

## Pro-life vs. pro-choice

People on both sides take to Third Street as part of nationwide Planned Parenthood demonstrations

By Winter Keefe  
assistant news editor

The Third Street sidewalk quickly filled with students, professors and Marquette community members rallying for government support of Planned Parenthood Saturday morning. As the crowd grew to over 120 participants, ralliers had to cross the street to leave room for people to maneuver.

The sidewalk rang with the sound of blaring horns in response to signs that said "Honk for Women's rights," mixing with chants from ralliers of "Planned Parenthood is here to stay, you won't take our rights away" and "This is what democracy looks like."

Rally organizer and local resident Anne Stark said Planned Parenthood services are vital to the community due to affordability and accessibility that allows

all women to have health care. After hearing about the nation-wide rally, Stark said she was inspired to create an official event on multiple social media platforms.

"I am overwhelmed by the outpouring of caring and love in this community for something that I hold so dear and I am really thankful that people have stepped up on a cold morning to demonstrate," she said.

Planned Parenthood has been under attack for years, Stark added.

"This is nothing new. I think

people have a refreshed sense of energy and enthusiasm, and I think that the presidential election was a wake-up call for progressives to become more active and vocal. I hope that we can sustain this energy for the long run," Stark said.

Senior psychology/behavior analysis major Autumn Palmer is

co-president of Women for Women, a campus group that seeks to promote education on women's health, sexuality and civil rights.

"I'm here because I think that women deserve to have the choice to do what they want with their own bodies," Palmer said.

Earlier Saturday morning, a group of 11 gathered in op-

position of Planned Parenthood in front of the neighboring Care Clinic.

Marquette resident Sarah Schober was one of the community members standing in opposition. She said she was not there to be anti-women, but rather

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Neil Flavin/NW  
Above, despite winter weather, over 120 people show support to funding Planned Parenthood during a demonstration Saturday, Feb. 11. Left, Marquette resident Gayle Marjaniemi stands against abortion as part of the "Defund Planned Parenthood" protest.

## Sleds, dogs, booties coming to downtown

By Noah Hausmann  
staff writer

Teams will hit the trails and spectators will gather Friday, Feb. 17 for the 28th annual U.P. 200 sled dog race and the Midnight Run at the kickoff event on Washington Street in downtown Marquette.

With 12-dog teams, the first U.P. 200 mushers will start at 7 p.m. Friday, travel 230 miles of challenging terrain from Marquette to Grand Marais and back again. Mushers will face hills, creek crossings, deep snow and isolation in Upper Peninsula wilderness, testing their teams' skills and stamina. Their first stop will be 60 miles out in Wetmore for a mandatory 5-hour rest period. Saturday morning they'll continue on to the halfway point in Grand Marais and journey back to Marquette for the finish line at Lower Harbor Park, returning from noon to 3 p.m. Sunday, Feb. 19.

Beginning their departure 30 minutes after the last U.P. 200 sled leaves the chute and no earlier than 8:30 p.m., the 8-dog team Midnight Run racers will travel about 45 miles, to a checkpoint in Chatham, where they will complete a mandatory 5.5-hour break. They will finish in Mar-



Emma Tembreull/NW

Dogs leave from the starting line at last year's Midnight Run.

quette at the Lower Harbor Park on Saturday morning with the first teams returning at about 8:30 a.m., having traveled a total distance of 90 miles.

On Saturday, the 6-dog team 26-mile Jack Pine Race begins at 10 a.m. at Larry's Family Foods in Gwinn, with the finish line at First Baptist Church in Gwinn and the awards ceremony estimated to begin at 2 p.m.

The public can go to checkpoints and see the sled teams. A number of local organizations will sponsor warming

tents and parties this weekend.

NMU will host one of the warming tents at the Friday kickoff. Open from 6 to 9 p.m., the tent will be on the corner of Washington and Fourth streets in the Upper Peninsula Health Plan parking lot by the starting line. It is a free family-friendly gathering place for the general public. The tent will offer hot chocolate and cookies from Babycakes Muffin Co. and the opportunity to meet retired husky sled dogs, Brianna and Miki. During the "half-time" between the U.P. 200 and Midnight Run race starts, visitors will be able to pose for a photo with the dogs and a sled.

This is the third year Northern has provided a warming tent as an outreach to the community, sponsored by Alumni Association.

"It always puts smiles on people's faces," said Derek Hall, NMU assistant vice president of marketing and communications.

Hall is impressed by the students and community members who show their support every year for the events.

"The street is filled," he said. "It's pretty amazing to see all the people come out and cheer on the racers."

For a full schedule of this year's sled race events, visit up200.org.



### SPORTS

After a split weekend at home the Women's Basketball team secures spot in GLIAC playoffs.

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### FEATURES

The world premier of "Building Madness" is coming to the Forest Roberts Theater.

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# Talks on race, history and politics mesh with Black History Month

By Davon Lanier  
news editor

Public lectures on race, American history and the criminal justice system will take place on campus during the last two weeks of February as part of, President Trump proclaimed, African American History Month observance.

Carter Wilson, political science department head, will present two lectures in the Jamrich Hall auditorium. Both discussions will be held at 5 p.m. to 6:30 p.m. in 1322 Jamrich. In the first lecture, titled “The Myth of American Exceptionalism” on Thursday, Feb. 16, Wilson will discuss how progressive intellectual tradition led to social improvements, whereas the reactionary tradition promoted social inequality and oppression.

“I take historical perspective, and basically the whole theme of my talk is that American political culture has never been homogeneous and the whole concept of American Exceptionalism presupposes a more homogeneous political culture,” Wilson said.

He will use the concept of American Exceptionalism to explain why people have strong opposition and reactions to what

many others consider progressive movements like a national health care system and social welfare programs.

“It tends to be inconsistent with this notion of ‘limited government’ and this aversion for centralized governmental powers,” Wilson added.

American exceptionalism can be defined as a strong cultural commitment to individualism and limited government that resulted from America’s independence from a British monarch. Using this notion, Wilson will explore broad historical concepts that also apply to contemporary politics. There has been progressive tradition that has produced many moments of government expansion in key eras of American history using the ideologies of Thomas Paine and William Manning. Wilson argues there is little difference between the ideals of Manning and Paine and the ideas of Bernie Sanders. He also argues that race and racialized thinking have played a much more reactionary role in history than the concept of American exceptionalism would have the general public believe.

In the second lecture, “Is the U.S. Criminal Justice System Racist?” on Thursday, Feb. 23 Wilson

**I take historical perspective, and basically the whole theme of my talk is that American political culture has never been homogeneous and the whole concept of American Exceptionalism presupposes a more homogeneous political culture.**



— Carter Wilson  
Dept. Head, Political Science

will review the scholarly literature on race and the justice system and see what conclusion is drawn by the audience based on the provided data.

“We’re in denial. We incarcerate a larger percentage of our minority population than any other country in the world. We have the highest incarceration rate unmatched.”

Wilson said he hopes the audience walks away with a better

understanding of the problems in the criminal justice system and that they will “lift the veil” of delusion and denial to become more aware of the issues.

“Maybe by having a better understanding of these issues, we can help resolve some of them,” Wilson said. “And it shouldn’t be about political fights and ideological disputes. It needs to be about ‘let’s look at the facts’ and ‘let’s put our emotions aside.’”

— DEBATE —  
Continued from Page 1

anti-Planned Parenthood.

“I consider myself a feminist, I do. Because I believe right down to the core I believe that baby, if that baby is a woman, I’m there for her. So I consider myself a true feminist. If you’re dependent on someone else to take care of you, that does not mean that your life is less valuable and babies, no one is more helpless than a little baby,” Schober said.

Planned Parenthood in Marquette provides women’s health care, STD testing, birth control, emergency contraception and men’s healthcare but it does not provide abortion services, though many locations across the country do. Peaceful rallies similar to ones in Marquette were held nationwide.

Head of Communications and Performance Studies at NMU Jim Cantrill stood with the crowd in support of Planned Parenthood. It is a citizen’s right to support or argue against Planned Parenthood, he said.

“The turn out that we had in comparison to the turn out that the anti-choice forces had I think is indicative to the demographics in this country. This country we need to take back men and women because we support women’s rights. We support the right of choice.”

## World Affairs Council focus on Michigan water reserves

*Global discussions held on campus encourage perspective*

By Kelsii Kyoto  
contributing writer

This week the World Affairs Council of Western Michigan traveled from Grand Rapids to NMU to host a lecture via interactive webcast.

On Feb. 13, Keith Schneider, journalist and story developer from Circle of Blue, and Liz Kirkwood, environmental lawyer and campaign leader, lead a conversation about issues arisen from water risks in Michigan.

The key point of the lecture was the water surrounding Michigan’s culture. “The demand for energy and food in an era of diminishing fresh water reserves has weakened national economies, destabilized governments, touched off civic rebellions, and put pressure on the world’s biggest financial institutions,” according to the World Affairs Council of Western Michigan website.

The event included the lecture followed by a 30-minute question-and-answer session.

The goal of the event was to develop the students’ personal perspectives regarding issues relevant to them, in this case regarding one of Michigan’s main natural resources.

“As our country faces the uncertainties of a new administration and continued upheaval around the world, it’s more important than ever to equip ourselves with accurate information and informed opinions,” Dixie Anderson, executive director of the World Affairs Council of Western Michigan said.

The event was part of a larger series named Great Decisions which focuses on eight crucial global topics for the year as chosen by the Foreign Policy Association in New York City.

“We are delighted to again welcome some of the leading experts on the most pressing global issues of our times to our 2017

Great Decisions series,” Anderson said.

Future topics in Great Decisions include nuclear security, the relationship between the United States and China, the European Union, and relations between the United States and the Middle East.

The World Affairs Council of Western Michigan’s website states “Our format allows people to draw close and gain a personal perspective on the most relevant issues of the day. As the longest-running discussion series in West Michigan, we make it possible to hear from an impressive group of scholars, researchers and policy makers without ever leaving Grand Rapids.”

The events are held in the Aquinas College Performing Arts Center every Monday at 6 p.m. until April 3. The events cost \$10 for the public. Further information can be found at [www.worldmichigan.org](http://www.worldmichigan.org).

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# WEEKEND WEATHER

Friday	Saturday	Sunday
44°F 34°F	47°F 33°F	44°F 29°F
Partly Cloudy	Sunny	Partly Cloudy

data from www.weather.com

## STATE NEWS

A meteor over Lake Michigan lit up the sky Monday morning across several states in the Midwest. In addition to Illinois and Wisconsin, the American Meteor Society lists sightings in Indiana, Michigan and other states as well. A meteorologist of the National Weather Service said the meteor was accompanied by a sonic boom that shook houses in the region. The radar shows the meteor passing over Lake Michigan, but he said it's not clear if it landed in the water or if it broke up in the sky.

## NATIONAL NEWS

Nearly 200,000 Northern Californians who live downstream of the country's tallest dam were allowed to return home Tuesday after two nights of uncertainty, but they were warned they may have to flee to higher ground on a moment's notice if hastily made repairs to the battered structure don't hold. Residents living below the Oroville Dam were suddenly ordered to evacuate Sunday afternoon after water authorities had assured them for nearly a week that the dam was sound despite a gaping and growing hole found in the structure's main spillway.

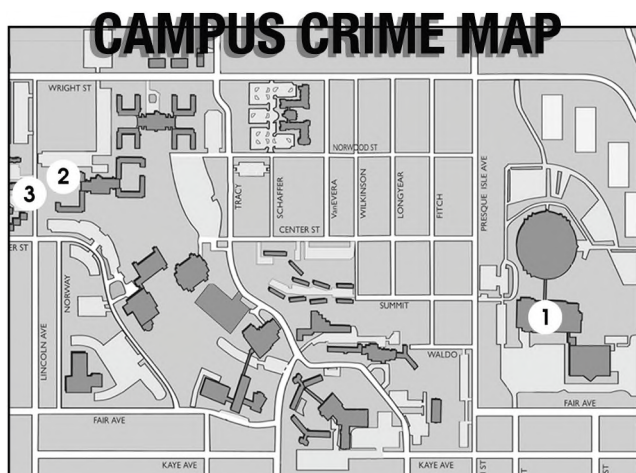
## INTERNATIONAL NEWS

The European Commission issued "final warnings" to Germany, France, Spain, Italy and Britain for failing to address repeated breaches of air pollution limits for nitrogen dioxide, Wednesday. In a statement, the Commission said EU rules set clear pollution limits and obliged member countries to protect citizens from harmful air pollutants. If Germany, France, Spain, Italy and Britain fail to respond satisfactorily to the warning within two months, the Commission could take the matter to the Court of Justice of the European Union.

## WEIRD NEWS

An Austin-based tech firm has been capitalizing on President Trump's Twitter trolling and donating the proceeds to animals in need. Marketing company T3 has created a robot called the "Trump and Dump." Every time the president sends a negative tweet about a publicly traded company, the bot automatically short sells that company's stock, which means the bot essentially places a bet that the company's stock price will go down. The proceeds are then donated to the American Society for the Prevention of Cruelty to Animals.

— Compiled from news sources



1. Larceny of personal property was reported at 1:50 p.m. Tuesday, February 14 at the PEIF.

2. Possession and use of marijuana was reported at 9:12 p.m. Monday, February 13 in Gant Hall.

3. Domestic violence was reported at 9:53 p.m. Monday, February 13 at Lincoln Apartments

## Stretching Stress

# Yoga becomes a new college fad

By Kayla Bell

contributing writer

Yoga is a growing practice across the United States and college students make up a sizable portion of all yoga practitioners. Whether the goal of a class is relaxation or taking the body to its limits, yoga has a wide range of classes from gentle to power.

According to the Yoga Alliance's 2016 Yoga in America Study, the number of American yoga practitioners has risen to over 36 million this year, up from 20.4 million in 2012. The top reasons cited for practicing yoga include flexibility, stress relief and fitness.

With over 40 percent of all drop-in fitness classes at the PEIF being related to yoga, it's not surprising that there's also a student organization focused on yoga as well. It's called Hearts of Yoga and the group is run by Meagan Hennekens, a grad student working on her masters in exercise science and studying the effect of regular yoga practice on nursing students.

Hennekens has been teaching yoga in the Marquette area for seven years. Hearts of Yoga offers a free class mostly every Sunday, held by a rotating schedule of instructors.

"College students are going through an identity crisis they don't know who they are, what they stand for, and they're still trying to figure out what their path is," Hennekens said. "Practicing yoga gives you a chance to take the observer seat on your life."

According to the 2016 Yoga in America study, 86 percent of

yoga practitioners report having a strong sense of mental clarity, which is nine percent higher than non-practitioners.

Sophomore digital cinema major Drew Boggemes transferred to Northern after working as a semi-truck driver for a while. He said after working a sedentary job for over a year, he

It drew a direct correlation between stress and student performance with students with low stress outperforming those with higher levels of stress.

Lenny Shible, Health Promotion Specialist at NMU, said just about anything that people can do to change where their head is at for a little while will help deal

**College students are going through an identity crisis—they don't know who they are, what they stand for, and they're still trying to figure out what their path is. Practicing yoga gives you a chance to take the observer seat on your life.**

— Meagan Hennekens

NMU graduate student, exercise science

knows the toll it can take on the body. Boggemes said yoga helps him get grounded and helps him realize the strong connection between the mind and body.

"Practicing yoga gets me away from the brain soup of always being on the internet and thinking about what I'm supposed to do with my life. It gives me the space to just be a human being and be amazed at what my body can do," Boggemes said.

A study from the International Journal of Yoga in 2009 said that students who practice yoga performed better in academics.

with stress.

It's important to have coping skills on hand before the stress becomes overwhelming. From using breathing techniques like you do in yoga, or making balloon animals at an anti-stress fair on campus run by the Health Promotion Office, what's important is being able to turn the problems of the moment into something that you can deal with, Shible said.

For more information about Hearts of Yoga visit their Facebook page at [www.facebook.com/heartsofyoga](http://www.facebook.com/heartsofyoga).

## Exploring Careers



Neil Flavin/NW

Hedgcock buzzes on Tuesday as NMU provides networking opportunities for students with undecided majors. There were also sessions for students to find out what they can do with their major after college.

## Workforce Development gets new director

By Kara Toay  
copy editor

For many businesses, organizations and employees that require training, there is Continuing Education and Workforce Development at NMU, which recently gained a new director.

Stephanie Zadroga-Langlois was appointed by Steve VandenAvond, Vice President for Extended Learning and Community Engagement, as the new director of Continuing Education and Workforce Development in late September. She said her past experiences help her with her new position.



Zadroga-Langlois

"It was the perfect storm because I have a background in the private sector of the staffing industry and the other side was the public sector of Michigan Works," Zadroga-Langlois said. "This is kind of the final piece."

One of the biggest goals she hopes to achieve as the director is to let businesses around the Upper Peninsula understand what the department does.

"I think a lot of businesses think of the university just for getting your two, four-year degree or Masters," Zadroga-Langlois said. "We're here to bring that continuing education and increase the workforce across the Upper Peninsula."

The Continuing Education and Workforce Development department offers training to any business or organization with a need for the services and can formulate exactly what they need. According to an NMU press release, Zadroga-Langlois's role is to cultivate partnerships with business and industry throughout the Upper Peninsula and oversee a variety of skilled and professional training programs that can be customized to specific needs.

She previously worked as a national client account manager with Manpower, where she researched talent shortages and skills or education gaps and designed plans to address them. She is also the former director of the talent acquisition team for Michigan Works UPWARD Talent Council.

Zadroga-Langlois said this has led her to understand the demands of the industries across

the nations and the skills that are lacking. With the public sector, she said she understands how grant money can come in and help fill gaps and other techniques. She also said she'll use the contacts that she gained from her past experiences to help move the university and its business partners forward.

"I understand a lot of the industries in the Upper Peninsula, and because of that we can work nicely together with other organizations," Zadroga-Langlois said.

Michael Falcon, program coordinator of the Continuing Education and Workforce Development department feels that Zadroga-Langlois brings a certain perspective to the position.

"She brings to the table a sound understanding of the kinds of things our office does and has the right attitude to make these things happen," Falcon said.

Zadroga-Langlois said she has learned the job requires patience and that it's possible to have things work out as hoped but that it might take longer than originally thought. She also added that there are a lot of rules and regulations that are learned that can impede an original plan.

"You have to learn to be creative and always have a few strategies to get to the positive outcome," she said.

## TIPS FOR WINTER DRIVING

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EDITORIAL



In defense of funding for Planned Parenthood

During the past weekend, over 200 De-Fund Planned Parenthood rallies were held nationwide. Counter-protests were held with participants in similar garb to the Women’s March on Washington in January. Having a local Planned Parenthood in town, Marquette was no stranger to this protest and anti-protest face-off.

The conflict comes from a difference of beliefs. Not everyone will have the same opinion when it comes to sensitive issues like abortion, birth control or health insurance. Different stances lead to emotion-filled clashes fueled by personal morals.

The fact is, Planned Parenthood is a valuable resource.

The organization and their facilities provide education and services to all—some people may not have had proper sex education in school, learned about birth control or may not have insurance that covers services that they need. Without things like sex education or birth control, too often people are left uncomfortable and uninformed.

The most difficult subject on the table is abortion. Planned Parenthood does provide abortion services to women in need of a safe, caring environment—

but these services make up only a very small percentage of what the organization does.

In 2016, the organization reported that their facilities performed over 4 million STD and HIV tests and treatments, 2 million family planning and contraceptive services and they reached out to over 1 million young adults with educational programs. These, plus many others, are valuable services that many people would not have had access to otherwise.

Planned Parenthood means to protect life by providing preventative measures toward accidental or risky pregnancies. Defunding Planned Parenthood does not mean the need for abortions will go down—it means access to safe abortions will.

The reality is, we do not currently live in a society where young adults are comfortable talking and learning about sex and sex education. We do not live in a society where insurance always covers birth control. We do not live in a society where people are abstinent until they are ready for children.

We live in a society where sex education and related health services are very much needed.

Animal companionship enriches your life



Staff Column  
AnnMarie Kent

It’s embarrassing to admit, but when I was deciding on a college my dog swayed my decision a lot and when I made the decision I had no idea just how much animals can enrich college.

My original plan was to spend a year at community college and then transfer to the University of Arizona in Tucson and continue my education in dietetics. When I looked at the reality of it, besides the enormous amount of debt I’d be in from out-of-state tuition, I realized it would take me four years in Arizona to get my degree. That’s four years of my dog’s life that I would see him once or twice a year. He’d be a completely different dog when I moved back to Michigan.

I like to think that my thought process used my dog to symbolize my family as a whole, but it opened my eyes to how important furry affection is to me. I ended up at Northern to stay close to home, and again avoiding the outrageous amount of debt, but I like to think my dog thanks me.

Anyone who has ever looked for housing in Marquette understands the difficulty of finding housing that allows pets, so I resigned myself to not being able to have a pet during college a long time ago. Besides, do I really have time to care for the well-being of an animal that needs constant attention? Definitely not.

Then I was gifted with Luna the hedgehog. I took in the aging hedgehog from a friend, so I knew it wasn’t going to be a terribly long friendship. Luna taught me a lot in the six short months we knew each other; the greatest thing I learned was how therapeutic it can be to a college student to have something to care for.

When Luna died, while ex-

pected, it felt like something was missing, not because I needed something to comfort me, but I felt like I needed something to care for.

I decided to adopt another hedgehog, so I did my research and found a breeder in Michigan who was dedicated to the care that babies and mothers need. The breeder I chose understands that babies need a special kind of care to nurture a friendly demeanor and that mothers need plenty of rest between litters. I didn’t want a baby from a mother who was on its way to being bred to death. I made the trek down to Quality Quills in Allendale, Michigan.

The day I got my baby girl was the most exciting day of 2016 for me. Zetty—named after the great Henrik Zetterberg—has reaffirmed everything that Luna taught me and more. Suddenly I had a tiny animal that needed me to help it learn and grow into an adult.

The most fun Zetty and I have had together was when I tried to teach her to use her exercise wheel. It didn’t occur to me until the first few weeks when Zetty wasn’t using her wheel that understanding and exercise wheel wasn’t an innate knowledge for animals. So the first few times I put her in the wheel and slowly turned it for her she just sat there and slid down it, not understanding what was going on. I had to keep my hand on the side of the wheel to keep her from crawling out. So after days of trying, she finally understood if she walks when the wheel moves then she can move and eventually run.

Now every night when I hear the nocturnal lady running on her wheel I turn over in bed with a satisfied smile because I taught her something that will keep her happy for the rest of her life.

So not only do I get to see my dog anytime I want to go home, but he taught me about my love for animals, which gave me something that has enriched my life more than I ever could have imagined.

THE NORTH WIND 

Kayla Miller	editor.northwind@gmail.com	Editor-in-Chief
Savanna Hennig	managing.northwind@gmail.com	Managing Editor
Davon Lanier	news.northwind@gmail.com	News Editor
Winter Keefer	assistant.northwind@gmail.com	Assistant News Editor
Trevor Drew	opinion.northwind@gmail.com	Opinion Editor
Trinity Carey	features.northwind@gmail.com	Features Editor
AnnMarie Kent	sports.northwind@gmail.com	Sports Editor
Emma Tembreull	photo.northwind@gmail.com	Photo Editor
Andy Slaven	online.northwind@gmail.com	Online Editor
Michael Wilson	design.northwind@gmail.com	Layout Editor
Kara Toay		Copy Editor
Liz Trueblood		Copy Editor
Ethan Foerster	nwindads@gmail.com	Business Manager
Emily Stout		Advertising Design Manager
Jackie Stark		Adviser

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All letters may be edited for grammar and length.

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Letters can also be submitted via email to editor.northwind@gmail.com, or through a website submission on www.thenorthwindonline.com.

# Reflections on age 21



## Opinion Editor

Trevor Drew

I woke up still wearing my jeans, one shoe and my jacket. As I raised my head to survey my room, my brain thrashed around my skull like someone shaking a can full of nickels between my ears. Unable to escape, I laid there quietly for some time trying to pinpoint exactly what actions brought me to this point and where to go from here once my strength returned. That day was my most recent birthday; I had just turned 21.

When I was a kid, I loved the Lion King. The singing, the animals, I ate it up. But my favorite part, without question, was the “Hakuna Matata” song. Simba learns only a fool trips on what’s past him and you get to see the little cub grow up into a big, tough, Mufasa lookin’ lion. And that’s what I

thought growing up would be like. I always imagined one day I’d fall asleep a kid and wake up a bona fide adult, beard and all.

That certainly didn’t happen the night I turned 21. Legally, I’ve been an adult for a few years but when I look down at my shopping cart to see the only groceries I’ve picked out so far are corn dogs, peanut butter and Gatorade, I can’t help but feel like a kid.

Some days I fumble with the thought that I’m an adult. I do grown-up things all the time like going to the bank, checking my tire pressure and filling out various applications but it all seems so surreal.

Upon reflecting on it, I’m not sure if I was right to assume the transitions between stages in life are so obvious and apparent. I much prefer the idea of life as a gradient, one long, subtle but dynamic shifting through life.

Although the tree never changes his roots, his branches ascend and disperse in all different directions. And while one aspect of his life

may never change he certainly isn’t the lowly acorn sitting on the forest floor like the fool he once was.

We go through so much of our lives with plans and expectations for ourselves that we get lost in how we think we should be acting and forget about our true spots.

Growing up, I used to think everything I didn’t understand would become clear with age. But as I traverse life I find with age the world becomes much more clouded and twisted, to the point where I yearn for the simplicity of youth.

Sometimes I feel like actual adults are just kids in big important suits wondering how in the world did they get here. I don’t think anyone really grows up the way they expected. I thought I’d be much taller by now, I thought I’d be a rockstar and I never thought I’d have to worry about much in life.

As the sun broke through the shuttered windows of my bedroom and cut through the dark, it dawned on me that I was 21. The day I had been awaiting for half my life was finally here and the only real difference was I felt like I had to puke.

Instead of forcing myself to change I’ll take life as it comes to me. In the words of Dr. Seuss: “Today you are you! That is truer than true! There is no one alive who is you-er than you!”

**I find with age the world becomes much more clouded and twisted, to the point where I yearn for the simplicity of youth.**

# A word from the camo pants, flannel shirt guy



## Guest Column

Noah Hausmann

I’m a cargo pants and flannel every day kind of guy. They’re functional and comfortable, like a hug from an old friend. Getting ready in the morning, the only real thought I give for my appearance is taking a shower. I do that for the greater good of humanity. I’d hate for anyone to be blinded by my horrendous bedhead. But other than that, I tend to approach life easy, just sauntering along with little care for what others think of my exterior.

But a lot of people aren’t like that. Some girls won’t even leave their rooms without makeup on. Likewise, some guys spend as much time in front of mirrors as ladies do. But “If you can’t judge a book by its cover,” then why do humans spend so much time fancying their covers?

Take this for example: So many

people I know constantly talk about exercise. You’d think their entire lives are devoted to getting “swoll.” It drives me up the wall that in gyms there’s mirrors everywhere, so as you pump iron you can watch your muscles grow and tell yourself how ripped and hunky you’re getting. It’s narcissism at its most obvious. I’m not saying that exercise and other ways to look dapper are bad, but I am saying that why we do them might be.

There are only three typical reasons I can think of for getting yourself fancied-up. First, because you have to—your job or a formal occasion demands it. Second, because you’re trying to impress somebody, who, you hope, by just seeing you in your Sunday best will automatically amend his or her prior views and praise your precarious perfection (or at least they’ll buy the lie for a while that you look like this all the time). Lastly, to simply feel good about yourself. You think “If you look good, you’ll feel good,” and maybe that’s true, at least in your head. I’m not judging. Those are all sensible reasons to look good.

But the questions with anything we do habitually are: Why am I doing this? How much does this dictate my life? And will I be any worse off if I stop? Most of the time, the answers will probably be: “I don’t really know,” “A lot actually” and “Not really.”

The writer Oscar Wilde once said, “It is better to be beautiful than to be good.” That underlying idea pollutes our culture. We’re obsessed with image, with spectacle.

To use an extreme example, that’s why, disgracefully, people take selfies at Holocaust memorials. They crave “likes” and acceptance and they sacrifice decency. If dark humor is the coin of popularity, then that’s the price they’ll pay. But really, it’s nothing to laugh at.

Wilde is dead wrong. There’s nothing as beautiful as goodness and nothing as revolting as beauty that’s superficial or rotten beneath the surface. Consider what an unsatisfying surprise is biting into a wax apple—you expect food, and you get a mouthful of gross disappointment. Of course, we all know better. “It’s what’s on the

## SOUND OFF

How do you feel about new sports teams coming to NMU, like Women’s Lacrosse?



**Breanna Harvell, senior English writing**

“I think that’s awesome. We need more women’s teams in my personal opinion. I think we have way too many men’s teams in comparison.”



**Kayla Rudden, sophomore surgical tech**

“I’m not a feminist or anything but I’m all for equal rights and opportunity. I think that’s a good thing because I know there’s a lot of women that don’t have options to play sports like hockey at NMU.”



**Dirk Ruff, junior paralegal**

“I like it. Lacrosse is kind of like summer hockey so I don’t have a problem with that. It’s like field hockey but better. Good stuff.”



**Travis Fanti, freshman biology**

“It would give a good opportunity for people to broaden their horizons, get a different experience.”

*compiled by Davon Lanier & Neil Flavin*

**‘Dress for the job you want, not the job you have.’ Sure, but don’t forget to be the kind of trustworthy employee that faithfully executes his or her duties regardless of the job.**

inside that matters” yet we have to remind ourselves constantly to battle a tide of consumer-culture lies. Not everyone can look like a supermodel, no matter how much makeup they wear or muscles they gain. Appearance is never a substitute for substance, and certainly it is no replacement for character. “Dress for the job you want, not the job you have.” Sure, but don’t forget to be the kind of trustworthy employee that faithfully executes his or her duties regardless of the job. The same goes for friendship and anything else that we ought to hold dear.

When you die, how do you want

folks to remember you? As the girl who wore too much makeup? As the guy who was always hitting the gym? Personally, I’d rather they cried with joy for the good I’ve done, for sorrow that I’m gone, and with hope that they’ll see me again in the future.

This world is full of too many real problems like hunger and war to worry about our own body-image insecurity. I wish everyone would just be OK with their own bodies, alter them only when necessity demands or when that’s what they truly want, and remember to live life in the real world—not in front of a mirror.

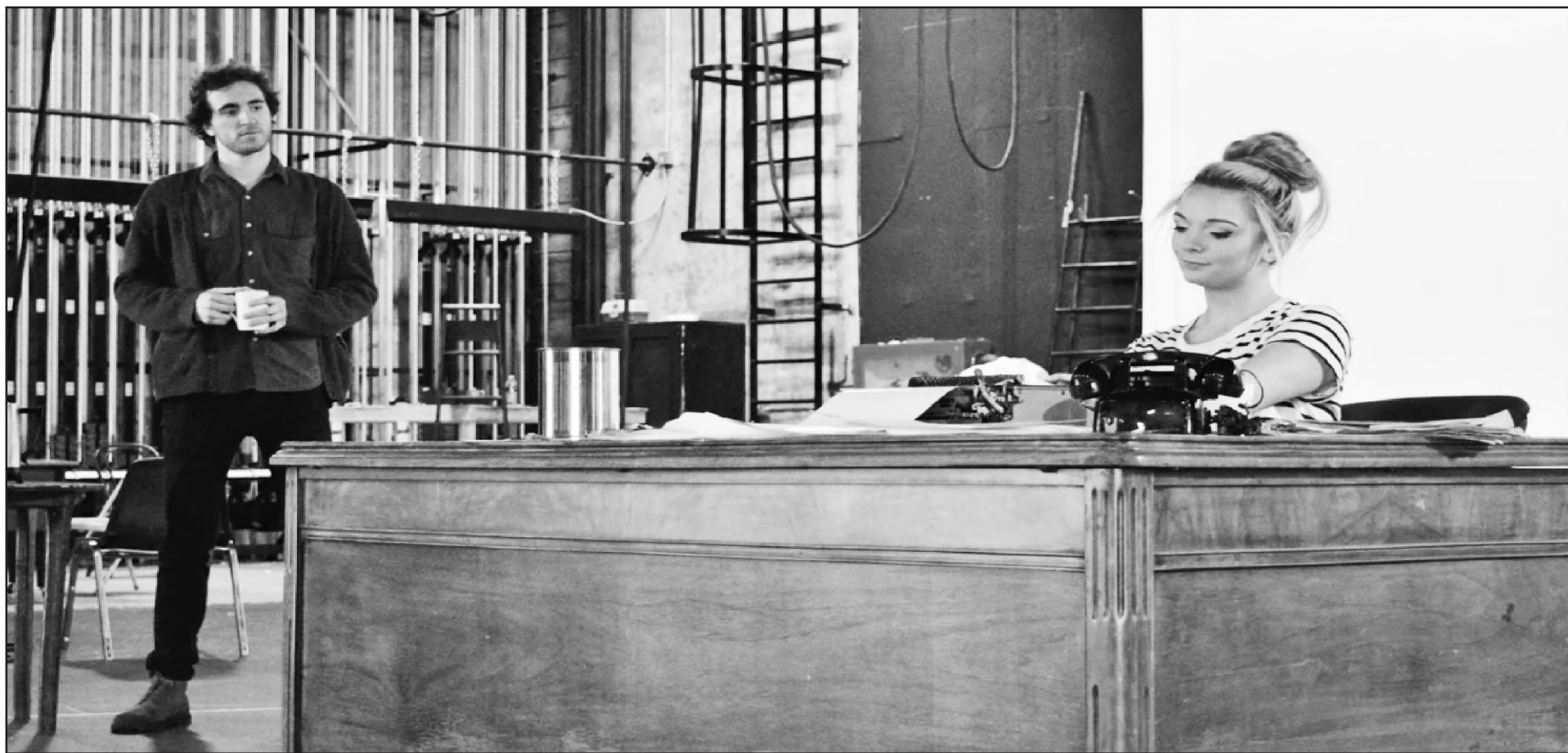


Photo courtesy of FRT

Junior English writing major Ethan Bott and fifth year communications major Carly Bellock practice their roles as Paul Fielding and Trixie Fuller.

# FRT goes mad

Upcoming Forest Roberts Theatre production "Building Madness," dives into business world of 1930

By *Trinity Carey*  
features editor

Take a step back in time and submerge yourself in the hectic and struggling business world of 1930 with the Forest Roberts Theatre's (FRT) latest production "Building Madness."

The slapstick comedy written by playwright Kate Danley was this year's winner of the Mildred and Albert Panowski playwriting competition and is directed by Paul Truckey. The play will run Wednesday, Feb. 22 to Saturday, Feb. 25 with showtimes at 7:30 p.m. each day and a matinee showing at 1 p.m. on Saturday.

The play focuses on two friends, Max and Paul, and their rather ditzy secretary Trixie, who take over Max's father's architectural firm. They must make decisions to save the firm from going out of business, but unknowingly make the wrong ones which leads to more chaos, and they must try to dig their way back out of the

mess. This is one of the play's first few debuts and its first showing at NMU.

"It's definitely going to be a brand new kind of work. I think it's important to bring to NMU because a lot of times, for me personally anyway, shows that people come to see are already really well known," said stage manager and fifth year theatre and entertainment arts major Katherine Marsh. "It's important that not only students, but community members and theatre goers get the opportunity to see new work that they have never seen before."

Unlike other shows, "Building Madness" has a small and personal cast with only six members.

"You don't have to worry about learning all their names and memorizing everyone like crazy. We have a nice little variety of community members and NMU students. A lot of them are already involved in theatre and are just very excited to be a part of the program," Marsh said.

Marsh said the cast for this show is energetic and excited for the upcoming show. "Building Madness" is her senior capstone project and watching the actors grow into their roles has been her favorite part.

"Getting to see already a hilarious comedy come to life through the actors and see how they're kind of exploring the show, and the roles, and all the different hilarious punchlines, it's just been really fun for me. Not a single rehearsal has been boring. I've laughed so hard every time and you always find a new joke within the script," Marsh said.

Comedy is great to bring in when dealing with unknown works. The genre brings in more theatre goers as well, Marsh said.

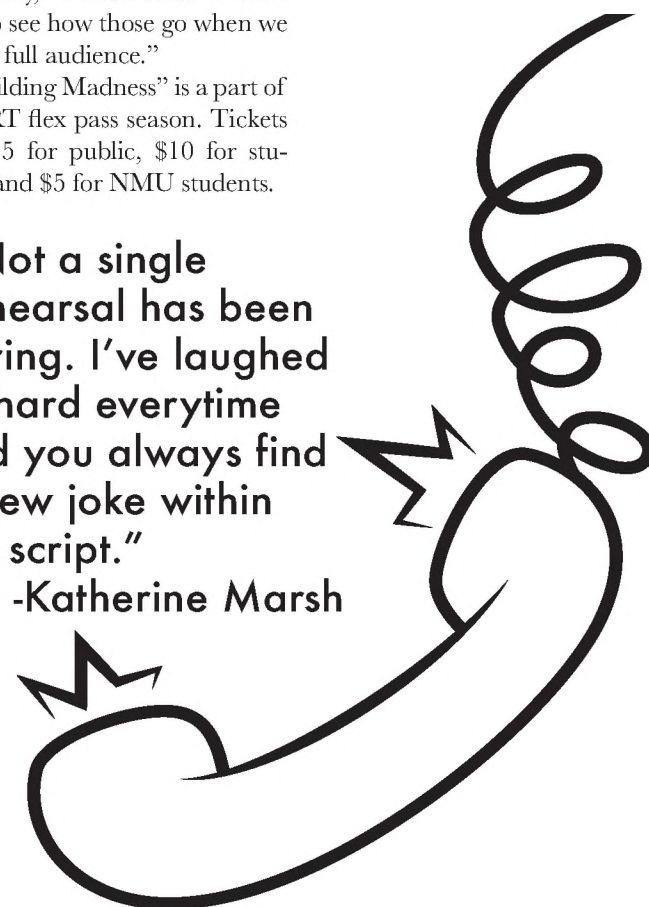
"I don't want to give anything away, because I want everyone to see it and experience it on their own, but there is definitely a lot of high energy moments that are really just full of chaos. They're very fast and furious, if you will,

but funny," Marsh said. "I can't wait to see how those go when we have a full audience."

"Building Madness" is a part of the FRT flex pass season. Tickets are \$15 for public, \$10 for students and \$5 for NMU students.

**"Not a single Rehearsal has been boring. I've laughed so hard everytime and you always find a new joke within the script."**

**-Katherine Marsh**



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# QUINZEEES O

By *Christin DeFord*  
staff photographer

The Upper Peninsula is one of the few places one might find themselves stranded in a field of endless, piercing white snow with no civilization in sight. This is where a quinzee might come in handy, especially for some outdoor recreation students who seek out this type of landscape for the thrill of it. A quinzee is essentially a semi-permanent snow shelter, similar to an igloo, but hollowed out from a pile of snow instead of shaped and stacked from the ground up.

On a sunny but brisk Sunday evening with winds blowing 27 miles per hour, Lydia Wade and Dan Vanderveen, both junior outdoor recreation majors, led a small group of curious participants out to a roughly seven foot tall and 10 foot wide mountain of snow that took Wade and Vanderveen about six hours to create and let sit to compact, or sinter.

Both Wade and Vanderveen work together at the Outdoor Recreation Center in the PEIF where they brainstormed putting the event together.

"A couple years ago, I took an outdoor living skills class where I first learned how to build a quinzee," Wade said. "Working at the Outdoor Rec Center, we have the opportunity to propose any type of outdoor learning class we want, so I thought a quinzee would be a great thing to teach others."

Using metal shovels and thickly-gloved hands, participants steadily carved out a hole for shelter, avoiding the "measuring" twigs and sticks placed strategically to al-

low walls to be about one to two feet thick. This means that usually, quinzees aren't big enough to stand in, but just big enough to sit, crouch, or lay down in when you're in a pinch.

"Workshops like this are great because it gives people a chance to chase away the winter blues," Vanderveen said. "Making a snow fort is something a person of any age can understand and enjoy. It also gives an outdoor rec student like myself an opportunity to apply what I'm learning in class to the real world."





# ON CAMPUS



All photos by Christin DeFord/NW  
Marquette locals, the Mikovitz-Wibby family, contribute to the quinzee construction behind the PEIF.  
Behind: Junior Environmental Science and Sustainability Major Alex Frieswyk burrows deeper into the near cave-status quinzee that volunteers and ORC members worked to build Saturday.

# Tasting the way to new MP foods

By Jamie Glenn

contributing writer

NMU's Dining Services will be opening up the Spirit Room of the Marketplace (MP) dining hall to host a food show taster from 11 a.m. to 1 p.m. on Thursday, Feb. 23.

A number of vendors affiliated with Gordon Food Service along with other outlets are still being pulled together for the event. Each vendor will offer their newest products for students and the community to try.

Some options being offered this year include queso chicken, tortilla soup, loaded beer cheese tater tots, turkey wraps and salted caramel bars.

"Spring is the time when a lot of groups will have their 'new to market' items that they travel all over the coun-

try presenting at food shows. We're trying to bring some of those products in for students to taste and see which ones Northern students like," said NMU Dining Services marketing manager Stephanie Raboin.

This is an opportunity for students to taste and vote for their favorite foods. The foods with the highest amount of votes will be served at the MP in upcoming semesters.

"I think students like giving feedback and this is such a fun way to do it," Raboin said.

Students will be given a survey to share their favorite items from the event. After reviewing the information, the favorite item will be implemented into the menu for the fall 2017 semester.

"We really take into consideration as we make the



Photo courtesy of NMU Dining Services

Students from previous food show tasting events gather at the MP to try out new foods.

changes and adjustments for our menus for next year. It gives us the students' take on what they'd really like to see," Raboin said. "The things that

you're going to pick, you're going to want to try, are going to be items that you're going to want to eat on a normal basis."

All NMU student meal plans are accepted and the event is open to the public. Lunch rates for adults are \$9.25 and \$5.25 for children.

# Cat Scratch Fever makes rag tag appearance

By Alyssa Lambert

contributing writer

Hype and spirit are important characteristics of college sporting events. One way NMU attempts to bring more energy to sporting events is through the NMU pep band. Recently, a second pep band named Cat Scratch Fever came together to rally spirit at games. At a Jan. 19 basketball game against Lake Superior State, both the NMU pep band and Cat Scratch Fever attended the game in hopes of playing their instruments, but one band was asked to leave upon arrival.

Cat Scratch Fever is a rag-tag pep band created for NMU students who have a passion for pumping up the crowd at a sports game through their music, no matter their prior band experience or musical talent. This year is a self-proclaimed building year, and, as of now, it has seven to eight consistent members, two games under the member's belts and an unmeasurable amount of school spirit.

While Cat Scratch Fever is a registered student organization, it does not have the same resources as the NMU sanctioned band.

Sophomore Will Barnwell is responsible for the spread of the fever. Last year, the secondary education major volunteered with the NMU Men's Basketball team and often discussed the atmosphere at basketball games.

"The home games were very bland. People just came out and sat there," Barnwell said. "There wasn't a whole lot of hype for one of the major sports in college."

Barnwell then decided to or-

ganize a band responsible for making basketball games more entertaining and give people the opportunity to get involved in a unique way, taking to Facebook to recruit peers.

"We try to just make it a home for everybody and every musical talent," Barnwell said.

The array includes typical pep band instruments like trumpets and saxophones, to crowd favorites such as the cowbell and the banjo. Cat Scratch Fever even includes two djembes, a type of African drum.

Senior Dain Petipren, a saxophone player, used to play in his high school's pep band. Now, the biology major is a "Sign Guy" at NMU hockey games, where he trash talks the opponents with other crowd members. He said Barnwell approached him about playing in Cat Scratch Fever one day while he was studying.

"I figured, since he's one of my interns [for Sign Guys] that I'd hit him up with a favor and be in the band. Plus, I get to play 'Careless Whisper,'" Petipren said.

"Careless Whisper" by George Michael is a crowd favorite, first heard at the game against Northwood on Jan. 21. Barnwell said when they play the tune, everyone turns their attention towards them. Although they know how to pump up the crowd, many of the notes are improvised.

Barnwell said the administration has been supportive in their cause. However, the arrival of both bands at one basketball game caused confusion amongst the groups.

Dr. Stephen Grugin, music professor and director of the NMU

band, said having his band perform at the basketball games has been in the works with the athletic department since the fall semester, something that has varied in years past. On weekends where there are hockey and basketball games, the pep band must pick and choose what games to play at.

"We can't play everything," Grugin said. "We have to do the best we can with what we've got."

Cat Scratch Fever stepped in for the NMU Pep Band for the Northwood game and again for the Jan. 26 game against Ferris State University.

Junior zoology major Teresa Savastano, an NMU pep band member, assures there is no bad blood between the groups.

"It was just confusing for the most part because the athletic department has been nagging Dr. Grugin about getting a band at the games and then we showed up and there was already one there," Savastano said.

Both Barnwell and Savastano expressed that neither pep band typically receives adequate notice before they are expected to appear at games, which sometimes is mere hours before they are scheduled to perform.

Since there are no more home basketball series, Cat Scratch Fever is directing its energy towards the future. First on the wish list are more songs with corresponding parts. Next, of course, is a larger membership base. Many of the band's members are underclassmen, providing a solid base to carry on the group and help recruit new members for years to come.

The band also expressed a desire to branch out to play for other

sports who are seeking more audience participation, like golf. Sophomore saxophone player Tiffany Dixon, a cellular and molecular neuroscience major, said

her favorite part of being in Cat Scratch Fever is interacting with the crowd.

"We're there when you need us," said Dixon. "Like Batman."

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# 'Migos' makes name in trap rap game

By *Andy Rudolphi*  
contributing writer

In the ever-evolving sound of trap music, originality is often lost in the mix by artists influenced by their predecessors and peers alike. "Culture" is the second full-length album by Migos, a trio of relatives: Quavo, Takeoff and Offset. The three released the 13-track album Jan. 27, under the record labels Quality Control Entertainment, 300 Entertainment and Atlantic Records.

Migos reminds listeners what has gotten them so far on cuts like "T Shirt," "Get Right Witcha" and "Call Casting" and displays their chemistry and high energy separating them from competition. Rather than becoming repetitive, "Culture" is kept fresh with Migos street slang linguistics and their interchanging delivery that works so well together it's as if they are one artist rather than three.

Takeoff provides a bridge that has a particularly infectious

bounce over the pulsating beat leading into Quavo's melodizing chorus on "T Shirt." A haunting backdrop makes this track especially smooth, with a taste of malice. Perfect for taking a ride and turning the volume up and letting the bass shake your mirrors.

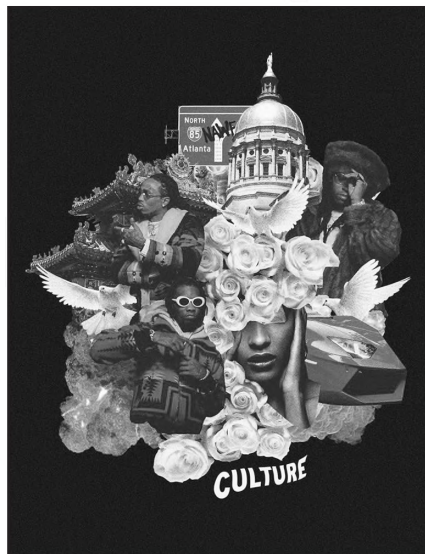
"Get Right Witcha" has an enchanting flute that rides Quavo's flow with a subtle hint of playfulness on top of the deep bass-rooted beats. This track has grown to be my personal favorite on the album. The three exchange bars back and forth with such nonchalant ease accompanied by their natural bravado, adding substantial personality to the track.

When that cup of coffee just isn't waking me up, "Deadz" is a great motivator in the early morning. Migos carry the weight of the track with a chanting hook about counting money as soon as they get out of bed. The trio steps up and gives one of the best tracks on the tape, regardless of 2 Chainz's lazy guest verse.

"Cooking up dope in a crock pot" wouldn't be an average lyric included in a chart-topping platinum single. Yet with over 200 million views on the official music video, the leading single, "Bad and Boujee" gained a shout-out during the Golden Globes by Globe winner Donald Glover. Glover claimed "[Bad and Boujee] is the best song to have sex to," while also claiming boldly that Migos are this generation's Beatles.

Fellow Atlanta rapper and pioneer of trap music, Gucci Mane, linked up with Migos for a charismatic verse on "Slippery." Laced with aggressive drug and sexual references about Molly, Percocet and Codeine, the slick, menacing beat rides behind Migos with a sinister funkadelic vibe.

"Brown Paper Bag," "All Ass" and "What The Price" are



**Album:** Culture  
**Artist:** Migos  
**Label:** Quality Control Entertainment, 300 Entertainment, Atlantic Records  
**Release Date:** Jan. 27, 2017  
**Album Length:** 58:19  
**Rating:**  
★★★★☆

where the album takes a step back. These cuts sound like they could fit in on an earlier Migos mixtape.

The last two tracks on "Culture" hold a more unique sound than their predecessors.

The final track on "Culture" is a Migos love ballad. While "Out Yo Way" is not excellent, it is refreshing to have a change from Migos talking about the many women in their lives to focusing on just one in particular.

The southern-infused instrumentals and Migos original flow and choppy delivery is honed in on "Culture." The album displays how Migos have dialed in

their signature style with great precision creating more of a full sound that lacked in previous work. Songs like "T Shirt," "Get Right Witcha," "Deadz" and "Slippery" are pinnacle examples of the trio's unmatched chemistry. With the popularity and success of "Bad and Boujee" alone, "Culture" solidifies Migos's place in rap.

The trio stays in their lane, not taking any huge artistic risks, but rather sticking to what took Quavo, Offset and Takeoff from selling drugs in the ghettos of Atlanta to being one of the biggest groups in hip-hop.

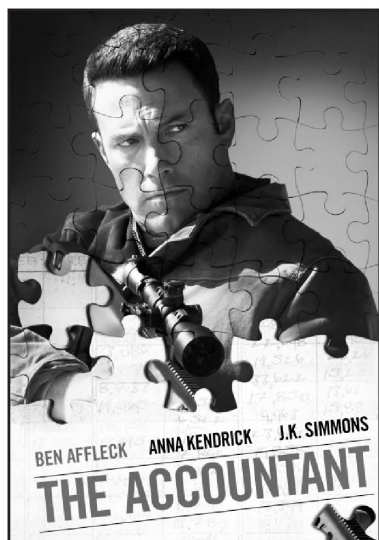
## Crime thriller leaves viewers puzzled

By *Jamie Glenn*  
contributing writer

**Story:** "The Accountant" offers an unconventional view into the world of an autistic boy gifted with the ability to complete tasks exceeding his age range. Protagonist Chris Wolf (Ben Affleck) offers up his talents to a number of high-profile criminal organizations and clients, eventually leading him to flee government restriction from the United States Treasury Department.

**Characters:** Director Gavin O'Connor, best known for his direction of "Pride and Glory" and "Warrior," produces a slow-burning storyline that allows for well-invested character progression. Ben Affleck also brings a lot of spice and emotion to his character, a side of him that we have yet to see prior to this film. Anna Kendrick's character Dana Cummings is brought to the scene when noticing a major company's flawed numbers. Kendrick's character also exacerbates a sense of care and investment by both writers and producers of the film.

This slow and well-executed progression may turn away some viewers while others are left to see the artsmanship behind the lens. Lamar Blackburn (J.K. Simmons) sets out to gain a stronger understanding of Chris's motivations as an accountant. His character offers a tremendous amount of tension, unease, style and force in scenes throughout the film. Chris's father (Robert C. Treveil-



**Film:** The Accountant  
**Director:** Gavin O'Connor  
**Writer:** Bill Dubuque  
**Starring:** Ben Affleck, Anna Kendrick, J.K. Simmons  
**Runtime:** 128 minutes  
**Rating:**  
★★★★☆

er) offers guidance with his tough military hand, yet teaches Chris the necessary skills to use his shortcomings to his advantage.


This film has a long cast list of well-established actors which may both draw in an older audience or familiarize a younger generation with an old-school style of character delivery.

**Style:** This film is full of heavy drama and gut-wrenching action sequences that build a world of turmoil. Affleck embraces a character who communicates poorly and doesn't respond well to dysfunctional situations. He embodies many of the realistic mannerisms of autism with a life full of order, loud music and beating himself up to cope with an imperfect world he cannot control. The long-to-short lens focusing style of O'Connor really shines in this context, giving each scene a subconscious tension for audiences to feel as they watch.

A simultaneous amount of subplots occur, allowing the viewer to jump between backstory and present day, adding to the artistic complexity of this film.

**Verdict:** A number of flashback sequences are used to offer backstory into Chris's challenging childhood as a black sheep. These scenes demonstrate how he learns to cope with his disability along with how those closest to him respond to his demeanor.

This vision into autism is realistic, but can feel too centric in some scenes in the film, making the point a bit too strong. This film is targeted towards an older demographic who aren't in need of a fast-moving storyline or genre-specific movie, given that it doesn't fit suitably into just one genre of film. Strong elements of drama, action, comedy and romance shine through this diverse film leaving audiences to fill in unanswered questions.



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Neil Flavin/NW

Wayne State University defenders surround freshman forward Erin Honkala as she runs the ball down the court during Saturday, Feb. 11 at the Berry Events Center.

## Women's Basketball team hunts for high playoff seed

By Trevor Drew  
opinion editor

The Women's Basketball team clinched a spot in this year's GLIAC tournament after falling to Saginaw Valley State and claiming a victory over Wayne State in their last weekend of home games in the regular season.

"We played well enough to win two games, unfortunately we missed some free throws and a couple layups coming down the stretch against Saginaw Valley," head coach Troy Mattson said.

The team's last four losses were all determined in the final plays of the game. Although the team has been defensively sound, they need to nail their shots from the charity stripe and avoid turnovers, Mattson said.

"I'm not disappointed in the way we are playing, but it's disappointing to lose close games," Mattson added.

In a match-up that featured 10 ties and 11 lead changes, the Wildcats battled to snap Saginaw Valley's 5-game win streak but ultimately failed to overcome the North leading Cardinals and lost 62-60.

A 3-point shot from SVSU's Halee Nieman gave the Cardinals a 60-52 advantage with 4:59 left in regulation. A layup

from freshman forward Erin Honkala followed by sophomore guard Tess Weatherly draining a 3-point shot brought the game back within reach for the 'Cats, the score at 60-57 with less than four minutes on the clock.

A layup from sophomore guard Darby Youngstrom brought the lead back into reach, at 61-59, with 1:01 left on the clock. Senior guard Bre Gaspervich went to the free-throw line with two seconds remaining, but ultimately only sank one.

Cardinal Katelyn Carriere put the final nail in the coffin by making one of her two shots from the charity stripe in the final second of the competition.

With the tight loss behind them, the team claimed their 11th GLIAC win in their final regulation home game of the season against the Wayne State Warriors.

The Wildcats outscored their downstate opponent in the first half but really turned on the heat in the third quarter.

The Warriors pulled within four points, at 44-40, with 7:16 on the clock, Northern Michigan responded with an 8-4 run to take a 52-44 advantage by the 4:42 mark. The team put up 10 points to close out the quarter establishing a 64-47 lead going into

the final frame.

At the 4:31 mark of the final frame, a Youngstrom 3-point shot gave Northern Michigan its largest lead of the game, a 74-51 edge. The squad ultimately walked away with a 79-60 victory.

With only three games remaining in the regulation season and a guaranteed position in the 2017 GLIAC tournament, the remaining games will determine what seed out of eight the Wildcats will be placed in.

Although the team has already secured a spot, Youngstrom explained that a victory over both Ferris State and Grand Valley on the road could place the Wildcats in a high seed so their games over the weekend are not a blow-off.

"Ferris always comes out very tough," Youngstrom said. "They are just very aggressive so we have to come out and match their aggressiveness or be more aggressive."

The last time the Wildcats faced off against the Lakers, Grand Valley edged Northern 56-53, another game determined in the last plays.

"We are hoping for another good game [against GVSU] and to come up on the winning side," Youngstrom said. "They always

play really well in that gym so that's going to be another obstacle for us but I'm confident going in that we can take them."

The Wildcats hit the road this week to face Ferris State University and Grand Valley State University.



Neil Flavin/NW

Senior guard Bre Gaspervich jumps up for a shot against Wayne State.

# SPORTS BRIEFS

## HOCKEY

The Northern Michigan hockey team travels to Minnesota State for its second-to-last series of the 2016-17 regular season. Both games are slated to start at 8:07 p.m.

This will be the Wildcats' and Mavericks' first meeting in 2016-17. They split the 2015-16 season series, 1-1-2. During the series at the Berry Events Center on Nov. 20-21, they skated to 1-1 and 2-2 draws. Tolvanen ultimately captured his third career WCHA Rookie of the Week award after stopping 63 of 66 shots.

The series concluded in Mankato, Minnesota on Jan. 8-9. In the series opener, Northern Michigan snapped then No. 18 Minnesota State's nine-game unbeaten streak with a 3-1 victory behind Tolvanen's 41 saves and three-point outings by Darren Nowick (2g-1a) and Dominik Shine (1g-2a). It was the Wildcats' first victory over the Mavericks at the Verizon Wireless Center. The next night, Minnesota State rebounded with a 3-1 victory despite Mathias Israelsson's career-best 40 stops.

The Mavericks boast the WCHA's leading point producer in Marc Michaelis, who has recorded 33 (12g-21a) in 30 games. Three others skaters, C.J. Franklin (6th, 11g-15a), Brad McClure (7th, 13g-12a) and Daniel Brickley (9th, 7g-17a), rank in the WCHA's top 10 in point production. That quartet will try to solve Tolvanen, who is the national leader in three major goaltending categories since the new year began.

## FOOTBALL

Northern Michigan head football coach Kyle Nystrom announced Monday that Marty Higgins will serve as his offensive coordinator.

"We're excited to bring Marty back to Northern Michigan," Nystrom said. "He brings a great deal of experience, having coached at the Division I and Division II levels. He and his wife, Val, will be a great addition to our campus and our community. Marty has had great success at IUP, and we're fortunate to have a coach of his experience and his success to guide our offense."

Higgins spent the past two seasons as the offensive coordinator at Indiana University of Pennsylvania.

During his two years in Indiana, Pa., the Crimson Hawks went a combined 19-5 (12-2 PSAC) and twice reached the second round of the NCAA Division II playoffs.

## DETROIT RED WINGS

On Wednesday forward Gustav Nyquist went in front of the National Hockey League Department of Player Safety Board for a high-sticking offense during Sunday's game against the Minnesota Wild.

Nyquist was accused of intentionally hitting Wild defenseman Jared Spurgeon in the face with the blade of his stick.

Nyquist now faces a six-game, unpaid suspension for the infraction. Based on Nyquist's salary he'll forfeit \$158,333. The money goes to the Players' Emergency Assistance Fund.



Photo courtesy of Sten Fjeldheim

Senior Adam Martin skis in the U.S. Pre-Nationals race in Houghton on December 18.

# Nordic Skiing preps for regional champs race

By Ryan Spitz

contributing writer

The Northern Michigan Nordic Skiing teams will return home this weekend with momentum on their side after taking several awards at the Rhinelander CCSA Qualifier held in Rhinelander, Wisconsin last weekend.

Senior Adam Martin finished in first place in the 10K classic with a time of 26:33.28 while senior teammate Fredrik Schwencke came across the line in second, 11 seconds behind. Freshman Lars Sonsterud finished third to complete a podium sweep for the Wildcats. Freshman Zak Ketterson rounded out the top four.

Martin said he was happy with the team's performance in the 10K and admitted they tried something new.

"We tried double-poling which is using only your upper body," Martin said. "It worked out well and it was fun to explore a new technique."

In the women's 5K classic, the Wildcats swept the top five positions with junior Vivian Hett taking home first place with a time of 15:36.21. Senior Kristen Bourne was 10 seconds behind her in second place. Nicole Schneider, Caroline Brisbois and Sophie McDonald rounded out the top five for the

Wildcats.

Bourne said she's happy with the team's performance last weekend.

"We're all very proud to be on a very successful team that consistently sweeps podium spots," Bourne said. "I'm quite satisfied with how this past weekend turned out, though I'm looking forward to the races this weekend on our home course to potentially place even higher."

Other finishers for the Wildcats included senior Sam Elfstrom finishing seventh in the 10K while freshman Mathias Rolid took tenth. Senior Sophie Schimpl took seventh in the 5K.

The Wildcats compete in the NCAA Central Regional Championships held at the Al Quaal Recreation Area in Ishpeming on Feb. 18-19. Last year, Schimpl won the 5K on day one. On day two, NMU won both men's and women's team titles edging out the University of Alaska-Fairbanks on both sides.

Wildcat assistant coach Shane MacDowell said preparing for regionals is just like any other meet.

"It will be business as usual," MacDowell said. "Testing wax and getting skis prepped like any other meet."

Martin expects the races this weekend to be more competitive

due to the event being a joint race with the National Ski Hall of Fame SuperTour. Several non-collegiate skiers will also be racing for points, making the event more difficult, he said.

"The classic races this weekend will be much more competitive because of the SuperTour event," Martin said.

Temperatures are expected to be in the 50s on Saturday, making conditions unusually warm for skiing. MacDowell said that the team will have to adjust, but it shouldn't be too much of an issue.

"These guys are used to racing in colder weather so their bodies will need to adapt a little more," MacDowell said. "They'll need to stay hydrated and have stuff ready."

If successful at this event, NMU will qualify for the NCAA National Championships in Jackson, New Hampshire on March 6-11. Schwencke was the last Wildcat to win a national title after winning the 20K classic race in 2015 at the National Championships in Lake Placid, New York.

MacDowell said the team will have a well-deserved rest after regionals.

"After this we'll have an off week, a full week of training and then it's off to New Hampshire."



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# Men's Basketball falls in final homestand



Neil Flavin/NW

Sophomore guard Naba Echols looks for a pass past a Wayne State defender in Saturday's game.

By Nate Bellville

contributing writer

The Men's Basketball team returned to the Berry Events Center for one final homestand, however, the results didn't come out in the Wildcats' favor.

They lost both games, 63-62 to the Saginaw Valley State University Cardinals and 70-64 to the

Wayne State University Warriors.

Sophomore guard Naba Echols continued his hot streak, leading the team in scoring in both games. He said that he could take control when it matters.

"My mindset was simple," Echols said. "Being one of the captains on the team, I needed to make plays when we

needed them."

Head coach Bill Sall said that Echols is doing well.

"He's starting to develop to a very good player," Sall said. "He's one of the better players in our conference."

In Thursday's game against SVSU, Echols started out with a perfect 3 for 3 from 3 point-range

and scoring 19 points, which helped start NMU on a 14-2 run. The Wildcats outshot SVSU for the half, leading the Cardinals 37-28 at halftime.

The Cardinals picked up the intensity in the second half. Saginaw Valley's C.J. Turnage helped lead the Cardinals back to cut the lead to one point by the end of the third.

As both teams exchanged leads through the rest of the game, with the Wildcats leading 60-59 with a minute left, both Turnage and Echols would swap baskets to keep the game close.

Echols made a go-ahead shot with six seconds to go, but guard Sam Taylor fouled trying to recover a loose ball, giving Turnage two free throws for SVSU to steal the win.

Echols finished with a season-high 29 points, and junior guard Jordan Perez finished with 12 points.

In Saturday's game against Wayne State, NMU started out at a 30-19 lead in the first half. However, the Warriors would bring the deficit to six points at the half.

In the second half almost everything went in the Warriors' favor. Marcus Moore salvaged a double-double as part of Wayne State's 10-1 run to start the second half.

Eventually, Echols and sophomore guard Isaiah Johnson would

take control as they attempted a comeback from 10 points.

Their comeback would fall short as Moore hit back-to-back baskets and George Spencer hit two free throws to ice the win for Wayne State.

Echols would finish with 21 points, while Johnson had 18 points and six rebounds.

"It was disappointing because we did everything we needed to win the game," Sall said. "From an effort standpoint, it was two good games but two disappointing endings."

Despite a losing homestand Jordan Perez is confident in the team for next year.

"We're really close. I think we are on the cusp of being a really good team," Perez said. "We got the game plan, but we have to trust ourselves as teammates."

The last of their regular season games will be on the road, Perez also said.

"We just have to be really loose and we have nothing to lose at this point," Perez said. "We have to make shots and have opportunities to beat our top teams in the conference."

NMU finishes the regular season on the road. This weekend, the Wildcats play Ferris State University at 8 p.m. on Thursday and Grand Valley State University at 1 p.m. on Saturday.

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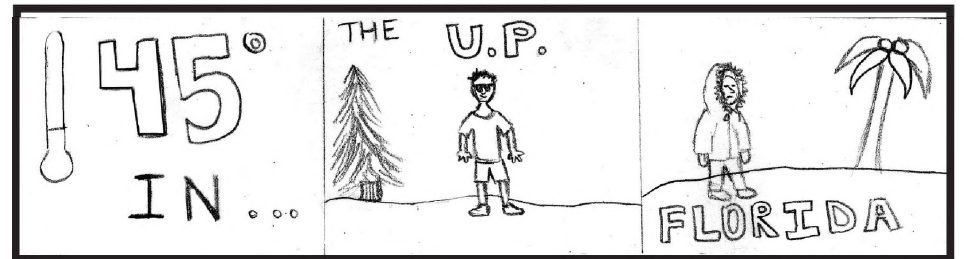
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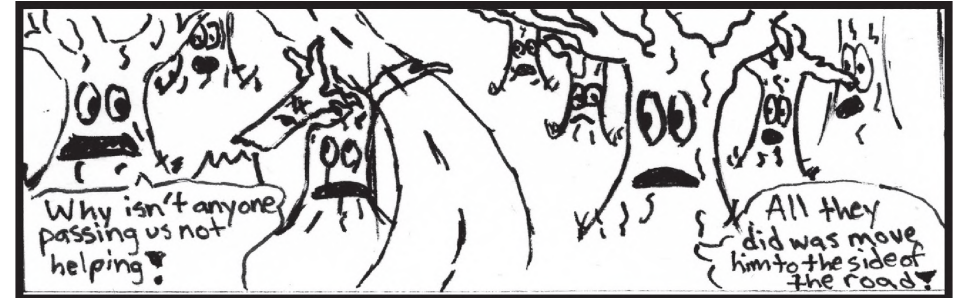
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# Building a career from scratch



**Joan Kimball**  
 Business Development Director  
 Quebec Government Office, Chicago

How a UP native and NMU grad became an innovative marketer, high-energy entrepreneur and guerrilla business development leader for world markets and industries.

Kimball provides strategic business development and marketing expertise to 400+ manufacturers and key industry association/government partners in Quebec, Canada. She is also Quebec's Food Industry Expert in the Midwest. Kimball cofounded one of Chicago's top salon and day spas, has pioneered new markets for products in Europe, Latin America and the Middle East and served as an intercultural trainer.

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FEBRUARY 17-25

### FRIDAY, FEBRUARY 17

- ◆ **UP 200 Sled Dog Races Start** – 7 p.m., Downtown Marquette

### SATURDAY, FEBRUARY 18

- ◆ **NCAA Central Regional Championship/National Ski Hall of Fame Super Tour**  
Women's 15K Freestyle – 10 a.m.  
Men's 20K Freestyle – 12 p.m.  
Ishpeming
  - ◆ **Women's Lacrosse: Northland** – 12 p.m., Superior Dome
  - ◆ **WinterFest Dinner** – 6:30 p.m.\*
  - ◆ **Mr. & Ms. WinterFest Competition** – 8:30 p.m.\*
  - ◆ **WinterFest Formal** – 9:30 p.m.–11 p.m.\*
- \*All events held in the Wildcat Den

### SUNDAY, FEBRUARY 19

- ◆ **UP 200 Sled Dog Race Finish** – 11 a.m.–3 p.m., Mattson Lower Harbor Park
- ◆ **NCAA Central Regional Championship/National Ski Hall of Fame Super Tour:**  
Men's 10K Classic – 10 a.m.  
Women's 5K Classic – 12 p.m.  
Ishpeming
- ◆ **Human Sled Dog Races** – 1 p.m., Behind the Vandament Arena
- ◆ **Tug-of-War & Human Sled Dog Races** – Immediately following the Obstacle Course, Behind the Vandament Arena
- ◆ **WinterFest Movie with Campus Cinema** – Alice in Wonderland, 6 p.m., JXJ 1100

### MONDAY, FEBRUARY 20

- ◆ **NMU Ski and Snowboard Discount Day** – 11 a.m.–8:30 p.m., Marquette Mountain
- ◆ **Airband Competition** – 7 p.m., JXJ 1100

## EVENT ENTRY DEADLINE: Friday, February 10 by 5 p.m.

Turn in to Center for Student Enrichment (I205 UC)

More info available online at [www.nmu.edu/winterfest](http://www.nmu.edu/winterfest)  
or visit [www.facebook.com/NMUSpecialEvents](https://www.facebook.com/NMUSpecialEvents)

### TUESDAY, FEBRUARY 21

- ◆ **NMU Ski and Snowboard Discount Day** – 11 a.m.–8:30 p.m., Marquette Mountain

### WEDNESDAY, FEBRUARY 22

- ◆ **Open Skate** – 7–10 p.m., Lakeview Arena, \$3 rentals
- ◆ **Play: Building Madness** – 7:30 p.m., Forest Roberts Theatre, \$3 tickets for students

### THURSDAY, FEBRUARY 23

- ◆ **Play: Building Madness** – 7:30 p.m., Forest Roberts Theatre, \$3 tickets for students

### FRIDAY, FEBRUARY 24

- ◆ **Play: Building Madness** – 7:30 p.m., Forest Roberts Theatre, \$3 tickets for students
- ◆ **WinterFest Tailgate** – 5 p.m., between the Berry Events Center & the PEIF
- ◆ **Hockey vs. Michigan Tech** – 7:07 p.m., Berry Events Center

### SATURDAY, FEBRUARY 25

- ◆ **Play: Building Madness** – 1 p.m. & 7:30 p.m., Forest Roberts Theatre, \$3 tickets for students
- ◆ **Bus to Michigan Tech for Hockey Game** – Leaving at 3:30 p.m. from Magers/Meyland Parking Lot #11, \$10, sign up starting Monday, February 6, in I205 UC. Space is limited!
- ◆ **NMU vs. MTU Hockey Game** – 7 p.m., MTU



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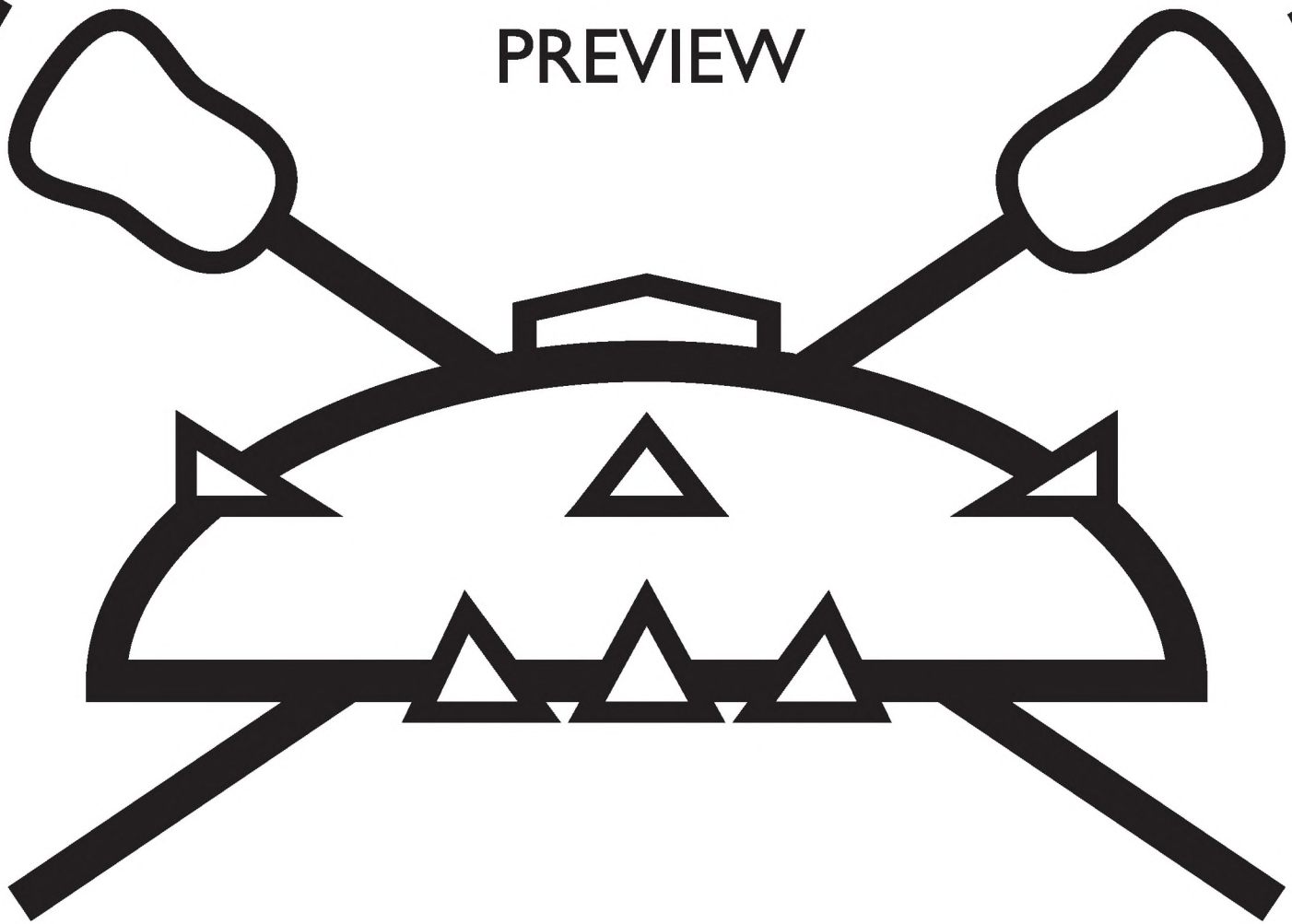
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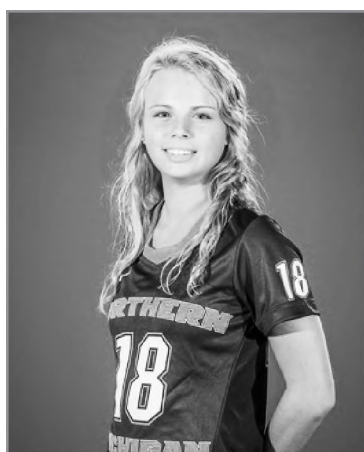
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Neil Flavin/NW

The Women's Lacrosse team practices for their upcoming inaugural season in the Superior Dome. The season kicks off on Saturday with a home game against Northland College.

# WOMEN'S LACROSSE GOES VARSITY

By AnnMarie Kent  
sports editor

The final of the new sports, announced in the spring of 2015, begins its inaugural season. Women's Lacrosse tips off in the Superior Dome on Saturday.

The team began as a club sport before the university decided to turn the team into a division II sport in the Great Lakes Intercollegiate Athletic Conference. Several players were taken from the club team.

Sophomore defender Tori Aidif was one of the players chosen from the club team and she said transitioning to a varsity sport was a change of pace.

"Last year in club we worked but we didn't work as hard as we do this year," Aidif said. "It's been a little bit of an adjustment for sure. It's nice to have coaches who have a lot more structure."

Head coach Emilia Ward, a Michigan native, comes to NMU from Kalamazoo College where she helped build the women's program from its infancy. She helped grow two other university programs in their beginning stages. She also played Division I lacrosse at Manhattan College.

Ward said the team is really excited to get the season started.

"They're not over anxious, they're not nervous," she said. "They're just very excited to get out there and get out against somebody else and compete. They're excited to show the fans what they're made of and what Northern is going to be about."

The season starts at noon on

Saturday, February 18 against the Northland College Lumberjacks. Northland is another first year program. They started their season last weekend with two losses.

Ward said the coaching staff has been able to watch film from the two games but as far as the team is concerned they're just focusing on their own health and playing. In practice Ward said the biggest thing they've worked on is not being afraid to get physical, which is difficult in practice be-

**THEY'RE EXCITED TO SHOW THE FANS WHAT THEY'RE MADE OF AND WHAT NORTHERN IS GOING TO BE ABOUT.**

— Emilia Ward  
NMU lacrosse head coach

cause players don't want to injure their teammates.

Freshman defender Nicole Smith was recruited for the inaugural team from high school and said while she got injured in the first week of practice she's seen the team come a long way.

"Hitting the weight room a lot and running up and down this field has made us a lot more fit, faster, stronger," Smith said. "Sticks skills, catching and throwing were kind of a mess at the beginning. Now you wouldn't even know."

While Ward said the commu-

nity has been welcoming to the new sport, Smith said it's been met with a lot of confusion about what lacrosse even is.

"I think it'll be awesome for our first game to actually show everybody in Marquette what lacrosse is and what we can do here," Smith said.

Ward's best explanation for the sport is a combination of basketball and ice hockey. The big ideas on offense and defense mirror basketball but the small details

such as power plays are similar to hockey. Based on what people in Marquette enjoy she thinks it'll develop a fanbase.

"As fans develop, learning the specific rules they'll still be able to have a lot of fun watching it just from other sports they get to see here," Ward said.

Smith said she's excited for the impact that NMU lacrosse can have on the community.

"Hopefully they can start doing lacross up here in the high schools and the middle schools getting it more popular," she said.



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INAUGURAL SEASON

FEBRUARY		
Saturday, Feb. 18	Northland	12:00 PM
MARCH		
Saturday, Mar. 04	Aquinas	12:00 PM
Tuesday, Mar. 07	Concordia-St. Paul	12:00 PM
Friday Mar. 17	at Georgian Court	3:00 PM
Sunday, Mar. 19	at Shepherd	11:00 AM
Saturday, Mar. 25	at Wheeling Jesuit	12:00 PM
Sunday, Mar. 26	at Notre Dame (OH)	11:00 AM
Friday, Mar. 31	at Concordia-St. Paul	7:30 PM
APRIL		
Sunday, Apr. 02	at McKendree	2:00 PM
Friday, Apr. 07	at Tiffin	7:00 PM
Sunday, Apr. 09	at Findlay	12:00 PM
Saturday, Apr. 15	at Grand Valley St.	1:00 PM
Sunday, Apr. 23	Indianapolis	12:00 PM
Friday, Apr. 28	Walsh	4:00 PM
Sunday, Apr. 30	Lake Erie	12:30 PM



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