



SPORTS

The NMU Football team capped its spring training schedule with a scrimmage in the dome.

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FEATURES

Superior Entertainment Center moves toward more sustainable business practices.

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Rounding out the edges



Three roundabouts to slow traffic at busy intersections around campus

By Trevor Drew

opinion editor

In partnership with NMU, the City of Marquette will add three new roundabouts around campus which will be located at the intersections of Wright Street and Lincoln Avenue, Wright Street and Sugar Loaf Avenue and Presque Isle and Fair Avenue.

Construction for the roundabouts at Wright Street and Sugar Loaf Avenue, and Presque Isle and Fair avenues are projected to start mid-May and will likely be completed around mid-to-late July. However, construction for the intersection of Wright Street and Lincoln Avenue will start later in the summer and will probably bleed into the fall semester, said Jim Thams, director of facilities and campus planning.

He also added while most of the construction will take place when school is out, it is still important for students to be mindful of the construction when returning to campus.

"There is no doubt that this is going to be invasive," Thams said. "This is a lot of work but in the end, I think what everyone gains from this is worth the pain of the construction."

While the project is funded by the city, the NMU facilities planning staff have been closely involved and have worked with city

engineering and managing staffs toward the implementation of the roundabouts.

"We are going to have to grant the city some s m a l l right-of-way addi-

tions so that t h e s e can be constructed. But we chose to do that because any one of these three intersections can cause congestion problems for university staff and students," Thams said. "We see [the roundabouts] as a

our campus."

Along with easing the flow of traffic at the intersections, the roundabouts will include an island in the middle of the

"From a public safety standpoint, traffic flow should be much safer and it should move traffic faster than the lights do," Bath said. "The hope is it will be a safer crossing because [pedestrians] are not crossing all the lanes of traffic."

During the construction process, the intersections on Wright Street will be closed down but an east to west bypass will be set up along the south side of the road for daily traffic. Drivers will not have access to Lincoln Avenue or the campus entrance on Tracy Avenue from that portion of Wright Street. The Presque Isle and Fair Avenue intersection will also feature a north to south bypass and drivers heading west on Fair avenues will not have access to Presque Isle, Thams said.

"The gain at the end, I think is worth it. The city is trying to do as much as they can over the course of the summer. Initially, they had wanted to start this construction before school got out. That could have been problematic for students," Thams said. "Now that we've been able to push this until after school is out, I think helps. Is it going to be difficult when school comes back? Sure, but our construction window is very short."

Thams added that the second week of November is usually when road construction must end due to the cold weather causing asphalt production to shut down.



The intersection of Lincoln Avenue and Wright Street is a common place for traffic backups, which will be eased by a roundabout. Emma Tembreull/NW

benefit to the university. It helps vehicular and pedestrian circulation at the perimeter of

crosswalk, so citizens crossing the street can stop in the middle before continuing, overall making it safer for pedestrians, Director of NMU Public Safety and Police Services Mike Bath said.

NMU switching to Google email platform

By Davon Lanier

news editor

Next year, the NMU community will switch to Google's educational edition of G Suite for its new email and master calendar platform.

All students, faculty, staff or retirees are required to migrate their email and calendars from existing NMU servers to G Suite by July 31. However, older email services and messages on Webmail or Outlook Web Access can be accessed until the Microsoft Exchange and ownCloud servers are shut down for good on Dec. 23, according to a recent Campus Connect article.

NMU email addresses will remain in the current format of "yourID@nmu.edu." There will not be any new or additional software to download and



install. G Suite can be accessed from any computer or mobile device connected to the internet.

Dave Maki, NMU chief technology officer, said one of the biggest reasons for the switch is so that everyone with

a university email can operate on a one-calendar platform, which ultimately makes scheduling purposes for faculty and administrators easier.

"There's better spam-checking and malware protection because Google really scrubs the mail before it comes in," Maki said, adding, "There is some

See EMAIL • Page 2

Mobile pantry to aid food insecure area residents

By Winter Keefer & Davon Lanier

editorial staff

Nearly 15,000 pounds of food, enough to feed at least 400 families, will be distributed to those in need at the Salvation Army in Marquette on Tuesday.

Sponsored by the Feeding America West Michigan Food Bank, the Marquette Rotaract Club at Northern Michigan

University will host a mobile food pantry from 5 to 7 p.m. on April 18.

Fruits and vegetables, dairy products, baked goods and non-perishable items are among the foods that will be distributed at the pantry. According to the Feeding America website, food insecurity can lead to Type 2 diabetes, high blood pressure as well as heart disease and obesity.

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'Cats Quiz Bowl

Team ends season with perfect record

By Alyssa Lambert

contributing writer

A buzz here, a buzz there. An answer from the person with the most eager fingers, then a reaffirming “that’s correct” or a rejecting “that’s incorrect” from the moderator, always followed by a bonus question.

Trivia tournaments are more than a leisurely activity for the NMU Quiz Bowl team, who recently won back the Superior Cup from rival Michigan Tech University on their home turf at the Delta Burke Invitational on April 1 in Houghton.

The champion “Quiz Cats” team, comprised of four students, finished the tournament with a perfect 9-0 record. Senior math and history major Annika Peterson, who is the vice president of the team, walked away with the individual scoring championship. She averaged 70 points per game in her last collegiate Quiz Bowl appearance.

“It was nice to win the highest scoring award,” Peterson said. “Quiz Bowl has definitely been one of the most memorable and enjoyable parts of my college experience.”

This year, the team doubled the number of practices and the results have paid off. This was the team’s best finish in their eight-year history, beating out Finlandia and two Michigan Tech squads, Michael Joy said, a modern languages and literature professor at NMU.

The team also won three of five intercollegiate tournaments they participated in and took home second place at Sectionals in February.

“The Midwest is a historically very strong region for collegiate Quiz Bowl. Our players practice for many hours each week, enthusiastically learning about academic fields,” Joy said, the faculty advisor and coach for the team.

Quiz Bowl practices are

structured as scrimmage tournaments but change up teams often so games can be fair and evenly matched, junior graphics communication major and Co-president of the Quiz Bowl Team Kendall Plapp said. She said the practices can be competitive but are overall enjoyable.

“We crack jokes and don’t take it too hard if we mess up but of course, we also really want to win,” Plapp said.

Any student can join the Quiz Bowl team by attending one of their practices in room 311 in the Learning Resources Center or by contacting the team at quizbowl@nmu.edu. Plapp said the topics they study range from European history to biochemistry to video games and everything in between, like popular culture and current events.

“Doesn’t matter your major or your grades,” Plapp said. “We need people of all skill sets.”

PANTRY

Continued from Page 1

More than half of the households that the network provides assistance to have at least one member living with high blood pressure and more than one-third of those households have a member with diabetes. Children who are at risk of hunger are more likely to be in poor health and struggle in school, according to the website.

This is the first year that the NMU Marquette Rotaract Club will bring the Mobile food pantry to Marquette but members of the group hope to make it a yearly event, senior criminal justice major and Vice President of the Rotaract Club Brittany Munger said.

“We are considered the No. 1 food desert in the Upper Peninsula,” Munger said. “Bringing this truck here is helping promote health and health food access for people who don’t have access

themselves.”

Feeding America West Michigan runs a monthly food pantry in Ishpeming but does not have an established mobile food pantry host in Marquette.

“We were so grateful for every group that was willing to donate to this cause,” Munger said. “The community around the area has been really supportive of bringing the truck to Marquette.”

The Rotary Club of Marquette, founded in 1916, has a mission and vision of carrying out humanitarian service, promoting high ethical standards, and continuing to work for understanding and peace throughout the world as well as here in Marquette.

The mobile pantry will require quite a few volunteers, Munger said. Those interested in volunteering can email marquetterotaractclub@gmail.com.

“We’re extremely excited to bring the food into the community,” Munger said.

Bringing this truck here is helping promote health and health food access for people who don’t have access themselves.

— Brittany Munger
Rotaract Club president

EMAIL

Continued from Page 1

man-hour savings and some hardware costs [savings], which were never that much. When you think about it, you can do the whole mail system whole new server with the disk space for only around \$10,000 but you can spotlight the [hardware] savings and that can just be repurposed somewhere else.”

Maki said the biggest thing was getting off of the Microsoft Exchange servers, which are ran through actual man hours that could be applied to other projects around the university.

The educational edition of G Suite will provide users

with features like unlimited email storage, no advertisements and more support than the free versions of Gmail and Google Calendar, according to Campus Connect. The NMU G Suite accounts will include each of the following services: Gmail, Google Calendar, Google Docs, Google Sheets and Slides, Google Hangouts, and Google Drive.

NMU chose G Suite after looking for an email and calendar solution that offers the benefits of lower infrastructure and support costs, the ability to consolidate platforms, innovative solutions to provide NMU employees with easy-to-use tools for getting work done, as well as more collaboration features for greater colleague efficiency.

Maki said 99 percent of the issue people face with the switch is that they have to transfer their old emails from the existing server to the new one if they wish to retain them.

“There are a variety of ways to do that, but it means that you do have to. So if you have archived mail, you want to move it,” he said.

The NMU HelpDesk, located in the Harden Learning Resources Center room 116, will offer assistance to anyone with questions on how to switch their server and will help to resolve any issues with the process. The HelpDesk can be reached at 227-2468 or helpdesk@nmu.edu. To contact the Information Technology Office call 906-227-2410.

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WEEKEND WEATHER

Friday	Saturday	Sunday
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Sunny	PM Showers	AM Showers

data from www.weather.com

STATE NEWS

A Central Michigan University student is facing a hazing charge for allegedly smearing peanut butter on the face of a classmate with a severe peanut allergy. Twenty-year-old Dale Merza of Rochester Hills was charged with misdemeanor hazing resulting in physical injury. According to police, the 19-year-old victim suffered facial swelling that required medical treatment. Merza has pleaded not guilty to the hazing charge. Merza's attorney said that he is confident that his client will be found innocent once the facts come out in court.

NATIONAL NEWS

"I let the president down," White House press secretary Sean Spicer said Wednesday morning, one day after saying that even Adolf Hitler didn't "sink to using chemical weapons" during World War II. Spicer brought up Hitler at Tuesday afternoon's press briefing. Spicer set off intense backlash when he suggested president Bashar al-Assad of Syria was guilty of acts worse than Hitler, asserting that Hitler had never used chemical weapons. Spicer neglected to recognize Hitler's use of gas chambers in concentration camps.

INTERNATIONAL NEWS

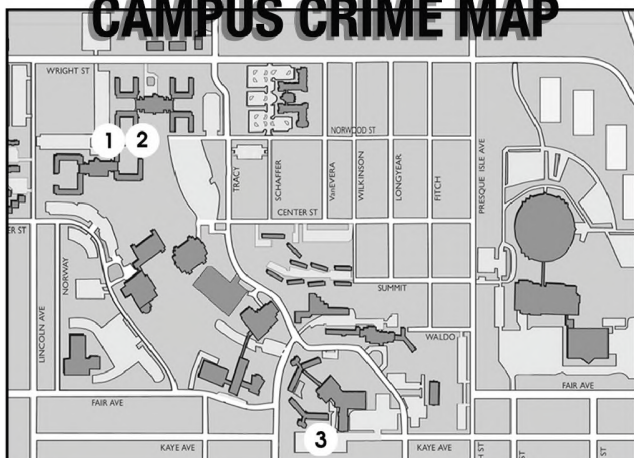
India passed a bill Wednesday that aims to ensure equal rights for those living with HIV/AIDS. The HIV and AIDS Prevention and Control Bill, passed by the country's parliament Tuesday, will make it illegal to discriminate against people living with and affected by HIV. The legislation will make it illegal to discriminate against those living with HIV in the workplace, deny them access to education, housing and health care or the right to stand for or hold public or private office. The legislation also bans businesses and other public places from refusing entry to anyone with HIV/AIDS.

WEIRD NEWS

In the span of 48 hours, Marquette County experienced weather effects that could be attributed to three different seasons. Students and community members enjoyed temperatures up to the mid 60s on Sunday. Late Sunday night, storms ripped through the county, knocking out power throughout Ishpeming and Negaunee. As Monday progressed, temperatures dropped. Though weather reports initially said that there would be a light dusting of snow that night, about 6 inches of snow fell, shutting down NMU and other schools around the area.

— Compiled from news sources

CAMPUS CRIME MAP



1. Possession of marijuana was reported at 10:38 p.m. Tuesday, April 11 in Halverson Hall.

2. Possession of marijuana was reported at 1:18 a.m. Sunday, April 9 in Halverson Hall.

3. Larceny of a motor vehicle was reported at 6:10 p.m. Saturday, April 8 in parking lot 1.

History in objects:

Jim Crow Museum founder speaks at NMU



Photo courtesy of Ferris State University

David Pilgrim talks about the history of and importance of racist memorabilia at the Jim Crow Museum, which he founded in 2012. Pilgrim has collected over 9,000 pieces of racist objects since he started 40 years ago.

By Ellen Lindblom
contributing writer

Most people find them offensive and some are outright repulsed by objects that portray racism but one professor from Ferris State University has personally collected, archived and stored racist objects for the last 40 years.

The Diversity Common Reader Program will offer its final event of the year, "Them: Images of Separation," presented by David Pilgrim, founder and curator of the Jim Crow Museum of Racist Memorabilia at Ferris State University, at 6:30 p.m. on Thursday.

The presentation will revolve around the theme of this year's recognized book, "Citizen: An American Lyric" by Claudia Rankine.

"Citizen" discusses racism and the images we encounter in everyday life, and the lens we see it through—the media. Rankine uses prose, images and poetry to articulate the effects of racism in our "post-racism" society.

Tracy Wascom, associate professor of art and design at NMU, is the campus coordinator for the Diversity Common Reader Program.

Wascom said she is thrilled to have Pilgrim as the keynote speaker for the program. She hopes that the presentation will give students an opportunity to see and learn something about racism and discrimination that they didn't know before and gain an understanding of what it's like to be a marginalized member of society.

"These images aren't just part of our past, they are part of our present," Wascom said. "They continue to affect us just because they exist."

Taking inspiration from Martin Luther King Jr., Pilgrim's presentation is centered around the famous quote: "Injustice anywhere is a threat to justice everywhere." "Them" tackles some of the most divisive issues in our society, including Anti-Arab sentiments, Holocaust denial, LGBT discrimination and anti-immigration sentiment.

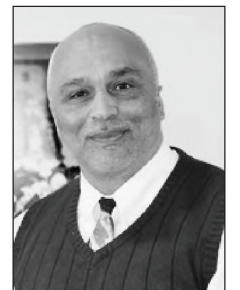
Pilgrim, who serves as the vice president for diversity and inclu-

black college in Texas, where his obsession for racist objects grew.

He moved to Michigan in 1990 after he was hired by Ferris as an associate professor. In 1996, he donated his collection to the university and opened a small exhibit. By 2012, Pilgrim was able to open a full museum with the support of the university and donors.

Today, the museum holds 9,000 different pieces of racist

I purchased what I believed to be a salt and pepper shaker that was a mammy and I broke it in front of the person.



— David Pilgrim
Vice president of diversity and inclusion,
Ferris State University

sion at Ferris State University, will be the keynote speaker of the series. He will share his journey dealing with images and objects that divide people while showing how these images and objects matter as well as the mission, vision and work of the museum.

Pilgrim has been a collector of racist objects since his early teens, buying his first piece around the age of 12 or 13 in Mobile, Alabama.

"I purchased what I believed to be a salt and pepper shaker that was a mammy and I broke it in front of the person [who sold it to him]," Pilgrim said.

Pilgrim grew up in the segregated south and attended Jarvis Christian College, a historically

memorabilia.

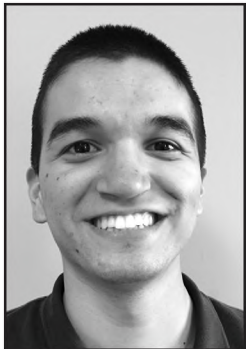
Although the main focus of the museum is anti-black items, the facility has a growing collection of objects that demean or "otherize" women, poor people, Mexicans, Asians, Jews, Muslims and Indigenous peoples. The old exhibit that used to house Pilgrim's collection now holds pieces on sexism.

For more information about "Them" or the Jim Crow Museum of Racist Memorabilia, visit www.ferris.edu/jimcrow. For more information about the Diversity Common Reader Program, call 906-227-1554, email merc@nmu.edu, or visit www.nmu.edu/diversitycommittee/reading.

Meet 2017's ASNMU candidates

The North Wind sat down with each candidate and asked the same four questions to each person. The answers are edited for clarity and length.

Running for re-election as president



Tristan Ruiz
Biochemistry
major
Sophomore

Q: Why are you running?

A: I'm looking to bring a little more continuity to the organization after several years in the past of different leaderships to ensure the programs and products we have going on now are going to work efficiently and be seen through. Using what I've learned from this year I want to figure out how do we improve student input to ASNMU and ASNMU giving information back to the students.

Q: If elected, what is your platform? What are you hoping to accomplish?

A: One thing is the Green Fund, which is going to be like the student activity fee where every student pays \$1 per semester to support sustainability issues on campus. It will be a specific, continuous funding source for sustainability.

Q: What do you see as the biggest issue facing NMU students today? How to plan to fix it?

A: Some issues I've heard of are outside of our control as an organization, but one that is within our control is making sure Indigenous People's Day is passed through the Board of Trustees. We are worried that might not get passed through. The second one is making sure that we support transparent decision making on our campus. Not just from administration but also from the faculty. The Wildcat Shuttle, that also is a very big issue. That's also very important to try and sustain that as much as we can.

Q: In your experience, what do you perceive as the overall goal of ASNMU?

A: The goal is to make students aware of what is happening on campus and then represent what the students want to faculty and administration. That, in my mind, is the ultimate purpose of ASNMU, even if we had no programming, or services, at the very least, the student government should be the people students feel they can go to. It is being able to channel the student voice into a more official and concise way for people to really feel the force of the student body.

Running for re-election as vice president



Connor Loftus
Fisheries and
Wildlife
Management major
Junior

Q: Why are you running?

A: Because we have a great team right now and we want to carry that over so we can have some consistency in the student government. The student government hasn't always had the greatest history on campus and we've done a really good job of changing that narrative this semester so we want to carry that over into the next semester and continue legitimizing and shoring up our position on campus.

Q: If elected, what is your platform? What are you hoping to accomplish?

A: We want to make sure that the students are investing in the decision making. We have seats on every university committee so we need to make sure we're filling those seats and having the students be a part of every conversation going on. We need to make sure that the student repre-

sentatives are getting out and talking to the people that they're representing. One issue that I'm personally going to focus a lot of energy on is the continued push for transparency.

Q: What do you see as the biggest issue facing NMU students today? How to plan to fix it?

A: The university trying to make decisions to better [NMU] without even considering their current student base. They're looking to the future, they're re-branding the university, but they're re-branding on ideas that aren't necessarily in line with what's on campus, what the students are thinking. Sharing that voice at the level that we can with administration also, communicating what we're hearing from the administration back to [students] in a timely and visible manner so also being transparent ourselves. We just don't need to be the speaker for the students, we also need to share information with them.

Q: In your experience, what do you perceive as the overall goal of ASNMU?

A: Communication is key when we're trying to push transparency and trying to ensure that students are being heard. Our main theme is just engagement in the university at all levels really.

Compiled by Davon Lanier & Kayla Miller/NW

ASNMU candidate addresses student body



Kayla Miller/NW

Vice president candidate, Connor Loftus addresses questions to a handful of students inside a classroom. The forum was broadcasted live on the ASNMU Facebook page.



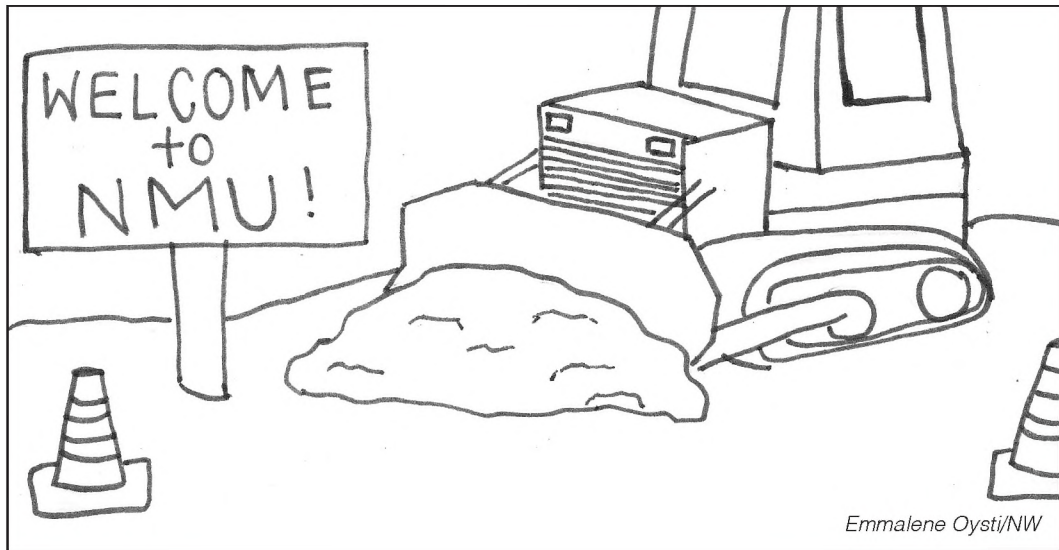
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EDITORIAL



Caught up in rapid change

There are some graduating Wildcats this semester who haven't gone a day on campus without encountering construction somewhere. Whether it's with the building of the shiny new Jamrich, the teardown of Payne Hall or the arrival of the latest set of dorms, students have had to dodge fences and cones.

With the arrival of the handful of roundabouts, it leaves us questioning if the whirring of building equipment is worth it. Do these updates truly benefit NMU and its community?

We can understand the removal of asbestos and the implementation of more accessibility features. Surely incoming freshmen (and their parents) can agree that it is easier to have an elevator handy to move a mini-fridge up three stories. A lot of these updates are long overdue if NMU wishes to compete with other universities across the United States.

At the same time, it does leave a sour taste in the mouths of students coming to seek the once "Northern Naturally" if outside their windows sits fresh concrete. What happens when a student's favorite tree to lounge under is downed in the name of updating?

Many Wildcats come seeking degrees at Northern purely because of a love of nature.

In the current state of enrollment decline, NMU should always be working to better itself. But this doesn't always mean updating the look of its buildings or forcing students to shuffle around construction zones on their way to class. Perhaps the new dorms don't need giant windows and outdoor patios, and maybe the City of Marquette doesn't need six roundabouts in the name of safety.

The strength of a university also lies with instructors and their ability to engage their classrooms. When Wildcats reach the end of their years here, they aren't always going to remember the fanciness of their floor tiles or how cool their bathrooms were—but they will remember their professors. Education, not updating, should always come first on a college campus.

As more orange cones roll in with the implementation of Marquette's new roundabouts, students need to recognize that updates may look cool and new, but come at the sacrifice of the best interests of current Wildcats.

Learning self-defense with RAD



Staff Column

Kara Toay

Being 5 feet and not very strong, my parents and I worried about how I would be able to defend myself if anything were to happen to me when I went off to college. They didn't want me to get sexually assaulted and, of course, neither did I. When I came up for orientation and started signing up for classes, I had one more health credit that I needed to take. When the adviser who was helping me register for classes mentioned RAD, I figured it would be a great class for me to take in my first semester at college. A year and a half ago, when I found out the course wouldn't be offered anymore, I was upset.

For those of you who don't know, RAD stands for Rape Aggression Defense. In the class, I learned what RAD stood for and ways I could protect myself from being assaulted. We not only learned defensive moves such as blocking and how to get the aggressor off of us if they pinned us to the ground, but ways to avoid being in a spot that would allow us to be more easily assaulted.

During the course, there were times where I was in the classroom learning how to be aware of surroundings and to stay on paths that are lit, but most of the course was spent in a small padded room where I would put the defensive moves that I learned to use and practice with partners so I was comfortable performing them

should the occasion arise. The final was a written exam and then a mock fight with an public safety officer dressed up in a padded suit. The room would be completely dark with only a red light on that I would have to get to while defending myself against the officer.

But when it came time to take the final, the instructor had to inform the class that we would only be able to take the written exam. Why? Because there was a lack of resources and only one officer available to help with the final, but who could not handle taking on 30 students. She said if she could, she would be in there to help us take our finals, but she wasn't allowed to. There was even talk of hiring a couple of people to take on the responsibility of being the aggressor for the RAD finals. Our instructor encouraged us to talk to the people in charge of the RAD classes to get this changed so RAD could continue, but that didn't happen. Now RAD is no longer offered to students at NMU.

RAD was a great class that I am extremely glad I was able to take. I made a new friend from the class and learned a lot from it. One in four women are sexually assaulted on campuses and RAD is offered at many universities to help fight against this. The Health Promotion Society just put on a Week of Action to raise awareness against sexual assault, but this is not enough. After my experience in RAD, I wish that it was still offered here at NMU. We all need to be able to defend ourselves when the situation comes and this class was a step in that direction that many people will not be able to experience because it isn't offered.

THE NORTH WIND

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LETTER POLICY

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

All letters may be edited for grammar and length.

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

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

WRITERS WANTED

The North Wind is hiring opinion writers who can intelligently argue one side of political and social campus issues.

To apply, stop in The North Wind office at 2310 University Center, 1401 Presque Isle Ave., Marquette, MI 49855

From West to 'The Woods'



Guest Column

Alyssa Lambert

Residence halls are more than drywall with floors and a door, a concept that the Housing and Residence Life drills into our heads at resident/community adviser training. As a resident adviser, we work hard to ensure that people's required two-year stay in the residence halls is positive to their college experience.

I'm a resident adviser in West Hall and have been since January of 2015. Recently, the news broke that the hall is essentially "limiting" plans to renovate the U.C. The entire building, students and staff alike, will be uprooted at the end of the fall 2017 semester and move into their new home in "The Woods" down campus for winter semester 2018, and for the rest of time.

I honestly wasn't surprised at the news, but I was still upset. This year had been full of turbulence for West Hall, many of which can be attributed to (cue the sinister organ music) budget cuts. However, this year did provide plenty of enjoyable moments. For my fourth and fifth (not to mention final) semesters as an RA, I grew both personally and professionally. I worked my "RA magic," orchestrating friendships, inspiring future leaders and fostering what I hope was a fun and chaotic, but loving, community in the eyes of my residents.

For those of you who never lived up campus, let me put things into perspective: West is a small community of about 250 people. We don't share a lobby, so we see the same people all the time. It's refreshing to see the same faces, and only those faces, because few want to walk all the way through campus to visit. It's like a large extended family. Many residents are art and design majors, so they have

I knew West would come down eventually, I just didn't think I would be here to see my residents' anger and sadness over the loss. Their home, the community I pushed them to believe in, only a two-minute walk from the art building, just gone.

similar course loads. Compared to living down campus (I lived in Payne for the first year-and-a-half I was at NMU), living in West is an experience unlike any other.

All the cliché endings to movies will tell you that change is inevitable, and West has been on the university's chopping block because it's a 57-year-old building. I knew West would come down eventually, I just didn't think I would be

here to see my residents' anger and sadness over the loss. Their home, the community I pushed them to believe in, only a two-minute walk from the art building, just gone.

However, with the move, West has an opportunity as anomalous as its community: The entire community will be moved together. House names, RAs, roommates and suitemates, everything but the storied paint projects on the half-century

old walls will reunite in brand-spanking-new drywalls, as if nothing has changed.

An important question has to be asked, though: Will the move down campus compromise the unique living experience past residents and staff have created? The answer is not clear. With the same staff and residents, I believe the spirit of West and its unique traditions, like Condom Carnival, an event celebrating safe and consensual sex, and my house's "Mount Olympics," where residents face off against each other in physical and mental challenges, will see more years. (Will eight people puke next year?)

Just like I had to say goodbye to Payne Hall, I'll say goodbye to West Hall in a month when I graduate. However, I'll cry the most when I bid adieu to the people I've connected with over the years instead of the Twin XL bed I slept on.

As Fall Out Boy says, thanks fr th mmrs, West.

Dealing with toxic friends



Guest Column

Jade Jenkins

Growing up, my mother always advised me "never be in a relationship with someone who makes you feel bad for being who you are." Reflecting back on this, she was always referring to a boy. She was referring to boys: never date a boy who makes me feel bad about who I am, the clothes I wear, the color lipstick I like or all those things that make me me. In time I realized these recommendations could be applied to friendships. This led me to wonder why no one discusses the importance of toxic friendships, but instead focuses on intimate relationships. It is always recommended to get out of a relationship if your significant other isn't treating you right, but is it OK to dump your friends? Yes.

When bitten by a Russell's viper, the venom can take up to 14 days before it kills you. Friends are much the same. In the beginning everything seems fine, but after awhile, you begin feeling the negative effects. A toxic relationship can literally drain the life out of you, damage your self-esteem and kill your dreams. Toxic people tend to lie, disregard any form of responsibility, always have the need to be right and try to control you. I have encountered three separate toxic friendships that in fact, shared these characteristics.

While in high school, my best friend and I grew up 15 min-

utes outside of Osage City in the middle of nowhere. That was part of what brought us together in the first place. However, as we got into junior and senior year, I noticed that she was constantly copying what I wore, buying the same shoes and styles of tops and being hateful to me and everyone else in order to feel better about herself. Gradually, things began to escalate. My once "best friend" was now hateful about everyone, including me, killing the way I saw myself. It made me hate things that I didn't even know I was doing. One day, I realized I wasn't actually the problem. The problem was her and the things she did that made her upset. Why should I be miserable just so another person can feel good? I decided that I shouldn't.

Toxic people are constantly weaving in and out of our lives. I have had two friends in college that I have dubbed "toxic" to my health and success. One constantly put me in a bad mood with everyone and everything around me. When she was around she spewed negative statement after negative statement and I could always feel my happy demeanor turn to anger and frustration at everyone surrounding me. I found myself sleeping more and laying around in my bed doing nothing all day every day. I allowed this friend to not only control my mood, but ruin my day.

My other college friend that I dumped was simply lazy. They never went to class and always slept until mid-afternoon, and couldn't keep a job no matter

where it was. I like to be with people who are ambitious and attempting to achieve monumental goals. When you have a best friend who is lazy, it makes you want to be lazy. Regardless of what you thought your dreams were, in time you become what you hang out with. Eventually, I saw what I was doing to myself and I decided I had enough. Just because this friend wasn't necessarily mean to me, doesn't mean that I needed to keep them in my life though. Sometimes, in order to make the biggest successes, you need to cut out those who are bringing you down.

Most people can realize when they have a toxic friend, but the hardest part is figuring out how to get them out of your life. I tend to go with the old "ghosting" technique and just completely ignore everything they send me until they get the hint. I realize that not everyone can do this though, and there are much better ways to handle these situations. In the end, the best way to remove a toxic person from your life is to simply take them somewhere public and explain to them what they are doing and then leave. You don't need to argue, and you don't owe them anything. Making your life better is all a person should worry about, and when the perfect life is finally achieved, then worry about others. You both will move on and not only will you feel better, but in one of my experiences, my toxic friend actually found friends that helped her move on and become a more positive being. Que Sera Sera.

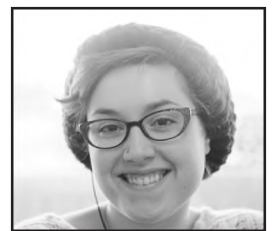
SOUND OFF

How familiar are you with ASNMU? What do you think they do?



Aryelle Hansen, senior clinical lab studies

"I'm moderately aware of what they do. It's like student government. I know they do the bike rental thing and they do things like they gave out free bike locks in Jamrich a couple of months ago, that was really nice."



Miranda Conroy, junior illustration

"This is my first year at Northern so I know that they're the student organization that does like a lot of things but I couldn't give you a general description."



Michael Biegaj, senior environmental studies

"I do know that they are a student voted organization that's meant to coordinate student activities and student events on campus but like their actual activities, I have no knowledge, at all."



Veniece Gretzinger, junior microbiology

"Isn't that like the student government? I think that they just... honestly I don't know what they do. But I think they are the student government. I know that debates are coming up but that's about it."

compiled by Lauren Bichler

Making strikes toward sustainability

By Trinity Carey
features editor

Bowl a strike, roll a gutterball, grab a drink and a bite to eat and don't feel bad about any of it at the Superior Entertainment Center where sustainable business practices are becoming more of a priority each day. The local business is sourcing food and draft beers locally and even growing some of their produce hydroponically in their kitchen.

Business practices such as these simply felt like the right thing to do for general manager of the Superior Entertainment Center Amy Manning who became interested in sustainability in college.

"It just felt like we have an opportunity as a small business and to some extent a responsibility, to look at how we think the right way of doing things is and then to implement that," Manning said.

The center sources all their burger buns, pizza dough and other baked goods from Marquette Baking Company, their milk from Debacker Family Dairy, 100 percent of their beef from Superior Angus, all dishes containing pork come from Seeds & Spores Family Farm and all coffee and tea products are fair trade.

The busy season for the center is during the dead of winter from December to March, which makes obtaining produce and supporting local farms difficult due to the growing season.

"That's one of the reasons we went with the local meat products because they are available all year round. The seasonality of it is definitely an issue," Manning said.

Though finding balance in the seasonality of their's and surrounding businesses has been challenging, it's worth providing an opportunity for customers to connect and feel passionate with Superior Entertainment Cen-



Neil Flavin/NW

The Superior Entertainment Center is in the transition process of sourcing all of their coffee and tea products from fair trade options.

ter's practices, she said.

Manning said some customers truly appreciate what they're doing and for others sustainability isn't even on their radar.

"Sometimes customers can get really upset about stuff like that because in their mind, a burger shouldn't cost more than \$7 and we should have \$10 Bud Light on tap and if we don't, what're we doing we're a bowling alley."

But the higher prices reflect the higher quality of ingredients and their locally brewed beers.

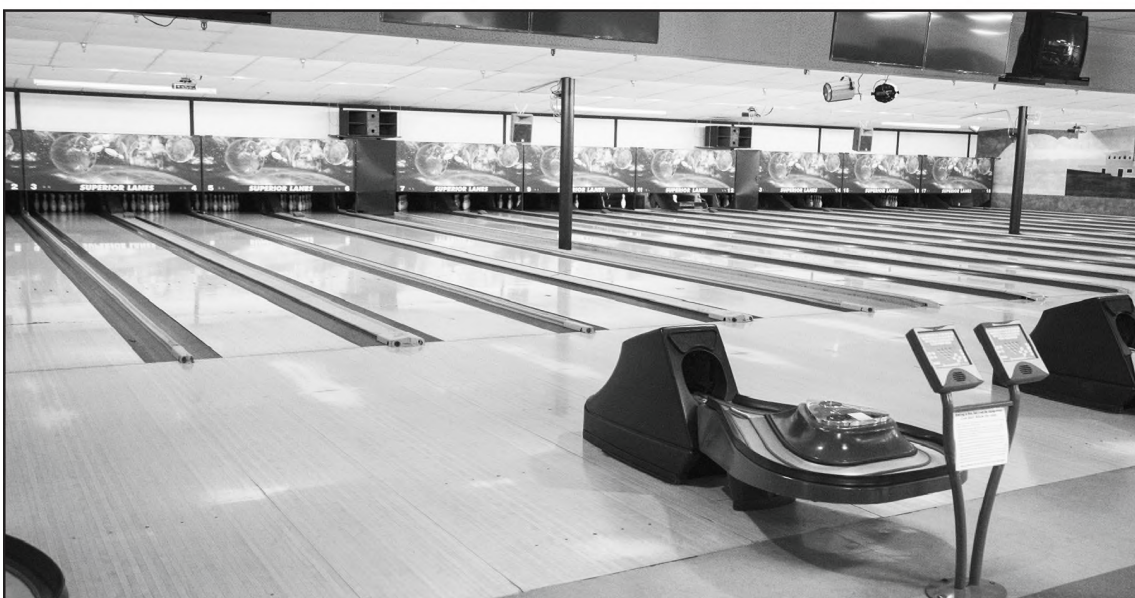
In attempt to reduce their carbon footprint the center calculates the overall miles a keg must travel during distribution to reach them. Twenty-five percent of Superior Entertainment Center's draft beers travel less than 150 miles and 75 percent travel less than 500 miles before reaching their tap. There are some exceptions to their on-draft selection which they call "Beyond 500" beers. These drafts travel

more than 500 miles during distribution, but come from breweries who are also implementing social and environmental changes in their businesses.

The center has been moving toward more sustainable practices for the past six years and is still looking forward and exploring new ways to do so, including working with an architectural firm to discuss solar and wind power options as well as an addition onto the building that would include a rooftop garden. The garden would allow them to move current grow operations outdoors, begin a rainwater collection system to water the garden and a cooking oil burner to heat the addition, Manning said.

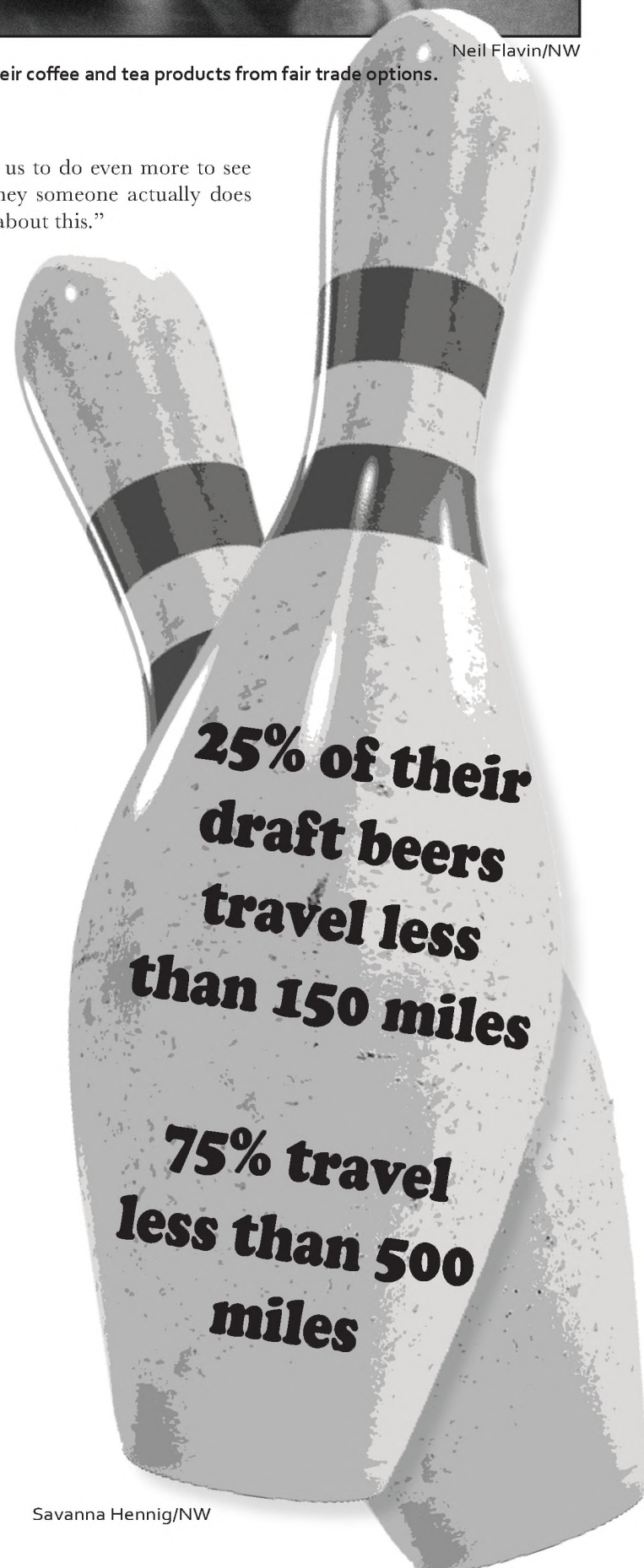
"It just kind of snowballs. The more we do, the more our staff gets excited about it, the more we see customers coming forward and saying 'Hey I'm really into what you're doing. I really appreciate it,' and then that just

spurs us to do even more to see that hey someone actually does care about this."



Neil Flavin/NW

The bowling lanes at the Superior Entertainment Center which is moving toward sustainable practices.



Savanna Hennig/NW

Nature at N

NMU fisheries and wildlife association feature

By Noah Hausmann / Staff Writer

Nature at Northern spread its wings Saturday on campus to celebrate birds of prey, reptiles and amphibians. The event raised awareness about wildlife conservation and featured an assortment of live turtles and a special guest for the finale—a hawk named Sierra.

The event, which took place from 10 a.m. to 2 p.m. in West Science room 2904, was organized by the NMU Fisheries and Wildlife Association and sponsored by the Student Finance Committee. About 25 people attended in total. The event consisted of three presentations—the first on North American birds of prey, the second on turtles and the last on frogs and toads.

“This event is an important way to reach out to people who don’t experience this kind of thing, like the animals,” said NMU Fisheries and Wildlife Association President Douglas Hardy. “Plus, there’s tips to help animals in need. It’s good because up here we have so much nature all around us and people who want to help,” the senior fisheries and wildlife and communication studies major added.

The speaker for the first presentation was NMU junior biology major Dani Dershem. She explained that birds of prey, also called raptors, are characterized by their hooked beaks, sharp talons and keen eyesight and include hawks, falcons and eagles. She showed 13 different “study skins,” which are preserved, stuffed animal pelts used in many zoology classes. Most of the skins were from a variety of hawk and owl species, as well as an osprey and a kestrel.

Dershem told brief histories of the species, described their niches, life cycles, behavior and their endangered status. Most of the birds discussed at the event are classified now as “species of least concern” in regard to their conservation status, however many nest in tree cavities, so their habitats can be threatened by deforestation.

With plenty of dry humor, she also mentioned unique facts about the species: Red-tailed hawks are monogamous and are known to perform a “sky dance” mating pattern of grasp-



Woody the 37-year old wood turtle, fusses while being handled during the presentation
photo by Lindsey EatonNW

ing talons midair then free-falling together; Cooper’s hawk males are about the same size as the prey the much larger females usually kill and eat—pigeon-sized—so the dude hawks have to be mighty careful when approaching their ladies; northern saw-whet owls are so tiny that one mouse can be dinner and leftovers; and American kestrels hunt by tracking the ultraviolet urine trails of their rodent prey, she said.

“The American kestrel is probably my favorite to see live in the wild,” Dershem said. “They’re so colorful, small and sweet for a predator.”

Dershem is a research assistant at the NMU Biology Museum, where she manages the database for the ornithology collection. The museum has seven cabinets of birds, so this presentation was a small representation of that.

“It’s nice to pull out specimens,” Dershem said. “A lot of people don’t even know about the collection. But [the specimens] have so much value. Some schools have got rid of their collections because people forgot about them.”

The next two presentations were led by guest speaker Bart Kotarba of Northwoods Wildlife Center in Minocqua, Wisconsin, where he is director of education and an advanced wildlife rehabilitator. The center is a hospital for

injured wildlife. Animals too domesticated or injured to be released into the wild now tour with Kotarba on his outreach presentations.

As he taught about turtles found in Michigan, Kotarba passed around turtle shells and a piece of a 33 million year old fossil of a tortoise shell. He appreciated turtles for being “amazing survivors,” ever since the time of the dinosaurs.

“You don’t see triceratops anymore, but you do see turtles,” Kotarba said.

He showed a live wood turtle named—what else?—Woody. The turtle species has orange skin and can be found throughout North America, however the species has been in decline in Northern Michigan.

Woody is a feisty 37-year-old omnivore known to “terrorize” employees at the wildlife center, sneaking up on them and biting their shoes.

“I always warn them, but they never listen,” Kotarba commented, shaking his head playfully as Woody opened its jaws every time Kotarba’s waving finger came near.

Kotarba also brought two live three-toed box turtles. Both were brought to the wildlife center as former house pets. He also showed a painted turtle named Hook that was brought to the center 19 years ago with a missing foot and fishhook in its head.

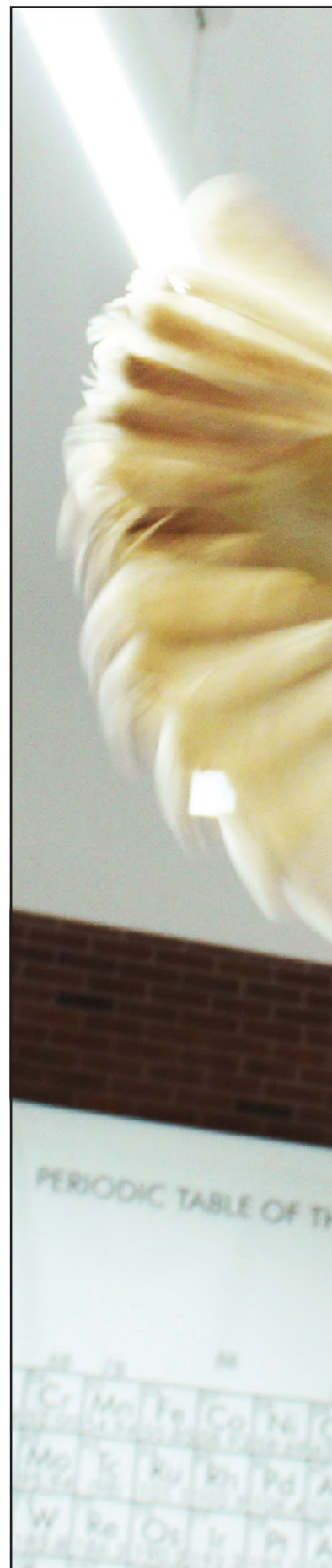
Next, he presented on 12 frog and toad species, focusing on identifying their mating calls. Most people hear these amphibians and assume their sounds are from birds, he said.

“If you recognize that they’re frogs—that’s a huge step,” he added.

He played a CD with the mating calls. At the end of the lesson, he had the audience imitate the amphibians in a “frog chorus” of the different calls.

“They’re an important part of our world,” Kotarba said of the wildlife. “Many people don’t know about them or even notice they’re there. I want people to learn to appreciate them for what they are as animals—not just as another pet to keep.”

Lastly, he introduced the audience to Sierra, a 15-year-old red tailed hawk, which came to the rehab center with a broken wing from a gunshot. Crippled, the female couldn’t be returned to the wild and now helps Kotarba raise awareness about conservation.



Sierra the red-tailed hawk s

Portner

es scaly and feathered friends in wildlife event



spreads her wings on the arm of her handler Bart Kotarba from the Northwoods Wildlife Center in Minocqua, Wisconsin.

photo by Noah Hausmann/NW

DIG into some grub at the new gastro-pub

By Dain Holter

contributing writer

DIGS is the one of the new upper level establishments in Marquette. They are a Gastro-pub, serving a variety of beer, wine and signature cocktails, as well as an expansive menu featuring many uniquely elevated dishes.

The renovation they've done at DIGS is huge. The old layout had the bar going almost directly through the center of the room making the area behind the bar a sort of dead space. The bar is moved back against the wall to free up more room for seating; it definitely gives a more open feel to the whole pub, which is a nice change.

They are going for a rustic feel with lots of wood, including a large wooden bar and two wooden pillars supporting the bar that feature hand-carved wooden faces. The inside is lit with warm white lights and blue LED's for accent. It really provides a cozy atmosphere where you want to sip on a few drinks and enjoy an exquisite meal.

We seated ourselves and the server showed up promptly to take our drink order. The waitress recommended the "Salty Dog" which is made with Tito's vodka, fresh grapefruit, lemon and lime juices and a salted rim. The drink is their most popular cocktail, so of course I had to get it. Several people also recommended the "Shrimp Barbie" appetizer, which is three skewered cajun grilled shrimp, smoked

tomato beurre blanc and parmesan polenta cakes.

My drink showed up within minutes. It was quite refreshing and incredibly smooth. I actually had time to finish my drink and order a second drink before the appetizer showed up, 20 minutes later.

Although the timing was off, it was a very well composed dish that was beautifully presented. I expected a bit larger portion but I was not unhappy with the size of the appetizer.

The polenta cakes and smoked tomato beurre blanc alongside the shrimp filled the plate well. The flavors of this dish were everything I was looking for; savory and spicy with the shrimp, crunchy with the fried polenta cakes, unexpectedly smokey with the tomato beurre blanc, and all of it atop a creamy, decadent sauce. You can tell time went into perfecting this recipe.

For my entree, I wanted to try one of their specialties, "The Eisenhower." It's one third of a pound of beef battered in black ale breading and deep fried. DIGS tops the burger with bacon, soda pop BBQ (an in house special sauce), shredded cheddar, romaine, tomato and raw onion.



Christin DeFord/NW

"The Eisenhower" is one of DIGS specialty burgers featuring a deep fried beef patty.



The food showed up shortly after the appetizer plate was picked up but the waitress left immediately after setting down my burger. I didn't get time to ask for a refill of water or ketchup and mustard, and I feel those things are essential to any burger and fries meal. I waited several minutes for no return from our waitress and finally asked a different waitress if I could get what I needed. The bar was quite steady for a Tuesday night, with not many seats left open. Even when busy, waitstaffs

should check up on the customers when the plate hits the table.

The first few bites of this burger are unlike any burger you've had before. The black ale batter encapsulates the burger, keeping the moisture in and allowing for the crispy outer layer. The batter almost reminds me of a corndog with its slightly sweet hints. The only downfall of this burger was its small sprinkle of cheese. A little bit more would have really brought the dish to-

gether. This dish has so much potential, and it is a creative spin on one of the most common foods.

Overall it was a heavy meal in the end, but with this burger's flavor I would order it again.

All-in-all, I was overly pleased with my meal. I thought the food was delicious and unique. The timing on the appetizer could be improved and the front of house staff could check up on the tables more often. But overall I have no major complaints and I think DIGS is way ahead in the restaurant scene.

Stepping back into the roaring fashion of WWI

By Jamie Glenn

staff writer

Models will strut flapper wear, Titanic-esque outfits and other styles from 1910 to 1920 in the WWI Fashion Show hosted by the Beaumier U.P. Heritage Center from 2 to 4 p.m. on Saturday, April 29, in the Peter White Lounge of the University Center.

The center works to celebrate the history and culture of the Upper Peninsula said event coordinator and director of the Beaumier Dan Truckey.

"We've never done this event before. It's a brand new thing. It's connected with an exhibit that we have currently on World War I in the Upper Peninsula," Truckey said.

A group called "Friends of Fashion," who bring together top fashion designers to host

events, will be coming from Chassell, Michigan to provide and model the clothing for the fashion show.

"One of our committee members said they knew somebody who put on vintage clothing events and fashion shows. We thought, 'Wow that would be a cool idea.' That's how we put it together," he said.

This event will showcase a number of outfits that fit with the current exhibit at the Beaumier, while also mirroring the styles of previous time periods.

"I think I'm just excited to see all the different kinds of outfits and costumes that [Friends of Fashion] come up with. They have an amazing collection that they've built over the years and it fits into the history of the war and that time period in America," Truckey said.

The show is an opportunity to share the history and culture of an influential time in America with this generation, he said.

"I think it'll be really cool to see some beautiful clothing, but also learn a little bit more about the time period, which is really important."

The event is expected to last an hour and a half and will exhibit the evolution of fashion throughout the era and the war's effect upon style.



Photo courtesy of Friends of Fashion

The Friends of Fashion will provide and model the clothing for the WWI Fashion Show.

"There's going to be so many different kinds of styles, from women's to men's fashion. It was an important time so fashion was changing a lot, especially for women," Truckey said. "The fashion was becoming a little more casual. That

was influenced by the Suffrage Movement and just changes in taste in American culture. It's really going to show a lot of changes."

Suggested donations for the fashion show are \$5 for adults and \$1 for students.

Eco-friendly fashion flaunts for a message

By Ellen Lindblom

contributing writer

The Marquette Regional History Center hosted its eighth Annual (re)Design Fashion Show this past weekend.

The (re)Design Fashion Show is the largest gathering of artists who create upcycled artwork in the Upper Peninsula, focusing on eco-friendly and sustainable fashions created with salvaged or second-hand fabrics and materials.

This year the show featured five designers, Ann Rutkoske, JoAnn Shelby, Cindy Hallum, Libby Buchler and Taylor Ehle, who upcycled and redesigned old fashions into new pieces.

Ehle is an environmental studies and sustainability major at NMU, and has a passion for redesign and sustainable fashion practices.

Her line tells the story of the cotton industry. Right now, 80 percent of the cotton worn is GMO and is RoundUp-Ready, meaning that it is resistant to harmful pesticides. The use of pesticides isn't good for the communities that grow cotton, the land or the consumer, Ehle said.

"The fashion industry is the second most polluting industry in the world, after oil," Ehle said.

"I wanted this line, and my lines in the future, to portray all of the environmental injustices that the fashion industry causes."

Her line started out with the first model wearing all white, and slowly progressed by adding black accents until the last model was wearing all black. Ehle wanted this to provide a visual to the audience of to show that the fashion industry has a dark and unclean side.

All in all, Ehle said that it took eight weeks to create her spring line for her brand, Terra & Taylor.

"The celebration is my favorite part," Ehle said. "This show made it all worth it."

Megan Hillier, a junior graphic communications student at NMU was one of the models for Ehle. They went to high school together,



Christin DeFord/NW

Designer in the (Re)Design Fashion Show Taylor Ehle models repurposed garments as a part of her line Terra & Taylor.

and when Ehle approached her about being a part of the show, she jumped at the opportunity.

"It was awesome. It was a very glam day. It was really fun," Hillier said. "I've never had a day like this before."

Hillier was the only plus-sized model in the show and Ehle made it a priority to show fashion is for everyone. She was also intrigued by the premise of the line and the core principle of the event: thinking outside the box and being more sustainable with fashion.

"I think this is a really great event because it focuses on the eco-friendly side of fashion, and not fast fashion which is becoming more and more of an issue."

An open design contest followed the show and allowed four new designers the opportunity to showcase their take on redesigned fashion. The winner of the contest received prizes, but most importantly will be one of the featured designers

in next year's show. The audience voted for Lumi, a collaboration between two sisters, Mandy Swanson and Michelle Walters.

The fashion industry is the second most polluting industry in the world, after oil.

— Taylor Ehle designer

Swanson, an NMU graduate, said the sisters have been sewing and making redesigned fashion since they were kids. But about a year and a half ago, while the sisters were on a long car ride reminiscing

about the brands they shopped on a recent trip to Cape Cod, they decided to try and create a clothing brand here in the U.P. The name Lumi is the Finnish word for snow, tying U.P. heritage to the brand even further.

"It's a very beautiful place that we live, and we don't have a clothing line that symbolizes what the U.P. is really about," Swanson said.

So they've brought together their decades of sewing experience and inspiration from the U.P. to create a comfortable and classic design to traverse the seasons. They are currently in the "research and development stage," trying out patterns they drafted themselves and getting feedback from trusted friends and family.

While they may not be able to take their redesign skills to their clothing brand, the sisters have committed to using only sustainably produced and ethically sourced materials that use Earth-

friendly dyes.

Rita Hodgins, who attends the show every year was blown away by the quality of this year's designs.

"It was fabulous," Hodgins said. "The garments that were shown from the previous winners were lovely and unique."

Hodgins said her favorite part of the day was the competition, and she was just so impressed by the contestants.

"For them to have to use recycled garments, and the outstanding job they did, that was so exciting," Hodgins said. "I'm so happy for them."

You can follow Terra & Taylor on Facebook, or email them at terraandtaylor@gmail.com.

You can check out their website at UPLumi.com, or follow them on Instagram at [lumiup](https://www.instagram.com/lumiup). If you are interested in participating in next year's show, please email staff@gardenboutquetanddesign for more information.

'What the Health?'

Northern Vegans educate on plant-based lifestyle

By Jeff Maki

contributing writer

"New research shows that over 70 percent of cancer is diet related," said Natasha Lantz, founding board member of Northern Vegans said after having watched the documentary "What the Health" by Kip Anderson and Keegan Kuhn.

The directors of "Cowspiracy" have made the claim that dietary change, not pills, is the secret behind controlling the symptoms,

and even reversing the effects of chronic illness in their new film "What the Health," which Northern Vegans will screen April 20. Northern Vegans is a Marquette based group that educates people on the benefits of eating more plant-based foods and allows the opportunity to socialize with like-minded people.

Northern Vegans invites everyone to their 7 p.m. showing of the film at the Thomas Theatre in Marquette for the purpose of learning the benefits of

moving toward a plant-based lifestyle. Finger foods will be provided, free of charge, by local vegan-friendly establishments, including the Marquette Co-op, Border Grill, Babycakes Muffin Co. and City Green Market. Tickets are free if ordered online prior to the event or \$10 at the door.

Jeff Plumber, founding board member of Northern Vegans added that a wide variety of people come to them and their events.

"We get non-vegans and people

curious about us. People come for health reasons," Plumber said.

Claims made by Anderson and Kuhn in the vein of plant-based lifestyles overwhelmingly improving health are challenged, such as by Authority Nutrition CEO Kris Gunnars who wrote that the evidence for the claims made are not as solid as films like "What the Health" say.

"But many vegan advocates are incredibly dishonest about animal foods and spread unscientific fear mongering to convince

people that their diet is healthy," Gunnars said.

Lantz disagreed with statements such as these saying, "I think anytime a film goes against status quo, it is going to be criticized. There is a strong presence of lobbying perpetuating the need to eat meat."

Ultimately, putting aside the controversy, this film is an opportunity for people to learn about the potential health benefits of adapting to a more plant-based diet from the point of view of vegans.

Basma ready to lead Women's Soccer

NMU's fifth Women's Soccer coach in history prepares to bring success

By Ryan Spitza

contributing writer

Being a coach at the collegiate level can be a well-paying job. Head coaches at public universities can make anything from \$30,000 to over \$100,000 at larger schools. Making good money to coach 18-22 year old college kids in a friendly game, simple enough, right?

That wasn't always the case for Sonia Basma.

Basma is the new head coach of the Northern Michigan Women's Soccer Team. Hired in December 2016, the NMU Athletic Department chose a candidate with a decorated soccer resume.

Before coming to coach the Wildcats, Basma was the head coach at Nichols College for two years. She's a two-time college All-American, playing her college career at Montgomery University and American International College, where she won a national championship under then-head coach Matthew Johnson. She also played semi-pro soccer in the Women's Premier Soccer League.

Basma is a native of Sierra Leone, a small country of roughly 6.5 million people on the coast of the Atlantic Ocean in Western Africa.

Due to political unrest in Sierra Leone, Basma and her family fled to the United States in the early 2000s looking for a new beginning. It wasn't until then that she discovered the game of soccer.

"I started playing soccer immediately. Throughout middle school and high school, then I played all four years of college," Basma said. "Immediately after that I started getting into the coaching world."

"It's been really a privilege to be in this country and to be here now and start a new life," Basma said. "I'm thankful for it and certainly don't take anything for granted."

It didn't take long for Basma to warm up to Northern. She commented on the hiring process and her first interaction with Director of Athletics Forrest Karr.

"I talked to [Karr] over a video call and he seemed like an awesome guy," Basma said. "He made you feel comfortable and made the decision for me to come here very easy. I wanted to be under his leadership."

Basma has quickly gained a liking to the city of Marquette, commenting on the people, lifestyle and local scenery.

"I've been getting acclimated for sure," Basma said. "The people have been awesome here. Ev-



Photo courtesy of NMU Athletics

Senior midfielder Tabitha Boze carries the ball down the field against the St. Cloud State University Huskies at the NMU Soccer Fields on Sept. 2.

eryone seems so welcoming. That was the biggest catch for me.

"There's so much to do here. I have yet to get out and do too much because I've been so busy but I think the city is beautiful."

Why did Basma want to come

Sierra Leone while her mother and younger brother currently reside in Maryland where her brother attends college.

"My father is an amazing guy for me," Basma said. "He's always been that type of person

Bundesliga, La Liga and international competition. She also noted that Cristiano Ronaldo is her favorite player.

"A lot of people will say he's arrogant, he's this, he's that... but for me the one thing I love about him is that he's extremely talented yes... But he just has the athleticism that you can't really find in a lot of players," Basma said. "He's always been someone that I've looked up to."

While Basma is a soccer enthusiast, it wasn't her first sport.

"I was actually going to go to school for basketball," Basma said. "Growing up between the two, I always thought 'I don't know which one I'm going to go with.' At some points I leaned toward basketball more but thankfully I stuck with soccer."

Other activities Basma enjoys are weight lifting, hiking and being outdoors. Aside from soccer Basma enjoys watching "Law & Order" and the movie "Blood Diamond."

"Blood Diamond" is sort of the story of my life," Basma said. "It was actually pictured on my street where I grew up so if you want a taste of what Sierra Leone was like, there you go."

After a whirlwind life of moving countries, deciding between two sports and going on to coach at the collegiate level, Basma has landed here at NMU to take charge of a program that hasn't had much success in recent years. The Wildcat Women's Soc-

cer Team hasn't had a winning season since 2011 when it went 10-6-3 overall. Since 2011, the Wildcats have posted a record of 27-53-8 which equals a win percentage of just 0.338 over the last five seasons.

Basma is up to the challenge however, and doesn't worry about the past.

"You have to start fresh because all really good programs don't start as really good programs," Basma said. "For us it's about doing the little things and the hardest things off the field to really piece this program together."

Basma said the team is really warming up to her and improving each and every day during its off-season practices.

"The winning portion will come," Basma said. "I don't see any reason why this team can't be one of the top teams in the conference."

When asked why she is the best person to lead the program, Basma responded with optimism.

"If there was one word that really sticks out when you think about why I'm here, I would say it's my confidence," Basma said. "I'm not shy to sit here and tell you we're going to do well because we already are."

"I have strong leadership and I believe in what I do. You need to have confidence in yourself and what you're going to do regardless if you have support around you or not. That's my mentality."

I always talk to my recruits and try to explain how great it is here. It's always good for me when I get them on campus because they get to see it and actually live it.

— Sonia Basma
women's head soccer coach

to NMU exactly? Located in an secluded area we call the Upper Peninsula, it's not every coach's ideal job or recruit's ideal place to play collegiate soccer. Basma saw it differently though.

"I think there's this huge misconception because it's so isolated," Basma said. "The pictures you see and the videos you see online, it doesn't really do this place justice. I always talk to my recruits and try to explain how great it is here. It's always good for me when I get them on campus because they get to see it and actually live it."

Basma comes from a family of four. Her father still lives in Si-

that's been supportive of me and keeping me in the game. I've learned so much from him."

Basma added her mother is one of the strongest women that she knows. Her mother currently travels between Maryland and Sierra Leone.

"With everything that we've been through, I look up to them and think the best parts of them kind of formed me into this brand new and different individual," Basma said. "They try to be the best people they can be."

Aside from playing and coaching, Basma enjoys watching soccer as well. Basma said she likes to watch the Premier League,

SPORTS BRIEFS

WOMEN'S GOLF

The Northern Michigan Women's Golf team tied for second in a 12-team field at the Cav Classic, held Monday and Tuesday at Glenmoor Country Club.

The Wildcats shot a two-round 622 (307-315) to place in the top five at their third-straight event.

"This was another solid finish for the ladies," said interim head coach Bob Bastian. "I'm so proud of what they have been able to accomplish in just two short years."

Karissa Guthrie was Northern Michigan's top finisher, taking fourth with a 150.

MEN'S GOLF

The Northern Michigan men's golf team placed 15th at the Purgatory Regional, which was shortened to one round due to weather.

The Wildcats posted a 307 on Sunday, which held as their final score after storms prevented the second wave of golfers from finishing Monday's second round.

Austin Elsner and Owen Beyer each shot a 76 to tie for 40th. The field included 29 teams and nearly 150 athletes.

The Wildcats next compete at the GLIAC Championships on April 21-23 in Nashport, Ohio.

HOCKEY

Northern Michigan's Sami Salminen signed with Vaasan Sport, the organization announced Tuesday.

"By signing a contract with Vaasan Sport, I've achieved my dream to play in the highest league in my home country," Salminen said. "I'm excited to begin my professional career this upcoming season."

Salminen played 95 games for the Wildcats, recording 30 points (9g-21a). He was a three-time WCHA Scholar-Athlete and Academic Team member.

Salminen posted a 0.588 career face-off percentage. He won a career-best 153 draws during his senior campaign.

VOLLEYBALL

Northern Michigan head coach Mike Lozier announced the Volleyball team's 2017 schedule Wednesday afternoon.

The slate includes nine home dates against GLIAC opponents. The Wildcats will also attend three tournaments: the Ferris State Invitational (Sept. 1-2), the Michigan Tech Invitational (Sept. 8-9) and the Midwest Region Volleyball Crossover (Oct. 13-14).

"The team is excited to get into the schedule in the new-look GLIAC," Lozier said. "We're also excited to start the year close to home because it gives us a chance to bring our fans to the matches. Overall, we're looking forward to a good 2017 campaign."



Lindsey Eaton/NW

The football team hustles on the field during the spring scrimmage at the Superior Dome on April 8.

Spring football

Players and new head coach finish spring practice with the annual spring game

By Trevor Drew

opinion editor

Fans sporting Wildcat colored gear filled the Superior Dome bleachers to get a glimpse at the 2017 roster's first time suited up and on the field since the fall season.

The Northern Michigan University Football team capped off the spring practice schedule with first year head coach Kyle Nystrom with a spring game last Saturday at the NMU Superior Dome.

The game was a scrimmage between the offense and the defense, consisting of 10-12 minute quarters, with a point system involved allowing the defensive team to gain points from plays such as sacks, turnovers and tackles for loss.

The transition into the new coaching staff has united the team, said sophomore running back Jake Mayon also adding that he considered the team more of a "brotherhood" after the process.

"We had a short time where we didn't have a coach so we all really looked at each other and said

"How are we going to step up individually," Mayon said. "That was a major thing for us, everyone being on the same mindset, everybody working the same in the weightroom, everyone giving 110 percent effort on the field every day at practice. And that was what we wanted to come and showcase here and I think we did. I think we are going to have a great fall."

Mayon rushed 34 yards for the game's first score while junior quarterback Jaranta Lewis connected with freshman wide receiver Ryan Knight with a short pass for its second. The first quarter ended with the offense up 22-2.

Head coach Kyle Nystrom said that he was pleased with how the offense ran the ball along with the lack of turnovers and penalty flags on the field but noted that the defense still needs to work on getting ready and playing hard for the entirety of the game.

"That's been a little bit of our Achilles' heel since we've been here. [Defensively] we're a little bit lackadaisical and they don't get urgent the way I want them to get urgent right away," Nys-

trom said. "So we learned that lesson again and we have to get better at that."

The defense picked up in the second quarter. On four back-to-back drives, the defense stopped them each time totaling four three-and-outs earning them four points.

The scrimmage ultimately ended with a victory for the offense, the score at 39-15.

Nystrom said he was pleased with the scrimmage but that the team still has to refine its performance to be successful in the fall.

"How fast can we get it where we want it? I don't know, it's hard to say. It's how fast we can improve and get players that we need. The ones here that are playing [we have to] get them to the level that we need them at to win this league," Nystrom said. "I don't think you're ever exactly where you want to be. If you're a good football coach, you're always pushing the envelope and there's never a finish line. We have a lot of work, a lot of improvement to do and that's what we do everyday. We just want better."



'Cats dominate Bulldog Invite

By Ryan Spilza

contributing writer

The Northern Michigan Track & Field team dominated the competition for the second week in a row, winning 12 of 19 events at the Bulldog Invitational on the campus of Ferris State University in Big Rapids, Michigan.

Four Wildcats won two individual events each. Junior Kieren Becker took first-place in the 800-meter and 1,500-meter runs.

Senior Avadon James paced the field in the 100-meter and 200-meter runs edging Ferris State sophomore Sarah Utchel by a narrow margin in both events.

Junior Ine Mylle took the 100-meter hurdles and triple jump. In the triple jump, Mylle recorded a length of 40 feet, 5.5 inches beating out Saginaw Valley State senior Anna Fochesato by over 3 feet.

Senior Jasmine Williams was the fourth Wildcat to win two events, sweeping the hammer and discus throws. Senior teammate Samantha Johnson finished second in the discus and third in the hammer throw.

Head coach Jenny Ryan was once again satisfied with her team's performance.

"It was definitely a great trip for the team and exciting to win

a lot of those events," Ryan said.

"Some of the times weren't our best, but we're training hard right now and I'm happy with the efforts of the athletes in their respective events. I'm happy with the team overall and how hard they're working and how well they're doing as a group."

In the 100-meter relay, the team of James, freshman Abby Christmas, sophomore Jenna Long and freshman Sydney McPeters finished in first-place out of the four teams competing. The Wildcats clocked in at 48.75 seconds with Davenport University coming in right behind at 49.83.

Nine teams competed in the 400-meter relay and the Wildcats were dominant again with the team of McPeters, Becker, and sophomores Lynsey Collins and Shayla Huebner with a time of 3:59.52, beating out second-place Davenport by over 11 seconds. Ferris State completed the podium with a time of 4:20.95.

Huebner won the 400-meter run with a time of 57.40 topping Saginaw Valley freshman Morgan Fuerst by over one second. Sophomore Paige Dutcher completed the podium for the Wildcats with a time of 59.01. Collins finished ninth in this event.

Freshman Katelyn Smith also took home a first-place finish in the 3,000-meter run with a time



Photo courtesy of NMU Athletics

Junior jumper Ine Mylle takes a leap during the Northern Challenge at the Superior Dome.

of 10:11.86.

"It went great," Smith said. "I started off conservative like I always do in the beginning of a race and then I kept on pushing. I made sure I didn't stay too far behind the first group."

Hanna Torvi took ninth in the same event and admitted to stretching her comfort zone a little.

"I normally run steeplechase so it was interesting doing an open 3K but it was fun," Torvi said.

Other finishes included junior Kameron Burmeister finishing

second-place in the 5,000-meter run, sophomore Michelle Juergen second-place in the high jump, junior Jessie Kushner second-place in the javelin, Long third-place in the 100-meter and 200-meter runs, and Smith third-place in the 1,500-meter run.

Up next for the Wildcats is the St. Norbert College Twilight in De Pere, Wisconsin today, April 13. The Wildcats will travel there and back in one day.

Ryan says while this meet is another small one, the competition is just as strong.

"St. Norbert is actually a really good Division III program," Ryan said. "They're ranked really high among their division and have some good athletes."

Ryan doesn't downplay the small meets by any means, stating that they're good preparation for conference championships in the coming weeks.

"Since it is a smaller meet it's another chance to see where everybody is at and see what we can do," Ryan said. "Hopefully we keep moving up our results and the big thing is preparing for conference championships."



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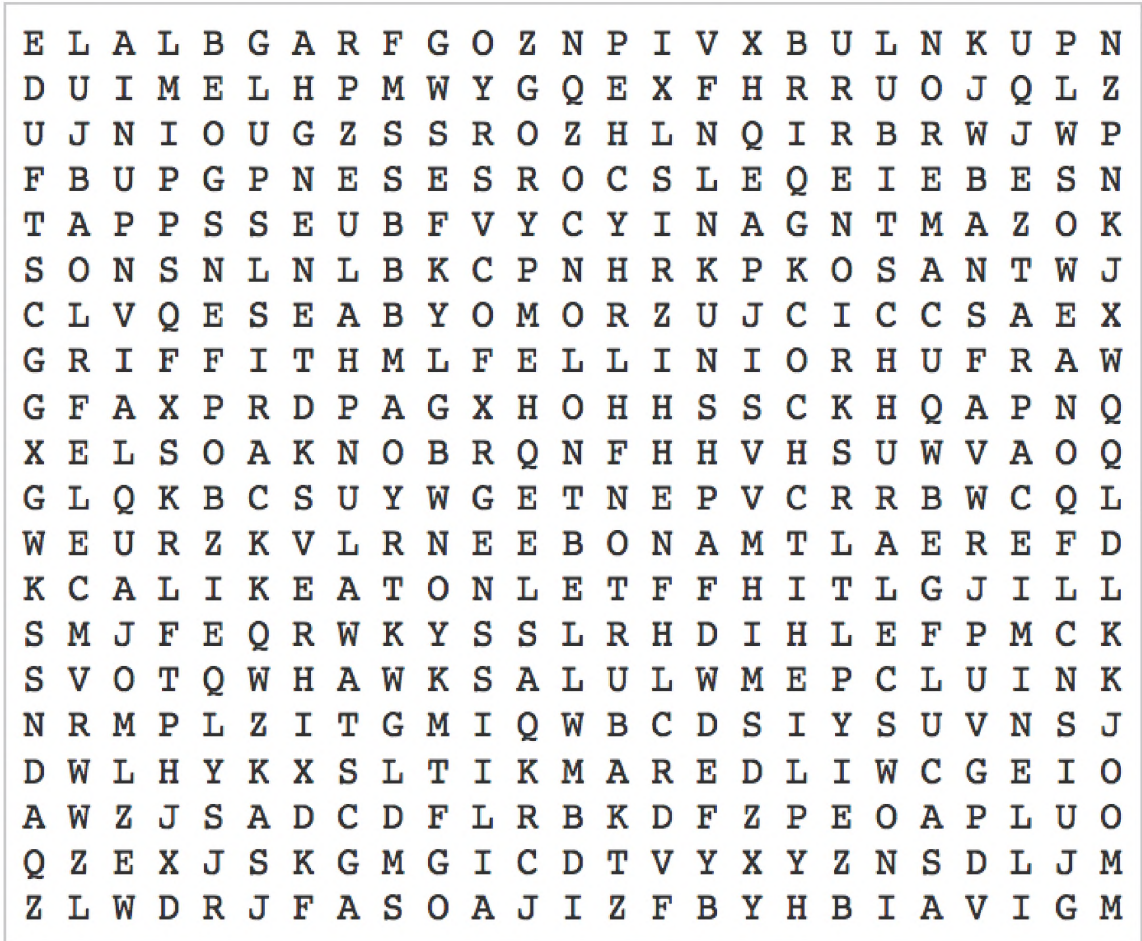
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