thrive.

According to the FBI, the average fatalities in a mass shooting are over 14.

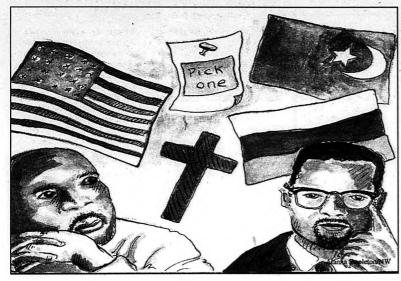
Now introduce a "good guy with a gun" and that number is owered to three.

By banning firearms, you be an ally.

Currently NMU's policy "good curve" from camous

In the event of a tragedy, NMU ays you don't have the right to our own protection. Remember, oulice arrive after these heart-reaking events have already until the control of the control

Justia Armstron junior, Electronic Imagin



How identity shaped Civil Rights



W.E.B. Du Bois asked in his 1897 essay "The Conservation of Races" a question that would split African American communities from then on: "What, after all, am I? Am I an American or am I a Negro? Can I be both?"

Du Bois poses a question that most today may not take into account when discussing the Civil Rights movement. When two identities clash, which one(s) does a person choose?

Du Bois was of the opinion that, yes, one could be an American Negro without compromising black identity. During this time, there were many black activists trying to achieve the same goalequality and freedom from oppression-but by different means.

There were two main ideologies: integration and nationalism.

Integration was the belief that if blacks were given true equality-not the separate-but-equal treatment-they could integrate into society with whites.

Nationalism was the belief that because whites would never treat, could never treat, blacks as equals, the races should separate via blacks emigrating back to Africa or separate states for blacks

These two approaches were applied to the Civil Rights Movement. Martin Luther King Jr. (an integrationist) and Malcolm X (a black nationalist) were the faces of each movement. The institutions with which they identified with are telling of their respective

King was the son of a Baptist preacher. He became a Baptist preacher himself, but only after receiving an education and country torn by segregation and racism

When King decided his calling was that of a preacher, that he would work towards equality among men in America-the Declaration of Independence was proof enough, he thought-he took on the teachings and tropes of Christianity.

King was black, Christian and

Malcolm X probably would object to two of those identities. X was a member of the Nation of Islam, a black Muslim movement that favored nationalism

X identified as black, Muslim and African. He did not follow the white man's religion, nor did he call himself an American because he was not welcome in his own country, so how could he call himself an American?

Experiences shaped these men. King's father followed the philosophy of Booker T. Washington and Frederick Douglass; he was an integrationist. X's father was a Baptist preacher as well, but he followed Marcus Garvey-a na-

What is often forgotten is that both Malcolm X and Martin Luther King Jr. wanted the same thing: to be treated as human beings, as people who deserve respect from their fellow man. They respected and admired each other, though many claim they were at

Because of the history of racism in America—the caste system, Jim Crow South, segregation, etc.-African Americans were torn by Du Bois' question of dual identity.

Being American, to some, meant parting with their African identity, which they were proud of and wanted to keep intact. Being an American was not worth giving up black identity. Too much had been taken from African Americans at that point in American history already

Others, like King, believed

searching for his own way in a that God had created men-not just white men, but all menwhich meant blacks were equal to whites, if not in society then in the eyes of God. The Declaration of Independence, which states 'We hold these truths to be selfevident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights," was proof enough.

While Supreme Court Justice Henry Billings Brown believed the 14th Amendment was not created so that the races would commingle. King knew this was not true: separate-but-equal was not a possibility in the eyes of a dedicated Christian.

Malcolm X would have cited Brown's decision as evidence that whites would never acknowledge the equality of blacks, but X changed his view towards the end of his life.

On a trip to Africa, X spoke with the Algerian ambassador at the time, whom he described as "extremely militant and is a revolutionary in the true sense of the word." When X described his cause for black nationalism, the ambassador-an African who was white-asked where he fit into the scheme.

This was truly a revelation for X. Perhaps, and I can only guess, Malcolm X was faced with the complexity of identity and found he was going about things the wrong way.

What I do know is that Martin Luther King Jr. and Malcolm X were both killed because of their strong sense of black identity, that they could have equality.

They were killed for different reasons, yet they remain men who are remembered as martyrs for a cause which answered W.E.B. Du Bois' question. Yes, you can be African and American.

Editor's Note: This column is the a part of a month-long series discussing human identity and how it pertains to conflicts within and between cultures.

Stop forced organ harvesting



As more economics textbooks analyze the market for organ transplants, students become more familiar with this topic.

No matter if the arguments are for it or against it, the basic framework behind the analysis is a voluntary human organ donation system. However, people seldom know that the transplant technology has been abused and applied to systematic forced organ harvesting for many years by the Chinese Communist Party (CCP).

The evidence was given by medical doctors at a Congressional Hearing titled "Organ Harvesting of Religious and Political Dissidents by the Chinese Communist Party" on Wednesday, Sep. 12, 2012.

Victims include many prisoners of conscience: Christians in house churches, Tibetans, Uighurs, and the largest group of prisoners of conscience in China - practitioners of Falun Dafa (also called Falun Gong), a spiritual discipline of the Buddha School, Falun Dafa is based on truthfulness, compassion and forbearance, and has brought better health and inner peace to millions around the world.

Who are the perpetrators of the crimes of organ harvesting? They are officials of the CCP, acting in collaboration with surgeons (mainly in military hospitals), nurses, prison and labor camp authorities, judges, police officers and military

They built a large living organ bank statewide to make huge profits from a secret business: killing innocent Chinese people for their

On Wednesday, Oct. 3, 2012, 106 Members of Congress signed a "Dear Colleague Letter" to Secretary of State Hillary Clinton, expressing their concerns about the forced organ harvesting in China and requesting the Department of State to release information on this very important matter.

More evidence and factual information were presented at a recent hearing of the Congressional Executive Commission on China on Tuesday, Dec. 18, 2012.

When investigators called Chinese hospitals (esp. military hos-

pitals) to inquire about potential organ transplant for sick family members, some doctors admitted they had organs from Falun Gong practitioners, and these organs are healthier (than those from crimi-

As more evidence has been revealed, the DS-160 U.S. Nonimmigrant Visa application form has added a new question to Security and Background: Part 3: "Have you ever been directly involved in the coercive transplantation of human organs or bodily tissue?"

On Thursday, May 24, 2012, the Department of State released its 2011 Country Reports on Human Rights Practices, which mentioned organ harvesting from Falun Gong practitioners for the first time since 2006, when two witnesses first brought this human rights violation to the general public's attention.

Along with other international responses to transplant abuse in China, Israel passed a new organ transplant law that prevents Israeli citizens from going to China for organ transplantation in 2008.

Two books on this issue have been published. The first book, published in 2009 and titled "Bloody Harvest: The Killing of Falun Gong for Their Organs," was written by David Matas, Esq., a highly respected international human rights lawyer, and Hon. David Kilgour, Esq., Canada's previous Secretary of State, Asia-Pacific. As David Matas, Esq. stated, "This is indeed a form of evil yet to be seen on this planet." The second book (published in 2012) was edited by David Matas, Esq. and Dr. Torsten Trey: "State Organs: Transplant Abuse in China."

Doctors Against Forced Organ Harvesting is a group of medical doctors and medical ethicists who are taking actions to end this unethical practice. Dr. Arthur Caplan, a professor from New York University, initiated a petition last month to urge the White House to investigate this atrocity.

This crime against humanity deserves full attention. Getting informed can help patients and their families, doctors, hospitals, scholars, universities, as well as pharmaceutical companies in the U.S. and other countries to make informed decisions and to avoid becoming an accomplice to this crime.

Spread the word. It is time to stop forced organ harvesting.

Editor's Note: Dr. Hsin-Ling Hsieh is an associate professor of economics at NMU.

Letter Policy

Letters to the Editor must include a full name, year, major and phone number for verification. Limit letters to 250 words or less. All letters may be edited for grammar and length.

Letters should be mailed to The North Wind, 2310 University Center, 1401 Presque Isle Ave., Marquette, MI 49855: submitted via email to editor.northwind@gmail.com, or through a website submission on www.thenorthwindonline.com by noon the Monday before the paper is to be published.

Governor Synder rescued Michigan from ruin



As citizens, we are a pretty pessimistic bunch about government. In a majority of cases, that is absolutely warranted. War, corruption, deficits, demagoguery, high taxes, constant lying from both sides — politics of fear — pretty much sums up how we see the federal government, now doesn't it?

We're pessimistic because we don't think they have our best interests at heart or that government can ever accomplish anything meaningful. The era of statesmanship seems to be long gone.

Here in Michigan, citizens are not immune towards cynicism. In fact, we're more attuned to it.

In Michigan's lost decade of 2000-10, we lost 750,000 jobs. Unemployment stood at a staggering 14.2 percent.

Our generation grew up during

this era. This is when we were more or less aware of the suffering. Most of us had parents or a neighbor or several neighbors — lose jobs.

Many of us had friends who had to move across the country. All of us experienced the pain, fear and uncertainty of the time.

Michiganders had a lot to be cynical about. The attitude in government during this era was at first ignorance.

During the first few years of the 2000s, Michigan's politicians tried to paint what would become Michigan's greatest economic downturn as a small bump in the road.

Then, as the crisis was deepened, it became terror and hysteria in Lansing. Both parties blamed each other; both were finger pointing, name calling and providing excuses for not acting. The situation brings a lot of parallels with the state of Congress today.

The last few years in Michigan have been very different.

A dark horse candidate beat the party stalwarts, and with his message of ending the era of gridlock and hyper partisanship, he won in a landelide No, I am not talking about Barack Obama.

The man who changed government as Michiganders know it is Rick Snyder. Rick Snyder, the nerdy, uncharismatic technocrat, is an exemplary statesman. Coming into office with Michigan at the deepest depths of the Great Recession, Governor Snyder has never once mentioned his predecessor.

He does not engage in the name calling, the finger pointing or for passing up responsibility. His modus operandi is "Relentless Positive Action." And with it, Snyder's been able to make Michigan a comeback state.

So how did Snyder help give Michigan its comeback? His platform is designed around jobs, people and good government. Let's start with jobs. Snyder got rid of special tax exemptions, special tax credits and specific business taxes.

They were replaced with a simple tax and regulatory system that treated all businesses the same. This means there is one flat tax on all businesses, with minimal exceptions. The old system based on cronyism—where lucrative tax in-

centives were handed out to those who knew the policy makers, while existing business found their taxes going up and up — is gone.

Sure, Hollywood movies and lithium batteries saw a rollback in tax relief, but the labor intensive industries of small business and manufacturing saw massive growth. The Snyder administration has been active on getting rid of onerous regulations. For every new rule the Snyder administration made, 10 were removed.

The state has also been focused on the people's welfare. Despite massive losses in state revenue, the Governor has put a priority on education: 63 percent of state resources are allotted to education. While there have been some initial reductions, a lot of money saved by our upgraded credit rating and debt repayment is now being reinvested.

For homeowners, the last couple years have been much better. The personal property tax has been eliminated and because of the improved outlook on Michigan real estate, home prices rose five percent this year and sales increased 10 percent. Here in the Upper Peninsula, there have been many important policy changes. Governor Snyder led a team of private capitalists in saving the Manistique Paper Mill and the Marquette Presque Isle Power Plant from closure due to changes in EPA standards. He also changed the way mines are taxed, making the Upper Peninsula even more attractive for investment.

Dozens of mines are being planned as this article is written — which will be able to employ hundreds or even thousands of Yoopers. It is now almost time for us students to join the job market in Michigan.

Would you rather be looking for a job today or back in 2009? Liberal or conservative—nobody would choose 2009. Michigan has made a lot of progress. Within two busy years, Michigan's unemployment fell to 8.2 percent.

I applaud Governor Synder, a true statesman, and I wish him Godspeed. Maybe leaders in neighboring states and even in Washington D.C. should take notice how government is managed here in Michigan.

Return of old paradigm in president's cabinet dissatisfying



Guest Column

Ellen Lindbolm

President Obama's second term has just begun, and it hasn't been a smooth ride since his overwhelming victory in the general election.

First, it was the Susan Rice controversy, threats from Congress to block the approval of any candidate and now Chuck Hagel's nomination has caused pundits and members of congress to attack like predators who smell blood in the water.

Chuck Hagel, the president's current nominee to fill the position of Secretary of Defense, is a Republican from Nebraska. He served as a senator from 1996 to 2008 and is a Vietnam veteran, but he may be

best known as one of the harshest critics of former-President George W. Bush's policies in Iraq.

Rumors about Hagel's possible nomination have already begun to cause congressmen and women on both sides of the aisle to oppose him for the Secretary of Defense. Republicans, in particular, have been unsure about his feelings about Israel from the beginning.

Hagel provoked ire among conservatives and some Jewish groups by describing pro-Israel lobbying groups as the "Jewish lobby."

There has also been opposition in the Lesbian, Gay, Bisexual and Trasngendered (LGBT) community for comments Hagel made 14 years ago about James C. Hormel, then-President Bill Clinton's nominee for ambassador to Luxembourg, saying he was not qualified because he was "openly, aggressively gay." He has since offered an apology.

Although he has his moments, Hagel is somebody who has earned President Obama's trust. He has been willing to defy party loyalty to do what he needs to do, has served in Vietnam—which he says allows him to understand the gravity of war—and has become a close personal friend to the president.

One of the other controversies surrounding newly swom-in, second-term Obama is that his cabinet is not looking as diverse as it did in 2009. Americans have lost a woman in the role of Secretary of State and not gaining any other of the most prominent roles in the president's cabinet.

On the short list of other possible nominees is a woman named Michèle Flournoy. She is the former Under Secretary of Defense for Policy of the United States. When she was confirmed for the position by the U.S. Senate on Monday, Feb. 9, 2009, she was the highest-

ranking woman to hold a post at the Pentagon in the facility's history.

When Flournoy was 46-yearsold, she served in the department of defense during the Clinton administration. She has, on numerous occasions, counseled President Obama during his first term on issues of defense. But you probably have not even heard her name appear on any major news network in reporting the nominee possibilities for Secretary of Defense.

Flournoy's nomination would have been monumental and a step forward for this Obama White House, an administration which has tried to break down barriers, beginning with Obama's election in-and-of itself.

If Flournoy had been appointed and cleared by Congress, she would have been the first woman Secretary of Defense in American History. She also would have been able to prove that Democrats are

just as capable to run the defense department as Republicans.

This lack of diversity—any diversity—in the American political process has been a large problem in equal representation between different races, genders and people of the LGBT community.

The most disheartening part is that in the last election, these groups made large gains in Congress, only to lose momentum and importance after a few weeks of celebration. To see Obama's previous commitment to diversity fall away has left many women angered. So far, all the appointees to high-level cabinet positions have been men—white men. Although 50 percent of the white house employees are women, they do not hold nearly as many positions of clout as white men.

It seems like the only one of those positions held by someone who isn't a white man is President Obama himself.

compiled by Dan Marchky

Sound Off

Have you gotten your flu shot this season?



Austin Beattle senior, communications

"Flu shots are a government conspiracy."



Kristen Saunders senior, management

"I have a good immune system, and I'm not sure what's in the shots."



Joel Vendittelli senior, broadcasting "I don't believe in flu shots."



Jake Hansen senior, elementary education

"I did because my mom forced me to."



Devin Beattle freshman; illustration

"I didn't because I am immune to the flu."

LEARNING THE ROPES AT MICHIGAN ICE FEST

By Nolan Krebs

features editor

For over 20 years, Musing has hosted Michigan quette. e Fest, the third largest United States.

the country.

to 500 people throughout Clinics at this year's fes-

by a group of climbers from

downstate Michigan, has Ice Fest would be to say that grown into its own non- it is like the Super Bowl niques have influenced his the sport.

ice climbing festival in the file climbing athletes and world show up." always bring in the best of some of the best ice faces in people to hang out together sport. "We see roughly 300 community."

the four-day weekend," tival include introduction to said. "No ice climber will coordinator ice climbing, top rope an- argue that." Nic Dobbs. "The event is choring and an introduction centered more for novice to leading on ice. Visitors Canadian climber and para-climbers, we try to focus on are able to rent gear for the education rather than teach- weekend or use their own. ing more advanced tech- For South Superior Climbing Club president Neil Po- for paragliding and the first

profit organization through of winter sports," Poglese own climbing style. Down Wind Sports in Mar- said. "All the top climbers

The premiere athlete this tackle what are considered cial events every night for contested champion of the ing him in person."

> is doing the hardest stuff in the world right now," Dobbs

Gadd, an accomplishe world records, inclu the world distance re rights, which begiese, foe Fest is something one-day solo ascent of the an as an event organized of an annual tradition that the best way to describe a nadian Rockies.

"[Gadd] has been one in the midwest and keynote of the inspirational climb- passing approach to the "We bring in high-pro- presenters from around the ers that I have worked to sport," Poglese said. "You Starting Friday, Feb. 1, the best," Dobbs said, "We year is Canadian ice climber after," Pogelse said. "He is viduals; everyone is enthuclimbers flood the shores also have slideshow presen- Will Gadd, who according a remarkably strong climber siastic and excited to teach of frozen Lake Superior to tations and clinics, and so- to Dobbs, stands as the un- and I look forward to meet- and share information."

> and be a part of the climbing "Hands down, Will Gadd coincides with the release of to slideshows. Equipment "An Ice Climbers Guide to is available to rent for an Munising Michigan," a new, additional \$50. For \$120, guide book by Jon Jugen- visitors are able to attend eimer and Bill Thompson.

"The Munising ice guide Dobbs said. "We'll be cel-

Whether you've never picked up an ice axe or you're a seasoned clim

"This is by far the best way to get an all-encommodel my techniques and would be hard pressed to attitude about ice climbing find a better group of indi-

Registration for the event This year's festival also costs \$40 and grants access the festival clinics, which include an introduction to is a really big thing for us," ice climbing, women's introduction to ice, top rope ebrating the release of that anchor class and the intro duction to leading on ice.

For more information, call Down Wind Sports at (906) 226-7112 or email









Platform Personalities brings 'Food Dude' to campus

By Nolan Krebs features editor

Finding a balance between what's good for the wallet and what's good for the body can be a struggle for students on a tight budget.

Kevin Roberts, better known as "The Food Dude," will be stopping by campus on Tuesday, Feb. 5 to help tackle that problem.

"Eating well without breaking the bank is a valuable skill that many college students simply do not have," said co-president of Platform Personalities Mark Surrell. "Life is too short to live off Ramen for every meal."

Roberts' presentation, Surrell said, will focus on healthy eating habits and good dietary choices that are geared towards college students. In addition to sharing recipes and cooking techniques, Roberts will also discuss some of the science behind what goes into our bodies.

"[Roberts] will go over proper levels of fats and proteins and talk about cholesterol and carbohydrates," Surrell said. "I think he'd say the trick to eating well is knowing what you're eating and why your body needs it.

Surrell said Platform Personalities chose Roberts as a presenter because he is a knowledgeable, entertaining and charismatic speaker with a lot of experience in the field.

Roberts has written two cookbooks, works as the owner and executive chef of four sports bars in San Diego and also works as a radio and television personality. Roberts has appeared on "The Today Show," "CBS' Early Show" and TLC's "BBQ Pitmasters."

Roberts' presentation will also feature prepared food for the audience, Surrell said.

"Part of the performance will be preparing food and showing how to make a few deliciously affordable dishes," Surrell said. "Plenty of samples and prizes will be given out to those who attend, so come hungry."

Roberts visited NMU in 2008 with the same message of proper nutrition, Surrell said, but will be returning with new recipies. Surrell encourages students to attend, even if they consider themselves culinary experts.

"[Students] could learn to be a better cook in the kitchen and a better-fed student in the classroom," Surrel said.

For senior hospitality and restaurant management major Rory Shimp, who works as a chef at the Wild Rover in downtown Marquette, the road to finding that balance took some time.

"Working in a restaurant has definitely opened by eyes in terms of finding some good recipes that use simple and healthy ingredients that don't cost a lot," Shimp said. "But before that I pretty much went with what was less expensive, especially with ingredients. Students typically don't have the money to spend on top-shelf food items or the time to make something themselves."



Photo courtesy of Center for Student Enrichmen Oude" Roberts is a chef, author and TV personality.

With some practice and a little guidance, Shimp said, finding out what you like and what you can afford can lead to some creative dishes.

"My roommates and I like to bounce ideas back and forth, since most of us work at restaurants," Shimp said. "It starts to get fun once you get the hang of it."

The event begins at 7:30 p.m. in Jamrich 102 and is free for students with an NMU ID. Tickets are \$2 for the general public.

For more information about Roberts' presentation, call Rachel Harris at (906) 227-6543.

Kristen Koehler/NW

Kristen Koehler/NW Finding produce to make homemade meals can be difficult on a budget.

Music department hosts guest musicians for Edvard Grieg recital

By Crystal Nutt

The NMU music department will be hosting a recital featuring the work of composer Edvard Grieg, performed by two guest musicians from the University of Wisconsin-Stevens Point on Tuesday, Feb. 5.

Professor Steven Bjella and retired professor Michael Keller will be performing a duet of three famous violin sonatas written by Grieg between 1865 and 1887. The sonatas reflect Grieg's rich Norwegian heritage, Bjella said.

Bjella has been studying music for 48 years, plays the violin and has also taught at the University of Wisconsin for 21 years in between doing freelance jobs.

From 1980 to 1982, Bjella taught at Northern Michigan University and still has friends in the area, he said. Bjella, who often performs on his own or in ensembles, has 15 concerts scheduled this year.

"It makes me a better teacher...it keeps the creativity flowing," Bjella said. "It's a juggling act. it's fun."

Keller recently retired from the University of Wisconsin, and he and Bjella practice at least once a month, said Bjella. Bjella will be playing the violin while Keller performs on the piano. They have been practicing the three sonatas since this summer, Bjella said. He chose to do a performance of Grieg's work because he thought it would be fun.

"The first two sonatas, Sonata in F Major, Opus 8 and Sonata in G Major, Opus 13 are not as well-known as the third, Sonata in C Minor, Opus 45, which is the most famous," Bjella said.

Bjella and Keller were invited as guest performers this fall after speaking to professor Elda Tate from the music department. The Edvard Grieg program will also be performing in several locations in Wisconsin, Bjella said.

"We enjoy making the music and sharing the music," Bjella said

Professor Robert Engelhart is in charge of organizing the Grieg recital and other events similar to this over the semester. He said the music department generally has two to three visiting artists per semester, but that there are usually 25 to 35 events in total.

There will also be master classes taught by both Bjella and Keller at 4 p.m. on Tuesday, Feb. 5. Bjella will be giving lessons on the violin and Keller will be instructing students on the piano.

Engelhart said the Grieg sonatas are very beautiful music.

"The melodies have a folk feel," Engelhart said. "[Grieg] had a devotion to the history and roots of his country. It's a privilege to be able to bring this kind of event to campus; we have this service to bring culture into the

environment."

There is also substantial emotional depth to the pieces, Bjella said.

"The sonatas are full of passion, great melodies, there is a lot of joy," Bjella said.

The recital will begin at 7:30 p.m. Tickets will be sold at the

door and are \$8 for adults and \$4 for students. Most recitals are free of charge, said Engelhart, but the profits from this recital are going towards scholarships for music students.

For more information about the event, call the music department at (906) 227-2563.



Kristen Koehler/NW
The Edvard Grieg recital, featuring guest musicians Steven Bjella and Michael Keller from the University
of Wisconsin-Stevens Point, will be in the Reynolds Recital Hall on campus at 7:30 p.m. on Tuesday, Feb. 5.

'Wolf's Law' channels sounds of the '90s



Album: Wolf's Law

Artist: The Joy Formidable

Release Date: January 22

Label: Atlantic Records

Runtime: 52:52



By Jordan Beck staff writer

If MTV still played music videos on a regular basis, it wouldn't be hard to imagine The Joy Formidable becoming a fixture on the channel.

With their bold, guitar-heavy sound, they wouldn't have been out of place among the likes of Garbage and PJ Harvey.

But as their sophomore album "Wolf's Law" proves, The Joy Formidable isn't in the business of lazily repackaging '90s nostalgia, or as lead singer Ritzy Bryan puts it in "Little Blimp," trying to 'remind yourself of yourself."

Instead, this is an album that

synthesizes the best elements of the past and present into a single dose of pure adrenaline.

Hailing from Wales, The Joy Formidable fall neatly into the genre of alternative rock. But make no mistake, they have their roots in a time when "alternative rock" meant something more than "we don't really know what else to call this group."

This is a band with a deep, abiding love of heavily-distorted guitar riffs, violent, powerful drumming, intricate bass lines and above all else, soaring, lightersin-the-air melodies. It's a familiar combination, to be sure, but the true appeal of "Wolf's Law" is in how the Joy Formidable make all these elements feel fresh again through sheer force of will. For lack of a better word, the album

newer alt-rock records don't.

"Wolf's Law" doesn't waste any time leading up to that massive sound, either. The album's opening track, "This Ladder Is Ours," kicks off with forty-five seconds of foreboding strings before exploding into the song proper.

Once it gets going, it's essentially Joy Formidable 101 - an exhilarating introduction to the sonic elements that make up the band and how they fit together.

"Ladder" is followed by "Cholla," a danceable track powered by its demented earworm of a guitar hook. "Tendons" is a love song of sorts, "Little Blimp" is another rocker, notable for its surprisingly funky bass line and "Bats" is an aggressive tune that sounds more metal than anything else on the album. These tracks are varied, but they have one thing in common - they're all incredibly catchy.

After the initial assault of the first five tracks, it would be understandable if The Joy Formidable took things down a notch for the rest of "Wolf's Law."

Naturally, they did the exact opposite: almost the entire album, save for acoustic ballad "Silent Treatment," is as high-energy as the beginning.

Fortunately, the band's enthusiasm never becomes overstylistic touches like the incorporation of a prominent harp riff on "Maw Maw Song" and the nearragtime piano intro featured on "The Leopard and the Lung" mix things up enough to keep the rest of the album interesting.

There's even a hidden song a ballad hidden after a minute of silence in "The Turnaround."

"Wolf's Law" is a rare beast, a

derstanding of the value of subtlety, an unabashedly '90s LP that still sounds like a product of its time, and a perfect summer album released in the dead of January.

All you need to know is this -The Joy Formidable is as thrilling as major-label alternative rock is likely to get in 2013. Just press play, fasten your seatbelt and eniov the ride.



Photo courtesy of The Joy Formidable
The Joy Formidable is an alternative rock band from Northern Wales.





Alaska sweeps Wildcats to end streak 'Cats lose two conference matches after staying undefeated in six

By Cody Boyer sports editor

The NMU hockey team's sixgame undefeated streak came to a close last weekend after they were swept by the University of Alaska (UAF)

The Wildcats lost two conference matches to the Nanooks on Friday, Jan. 25 and Saturday, Jan. 26 at the Carlson Center in Fairbanks, Alaska

The 'Cats fell 2-1 on Friday night and 4-2 on Saturday night, dropping the team to 5-11-4-1 in the CCHA and 11-12-4 overall.

NMU head coach Walt Kyle said the team pulled together over the distance, but that was not to blame for the weekend's losses.

"We put ourselves back into a good position after Christmas break," Kyle said. "We had a chance to maybe do something, but we just were not able to generate. We are healthy right now, and our lines probably won't change. We just got out of what has been bringing us success recently, and we'll have to find our way back."

The 'Cats started off the weekend trailing Alaska as the Nanooks took an early 2-0 lead.

within the first minute of the first period, assisted by Josh Atkinson and Andy Taranto.

During a power-play against NMU, Alaska earned their second goal when Colton Beck made it past junior goaltender Jared

Beck's goal was assisted by Kunyk.

Late in the second period, the Wildcats got on the scoreboard when senior forward Matt Thurber scored during a power-play.

Senior defensemen Scott Macaulay and Kyle Follmer assisted

Nanook Cody Kunyk scored Thurber's third goal of the sea-

Sophomore defenseman Jake Baker said the series was a tough one to endure after earning their first sweep of the season against Ohio State

"It was a tough weekend for us," Baker said. "We didn't really come out as well as we wanted to, but we are hoping to bounce back in the weekends to come.'

Coreau saved 36 shots in the crease, while Alaska goaltender John Kenney saved 24. The Nanooks were 0-for-5 on the man advantage, while the 'Cats were 1-for-3.

On Saturday night, the Wildcats left Alaskan ice with a 4-2 loss. The swept series marks the first time since 2007 that NMU has lost to UAF.

The 'Cats opened the game's scoring early in the first period with sophomore forward Ryan Daugherty making his night goal of the season.

Daugherty's goal was assisted by freshman forward Justin Rose and junior forward Stephan Vi-

The Nanooks pulled ahead as they entered the second period, with Beck scoring in the first and fellow-Nanook Colton Parayko scoring early in the second.

Senior defenseman Scott Macaulay tied up the game for the 'Cats 13:44 in the second. The shot was assisted by Thurber.

Kyle said the series ended badly for the team, but the guys are still looking ahead to the rest of

"We are focusing on the positive," Kyle said. "Alaska is a really good team. They had just swept University of Michigan at University of Michigan and also Notre Dame at Notre Dame. We were undefeated for a long stretch, and we were bound to be tagged. We've always had close games with [Alaska]."

Coreau started the match with 15 saves before freshman goaltender Michael Doan took his place during the final period. Doan stopped 18 shots during his fourth appearance in CCHA gameplay.

The Wildcats tallied six minor penalties and one major penalty, while the Nanooks tallied two penalties.

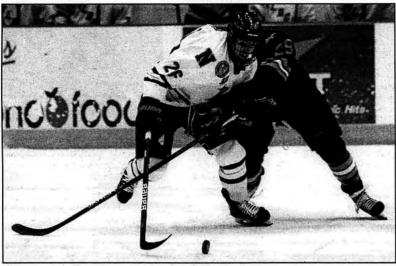
Baker said the penalties could have been avoided and ended up costing the team in the long run.

"We had a lot of penalties, which hurt us quite a bit," Baker said. "It made our guys tired and made playing tougher."

Following the sweep away from home, the Wildcats have a weekend off before continuing into their final CCHA season against Ferris State.

The puck drops at 7:30 p.m. on Friday, Feb. 8 and Saturday, Feb. 9 at the Berry Events Center.

"It's that time of the year when we have to really work on evaluating things," Kyle said. "We have to have our lines set going into playoffs. We will spend all of this week and next week doing



Junior forward Erik Higby (26) has scored four goals this season for the Northern Michigan University Wildcats. assists and a season-wide total of 49 shots on goal with a shooting percentage of .082.

to start indoor season

contributing writer

The Northern Michigan University women's track and field team is ready for another year as the team starts the new season with a new head coach.

With former head coach Tom Barnes retiring at the end of last season, the Wildcats hired head coach Chereé Hicks on Thursday, Sept. 20. Hicks said she has some big shoes to fill, but she has been excited to take over the Wildcat track and field team

"I can't wait to see what these girls can do." Hicks said. "I am very excited to get started with the GLIAC's. I know we are going to do great. We are supportive of each other and I think that's a good sign of what is to come."

First year captain and junior Delaney Lovett said, while it has been a tough transition with the coaching changes, the upperclassmen on the team have been stepping up, both on and off the track.

"It has been tough," Lovett said. "We are here to support each other. We all have our personal

goals to accomplish. The girls on the roster are really the ones who want to stand out and be on the

The team's latest event was the UW-Elite, which took place on Saturday, Jan. 19. Sophomore Brittni Wirtz finished in third during the 60-meter dash with a time of 7.84 seconds after finishing first in the preliminary round.

In the 600-hundred meter dash, senior Colby West placed ninth with a time of 1:46.34. Sophomore Caitlin Keskey followed iust behind West to place 10th with 1:51.40. In the one-mile run, freshman Catherine Swiderski ran a 6:05:61, taking ninth place in the event. Swiderski also competed in the 4x400 meter relay, in which the Wildcats finished sixth

In the 800-meter run, sophomore Katie Granquist placed sixth with a time of 2:25.29. Freshman Abby Roche and freshman Jaylee Brown both competed in the event as well. Roche finished in eighth place with a time of 2:33.70 and Brown placed ninth with a time of of 2:38.67.

In the 3000-meter dash, soph-

omore Chelsea Farguhar came in 17th out of 34 competitors with a time of 10:57.13. Junior Mallory Celaya followed closely with a time of 11:01.66.

Freshman Megan Strait competed in the weight throw event and placed 14th with a throw of 11.12 meters. Fellow freshman Victoria Freeman threw for a distance of 10.34 meters, placing

Seniors Brooke Granquist and Mariah Beaman participated in the long jump competition. Granquist placed eighth with a jump of 5.00 meters while Beaman made a jump of 4.51 meters, placing 11th. Hicks said she was pleased with the outcome of the meet.

"The girls competed very hard," Hicks said, "We have a good team, and as the season moves along we are only going to get better."

Last season, the Wildcats finished with three All-American athletes. Bailey Franklin earned All-American honors in the high jump, while junior Jaime Roberts was an All-American in pole vaulting. In the triple jump Sherice Hewett, a redshirt fresh-



Junior Chelsea Farquhar leads the pack during the 2011-12 Northern Challenge. In 2012, Farquhar took place in the 5000-meter with 18:58.60.

man, earned her All-American road for the next few weeks as honors while breaking a conference and school record

The Wildcats will be on the on Saturday, Feb. 2.

they will head to Steven's Point, Wisc. for the Pointer Invitational

Wildcats lose twice away from home

staff writer

The men's basketball team hit the road last weekend, resulting in a couple of losses to Lake Superior State University and Northwood University.

The team faced LSSU on Thursday, Jan. 24 in a 44-74 loss, where the scoreboard did not show the progress that the 'Cats made in the second half.

NMU lost to the Lakers after a first half where the 'Cats scored 17 points in comparison to the Laker's 41 points. The Wildcats matched up to Lake Superior State in the second period.

NMU scored 27 points to keep up to LSSU's 33 and grabbed 19 rebounds in close comparison to the Laker's 20 during the second half.

The 'Cats also scored 10 second-chance points over Lake Superior State's seven.

Head coach Doug Lewis said

weekend. We have a whole week to

get prepared. The guys should be

for the 'Cats. Thirteen of those points came from the second half. Iverson also

ready to play.

— Doug Lewis

Head coach

contributed two blocks for the team. It's our rival game this coming

hard work in the face of adversity.

"We competed second half," Lewis said. "We only had five

guys on Thursday and they com-

peted and did the best they could,

they had the effort and I'm fine

with that. They put forth maxi-

down low, where NMU had only 18 points, and allowed the Lakers

The Wildcats were outscored

A majority of the difference

Sophomore forward Kend-

all Jackson contributed on the

boards, tallying 11 rebounds

for the team, eight of which he

also added five rebounds, while

putting in a career high 19 points

Freshman center Matt Iverson

grabbed in the second half.

occurred in the first period, when

the Lakers scored 28 points from

mum effort."

the paint.

to drop in 47 points.

Iverson said that the team motivation for the second half came primarily from the desire to win.

"We picked up the intensity second half just trying to come out and win," Iverson

he was proud of the guys for their said. "Our goal for the rest of the season is to be undefeated at home, starting with Tech.'

Saturday, Jan. 26, the 'Cats record sunk to 3-11 in the GLIAC conference and 4-14 overall when they were defeated by the Northwood Timberwolves 48-81.

NMU started ahead in the first period after Jackson hit a threepoint shot at 19:13 on the clock. The 'Cats allowed the Timberwolves to drop 10 three-point shots. In the first period alone, the Wildcats only put up two shots from behind the arc.

Jackson hit the boards for seven rebounds as he led the team for the fourth straight game in a row. He also added 10 points for

Junior forward Matt Craggs led the 'Cats in points with 12, and freshman guard Stephen Pelkofer chipped in 10 points, as well. Sophomore guard Quinten Calloway had the lone steal for the Wildcats. Calloway came up with a solid game overall, adding nine points and five rebounds. He also tallied three assists for the

Calloway said the team seemed to have little energy against Northwood, which played a big factor in the outcome of the

"We were real lackadaisical," Calloway said. "This weekend

Justin Key/NW

ophomore guard Quinten Calloway (4) rockets off of the ground earlier in the season. Calloway tallied nine points versus Northwood on Jan. 26.

we need to bring momentum. It's our rival game. For the rest of the season, we need to take it one game at a time and try to get some wins."

The Wildcats suit up this weekend at 1 p.m. on Saturday, Feb. 2 at the Berry Events Center to face their rival, Michigan Tech University.

"It's our rival game this weekend," Lewis said. "We have a whole week to get prepared. The guys should be ready to play."

'Cats hit the road to sweep St.

By Georgette Breen-Naylor contributing writer

With the season winding down, the men's club hockey team traveled to Minnesota for a three game road trip, winning two and losing one.

The 'Cats club hockey team has won 30 games while tallying one tie and two losses against Iowa and St. Norbert's College Junior Varsity.

The three game road trip to Minnesota to play St. Cloud State

and the University of St. Thomas started on Friday, Jan. 25 and ended on Sunday, Jan. 27. Head coach Carl Troisen said the team battled hard this weekend as the three game road trip made the guys really put forth all their talent for the wins.

"We did not play our best hockey," Trosien said. "We did, however, sweep the three game weekend so things are good.

Sophomore goaltender Jeffrey Rvan said the team was not at its best over the weekend

"We just need to keep in mind that we can't just show up and expect to win," Ryan said. "We have to work hard for it which I thought was one of our problems this weekend."

Sophomore forward Wolff Belanger said, although they were able to sweep this weekend with three wins, they didn't play their best hockey.

"This weekend was probably our worst weekend of hockey,' Belanger said. "We just didn't play to our potential and made

In the first two games of the road trip, the 'Cats faced off against St. Cloud State and were able to win in both of their games.

In their final game of the road trip against the University of St. Thomas, the 'Cats won by one goal and were able to pull out a win. The offense lead the 'Cats this weekend in all three of their victories with scores of 5-2, 5-3 and 5-4 in their only game against St. Thomas.

"I feel like we have the best offense in the league," Belanger said. "We score around five goals a game which is very helpful."

Coach Trosien said, although it was not the team's best weekend of hockey, they still played well.

"It was a productive three game weekend," Trosien said. 'We managed to beat a good St. Cloud team twice. We beat St. Thomas on Sunday even without two of our top five scorers in the lineup.

The 'Cats have a great amount of talent on their team which has helped them this past weekend.

'We were just that much more talented than the teams we played this weekend." Trosien said. "You combine that with hard work and I think that was a big part of our weekend."

so far this season. Belanger said the defensive core of the team has helped to maintain that record.

"Our defense is just as good," Belanger said. "We have a lot of young defensemen who are learning from our veterans. All around we are a team that is very tough to beat."

With the final games of the season upon the 'Cats, they will continue to prepare to finish the season strong.

"We are going to prepare the same way we have all season.' Trosien said. "It's worked so far."

The 'Cats will play their last home game of the season against 🛪 Northern Illinois and then go on the road for their final games, including a trip to the WCCHA Tournament.

"We have areas we still need to improve on," Trosien said. "I think we are very close off the ice and that has helped."

While just getting back early Monday morning, the 'Cats will have to prepare for their game against Northern Illinois who is ranked higher than the 'Cats.

"NIU will be a great test," said Troisen. "They are a team ranked above us and we want to make a statement."

The 'Cats will take on Northern Illinois 9 p.m. on Friday, Feb. 1 and 3:30 p.m. Saturday, Feb. 2 The 'Cats hold a 30-2 record at the Berry Events Center.



more center Dillon Montalvo (18) keeps pace with one of the St. Norbert Green Knights earlier in the . Montalvo has scored nine goals and tallied nine assists for the club hockey team during the 2012-13 season.

SPORTS

'Cats shoot past Lakers and 'Wolves

By Katie Bultman staff writer

The women's basketball team took a step forward this weekend to improve their record to 10-8 overall and 7-7 in the GLIAC conference.

In a win on Thursday, Jan. 24 against Lake Superior State University, NMU edged the Lakers 58-52.

The following Saturday, Jan. 26, the Wildcats were defeated by Northwood University.

With only a few games left, the 'Cats said they are looking ahead to the remainder of the season.

Head coach Troy Mattson said the team is focused on making steps to move forward and better themselves as a whole.

"We want to continue to improve," Mattson said. "We have made big steps offensively, we've gotten better on defense, and we've also made less mistakes defensively. Now we are looking to improve on all of this."

Thursday night, Lake Superior State University held the lead for less than three minutes.

The Wildcats took over at 15:05 in the first half, and with help from the 30 team rebounds and seven steals, the Wildcats led for the remainder of the game.

The 'Cats shot 86 percent from the free-throw line for the win as

they took advantage of the open shot.

The Wildcats had 21 opportunities at the charity stripe and managed to put in 18.

Freshman forward Nea Makela scored a team-high 15 points, nine of which she added from the line.

Makela also grabbed eight rebounds to contribute to the Wildcat win.

Makela said she was surprised by how the night went for her at the free throw line.

"As a team, we were good on defense," Makela said. "Individually, the free throws I don't usually make, and I was happy I only missed two."

In addition to the 15 points put up by Makela, sophomore guard Alyssa Colla added 14 points and four assists.

Sophomore forward Abbey DeBruin chipped in 12 points, and sophomore guard Lauren Gruber also reached the double figure range.

Gruber racked up 11 points, eight rebounds, and three steals for the win.

The team effort kept the 'Cats one step ahead of the Lakers for the entire second half.

Mattson said one of the best aspects of the game was how well the team worked on defense.

"Defensively, we slowed their

best player, Maria Blazejewski, down," Mattson said. "We did a good job of containing her."

On Saturday, Jan. 26 the Wildcats faced the Northwood University Timberwolves.

NMU struggled with 19 turnovers, in comparison to Northwood's seven.

As a result, the 'Cats gave up 22 points off turnovers and 13 points off fast breaks.

The Wildcats managed to score additional points from the free throw line, where the girls were 92 percent.

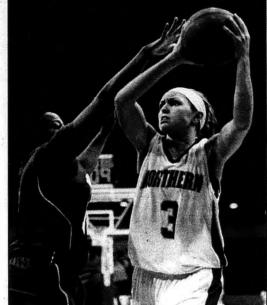
The Wildcats also beat the Timberwolves on the boards, as NMU took down 35 rebounds over the 31 rebounds that Northwood had.

Mattson said the team put forth a good effort against a tough conference team.

"All of the teams in the north conference are very, very close and it's hard to win on the road," Mattson said. "Northwood is playing maybe as good as anybody right now. We played really well for 35 minutes of that game, there were just five minutes in there where we did not."

Sophomore forward Brooke Coenen played a solid game for the 'Cats, adding a career high 11 points, three rebounds, one block and one steal.

Four of Coenen's points came



Justin Kev/NW

Sophomore Alyssa Colla focuses past her opponent for a layup earlier this season. Colla added six assists on Saturday, Jan. 26 against Northwood.

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from the field, one of which was a career first three-point shot. Coenen hit an additional two from the free throw line.

"I think we matched up well," Coenen said. "They made good plays against us and we really improved this weekend, breaking our losing streak. We had a couple of good games."

The Wildcats face their rivals at 3 p.m. on Saturday, Feb. 2 at the Berry Events Center against the Michigan Tech Huskies.





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FAFSA -My expected contribution to the Fed? One foot up your rearend. - Angered Student

Radio X - Thanks for rocking our world.- NMU students

Funk - How can I compete with you?- Disco

Jimmy Carter- I'm waiting for you. Everybody talks just as much about you where I am as they do where you are. Heaven isn't kind to you Jimmy. - Ronald Reagan

Your Face- Large pizza. Two sodas. Fight. To. The. Finish.-Meat Lovers

Cats - You kill so many birds and whatnot, but I cannot stop thinking, "What an adorable way to meet your maker."- NY Times reader

Furby - No more. -Children

Charlie - You burned down the Chocolate Factory. All of the oompa loompas...turn off your lava lamp in the future .-

Mother Nature - Whose your daddy? Because Austrailia is obviously an enemy .- Cold people

Saige and Shaina-You two make me so proud. I am bless. Miss you both. Be happy always, stay safe. Love you forever and a day. — Gaga

Saige - Thanks for everything and being there for me always. SHENANIGANS—Josh Swedlund Your the best!— Shaina

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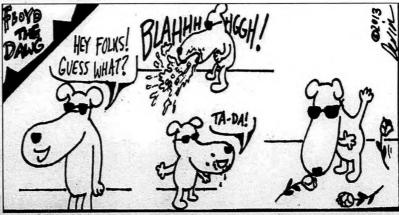
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