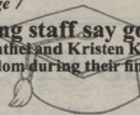
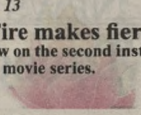


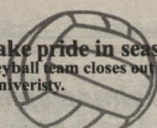
Graduating staff say goodbye
Amanda Monthei and Kristen Koehler share their words of wisdom during their final days at college.



Catching Fire makes fiery debut
A student review on the second installment of The Hunger Games movie series.



Wildcats take pride in season wins
Woman's volleyball team closes out at Grand Valley State University.



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THE NORTH WIND

NORTHERN MICHIGAN UNIVERSITY

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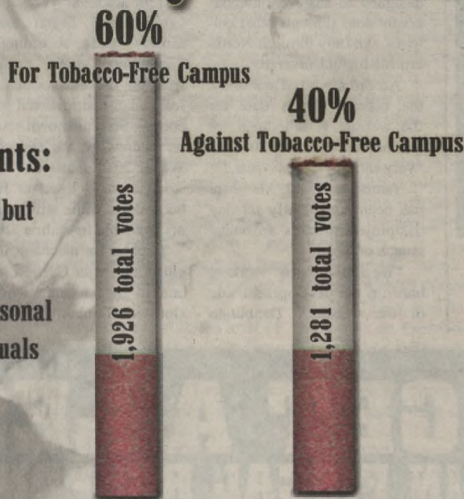


Dec. 5, 2013

www.thenorthwindonline.com

LIBRARY Volume 87, Issue 14

Tobacco-Free Survey Results



Popular Comments:

- * Support smoke-free, but not chew-free.
- * Infringement upon personal rights and what individuals can and cannot do.

Out of 3,208 completed surveys.

Savanna Hennig/NW

Tobacco-free survey results in

By Cody Boyer
editor in chief

Results from the tobacco-free survey administered two weeks ago at Northern Michigan University were released before Thanksgiving break, revealing that more people are in favor of the ban than against it.

On Sunday, Nov. 10, NMU concluded an online survey that began on Monday, Nov. 4 pertaining to whether or not the campus should become a tobacco-free environment. According to NMU Communications and Marketing, 3,208 students, faculty and staff completed the survey with 1,926 in support of the ban and 1,281 against the enactment of a new policy. Overall, almost exactly 60 percent of the surveys were in favor of a tobacco-free campus, while 40 percent were against.

Cindy Paavola, director of Communications and Marketing, said the decision to enact a new policy pertaining to tobacco use

on campus was not due to the presence of a survey.

"The decision to go tobacco-free at NMU is not based on the survey," Paavola said. "It is only one measurement in the process. We are not telling people to quit smoking, necessarily, just not on campus, promoting a healthier workplace and environment for individuals."

According to NMU, there are 1,180 universities and colleges across the nation that have enacted smoke or tobacco-free policies on their campuses. Out of those 1,180, 793 campuses have 100 percent tobacco-free regulations.

Paavola said two chief concerns with the new policy amongst survey-takers deal with the presence of certain kinds of tobacco products and rights amongst people around campus.

"The two most prevalent comments coming from the survey talk about personal rights and different kinds tobacco usage,"

See **SMOKING** • Page 5

NMU student honored after death

By Amanda Monthei
managing editor

When 19-year-old NMU student Brittany Nicholas passed away on Thursday, Nov. 28 from injuries sustained in a car accident two days prior, her friend Bryana Riutta immediately began creating a tribute video, one that would both help her cope and show others the personality of Nicholas and the significance of her life.

The video appeared on Riutta's photography blog on Sunday, Dec. 1, and has been received well by Nicholas' friends and family, as well as by strangers that stumbled upon it.

"We went to high school together, we were involved in cheerleading from seventh to 12th grade and we were in golf, National Honor Society, just all these things," said Riutta, who attended NMU as a photography major during the 2012-2013

school year but has since left to pursue her own business. "I had all these pictures, and this was just my way of coping — I decided to make a tribute for her."

Nicholas, who was from South Range, Mich., was returning home for Thanksgiving break in icy conditions when she lost control of her vehicle and veered into the other lane on Wednesday, Nov. 27.

According to reports by the Daily Mining Gazette in Houghton, Nicholas' car hit a south-bound vehicle, which was driven by 64-year-old Diane Risku of Watton, Mich. Both drivers were taken to the Baraga County Memorial Hospital, while Nicholas was later transported to Marquette General Hospital. She was pronounced dead on Thursday, Nov. 28 from the injuries she sustained during the accident, according to reports from the Mining Gazette.

An official press release about the accident was not available to



NICHOLAS

the North Wind as of press time.

Nicholas was a talented singer who was only just getting recognition for her skill, according to Riutta, who accompanied Nicholas in singing the National Anthem at basketball games in high school as well as at church events and talent shows.

See **NICHOLAS** • Page 5

NMU ranked No. 1 in affordable online degrees

By Emily Pagel
news editor

According to Affordable Colleges Online, Northern Michigan University was ranked No. 1 for most affordable online degree programs in colleges and universities across Michigan.

Affordable Colleges Online bases their rankings on public and private non profit institutions with full accreditation that focuses specifically on distant learning.

Currently NMU offers seven full online degrees in areas in criminal justice, education, nursing and loss prevention management, with programs in master of public administration (MPA) and more nursing programs being added to the

curriculum in fall 2014 semester.

Cindy Paavola, communications and marketing director said Northern is making efforts to reach students for online education

"We have students from all over the place who come to Northern for the online learning because they're known for being quality programs. A lot of times people who far from in the world have an NMU tie like they are from the U.P. and they know of Northern or they are an alum but they are gaining a reputation for being really quality program for an affordable price."

Paul Lang, provost and vice president for academic affairs said many of the online

See **RANK** • Page 4

Lighting up the holidays



Kristen Koehler/NW

President Haynes speaks at the welcoming reception for Lighting Up the Holidays in the UC Atrium on Wednesday, Dec. 4, a festive night for the community with carols, holiday cookies and drinks, and photos with Santa Claus.

NEWS

Tacc'd confessions site soon to launch nationally

By **Cody Boyer**
editor in chief

The successor of the student-made "NMU Confessions" page is slated to launch at the beginning of next month, expanding the former Facebook page idea to its own national website.

Following the end of "NMU Confessions" last year, an independently-operated Facebook page designed for NMU students to share Northern-related confessions anonymously, sophomore graphic design major John Tamburino and three other NMU students began working on tacc'd, a website designed to share anonymous confessions through other colleges, not only through Northern Michigan University.

According to Tamburino, the official launch date for the website is scheduled for Wednesday, Jan. 4, 2014 or "very early in the new year."

Tamburino said his team has been consistently moving the project towards an online launch of tacc'd.

"We have been working hard on the development side of the website," Tamburino

said. "This has taken longer than we originally planned, but it's vital that we take our time to make sure that the site offers solid functionality."

Tamburino also said the team has been focusing on fine details leading up to the launch of the program beta in the next few weeks.

"Development includes features such as user registration and editing profiles," Tamburino said. "This allows users to find colleges they want to follow, college pages themselves, user dashboards, which are the main page that users will use to browse through confessions, website security and more."

Last academic year, "NMU Confessions" began anonymously and, according to Tamburino, drew criticism from the university's denizens following controversial posts coming from unknown sources on campus. At the end of the Winter 2013 semester, "NMU Confessions" closed to Facebook users while still remaining available for online access.

Sophomore mechanical engineering major Curtis Liedel, one of the students working alongside Tamburino to create

tacc'd, said he is looking forward to launching a more-organized website for students to use at multiple colleges outside of NMU.

"We feel really good about the site and expect that it should be a hit when it picks up," Liedel said. "I think that the public would love it; it's a great place to read what other people do at their schools and the experiences they have from all over the country."

According to Tamburino, people still interested in signing up for notification upon tacc'd's launch can visit the website's splash page at www.tacc'd.com. Upon signing up on the site, users will receive an email upon the launch of the website.

Liedel said the work behind the program was carefully done for users to easily manage their own account and confessions, unlike the previous version. Liedel also said he is anxious for its release.

"I really hope the people enjoy using it as much as we did making it," Liedel said. "I feel we have a solid website for people to use and help get the word out."

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ASNMU embarks on new projects

By Emily Pagel
news editor

ASNMU finished off the semester strong during Tuesday's meeting as they wrap up several projects and prepared for the referendum year.

During the fall semester ASNMU worked on several projects including reviving the Wildcat Market, starting a bike share program and creating the Seconds to Success career closet.

They also worked alongside the administration on parking issues, the Eagle Mine Trucking Route, the smoking ban survey and rebranding of the university.

At the meeting several members resigned due to time restrictions for next semester. Jon Martin, off campus representative, Courtney Case, down campus representative, and Jacob Bourdage, college of professional studies representative resigned during the meeting although not all were present at the time of the resignation.

"It's bittersweet," Lopota said. "Especially when somebody gets offered a great opportunity, it's sad to see them go. They've been really hard working members and I wish them the best success. This won't be the last semester for them, so I hope to see them back at the table."

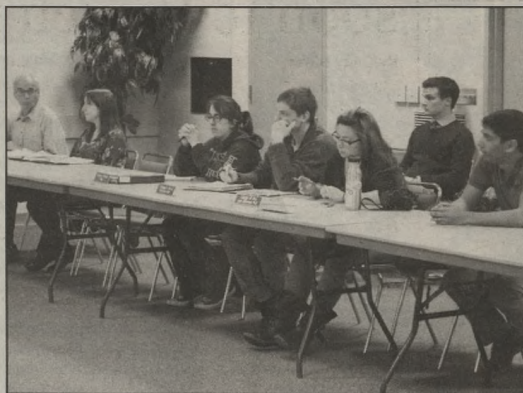
Along with resignations two new members, Matt Isham and Spencer Deering, were appointed to the board.

Vice President Abby Roche said this has been a transformation semester for ASNMU.

"I think that on the board there has been a change in the kind of attitude and vibes that have been going around," Roche said. "I see it as a nurturing environment, people are OK with discussing ideas and getting them out there."

President Amber Lopota also said this semester ASNMU focused on rebuilding their relationship with the administration and on campus groups to better the students in the following semesters.

"I think a lot of the work we've done as far as networking, laying a



ASNMU discussed finalizations on campus projects and voted in two new board members during their last meeting of the semester on Tuesday, Dec. 3.

foundation, repairing relationships is going to start to be able to be seen in the resources that we're going to be able to provide next semester," Lopota said. "We've spent a lot of time in meetings, having discussions, starting conversations and doing a lot of work behind the scenes and so next semester is going to be a lot of visible action for us."

Next week Lopota will be meeting with the Board of Trustees to give them student feedback on the branding and the tobacco-free survey.

"I'm impressed with the level of communication students have been making with their student government on these issues," Lopota said. "They've been reaching out independently, students that are not affiliated with us and have not previously reached out for any reason have started to talk amongst themselves about how ASNMU is a resource for them and that's huge for us."

Roche also agreed there was a significant amount of student feedback on the issues this semester, especially pertaining the smoke-free campus ban.

"I was pleased that there was a survey that was put out and pleased that so many students voiced their opinions; that's huge," Roche said.

"I'm with everyone else, I'm interested to see what the Board of Trustees does decide. It's moving towards a change, there's been communications and that's all you can ask for in this kind of situation."

Looking towards winter semester, Lopota said when they reassemble after winter break the first two meetings of the semester will focus on the finalization of the referendum.

"Essentially we'll be having hearings with all the groups," Lopota said. "They will be giving presentations on their hopeful budgets and we'll be making final decisions on the wording for the ballot so students have the opportunity for their case and make some decisions about funding."

As ASNMU continues to mend relationships and work on campus events, Roche is looking positively into the future semester.

"I think this first semester was about communicating and getting our feet underneath us," Roche said. "Next semester you can expect a lot of good things from us."

ASNMU will be meeting next semester at 8 p.m. in the University Center. Meetings are open to all students and can email ASNMU at asnmu@nmu.edu.

Briefs

State News

A Michigan House of Representatives panel met Wednesday, Dec. 4 to advance legislation that may lead to resentencing hearings for "juvenile lifers" if the state or U.S. Supreme Court decides they deserve the opportunity.

The U.S. Supreme Court decided in June 2012 that mandatory life sentences for minors would constitute as a form of cruel and unusual punishment, but failed to say if the ruling would apply retroactively.

Senate Bill 319, passed last month, would update Michigan law to comply with the ruling, but only to future offenders and those still appealing.

The Michigan Supreme Court announced it will hear three juvenile lifers case, and is expected to address the retroactivity question.

National News

Newtown, Conn. officials released recordings of 911 calls made during the Sandy Hook Elementary shootings. The recordings were posted to the town's website Wednesday, Dec. 4 under a court order.

Callers sound anywhere from calm to panicked, according to the Chicago Tribune, and gunshots can be heard in the background.

Officials initially attempted to prevent the release of the calls, but the Connecticut Freedom of Information Commission ordered seven calls to be aired. In November 2013, a judge ordered all of the recordings to be released.

Saturday, Dec. 14, 2013 will mark the one-year anniversary of the shootings.

International News

A senior Hezbollah commander was assassinated by a silencer-equipped pistol shortly after midnight Wednesday, Dec. 4 in the garage of his apartment building.

The shooting of Hassan al-Laqs is what a Hezbollah member described as the latest attack in a series on the group.

The Iranian-backed group blamed Israel, which denied involvement. Hezbollah's support of Syrian President Bashar Assad has upset Sunnis and left many enemies eager to attack, according to the Houston Chronicle.

Hezbollah's participation in the Syrian civil war has left many in Lebanon saying Hezbollah is straying from its main goal, fighting Israel, and exposing the Shiite community to retaliation.

Two previously unknown Sunni groups have claimed responsibility on Twitter for the assassination, but the claims are unproven.

Weird News

A video camera that was recording crocodiles in northwest Australia was stolen in May by a young sea eagle. Park rangers did not know what had happened, until the camera was discovered about 70 miles away. Video was released Monday, Dec. 2.

Rangers have been able to extract three 30-second clips of the eagle's journey. The clips show aerial footage and end with the eagle pecking at the camera.

Ranger Roneil Skeet said they were lucky the eagle was not an adult and still learning to hunt because an adult eagle would have dropped the camera from high in the air.

—Compiled from news sources

KEY

CAMPUS CRIME MAP

1. Possession and use of marijuana occurred at 11:28 p.m. Monday, Dec. 2 in Lot 46.
2. Larceny of personal property occurred at 3:20 p.m. Monday, Dec. 2 in West Science.
3. Larceny of personal property occurred at 3 p.m. Monday, Dec. 2 in Gant Hall.
4. Possession and use of marijuana occurred at 10:40 p.m. Sunday, Dec. 1 in Lot 7.



Dogs relieve stress during finals prep

By Chelsea Ewaldt
contributing writer

Northern students have the opportunity to take a break from studying and enjoy Therapy Dog Days during the final weeks of the semester.

Nora Scholl, Senior Library Assistant at the LRC, founded Therapy Dog Days last May. The event was popular among students last year and was brought back again this semester for finals week.

All the dogs at the LRC are from Pet Partners Therapy Dogs, a non profit organization that has certified animals all across the Upper Peninsula that participate in the program.

The first night of Therapy Dog Days was Tuesday, Dec. 3 and according to Scholl there was a great turn out. There were 10 dogs of all different breeds at the therapy session.

"The dogs are certified therapy animals that have been tested and are all very well behaved," Scholl said. "They absolutely love the attention."

Research shows that animals relieve stress and help with anxiety and depression. Being around an animal or petting it helps alleviate the stresses of everyday life.

"It's nice to be able to spend time with animals as an alternative to staring at the computer,



Anthony Viola/NW

Sophomore hospitality management major Holly Ward, right, pets a therapy dog on Tuesday, Dec. 3, to help ease the stress caused by finals.

working on finals, and all of the stress," Scholl said.

According to Scholl, the event also gives students who have dogs at home and miss them to have an outlet until the holidays.

"I know people who have dogs at home that miss them really appreciate this program," Scholl said.

The dogs help relieve the stress of the upcoming finals week.

"Being with an animal is one of my best stress relievers," said Alex Colon, a sophomore criminal justice major. "I have always been a huge dog lover. Just walking in to a place with a

bunch of wagging tails begging to be petted, just lifts the stress right off of me. It reminds me of home."

Therapy dog days will continue 6 to 10 p.m. on Tuesday, Dec. 10.

This event will take place on the first floor of the LRC. There will be a sign where the dogs will be designated, so that students know where they will be located.

"It's a fun relaxing time, and gives students a break from studying during finals week," said Scholl. "We're very fortunate to have them come. They're excited to have students come and see their dogs."

RANK

Continued from Page 1

programs derived from department wants for a specific program.

"Well normally it kind of bubbles up from the departments, sometimes the administration tries to encourage that a well but the departments make the final decisions in offering programs online."

According to Lang, NMU is in the works of offering more online degrees for Fall semester.

"Right now, under construction we have a new master's degree program in clinical sciences that is going from the universities pipeline to get approved and that would start in August 2014," Lang said. "We're also looking at the School of Education, Leadership and Public Service and they're developing a student personal services master's program."

Lang said he is enthusiastic for the online degree programs NMU offers for students.

"I think it really provides a tremendous amount of flexibility for the students," Lang said. "With the different ways faculty are approaching online teaching today the quality of those experiences are just as good as the experiences with

faculty in the classroom."

"I think online education will get bigger and bigger as we head into the future. There's a lot of good reasons for students to look at online education as an alternative to more traditional in room experiences."

According to Lang, Northern is working towards a hybrid education method that would run alongside with the online degrees and be implemented in the nursing degree as well as other online programs.

"A hybrid program means that a student would go into the classroom with a faculty member for the first two weeks of the semester and then the rest of their course would be taken in an online protocol," Lang said. "At the end of the semester the student would come back and finish with the faculty and other students in their program. It's a very successful model that's being used across the country and I can see us moving forward in that direction."

Paavola said students can expect to see more online degrees in the future from NMU.

"We've got some experience but we certainly would like to grow more online programs over the next few years. There's a lot of online courses so one of our goals is to have more complete programs online in the future."

ASNMU

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ASNMU

PROMOTIONAL
SERVICES

SMOKING

Continued from Page 1

Paavola said. "Several people support a smoke-free campus but do not mind the presence of chewing tobacco because it affects fewer people than smoke."

Paavola also said the survey results have a few more steps to go through before any decision can be made to move forward with a new policy.

"The next place the results will go is to President Haynes," Paavola said. "He'll take the report to the NMU Board of Trustees, who will take it under consideration and discuss it next Thursday and Friday or at a future meeting."

NMU Health Promotions specialist Lenny Shible said the latest survey, containing a single question with room for individual response, minimized the amount of questions since the last time the topic was discussed back in 2008.

"The survey that was done last time asked more questions, yet there were more questions asked last time about what was going to happen because of it," Shible said. "There were so many uncertainties. From my understanding of it, there may have been a few more people

who took it last time and it was pretty much a 50-50 split."

According to Shible, the response to the 2013 survey showed great initiative from the student-body at NMU, as well as faculty and staff who also gave results.

"It's a pretty healthy response for any campus community," Shible said. "I was really pleased with the people who voted. Our office spent a lot of time encouraging people to vote. We take a philosophical approach that we don't want to encourage people to vote one way or another. Regardless of position, we just wanted to get people to say what they think."

Following a potential inclusion of the new tobacco-free policy, the university would assist cessation programs for people attempting to quit using tobacco products, according to NMU. With the policy affecting all residence halls and university apartment buildings, Paavola said the board has been researching expansively while moving forward.

"Looking nationally, other trends at colleges say the nation is planning on lowering the use of tobacco products to 20 percent by 2020," Paavola said. "The board will ask peers at other colleges at their committee meeting to make sure

the report is well-balanced. The report will basically just say, 'Here are the facts.'"

The preliminary proposed recommendation by NMU says the university could become a tobacco-free campus as of Friday, Aug. 1, 2014.

According to the recommendation, people who choose to continue to use tobacco products would be allowed to do so in personal vehicles parked on campus with closed windows and the NMU golf course.

Shible said due to state law, some of the walkways located around campus will still allow the acts of using tobacco.

"We want to use the first year to move towards a more-strict enforcement of the policy, so signage will be used," Shible said. "There is a map that is going forward with all of this that Public Safety spent time on, if this gets approved. The map identifies a number of walkways around campus that technically belong to the city, so those walkways could be opened up for people to use tobacco products."

The discussion meeting about the potential new policy will take place on Thursday, Dec. 12, Friday, Dec. 13 or on a to-be-determined later date, according to NMU.

Handmade gifts for the holidays



Kristen Koehler/NW

The Student Art Gallery is holding a gift sale on Tuesday, Dec. 3 to Friday, Dec. 13 in the UC. The sale has work from the Student Photographic Society, Ceramics Collective and the NMU Fibers Club. Featured are bowls by senior ceramics major Jacob Hostetler.

NICHOLAS

Continued from Page 1

"Brittany has always wanted to sing professionally, but she never tried to do anything with it," Riutta said. "So her boyfriend Damion Johnson and I tried to convince her to start singing, and I began recording some of her songs. Singing was just really important to her."

Riutta's video highlighted Nicholas' singing as a backdrop

to significant moments in her 19 years, with hundreds of images displaying senior dances, high school graduation, road trips and talent shows.

The video concluded with a two-minute clip of Nicholas sitting in front of a camera singing Carrie Underwood's song 'Don't Forget to Remember Me.'

The 12-minute tribute video ended with Nicholas holding a guitar in her lap, strumming and flashing an occasional smile, one Riutta referred to as "infectious" into the camera between chords.

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We will depart Northern Michigan University's Lot 16 near the Marketplace and dorms @ 8:00am on December 14th. Our first drop off will be in St. Ignace, followed by Grand Rapids, Lansing and will end in Detroit. We will return to NMU @ 8am on January 12th with our first pickup in Detroit, followed by Lansing, Grand Rapids and finally St. Ignace.

Please call us at 906-226-7772 ext. 8 for more information in regards to the exact drop off/pick up points in each major city and a detailed itinerary.

EDITORIAL



Dorsey Sprouls/NW

Transparency should be top priority for administrators

With the new Jamrich building construction over halfway done, a branding initiative underway, the potential implementation of a tobacco-free campus in the near future and an ongoing search for a new and permanent president, change has ultimately defined this semester on NMU's campus.

However through it all, the communication between administrators and students has remained ineffective.

The North Wind staff has received multiple emails and voicemails with staff members proclaiming they have no comment on significant events or issues on campus, while others insist they remain off the record. These problems were most frequently associated with issues surrounding the branding initiative, the results of the tobacco survey and the incidents before, during and after this year's Brule Run, among other things.

Further, official information regarding the search for a new president has been limited, and most NMU staff members have been hesitant to speak about the many changes taking place on campus.

As the fall semester winds down and everyone has an opportunity to consider the many changes occurring on campus, the North Wind staff would

like to remind administrators to strive for transparency as these changes are implemented in the coming year.

After all, it has seemed that those leading the business and managerial sectors of the university have become more and more removed from the student body in their decision making, save for a few consultations with AS-NMU members.

It is understood that some administrators and faculty members may expect privacy in regards to issues that are highly personal — such as retirements and resignations or concerning events that may be deemed shameful by the individual or staff member involved. However, the North Wind staff and NMU students should be able to expect that administration and faculty members remain transparent with students, especially when campus is rife with various transformations that will directly affect NMU's student body.

Ultimately, it is the responsibility of the North Wind to relay pertinent and pressing news to students, but it is the responsibility of administrators to understand that The North Wind needs cooperation and a reasonable amount of transparency in order to operate and continue providing a means of information to NMU students.

Dietary supplements prove untrustworthy



Staff
Column

Mary
Wardell

With an ongoing national health crisis, the exploding cost of medical care (and anxiety to go with), as well as media-twisted perceptions about beauty and health, it is the "perfect storm" for the \$23 billion-a-year supplement industry that has lobbied hard to keep those profits at an enormous cost to the health of consumers.

"We're talking about very serious risks and injuries that can happen to people—and often young people—who do not understand that they're taking prescription drugs and steroids," Joshua M. Sharfstein, M.D., the FDA's principal deputy commissioner, told the U.S. Senate's Special Committee on Aging in May 2010.

Between 2007 and mid-April of 2012, the FDA received reports of more than 6,300 serious events associated with dietary supplements (including vitamins and herbs) from supplement companies, consumers, health care providers and others, according to Consumer Reports. The reports described more than 10,300 serious outcomes, including 115 deaths and more than 2,100 hospitalizations, 1,000 serious injuries or illnesses, 900 emergency-room visits and some 4,000 other medical events.

What's worse, the FDA suspects most supplement problems never come to its attention, according to Daniel Fabricant, Ph.D., and director of the FDA's Division of Dietary Supplement Programs.

Fabricant said dietary supplements containing prescription drugs are "the largest threat" to consumer safety. Since 2008 there have been recalls of more than 400 such products, mostly those marketed for bodybuilding, sexual enhancement and weight loss, according to the FDA.

So why are these dangerous products on the shelf?

Theodore Roosevelt signed the Pure Food and Drug Act in 1906, an important part of his progressive-era legislation, which was the first in a series of consumer protection laws that led to the creation of the Food and Drug Administration (FDA). The law took 27 years to pass and came about after muckraking journalists disseminated serious health concerns to a finally outraged public. Before that, hard drugs were peddled as children's medicine, formaldehyde was a standard preservative and no legal re-

course protected consumers from dangerous products or deception in advertising. So why isn't the FDA doing its job?

In 1994, the Dietary Supplement Health and Education Act was passed, allowing supplement manufacturers to regulate their own products, testing only on a voluntary basis. The law blocked the FDA from regulating supplements unless there was evidence of harm, creating legal entanglements that have made it hard for the FDA to interfere with the industry at all.

Bipartisan efforts to pass reform legislation (the Dietary Supplement Labeling Act and the Dietary Supplement Safety Act) have thus far failed against the muscle of the pharmaceutical lobby.

The New York Times reported last month on research conducted in the U.S. and Canada in which DNA tests of 44 bottles of popular herbal supplements revealed the majority were mislabeled or contaminated and one-third had no trace of the advertised supplement whatsoever.

Assistant professor of nutrition Lanae Joubert said scientific evidence to support taking supplements, even those correctly labeled, in lieu of healthy food choices is not convincing.

"I sit on the pro-foods side of the fence because the benefits of foods are so vast," she said. "The nutrients found in an orange, for example, are diverse, [can be] absorb[ed] in one given time, tend to not compete with each other for absorption and have compounds we cannot mimic and put into a pill."

But for those that do take supplements, the best thing to do is talk to your doctor, stay informed and stay skeptical. A 2013 Consumer Report revealed 55 percent of American adults think that supplement labels must warn about potential dangers and side effects, 47 percent think the FDA must review products before they're sold to the public and 45 percent think that claims about safety or effectiveness must be based on solid scientific evidence. None of that is the case.

Joubert recommended looking for USP, NSF and CL on labels, which are third-party non-profit laboratories that test products on purity, quality and strength. The Office of Dietary Supplements is a good online resource, she said.

"In my opinion, the best things you can do for your health are to eat real foods and enjoy them, move more than you sit and thoroughly appreciate your own human body," Joubert said.

And tell your friends to think twice about a label that has little incentive to tell the truth in an industry without rules.

THE NORTH WIND

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North Wind staff members bid farewell



Staff Column

Kristen Koehler

There's nothing quite like opening my email expecting to find Patagonia web specials and instead discovering a final literature analysis paper I thought I had days to work on is due in four hours.

Like clockwork, a wave of panic encompassed my entire body, a feeling most college students can unfortunately relate to, followed by more than a few words of profanity. Thankfully my mini meltdown was replaced by a sense of steady determination. Not only was this the last paper of my college career but I was used to receiving last-minute assignments. Working under pressure was nothing new; it is simply the way of life at the North Wind newspaper.

Looking back at myself as an incoming freshman, I was excited to get involved in a student organization, but was intimidated by all of the possibilities. When I joined the North Wind staff a year later as a news photographer, I wasn't quite sure what I had gotten myself into. I had very little experience or knowledge of journalism. I realized early on that not everyone enjoys being photographed, particularly sweaty old men working out at the PEIF, who had no problem verbalizing their dislike directly to my face.

It wasn't until I joined the editorial staff as a senior that I truly understood the meaning of a deadline; essentially, I was screwed if an assignment was not done on time. While this led to many sleepless nights and frantic calls to my mom, as if she could fix the situation, I wouldn't trade the experience for anything. Although there was a definite learning curve in terms of the job re-

sponsibilities, I have The North Wind to thank for a lot of my own personal development. Not only was I given the opportunity to delegate tasks and learn about journalism from a more managerial standpoint, I was also able to eat the most delicious food, provided by our adviser Kristy Basolo, every Wednesday night.

Production night at The North Wind can be described as frantic and unpredictable yet somehow lighthearted and fun. There's nothing like walking down the hallway towards the office and hearing '90s jams getting louder and louder. While the staff may change over the years, it seems the music never does.

By far my favorite element of working at the North Wind has been the sense of camaraderie amongst the staff.

I am grateful to have had the opportunity to work with many extremely talented individuals and formed lasting friendships. We have epitomized the word "teamwork" at the North Wind, whether it is handing cameras through car windows to photograph a last minute event, rushing off to report breaking news for another editor or huddling around a computer discussing page layouts.

Overall, my past four and a half years at college has been nothing short of a whirlwind. Specifically, a tornado of assignments and to-dos swirling around in my head until I realized sophomore year students use planners for a reason — to avoid insanity.

Of course there are certain experiences I will not miss upon graduating. This includes being so busy preparing for one single exam that all other homework seems to disappear, which in fact it does not.

I will miss working for the North Wind. I can honestly say it was the most beneficial experience I have had throughout my years at Northern and I would not be the person I am today without having had this opportunity.



Staff Column

Amanda Monthei

"Nostalgia is when you want things to stay the same. I know so many people staying in the same place." — Jeanne Moreau

Nostalgia is the characterizing (and expected) emotion of a college graduation, is it not?

While free from public education, college graduates are for the first time in their lives also riding solo, void of a system that basically provides friends, mentors, organization and a means to acquire knowledge.

Nostalgia is our presumed response as we transition from the college years, characterized by acceptable irresponsibility, and into the world of nine-to-fives, unpaid vacation and looking for jobs that have dental benefits.

Meanwhile, we are to sit and reminisce on how sweet everything was during the "best years of our lives" — the friends made and things learned and fun had. "Oh how great the college years were, I just wish I could go back and live it all again!" we'll say when we're 35 and experiencing the first of maybe five midlife crises.

Nostalgia is a black hole of emotion, but it's attractive and basically unavoidable.

Sometimes I like to lay in bed right after I wake up and think about how much fun I had in November 2011. That was a great month (I'm being sarcastic I actually have no clue what I did in November 2011). Either way, guess what? November 2011 won't happen again.

And that sunrise I woke up to, front-row-center, from a sleeping bag on top of Hogback with friends close by? That probably won't ever happen again either.

But the mere presence of nos-

talgia means things won't be the same. If we desire and waste mental energy on what we've already experienced, than we're not doing enough to create the moments of our future nostalgia — we're not, for lack of a better cliché — living in the present. We're feeling comforted by what was and not experiencing what is.

As some of us prepare for graduation, a long-held rite of passage into the responsibility and occasional bleakness of I-need-insurance-and-money-to-pay-off-student-loans-and-possibly-feed-myself adulthood, let's not forget that the memories we created here are great and all, but most of us are only 22 or 23.

Having the mentality that the best is behind you is setting yourself up for a pretty bad time — a self-fulfilling prophecy of youthful longing culminating, most frequently, in a good old fashioned midlife crisis.

The idea that youth equals happiness and that we can't experience anything remotely fun after the age of 25 is unique to the western world, and we therefore can't take all the blame for this perspective. The culture in which we came of age has become increasingly obsessed with nostalgia, with the past and, similarly, with youth. It's no wonder some think that college was the best time of their lives, a thought that I imagine some of us have going in to our final week of our college career — that no matter what happens, we can always fall back on the memories we created in college to know that we have "lived."

Nostalgia is also repeatedly played up by the media and popular culture as a means to gain page views and advertising. How many times have you clicked on a BuzzFeed post that had something to do with '90s video games, music, toys or food? How many times have you gone to see a movie because it was a sequel or remake of a movie you watched as a kid? How many times have

you heard your parents say they wish they were 20 again? It's concerning that we can't enjoy the daily experiences that ultimately define our lives and instead wish to be thrust back into a time when Backstreet Boys reigned supreme, Ring Pops sufficed as a week's worth of allowance and we got our Tamagotchis and yo-yos taken away in math class. (Though Ring Pops are pretty good).

But besides possibly embracing the notion that maybe 30 is better than 20 (because we all know 20 was better than 10) I'd like to challenge my fellow graduating seniors to consider embracing the wisdom that comes with age, and that as they approach the expectedly defining moment of their lives up to this point, they avoid getting sucked into the inherent sentimentality of the next week. Graduation is a big deal and all, but who's to say more big deals aren't going to happen in the next month, year or decade?

But the impulse to reminisce on the good times had in college is, of course, going to be unavoidable in the week leading up to our crowning academic achievement. However, this nostalgia should be enjoyed in moderation, and besides, maybe our time would be better spent enjoying our final weeks in Marquette and remaining engaged in the present. After all, to have nostalgia is to ultimately desire the same things of your past, but who wants to stay in the same place?

And while I can imagine that life won't always be the illustrious, shining entity that it seems to be right now — on the cusp of perhaps the most tangible achievement of my life thus far — I'm willing to bet there is going to be a moment in approximately 13 days in which I have a total, unprecedented, existential meltdown at the prospect of moving away from the friends I've made and this cool, rocky and snow-covered place I've come to love.

But such is life, and change happens.

Sound Off

What's your best memory from this semester?

Compiled by Kristen Koehler



Mary Dillow
senior, physical education
"I worked with a disabled child all semester and it was a rewarding learning process."



Will Arts
sophomore, physical education
"I had fun playing zombies versus humans."



Rich Ross
grad student, MBA
"I helped build the largest array of solar panels in the Upper Peninsula."



Alexis Hendricks
junior, hospitality
"Messing with my least favorite roommate because she would always change the temperature in the house."



Katie Hudson
senior, fisheries and wildlife
"I'm actually really excited to go to the wreath-making class tonight!"

Great Lakes radiation puts ball in our court



Staff
Column

Michael
Williams

Concerns regarding industrial nuclear-power negligence became commonplace after Japan's devastating earthquake that fractured the Fukushima power plant and ensured oceanic contamination, with promises of radiation reaching the west coast of the United States within a few years.

That's happening now. Japanese officials notoriously washed over Fukushima's global implications to save face. Slate.com reported that Japanese government spokesman Yukio Edano purported that the radiation "posed no immediate threat to human health" within days following the earthquake. But sooner or later, they knew the effects would publicize themselves. Thyroid cancer rates have increased in Japanese citizens, particularly those 18 and younger at the time of the earthquake, according to The Japan Times. Whether or not rates will increase on the U.S.'s West Coast has yet to be seen.

This means that we in the United States are facing severe limitations to ensuring environ-

mental, and thus public, health. Nuclear power is essentially unmatched. For the decades that comprised the Cold War, hubris encouraged political and military leaders in the U.S. and Soviet Union to test ever more powerful nuclear weapons for purposes of intimidating the enemy (and in doing so, leaving radiation traces in all of the seemingly desolate corners of the planet).

Now nuclear power is used exclusively for energy generation (save for the occasional arsenal flaunting) and it is wildly efficient, yet doubly dangerous. Despite purportedly high standards, nuclear energy remains a volatile resource on a fragile planet. That turbulence hit home in the Great Lakes region earlier this year, though with very little media buzz.

Palisades Nuclear Plant, owned by Entergy and located in Covert Township, has been leaking a gallon of radiation a day into Lake Michigan for the last year. That was until early May, when the leak was found to be larger than previously expected. It turns out 80 gallons leaked in one day, twice the Nuclear Regulatory Commission's cap of 38 gallons per day for that site.

Palisades had shut down in summer 2012 to repair a tank leak. The leak was quickly patched and the situation appeared remedied,

until radioactive water began gushing from the tank. While 80 gallons may not seem like much, radiation is nothing to joke about. The impacts are typically widespread and difficult to predict. Thankfully, atop the annual monitoring that the Nuclear Regulatory Commission issues, they prescribed an additional 1,000 hours of monitoring this year, and for good reason.

Not too shockingly, Entergy seems eager to cut costs and maximize profit. According to the Detroit Free Press, Palisades has shut down nine times since 2011 to repair issues that may or may not have been preventable. This fact is telling on two ends. On the one hand, it shows at least a concern for mitigating problems subject to arise. On the other, it shows an inability to predict, and thus prevent, those very problems.

Understandable enough—they're human too. However, if incapacity is defense for environmental degradation, then the cap of that logic means that a sincere "Sorry! We ain't omnipotent."

could serve as defense in any disaster that may arise. That's simply insufficient for the present and the future.

If the temptation of maximum profit exists insatiable for decision-makers, the requisite of safety cannot take precedence when enormous costs are mandatory for even minimal production.

And we're talking about heavy carcinogens here.

The string of disease arising from industrial negligence is exacerbated by the near inability to seek justice for those wounds. Businesses of this stature are protected by policy (which is often approved by legislatures who happened to receive campaign donations from these very indus-

tries) and their teams of attorneys whom the majority of us cannot afford.

So what's a college student to do?

We live in a democratic republic. That means that we do have some sway in setting policy. We can influence lawmakers to better perform their jobs, if we only choose to collectively. One whiny college student can't do it. Many angry citizens can.

Saying that radiation in the world's largest bodies of freshwater just isn't right doesn't have the effect of demanding that it is unacceptable.

An adamant, angry public body can achieve remarkable change, but it must intend to first.



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02/11/14

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Below are some of the Center for Native American Studies course offerings for the winter 2014 semester. Consider how a minor in Native American Studies can benefit you!

Tribal law and political policy

NAS 288 Politics of Indian Gaming (4 cr)

Students will gain insight into contemporary issues surrounding the laws and politics of Indian gaming. Students will examine the complexity of inter/intra-governmental relationships that bring together tribal governments and other external governments (i.e. local, state, and federal).

NAS 310 Tribal Law and Government (4 cr)

Examine relationship between American Indian tribes, the federal government and states. Meets division IV liberal studies (upper division).

NAS 486 American Indian Educational Law and Leadership (3 cr)

Explore the legal educational leadership relationships between American Indian tribes, federal, and state governments and k-12 schools. Meets on-line every other week. Also available for graduate credit.

Native expression and service

NAS 224 Native American Beadwork Styles (4 cr)

An introduction to Native American beadwork styles from varied regions. The course blends lecture with practical application of Native American beadwork. Content includes American Indian arts and crafts law.

NAS 280 Storytelling by Native American Women (4 cr)

Examine a myriad of historic and contemporary aspects of native life through the eyes and stories of Native American women. Meets division II liberal studies requirement. Meets world cultures graduation requirement.

NAS 488 Native American Service Learning Project (4 cr)

Students will complete multiple academic service learning projects designed to benefit a Native American community.

For more information call 906-227-1397 or visit www.nmu.edu/nativeamericans.

SENIORS MAKE WAVES AT THE DEVOS

By Jordan Beck
staff writer

There's an old saying: "write what you know." If the NMU School of Art and Design's Fall 2013 Senior Exhibition is anything to judge by, the same axiom holds true for visual art as well.

From Monday, Dec. 2 through Wednesday, Dec. 13 in the DeVos Art Museum, the Senior Exhibition will showcase pieces created by NMU students over the past semester, many of which reflect the natural beauty of the Upper Peninsula itself.

One of those nature-centric pieces is photography major Mark Flemming's contribution to the event. Flemming said he will be exhibiting a set of uniquely-framed pictures, which blur the lines between photography, screen-printing and collage.

"I'm showing a series of mixed-media pieces," Flemming said. "They're screen-printed photos on glass, laid on top of leaves I've collected on a floating frame. They're meant to show the contrast between nature and the urban landscape."

Nature is also a prominent theme in ceramics major Anna Bateman's piece. She will present a set of ceramic sculptures, all of which are themed around the season of winter.

"My inspiration comes from nature," Bateman said. "My piece for this show is called 'The Winter Series.' It has a few vases, along with an installation piece that hangs on the wall that consists of 48 to 50 ceramic pieces."

Other forms of art that will be shown in the Senior Exhibition include drawing, painting, furniture design, film, printmaking, woodworking and illustration.

Flemming said that while the Senior Exhibition offers an opportunity for student art to get some exposure, that's not the only goal of the event. In fact, School of Art and Design students are required to submit something to the program and have it displayed in the show in order to graduate.

"Every arts student has to go through it," Flemming said. "It's sort of a pass/fail class."

However, Bateman said the selection process isn't at all overly stringent. Additionally, she feels the best way for students to get in is to simply have real passion for whatever project they're working on.

"Just stay positive, and make sure to have a set plan before going in," Bateman said. "It's not hard to get into the show as long as you love the concept you're using for your piece."

Flemming said this fall's Senior Exhibition would definitely be worth checking out for anyone interested in student art, thanks to its wide variety of high-quality pieces.

"We have a pretty solid show this semester which is quite a bit smaller than the spring show, but I think it's quite strong," Flemming said. "Everyone turned in some really good pieces."

"There's a lot of really interesting things going on, and a lot of people worked really, really hard to put this show on," Bateman said. "I think everyone should see it."

NMU's Fall 2013 Senior Exhibition will be held from Dec. 2 through Dec. 13 with a closing reception will take place 7 to 9 p.m. on Dec. 13, at the DeVos Art Museum.

Senior Exhibition runs from Dec. 2 through 13 at the DeVos Art Museum.
A closing reception will be held from 7 to 9 p.m. on Dec. 13.



Kristen Koehler/NW

"NO THX," a collage piece made by graphic communication major Dana Kim, was made using silkscreen and paper.



Kristen Koehler/NW

"Marquette Ending Hunger" by photography major Sabrina Wheeler.

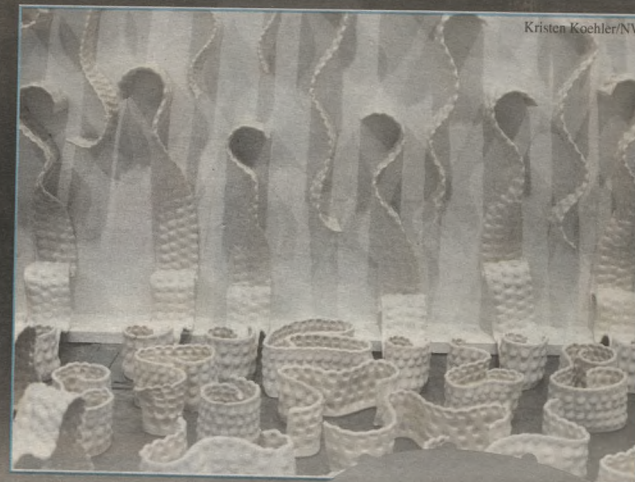


Savanna Hennig/NW

"Faces in the Fire," a raku piece created by ceramics major Thea Risak.

"There's a lot of really interesting things going on, and a lot of people worked really, really hard to put this show on. I think everyone should see it."
-Anna Bateman

Winter Series, below, a part of a collection of pieces made by ceramics major Anna Bateman, is made with stoneware with terra-sigillata.



Kristen Koehler/NW

"Inside Out," above, a bronze sculpture created by metalsmithing major Angela Barber.

Holiday comedies wrap up season

By Jordan Beck
staff writer

While many NMU classes and groups have begun to wind down for winter break, the theater program is gearing up for some funny stuff to finish the semester.

Over the next few weeks, the J.P. Black Box Theater will present two holiday-themed plays, "The 12 Dates of Christmas" and "The Santaland Diaries."

While "12 Dates" and "Santaland" both focus on the holidays, each offers a different take on the season. "Santaland" (starring Brian Dettman, Jill Vermeulen and Taylor Kulju) is an adaptation of David Sedaris' essay about his early days spent working as a costumed elf at Macy's.

Meanwhile, "12 Dates," starring NMU senior and theater and writing major Meghan Marquardt, is a romantic comedy which tells the story of Mary, a woman who breaks up with her fiancé just before Christmas.

Marquardt said she had known for a while that she wanted to do a one-woman show for her capstone project, and that "12 Dates" seemed like a perfect fit. Though she had appeared in NMU shows since her freshman year, this is the first time she's carried an entire show on her own.

"It's been a little crazy," Marquardt said. "It's definitely been a process. There's no one to lean on but yourself. And it's an interesting script, because Mary sometimes 'becomes' the people she's talking to. So you have to learn how to embody multiple characters."

Both plays also share a director, NMU's Director of Theatre, Ansley Valentine. Valentine said while his plays often feature larger casts than those appearing in "12 Dates" and "Santaland," his role in the process hasn't changed much.

"It's easier to schedule rehearsals, since you only have one person's schedule to worry about, but it's mostly the same outside of that," Valentine said.

NMU's 2012 production of "Santaland" was also a previous capstone project, but positive feedback from theater patrons convinced them to produce the show again, Valentine said.

"We did it last year as a senior capstone for Jacob Barbot, and it was so well-received by the audience that we decided to bring it back again this year as a somewhat larger production," Valentine said. "It'll be on the main stage this year."

Valentine said while "12 Dates" and "Santaland" feature



Senior theater and writing double major Meghan Marquardt rehearses for her senior capstone project in the Blackbox theater. "The 12 Dates of Christmas" is a newly popular romantic comedy and a one-woman show.

small casts, that doesn't mean that their production values are similarly low-key.

"It can get pretty extensive," Valentine said. "With '12 Dates,' there's a lot of interplay between the text and particular Christmas songs, so there's a lot for the sound designer to do. For 'Santaland,' there are several transitions between different parts of the story, and music can really help with that."

Marquardt said her primary

goal with "12 Dates" was to present an enjoyable, funny show that audiences could become truly engaged with.

"Just come prepared to laugh," Marquardt said. "I want everybody to have fun. '12 Dates' is very much a romantic comedy, and it's been interesting learning how not to take myself too seriously on stage."

"It's a nice, lighthearted holiday show, with a good dash of holiday cheer as well," she said.

Valentine said if people are looking to mix up the standard holiday fare, these fit the bill.

"They're both really funny shows," he said.

"12 Dates" will be performed at the Black Box Theater on Thursday, Dec. 5 and Friday, Dec. 6. "The Santaland Diaries," also in the Black Box Theater, will run Friday, Dec. 20 and Saturday, Dec. 21. For more information, call the NMU Ticket Office at (906) 227-1032.

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Superior Edge Spotlight

Josh Swedlund

Josh Swedlund is a sophomore from Beloit, Wisconsin, majoring in illustration. He has completed over 250 hours in Superior Edge and stated, "My favorite activity in Superior Edge so far would be my 13 hours from last year's Relay for Life. Together my team raised \$1,000, and I drew and sold caricatures all night and into the morning. The success I had with selling my caricatures inspired me to continue drawing them in my summer's farmer's market. If it had not been for the positive, caring atmosphere and raising money for a good cause, I don't think I would have discovered my hidden talent."

Keep up the great work, Josh!

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Thriller lives up to novels



Film: "The Hunger Games: Catching Fire"
Director: Francis Lawrence
Producers: Nina Jacobson and Jon Kilik
Starring: Jennifer Lawrence and Josh Hutcherson
Runtime: 146 minutes



By Savanna Hennig
 layout editor

Smashing through Thanksgiving box office records and shooting into the No. 1 spot in box offices all over the world, "The Hunger Games: Catching Fire" is a successful sequel to the first film in the hugely popular series.

Based on the dystopian science fiction novels by Suzanne Collins, the plot centers around Katniss Everdeen (Jennifer Lawrence), a young woman caught up in events created by a totalitarian government called the Capitol in the post-apocalyptic nation of Panem. A rebellion against the government has begun, and victors of past Hunger Games, a

nightmarish fight-to-the-death arena, are forced to return to it.

As an avid fan of the book series, I'm always the skeptical viewer when it comes to film adaptations, but in this case, I wasn't disappointed.

With new director Francis Lawrence and a budget nearly twice the size of the previous film, there was a huge difference in the quality between the first "Hunger Games" and "The Hunger Games: Catching Fire." As entertaining as the first film was, "Catching Fire" blows it clear out of the water with the better cinematography a bigger budget provides.

Speaking of cinematography: wow. There are scenes in this film that are absolutely astonishing to see on the big screen, especially with the surround sound of a theater. It is a fantastic experience to

sit back and be immersed in the world of Panem and the dangers of the Hunger Games.

In addition to cinematography, I was also impressed by how closely the film portrayed the original book. Yes, the film is a simplified version of the text, but done in a way that gets the original plot across to the everyday moviegoer.

A few minor scenes from the book were quickly touched on or left out, but not in a way that will negatively impact the third installment, "The Hunger Games: Mockingjay."

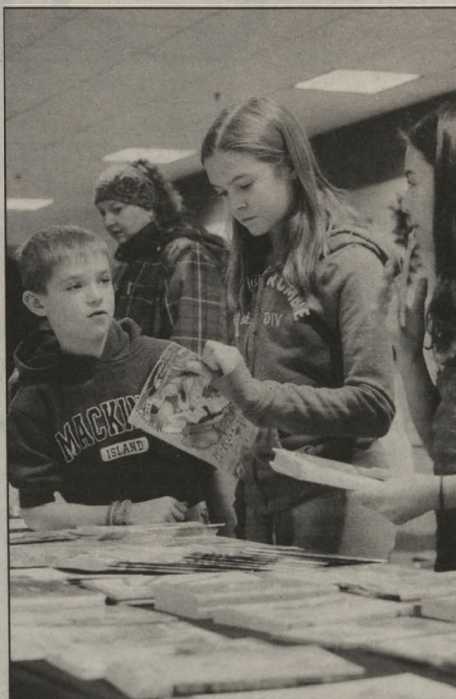
The film's coverage of the plot absolutely does Collins' series justice and any fan of the books would be impressed with the film. Even if you do have incredibly high expectations, I'd say that you will not be disappointed in the least.

For the individuals who haven't read the books and who aren't familiar with the series, "The Hunger Games: Catching Fire" is still an entertaining movie to see.

Even though it is a sequel, the key parts of the central plot are briefly covered again in the beginning of the film to catch all viewers up to events in the prior movie.


Best case scenario would be to see the first Hunger Games, but this particular film makes it possible for any viewer to enjoy.

Free books light up children's holidays and minds




Kristen Kochler/NW

The "Light Up the Holidays" event at the UC on Wednesday, Dec. 4 offered free children's books to local kids, plus cocoa and cookies.




Congratulations Graduates!

Good Luck in your future



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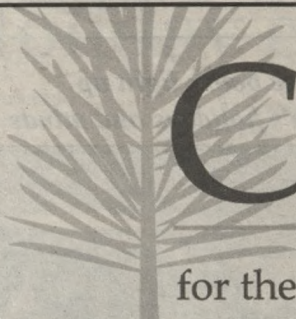
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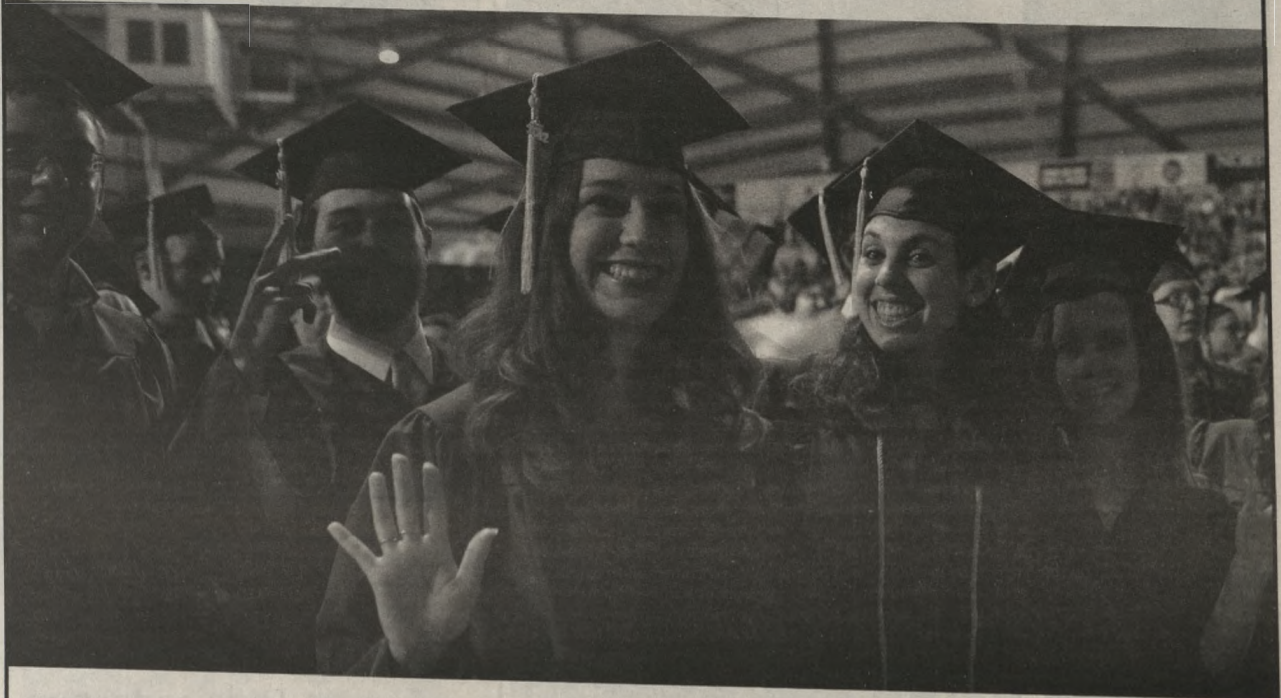


Happy Holidays from the staff at The North Wind



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Wildcats tied for fifth in WCHA

NMU hockey team travels to top-ranked Minnesota State-Mankato

By Katie Bultman
sports editor

The Wildcats will be on the road for three non-consecutive weekends until their next home series, which opens the weekend after winter break at 7:07 p.m. Friday, Jan. 17.

The 'Cats begin their trek on the road this weekend for an 8:37 p.m. game Friday, Dec. 7 against Minnesota State-Mankato. Minnesota State is currently tied for third place in the WCHA with a 5-3-0 conference record.

The 'Cats sit at fifth in the WCHA, tied with Michigan Tech and Bowling Green following a 4-1 loss to Ferris State University on Friday, Nov. 29 and a 1-1 tie with Ferris on Saturday, Nov. 30. NMU is 4-3-1 in conference.

NMU is one of two teams to hand the Bulldogs a tie. Ferris is currently sitting with no losses and an 8-0-2 WCHA record.

Following the loss Friday evening, head coach Walt Kyle said the Wildcats struggled because they found difficulties scoring.

"They're (Ferris) good and we played into what they do," Kyle said. "They were really patient in the neutral zone. Their power play was good; they got two on the powerplay. They wait for you to make mistakes. I didn't think we did a very good job managing the puck and I thought that we didn't do a very good job, to their credit, threatening the net."

Friday evening both teams racked up the penalties, recording 56 penalties in minutes between the two teams. Two players were



Anthony Viola/NW

Senior forward Stephan Vigier (40) and the NMU hockey team went 0-1-1 with Ferris State University. The Bulldogs sit at first place in the WCHA. The 'Cats are tied for the fifth place position with MTU and Bowling Green.

also ejected.

Wildcat junior forward Reed Seckel and junior forward Andy Huff of Ferris State both received disqualification penalties that removed the men from the rest of the series.

Kyle said once Seckel got involved, the Wildcats came out on the short end and the 'Cats were not threatening.

"I didn't think our best players were our best players," Kyle said. "I thought we were really content to try and do stuff individually, and not collectively move the puck with any efficiency. We drifted kind of through the second period. Seckel got ejected and we

just weren't very efficient."

Redshirt freshman goaltender Mathias Dahlstrom took the loss for the 'Cats with 17 saves. Freshman goaltender Derek Dun, who celebrated his birthday Friday evening, received 18 minutes of playing time for the Wildcats and recorded eight saves.

Sophomore forward Cohen Adair scored the lone goal for the Wildcats at 19:49 in the final period off assists from freshman forward Sami Salminen and junior defenseman Luke Eibler.

Kyle said the team needs to focus on consistency following the game Friday evening.

"The top half of the lineup has

to play like they are guys that belong in the top half of the lineup," Kyle said. "They have to consistently make plays and consistently threaten. I think they've done a good job with that for the bulk of the year but they did not do a good job with that tonight."

Senior defenseman and team captain CJ Ludwig faced an injury Friday evening that took him out of the game. He did not return Saturday night and the injury report has not yet been released.

Senior forward Stephan Vigier said the team was missing an important piece Saturday without Ludwig, but the men stepped up. "It hurts not having Ludwig,"

Vigier said. "He's our leader and our captain, and probably one of our best defensemen. It hurts not having him, but we've got guys that can play up there and do a good job."

Saturday evening the 'Cats tied with Ferris State to lead into an overtime period. Neither team was able to score, and the final result was a 1-1 tie.

Salminen and freshman forward Dominik Shine assisted senior forward Jake Johnson for the goal that tied the game at 14:17 in the second period.

Vigier said the team had to work to move pucks up to defensemen and get shots from there.

"They're (Ferris) a really hard team to play against because they really matched up down low and they play a really tight, tight defense," Vigier said. "They were doing a good job blocking and stuff like that, but I think today we were a lot more successful than yesterday in getting shots through and it was nice to see Jake Johnson get down in there."

Over break, the Wildcats will face Minnesota State-Mankato, North Dakota and Bemidji State on the road before returning home to face Alaska-Fairbanks.

Kyle said after the weekend, the most important item on the team agenda during the next few series will be to determine the team lineup.

"I think the biggest thing right now is we have to find out what our lineup is going to be, and I thought we had some guys play up," Kyle said. "We have to mix and match a little bit."

Swimmers and divers stress focus during finals

By Rebecca Morstad
contributing writer

The women's swimming and diving team is set to compete at the Calvin College Invitational.

The Invitational will begin at 6 p.m. Friday, Nov. 5 at Calvin College in Grand Rapids, Mich. and will continue at 10 a.m. Saturday, Nov. 6 and Sunday, Nov. 7.

Other teams to compete include Grand Valley, Valparaiso, Calvin College, Findlay, Kalamazoo and Tiffin. GVSU ranked in the top five teams in the nation this past month and Valparaiso is a Division I school.

Wildcat head coach Heidi Voigt said this invite will be very important for NMU.

"[GVSU] will be our biggest competition," Voigt said. "They are very strong this year."

According to Voigt, junior Molly Kearney leads the team in diving. Kearney was named the team's MVP last season and was awarded the NMU Female Ath-

lete of the Year award. According to NMU Press Box, she was named All-American for her third place finish in the 1-meter dive and sixth in the 3-meter dive in the 2013 NCAA Championships.

Voigt said junior Debbi Lawrence is seeded first in two events.

The NMU Press Box lists Lawrence as a member of the GLIAC Championship fourth place 400-yard and 800-yard relay squads last season. She was also in the fourth place 400-yard medley relay team that broke a school record with a time of 3:49.01.

Voigt said the relay teams will be very important this weekend.

"This is an important competition for us to see where we are at with our racing," Voigt said. "Our relays will be key. We will rest and sharpen up our techniques the next few days."

Sophomore Crystal Bennet was named team Newcomer of the Year last season. Bennet was also part of the fourth place relay teams. Last season, according to

NMU Press Box, she took first in the 100-yard butterfly with a new school record of 55.57 and qualified for the NCAA Championships to place ninth in the 100-yard butterfly. Bennet is seeded in the top five in three events.

Junior Madisen Sechena is top seed in the 200-yard breaststroke and second in the 400-yard IM.

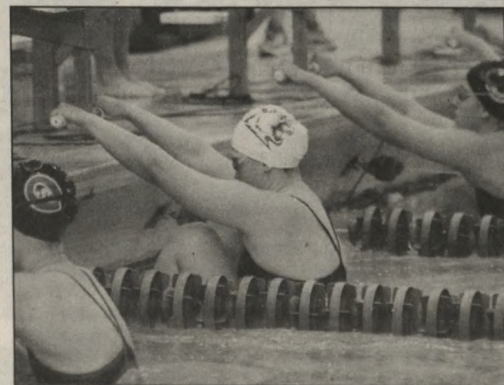
NMU Press Box lists Sechena as last season's GLIAC champion in the 400-yard IM with a time of 4:27.61 for a new school record. Sechena also placed first in the 200-yard IM and was a member of the school record breaking fourth place medley relay team. She qualified for the NCAA Championships, finishing seventh in the 200-yard breaststroke and was named an All-American.

Voigt said junior Jordan Iverson is ranked first in the 400-yard IM this weekend. At last season's Calvin Invitational, NMU Press Box lists Iverson as the first-place finisher in the 400-yard IM. She captured both the pool and meet

record with a time of 4:31.52. NMU returns to the pool this weekend after two weeks off.

Junior Megan Crowder, who earned her first letter in swimming last season, said the team is putting forth effort to keep the focus this time of year.

"We are practicing a lot and doing some resting for this weekend," Crowder said. "It is a stressful time with finals coming up, so we are focusing on swimming and only swimming when we are in the pool. We're keeping our heads in the game."



Anthony Viola/NW

NMU sophomore Sam Clemence, center, earned her first letter last season after competing at the Calvin Invitational and Border Battle Invitational.

Spikers stopped short in semifinals

By Katie Bultman
sports editor

NMU completed the 2013 season at the GLIAC volleyball tournament semifinal game, where the 'Cats were defeated 3-1 by No. 2-seed Ashland University.

Head coach Dominic Yoder said he was very proud of every member of the team.

"The chemistry was tremendous; it was everything I expected and more from them," Yoder said. "It takes a team effort and it doesn't matter if it was a starter or if it was a back-up player that was competing in practice; they are all responsible for our success."

The Wildcats concluded a 22-9 regular season effort with a run in the GLIAC conference tournament. The 'Cats were seeded third and guaranteed a home game in the first quarterfinal round against the University of Findlay. The 'Cats walked away with a victory in five full games Wednesday, Nov. 20.

GVSU hosted the 'Cats' semifinal game against Ashland on Saturday, Nov. 23. Ashland took the first set 25-17.

Yoder said the Wildcats needed to slow down freshman outside hitter Alli Cudworth, named GLIAC Freshman of the Year.

"We did a really good job of doing that," Yoder said. "We just didn't take care of the ball on our side of the net. Serve reception wasn't as strong but we still gave ourselves a chance to win."

The Wildcats took the second set in a 25-23 victory when senior leftside/middle hitter Kalli Herron had a kill off an assist from senior setter Kellisha Harley. The kill put the 'Cats up by one point. A service error by Ashland led the Wildcats to a 25-23 victory.

Following the victory NMU



Anthony Viola/NW

NMU volleyball finished the season 23-10 with help from senior leftside hitter Lina Lopes (far left), who was named All-GLIAC First Team, senior defensive specialist Suzy Solin (center) and sophomore libero Alex Berger.

was unable to close out the last two sets. Ashland University took the semifinal match 3-1.

Harley said Ashland is a very strong, competitive team.

"It was a tough match," Harley said. "Our team came in well-prepared and we worked to earn each point. Unfortunately, we were out-competed."

Ashland went on to play Grand Valley for the conference championship but was defeated in five sets. Top-seeded GVSU took the 2013 GLIAC championship.

Yoder said he was proud of the image the seniors set.

"When I really sit here and think about the season I am extremely proud of our seniors and the culture that they set for our team," Yoder said. "They performed on the floor and really gave us strong performance leadership. "It was evident in that four of our five seniors were All-Conference players."

Seniors Harley and leftside hitter Lina Lopes were selected All-GLIAC First-Team. Harley finished the 2013 season with

1,266 assists, 37 service aces, 241 digs and 38 total blocks. Lopes concluded her career at NMU with 402 kills, 1,104 attacks, 38 service aces, 374 digs and 36 total blocks this season.

Herron was selected as All-GLIAC Second Team and Hamilton received Honorable Mention.

Herron had 384 kills, 1,010 total attacks, 35 service aces, 134 digs and 61 total blocks for the Wildcats this fall.

Herron said there were no low points for the 'Cats this season.

"I have never played on a team that has so much passion and love for the game of volleyball," Herron said. "Whatever may have been thought of as a low point is always a learning experience to change into something great."

Hamilton contributed 314 kills, 753 attacks, 31 digs and 95 total blocks this year.

Libero and defensive specialist Suzy Solin rounds up the rest of the senior class at NMU with 89 digs for the 'Cats this season.

Harley said she is very proud of the team this season.

"We worked very hard and played with a lot of heart, and that showed in the way we competed," Harley said. "We were able to complete the season with 23 wins and that isn't easy to do. We had goals to continue further into the post season than we did, so it was a little disappointing, but overall this was a great season."

Yoder has signed six athletes for the 2014 volleyball season to replace the loss of the five seniors. The newest additions to the

team include Jami Hogeboom, Jamie Maus, Kayla Chosa, Madison Whitehead, Megan Frakes and Meghan Seymour.

Yoder said even with the additions, the senior class from this season will be difficult to replace.

"It's going to be difficult to fill those shoes immediately, but we have an incoming class of six freshmen," Yoder said. "We are just really excited for our young team next year and the potential that they have."

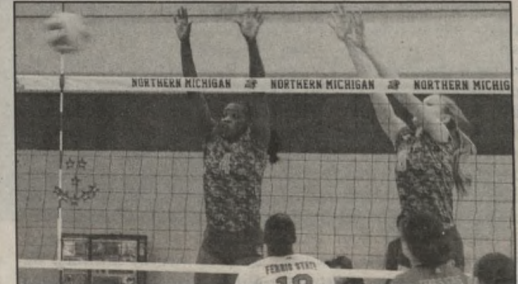
The Wildcats will return freshman rightside hitter Alex Larson who finished with 226 kills, 584 attacks and 76 total blocks.

Returning sophomore leftside hitter, Lisa Studnicka, had 313 attacks for the 'Cats and 167 digs.

Freshman libero Meghan Supple also returns with 176 digs while sophomore libero and defensive specialist Alex Berger returns after a season with 449 digs and 48 service aces for the 'Cats.

Harley said she is very proud of the hard work and team chemistry this season.

"I am very happy and thankful that I had the chance to play with all of these girls," Harley said. "I enjoyed being with them on and off the court."



Anthony Viola/NW

Senior setter Kellisha Harley (4) had 35 assists in the match against Ashland and senior middle hitter Sarah Hamilton (8) had 10 kills for the 'Cats.

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Women face GLIAC opponents

By Raymond Bressette
staff writer

The women's basketball team will open conference play against six GLIAC opponents over winter break, following a win at home against the No. 12-ranked Lewis Flyers and a loss to No. 14-ranked Concordia-St. Paul.

NMU defeated Lewis University 75-66 Sunday, Nov. 22 at Berry Events Center. The 'Cats jumped out to a 7-0 first-half lead and were able to maintain the lead throughout the entire game.

Five players score in double digits, including junior guard Lauren Gruber (16), sophomore forward Nea Makela (11), junior guard Alyssa Colla (11), sophomore guard Anna Liewen (10) and junior forward Brooke Coenen (10).

NMU fell 75-60 to Concordia-St. Paul Wednesday, Nov. 26 in St. Paul, Minn. Despite out-rebounding Concordia 49-36, the No. 14-ranked competitor handed the 'Cats their first loss of the season to close out nonconference play. Colla and junior forward Abbey DeBruin led the 'Cats in scoring with 11 points. Liewen led NMU in rebounds with 10.

Head coach Troy Mattson said he's happy with the play of DeBruin over the last few games.

"Abbey's really been a solid player for us so far this season,"

Mattson said. "If she wasn't caught up in some foul trouble in a few games, she would have had some great nights for us. She's really helping this team perform well."

The Wildcats will host the Walsh University Cavaliers at 5:30 p.m. Thursday, Dec. 1 in Berry Events Center. The Cavaliers are coming into the game after an 87-76 win over Maryville University Saturday, Nov. 16.

NMU will take on Malone at 1 p.m. Saturday, Dec. 7 in Berry Events Center. Malone took a 78-70 win over the Ursuline College Arrows Thursday, Nov. 27 and sits with a record of 4-0.

The 'Cats will then hit the road for two games before their break. They will travel to Findlay, Ohio to take on the Findlay Oilers at 1 p.m. Saturday, Dec. 14. NMU will then take on the Hillsdale Chargers at 6 p.m. Monday, Dec. 16 in Hillsdale Michigan. Freshman guard Karli Bonar of Findlay averages 16 points per game. Junior forward Megan Fogt is leading Hillsdale, with 20.8 per game.

DeBruin said she feels the team focuses better over winter break from class.

"The break usually helps us bond more as a team," DeBruin said. "We're here with each other

We have to play well and to the best of our ability every game. It's going to take a lot of focus on defense and a lot of attention on going out and playing tough.

— Abbey DeBruin
junior forward

and we don't have anything to do but go to practice and focus on our play."

After the team's break, the 'Cats will host two games against the Tiffin University Dragons at 5:30 p.m. Thursday, Jan. 2 and the Ohio Dominican Panthers at 1 p.m. Saturday, Jan. 7. Panthers freshman guard Tori Beth Leader is averaging 13.5 points per game.

The Wildcats will hit the road once more for a pair of games at Ashland University against the Eagles at 5:30 p.m. Thursday, Jan. 9, and the Lake Erie Storm in Painesville, Ohio at 1 p.m. Saturday, Jan. 11.

DeBruin said the team is confident heading into the GLIAC portion of their schedule.

"We should be able to get a lot of wins in our conference," DeBruin said. "We have to play well and to the best of our ability every game. It's going to take a lot of focus on defense and a lot of attention on going out and playing tough."

NMU prepares for St. Cloud

By Dustin Anand
staff writer

The men's club hockey team improved their home record with two wins against University of Wisconsin.

The 'Cats took the ice in a two-game series against Wisconsin Friday, Nov. 22 and Saturday, Nov. 23. NMU tallied seven goals Friday night to claim the victory, 7-2.

Junior right wing Ben Hughes said the team was prepared to play NMU hockey.

"It was nice playing back home," Hughes said. "We came into the locker room with a positive attitude and ready to play."

The 'Cats closed the series on Saturday with a 6-3 win to outscore Wisconsin 13 goals to five over the weekend. The 'Cats improved their standings to 12-10-1 overall in the men's Division II ACHA.

Sophomore defenseman Dalton Carter said the weekend was a success.

"It definitely felt we got into a good rhythm," Carter said. "When we get into that rhythm it feels like we control the pace of the game."

In the Central Division, NMU ranks sixth overall with

25 total points. Waldorf College sits above NMU with a record of 11-8-3 and 25 points.

The 'Cats now prepare for the weekend two-game series against St. Cloud State University, ranked 11 in overall standings with a record of 10-3-1 and 21 points. St. Cloud has played 14 games thus far compared to NMU's 23.

"I feel like it's going to be a lot of hard work," Hughes said. "They're a strong team, but I don't think it's going to be anything we can't handle."

During winter break, the men's team will travel to contend against RMU Chicago (Maroon), Northern Illinois University and Grand Valley State University.

The 'Cats have a brief break before playing St. Cloud State University at home at 7 p.m. Friday, Dec. 6 and 7 p.m. Saturday, Dec. 7. Both games will be played at the Negaunee Ice Arena.

Carter said playing again this weekend at home is always a plus and an advantage for the team to be well rested.

"We need to come out and play our game," Carter said. "We want to control the pace of play and not let St. Cloud dictate how the game goes."

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Love,
Mom & Dad

Sall says team needs experience to adjust

By Raymond Bressette
staff writer

The NMU men's basketball team heads into conference play after dropping two at home against Southwest Minnesota State and Lewis University.

The Wildcats dropped their home opener 68-53 to the Southwest Minnesota State Mustangs Thursday, Nov. 21. The 'Cats shot 36.5 percent from the floor, making 19 of 52 shots. Junior forward Justin Newell led the team in scoring with 15 points. Junior forward Chavis Mattison led the 'Cats in rebounds with eight. Senior guard Matt Zager led the Mustangs in points with 13.

Newell said they didn't give their best defensive performance against Southwest Minnesota.

"We didn't really show up to play defensively," Newell said. "We fell behind early in the game and weren't able to battle all the way back and compete. Defense needs to be our key right now at this point in the season."

The Wildcats fell to the Lewis University Flyers, 78-68, at Berry Events Center on Sunday, Nov. 24. The Flyers jumped out to a 5-0 lead early on and lead by 14 with six minutes remaining in the half. The 'Cats were able to cut the Flyers' lead to six just before the half, but Lewis maintained

their lead throughout the entire second half. Sophomore guard Terry Nash led the team with 18 points. Newell followed with 17 and Mattison also reached double digit points with 13.

Head coach Bill Sall said the nonconference games taught the team a lot about themselves.

"We played two very good teams that are comparable to the top teams in the GLIAC," Sall said. "We're still trying to figure out our game on the court. When you have as many new players as we do, every scenario we have in a game is a new experience for this team, and how we learn from them and adjust will tell us who we are."

NMU will open conference play against the Walsh University Cavaliers at 7:30 p.m. Thursday, Dec. 5 at Berry Events Center. The Cavaliers head into the game with a record of 3-1, coming off a 102-91 victory at St. Joseph College on Saturday, Nov. 23.

Sall said the 'Cats will need to be at their best heading into GLIAC play.

"Every team in this conference is well coached with great players," Sall said. "We're going to have to go out every night and give it our best shot. It's a challenge we're going to have to take and continue improving ourselves as the season goes on."



Katie Stumman/NW

Junior guard Larry Taylor (20) averages 5.5 points per game and sophomore forward Brandon Haverkamp averages 4.5 points per game for 1-3 NMU. Freshman forward Brett Branstrom (21) averages 3.0 rebounds per game.

The Wildcats will continue play at home against the Malone University Pioneers at 3 p.m. Saturday, Dec. 7. Malone is coming off a 77-65 exhibition loss to Division I Akron University.

Before their break, the 'Cats will start their GLIAC road play by traveling to Findlay at 3 p.m. Saturday, Dec. 14 and Hillsdale at 8 p.m. Monday, Dec. 16.

Junior guard Larry Taylor said his teammates will need to maintain focus during the team's two-week break.

"We have to be ready to get back to work as soon as we get back," Taylor said. "We have to hit the gym and be hungry to play, so that when we come back we can pick up right where we left off."

NMU will continue play after the break with a pair of home games against the Tiffin Dragons at 7:30 p.m. Thursday, Jan. 2 and versus the Ohio Dominican Panthers at 3 p.m. Saturday, Jan. 4 at Berry Events Center.

The 'Cats will hit the road

again to play Ashland University. They will take on the Eagles at 7:30 p.m. Thursday, Jan. 9. The Wildcats will then travel to Painesville, Ohio to take on the Lake Erie Storm at 3 p.m. Saturday, Jan. 11.

Newell said the team looks forward to the conference schedule ahead.

"We've got a lot of games coming up," Newell said. "I know we haven't played the best we can yet, which gets me excited to play."

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Shout Outs

Wallis Diamond — The key to adventure can be found beneath your own two feet. — **A Lion Named LaJune**

W4W — So proud of all the ladies and gentlemen who have made this one of the best semesters W4W has ever seen! Keep up the good work! — **MLE**

Malibu — I couldn't have imagined a better semester with better ladies. I love you to the beaches and back. Safe travels and come home soon! — **Momma Alpha**

Hipster Spooner Deskie — You're so hot, PBR U single? PS, can I borrow your Amazon Prime account? — **Admirer**

Mountain House TV — Fun fact: I bought it in 2010. — **EIC**

Holly — Sorry I'm going to miss your graduation - Congratulations. See you at home for Christmas! — **Rob**

Holly S. — Congratulations on graduation with your biology degree. Looking forward to seeing you on the 13th. — **Dad**

Holly — So much happening this month. Congratulations on graduating *summa cum laude* on December 14th! Happy Birthday to you on December 20th! Looking forward to the hockey game on December 21st! — **Sandy**

Girls named Holly — Seriously, this has been an issue for Hollies. We hail you! — **NW Staff**

cute girl sitting at Stonecreek — I know you saw me creeping on you and I'm sorry, but you were super cute. If only I were confident. — **Random chick**

Holly — Happy Thanksgiving Holly! Enjoy Thanksgiving at NMU - we will miss you. Love Us! — **Sandy**

Sandy — Ahhhh...it's you. You are behind all of this. — **NW Staff**

Erica Fraley — Erica - Yo basic! — **Roommates**

Old Man Winter — You are the reason why everyone hates us during this time of year. Seriously. We are your scapegoats. We don't like it. — **Parking lots everywhere**

Amanda & Kristen — You guys are both amazing individuals who do amazing work. You both will be missed and will be hard to replace. Keep being awesome out there. — **NW Staff**

My butt — Sorry I fall on you so much. — **Hurt student**

FLOYD THE DAWG — Devin Beattie



Sam C. — You should keep your door unlocked so I don't have to be in the snow to watch you sleep. — **Trent**

NMU — Snow Day — **Please?**

Milk Man — Thanks a million for bring me ice cream today. You made my day! — **Jenelle**

Molly Way — You, with the pretty face! I love you dearly and am glad to have found someone who is the same species as me! — **Ashley McGrath**

Current NMU Students — I lost the game. — **NMU Alumni**

The Pearl Jam — I will miss the Pearl Jam so much next semester! You will have no Pearl and you will then have to be called just Jam. — **The Pearl**

Thomas — xo You are the bees Knees xo — **Ashley**

Groundsworker — Way to demolish the enclosure at the bus stop behind Jamrich. Nobody likes that thing. YOLO. — **LL**

Cody — Do you need me like I need you? — **Shout Outs**

Shout Outs — Why, yes. Yes I do. — **Cody**

Major General — You might be the very model of a modern major general, but I dislike you. Frequently. — **Pirate King**

Seymour — Feed me, Seymour! Feed me all night long! — **Audrey II**

Prisoner 24601 — So I took a long swim after I let you go in the sewers...I think I just needed to splash a little water on my face. Why can't we be friends? — **Javert**

Mom — I miss you tons. I can't wait to go home and spend time with you, Mark, Buster, Fonzi, Cubby and the new house for Christmas. It's going to be an awesome vacation. — **EIC**

Penguins — Don't you just wish you could feel the wind underneath your wings? Just once? We do it and we STILL look good doing it. — **Puffins**

Puffins — At least we aren't endangered. Sucks to suck. — **Penguins**

Aubrey — Thank you so much for being so awesome. You keep bringing me food and helping me to survive. Thank you for being you and being my best friend. — **Cody**

Sebulba — It's been around 10 years and I still want to say that I served your hand-walking butt. See ya next Boonta Eve! — **Anakin Skywalker**

Kelly — Sorry about your plane being grounded. You rock behind the online helm, though...know this. — **Your fellow staffers**

Chucklefish — Starbound has finally been released and I am a happy camper. Now what am I going to throw my wallet at? — **PC Gamer**

Writers — A deadline is a deadline. I'm seeing some great work, but don't beat up your bosses. Late nights before finals kill us. — **EIC**

NW Staff — Thanks for putting up with my semester-long shenanigans. Hope they were as fun to deal with as they were to make. — **The NW OE**

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