



SPORTS

Lake Superior surfers suit up for fall's brisk, white caps and stormy winds.

▶ See PAGE 12



FEATURES

Moccasin Game comes to campus through an Anishinaabe student and his family.

▶ See PAGE 10



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THE NORTH WIND

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Fall Semester

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Addressing mental health

Faculty, staff offers counseling with ongoing wellness initiatives

By Jackie Jahnson
editor-in-chief

The first weeks of the semester can be overwhelming for many students. Dealing with homework, adjusting to college life, being hundreds of miles away from home and adding a new flame to the mix sometimes pushes things aside. And some students feel intimidated to ask for help. But jumping over those hurdles is just one appointment away, and NMU counseling staff encourages all students to familiarize themselves with the resources offered for mental care.

NMU follows a brief counseling model, where NMU Counseling and Consultation Services (CCS) typically sees most students one to six times per semester and issues include everything from adjustment problems to more serious mental health concerns such as anxiety and depression, Dean of Students (DOS) Christine Greer said. Some students are seen more long-term than others, Greer added.

"I think it's become all about getting students in, they [the counseling center] don't have as much time for outreach. But when you have a waiting list, something's got to give," Greer said. "It's a very good staff. They do wonderful things for our students and they work really hard."

In the academic year 2017, CCS saw 576 sessions, and 722 in the 2018 academic year.

CCS has four full-time counselors and two part-time counselors. Any student can walk into the office, but the issue they face comes down to the waiting list, and sometimes students may not be able to get an appointment immediately, Greer said.

Each week, the counselors oversee 25 to 30 sessions including group sessions, and CCS covers the whole spectrum from homesickness, relationship problems, the loss of a loved one,

depression, eating disorders and trauma issues, Assistant Professor and Clinical Psychologist Christy Hartline said.

If a student comes in with severe issues that need a higher level of care, sometimes living in Marquette is difficult because of the amount of scarce resources, Hartline said.

Last winter semester, CCS used the Employee Assistance Program (EAP), which allows for students to see professional mental health care in the community when the waiting list. The university pays for the bus ticket to seek a counselor from the community and that student can receive care within two to three days, Greer said.

But sometimes going off campus to receive help can be more "daunting," Greer said.

"It's just another hurdle when you're trying to get some help," she said. "There's only so much you can do with a mental health situation. What we do is try to get the students the services that they need. We can't force a student to do anything."

The solution would not be to add more counselors onboard or staffing a counselor 24/7, it's about looking at the issue and scaling it differently so students have more resources, Greer said.

The DOS has some retention projects in the works, she said. Wellness initiatives include possibly implementing a variety of resources such as a tel-a-health, which deals with psychological issues. A peer-mentoring program of trained students helping to assist with lower level mental health issues. Greer noted that not every issue needs a one-on-one counselor; sometimes people just need someone to talk to, and a peer-mentoring program might lower the stigma surrounding mental health.

See CARE • Page 2



Cougars back in town

Photo courtesy of Michigan's Department of Natural Resources

YOOPER REBIRTH—Mountain lion sightings increase with two confirmations spotted this year in the U.P., and the species remains endangered by the state of Michigan but illegal poaching persists.

By Akasha Khalsa
news editor

Michigan's Department of Natural Resources (DNR) has confirmed two cougar sightings in the U.P. this year, one in Gogebic County and the other in Delta County.

Cougars were once hunted entirely out of Michigan. Although Michigan and the entire eastern United States used to support a cougar population, the big cats were essentially extirpated by the late 1800s. According to the DNR, the last legal killing of a wild cougar in Michigan was in 1906 near Newberry.

Although there is no evidence currently of a breeding population in the U.P., DNR Large Carnivore Specialist and NMU graduate student Cody Norton, said that in coming decades cougars may one day breed in Michigan again.

"In the late '90s and even before that, we were starting to get reports that we were able to confirm, and then we finally got together a group of individuals who were actually trained in identifying cougar signs or pictures in 2008," Norton said.

Since that time, there have been 40 official cougar confirmations in Michigan. Each report of a cougar is sent through Norton

to the four specialists there. Every cat that the DNR has been able to sex in Michigan has turned out to be male, suggesting that there is not a breeding population.

This evidence indicates that these young males are from western states such as South Dakota, Wyoming and Nebraska. These males are pushed east, seeking a female to breed with.

"There's too many males in that area and [the young males] can't really compete with them because they're young," Norton said. "So they take off looking for a new area, and they just keep going. They pretty much never find a female because females don't do the same sorts of behaviors."

Not only do these roaming young males find a lack of mates in Michigan, they are sometimes met with human aggression as well. Cougars are considered endangered by the state of Michigan and it is illegal to poach a cougar. However, people find ways to kill these cats regardless. There have been two poached cougars, according to Norton. Both were male. Neither is thought to have been killed mistakenly.

One was seen at a camp and then shot, Norton said. The perpetrator bragged about this kill to people who eventually turned them in. The other was caught

and killed in an illegal snare which was not up to the specifications for the legal snaring of coyotes and fox.

The snared male's carcass was dumped at a major highway intersection, so Norton believes that its killers wanted it to be found.

It is likely that this cougar, which had been seen around in the area before it was killed, was intentionally targeted. The display of its corpse at the intersection may have been an expression of anger from the hunter.

"It's odd, especially for cougars," Norton said. "With wolves we've had some of that behavior. In the western U.P. there's been some hung by nooses from bridges because people aren't happy with them being on the endangered species list. But for cougars, they're so rare because they don't have a breeding population, that there's no reason for people to do that."

Since 2008, Norton said the average amount of cougar sightings in Michigan has been about 3.25, so this year's number of sightings is nothing unusual.

"I think with how cougars are currently managed in the whole eastern United States, I think

See CATS • Page 15

Northern Center rushes to completion

By Akasha Khalsa
news editor

What was once called the University Center will now be dubbed as the Northern Center, as NMU rounds up its last finishing renovation touches.

Although not all of the renovations have not been entirely completed at this point, tours of the new facilities will be conducted from 4:30 to 6 p.m. on Thursday, Sept. 19 during this ceremony.

The event is open to students and the community.

"[It] really is a welcoming ceremony to the new facility," Vice President for Finance and Administration Gavin Leach said.

Elizabeth Peterson will address the crowd at the ceremony, along with President Erickson. Leach will make remarks, and Neuman Smith, the architectural firm in charge of completing the renovations, will have representatives in attendance. ASNMU President Cody Mayer will also speak, along with Chair of the Board of Trustees Robert Mahaney.

Phase two of construction is approximately 80% completed at this time, according to Director of Facilities and Campus Planning James Thams, who is in charge of the continuing work.

The rush is on to make phase two areas presentable for the ceremony, with furniture and finishing touches being added right up to the day of the event. Even after the ceremony, there will remain some offices as well as the east-end stairwell which are still under construction. These spaces should be finalized in the next couple of weeks. It is hoped that everything will be complete by Sept. 30, Leach said.

The Center for Student Enrichment, which will be relocated to its new position across from the Den, will likely be ready to be moved into by next week with a few exceptions, Thams said.

"There's been a multitude of issues. Whenever you're doing a renovation you're gonna run into things," Leach explained. "The blueprints say there's not things there, but then there are things there."

In the early phases of the renovation, for example, there was a shortage of steel on the market, putting the construction behind schedule.

"[We're] dealing with a few delays now, but making the facility done right and high caliber was most important to us," Leach said.

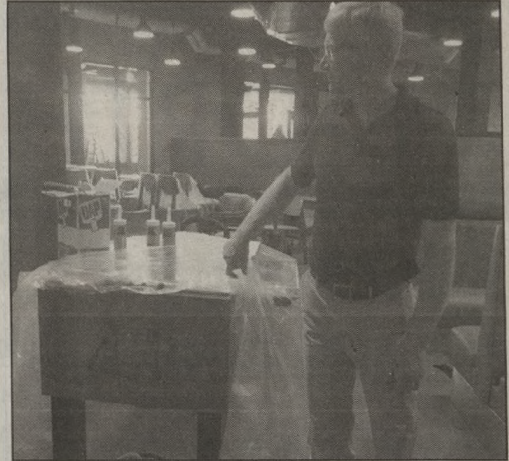
These renovations include not

only event spaces and conference rooms but also the new Wildcat Den. This student dining space plans to open by the end of the month. The Den will appear complete at the ceremony but still requires work in the kitchens, as well as installation of appliances, Thams said. The university is still commissioning equipment and training staff. There is not an official opening date for the Den at this point, but the intention is to have it open by the end of the month. The university is still attempting to acquire a liquor license for the restaurant but has not succeeded, Leach said.

Leach hopes that the new facility will attract students during recruitment. Such upgraded facilities are also hoped to attract faculty to the university and innovative speakers for events. Currently the ballroom is booked for weddings for three years out.

"It was needed on that facility," Leach said about the renovations. "It was just a lot of systems that were out of date."

There were many challenges with room sizing and deferred maintenance in the old University Center, Leach said. The 18 months of renovations were intended to address a multitude of needs that had been building in



Akasha Khalsa/NW

WILDCAT DEN—James Thams reveals the wildcat logo on a table in the soon-to-be-completed Wildcat Den.

the university.

"By taking the direction we did I think we were able to address a lot of needs in one big project, as opposed to breaking it up into a bunch of things over several years," he said.

For example, student events had been becoming larger and larger and requiring spaces that could accommodate upward of a

thousand guests. The Grand Ballroom in the Northern Center was built to these specifications. NMU hopes to more easily host educational conferences as well as general conferences for the region.

"We're trying to create an attractive venue, really upgrade it and make it a distinctive facility," Leach said.

CARE

Continued from Page 1

The DOS is also considering creating a wellness website, massage chairs and expanding face-to-face workshops. Tuition insurance is another.

Another resource the DOS is talking about is adding a mental health kiosk to campus. It acts as a "check-up from the neck up," asking assessment questions and allowing for people to examine their mental health during their daily routines. All of these wellness initiatives might help to alleviate the issue of the waiting list at CCS, Greer said.

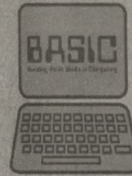
Hartline said CCS follows the International Association of Counselling Services standards, and this association acts as the "guro" for counseling care. For every 1,000 students a university has, one full-time mental health provider would be stationed, according to the IAC.

Greer and Hartline both noted that if a student needs care immediately after CCS hours, students should Dial HELP. That number is a resource for students and is accessible 24/7, and the individual does not have to be suicidal or homicidal to call the num-

ber, Hartline said.

CCS also hosts emotional crisis sessions every day of the week, and a student does not have to be going through a high-level mental issue in order to receive immediate care, Hartline said. Group therapy is another aspect CCS hopes to continue. Previous semesters only had one group session, but now the center has three and Hartline said they want to continue expanding that service.

For more information regarding NMU's mental health care, visit www.nmu.edu/counselingandconsultation/.

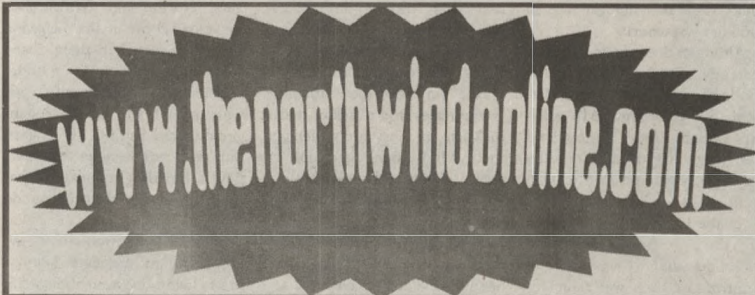


Negaunee Public Library is seeking computer tutors to assist job seekers.

The library will hold a training session for tutors from 4:30-8:00 p.m. Monday, September 23. High school and university students are welcome to attend this session, free of charge. RSVP is required.

Food will be provided. Comfort with computers is required.

To sign up, contact the Negaunee Public Library by stopping in at 319 W. Case Street, Negaunee, emailing npl@uproc.lib.mi.us, or calling (906) 475-7700 ext. 18.



WRITERS WANTED

The North Wind is searching for news reporters who can cover events on campus. Experience in journalism is useful but not required. All you need is a willingness to learn and desire to write. We provide training and guidance.

To apply, email news.northwind@gmail.com or visit The North Wind office at 301 Gries Hall on Fridays at noon.

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STUDENT ORG SPOTLIGHT



Ripple Effects for students

By Rayna Sherbinow
contributing writer

Ripple Effect is a student organization dedicated to helping students overcome obstacles.

"Ripple Effect has the goal of providing resources to remove obstacles, which allows NMU students to focus on academic and community involvement," the organization's student chair Martha Jones said in an email.

The organization holds a clothing drive to collect warm clothes for the winter months. Ripple Effect also holds a Stuff Swap for students.

"The Stuff Swap is an event we coordinate with Housing and Residence Life which provides a space where students can donate, exchange, and gather items at the end of the school year," Jones said. This year Ripple Effect plans to hold an event on Martin Luther King Day to promote their organization and recognize the importance of service.

Ripple Effect meets monthly. Students who are interested in learning more can email Jones at marthjon@nmu.edu.

THE NORTH WIND ON AIR



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Jackie Jahfetson

Weston honors influencers

By Denali Drake
copy editor

As homecoming week comes to an end, NMU prepares to honor two important people who made a profound impact on students, professors, community members and the world.

The Board of Trustees has approved the renaming of what was formerly the New Science building to Weston Hall after Kathleen Weston, as well as the naming of Lucas Atrium after David Lucas.

Weston graduated from NMU in 1929 and was one of the first women of her time to complete a degree in biology.

Having lived 107 years on this Earth, she was able to make a profound impact inside Marquette and farther afield, working many years at Georgetown Uni-

versity in Washington D.C. as a professor.

Weston went on to work on a polio research team, which resulted in the discovery of the Salk polio vaccine, saving millions of lives and changing the world of medicine.

Her impact is still felt on this campus decades after her graduation by those who had personal connections to her work.

"My mom was a victim of polio back in the early '50s, and [Weston] was involved in creating that vaccine, she was on that research team. It's a very personal connection for me because polio affected my life," Hall said.

Lucas, honoree for the atrium, was a beloved physics professor, pre-med advisor, devoted NMU sports fan and family man. Chief Marketing Officer Derek Hall

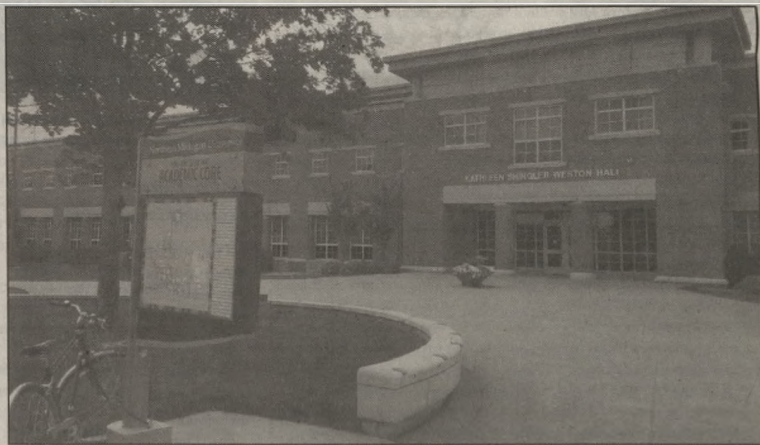
did not know Lucas personally, however he has witnessed the outpouring of love that alumni have for the distinguished faculty member.

"Dave made a major impact on so many students, and after his passing, there was a desire to recognize that," Hall said.

Lucas passed away in 2015, and the impact hit NMU hard. Alumni and students alike flooded to Facebook to share their appreciation for the professor who had changed their lives.

Some credited their attendance at NMU to him, others said they owed their medical degrees to him, and much more.

All are welcome and invited to the dedication ceremony at 1 to 2 p.m. Friday, Sept. 20, located on the second floor of the atrium, standing room only.



Akasha Khalsa/NW

DEDICATED TO EXCELLENCE—Weston Hall, formerly New Science, sits between West Science and the Lydia M. Olson Library. The atrium will be named after the late David Lucas.

Hangin' Out in Hot Summer Days



Photo courtesy of Isabelle Tavares

SWINGIN' IN THE SUN—Cecilia Ware, junior social work major, and Joshua Blasko, junior art and design major hang out near the Lydia M. Olson Library.

NEWS BRIEFS

STATE NEWS

Mosquito illness kills three

Three people have died in West Michigan this year due to the mosquito-borne illness Eastern Equine Encephalitis.

A great deal of schools in the affected counties have cancelled, postponed or rescheduled outdoor activities and advised parents to keep their children inside to protect them from mosquito bites.

A deer in Genesee County had to be euthanized due to it having contracted the disease, sparking more fear.

NATIONAL NEWS

Mom pays 400k for admissions

Another parent of a student at the University of California, Los Angeles has been found to be involved in fraudulent admissions to get her child into the university.

The woman, Xiaoning Sui, paid \$400,000 to have her son admitted. Many people at the university were involved with such practices.

The total to date is 50 parents, athletic coaches and others accused in being involved at the school.

WORLD NEWS

Filipino president admits hit?

President Rodrigo Duterte of the Philippines seems to have admitted to ordering a hit on a mayor who was attacked by gunmen in 2018.

"General Loot, you son of a bitch. I ambushed you, you animal, and you still survived," Duterte said on national television in a speech on Tuesday.

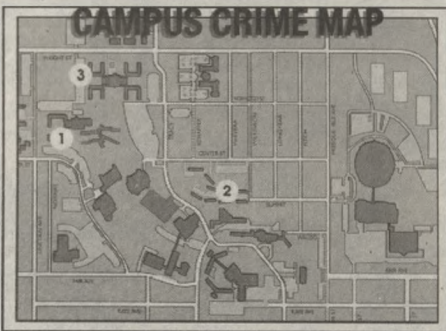
His spokesman has since claimed that the President misspoke due to the fact that Filipino is not his native language. This rationalization is being questioned by the worldwide community.

WEIRD NEWS

House cat mistaken for cougar

A large house cat named Cookie was caught on camera in Washington D.C., making local residents think the area was host to a mountain lion. Some expressed fear for their own pets' safety.

"Does anyone have a pet that looks awfully like a mountain lion around here? Worried about my small, fat house cat," one resident wrote online. When the cat's owner came forward to identify her feline friend, her neighbors were relieved.

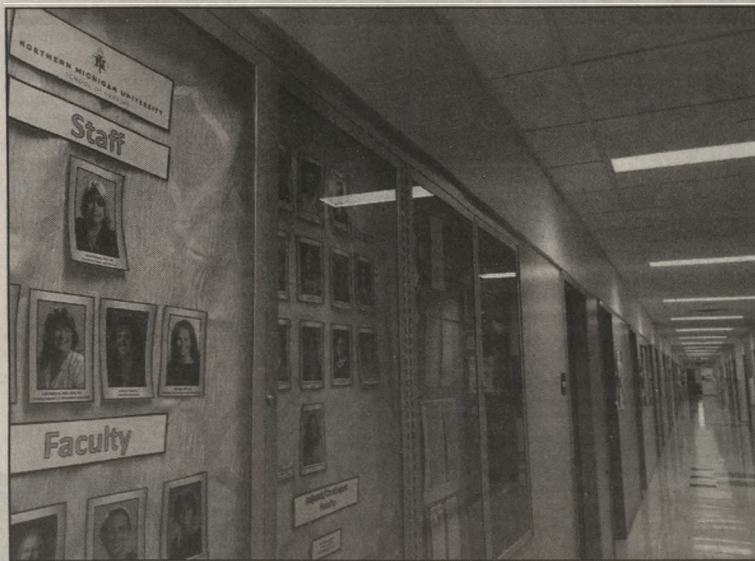


1. Minor in possession was reported at 2:07 a.m. Sunday, Sept. 15, in Spalding Hall.

2. Minor in possession was reported at 11:00 p.m. Friday, Sept. 13, in Summit Apartments.

3. Minor in possession was reported at 1:15 a.m. Friday, Sept. 13, in Hunt Hall.

Nurses celebrate alumni



Akasha Khalsa/NW

SCHOOL OF NURSING—The school of nursing is currently located in Weston Hall but has been a part of NMU's academic programming for 50 years as of 2019.

By Jake Bekemeyer
contributing writer

This weekend the nursing department is hosting two days of festivities to celebrate the success and leadership that the program has brought to campus since its creation 50 years ago.

The department admits 40 students each fall semester and 40 in the winter.

Currently, there are 193 nursing students on campus and none of them will struggle to find employment.

"The only way someone with this degree won't get a job is if they choose not to apply," Associate Dean and Director of Nursing Kristi Robinia said.

The festivities begin with a

symposium exploring autoimmune diseases at 1:00 p.m. on Friday in Reynolds Recital Hall. In conjunction with Race for Relapsing Polychondritis (RP), the Allegheny Health Network Autoimmunity Institute (AHN), and the U.P. Health System (UPHS), three experts will take the stage to speak on the topic.

Dr. Susan Manzi, Dr. Joseph Ahearn and Emily Somers, an epidemiologist from the University of Michigan will be speaking about autoimmune diseases such as AIDS, multiple sclerosis and Chron's Disease and how they spread. The symposium is open to the public and the speakers will be fielding questions, Robinia said.

"Most people are affected by or know someone affected by these

diseases," Robinia said. "This event will appeal to them."

Following the symposium, the program will be in the homecoming parade. They will be easy to find as a representative from Race for RP will be following them in a racecar.

The festivities will wrap up at 9 a.m. Saturday with a public breakfast and open house in West Science, displaying the program's state of the art simulation center, opened in 2017 and other equipment.

"A lot of programs don't have this. [The simulation center] mimics a real person, with a heartbeat, blood pressure—it allows our students to train as close to the real thing as possible," Robinia said.

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EDITORIAL

Therapist: You need to start removing all the stressors in your life.
Me:

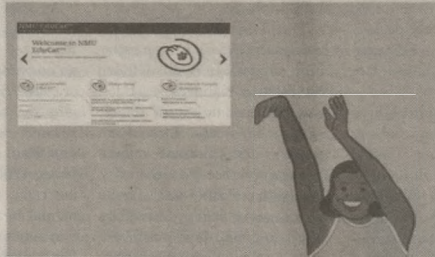


Photo Courtesy of @nmumemes

Mental Illness

Ask for help when you need it

As students with busy class schedules, and possibly more than one job, stress is a common illness factor that is often distracting and can sometimes even lead to depression. And this doesn't just disappear when we get the "gist" of our week or grab onto a routine; it's a consistent thing that always needs to be on the radar in student life.

First, it's important to recognize how much of a load we're able to handle, and everyone's different. A person's previous experience prepares them for the ability to juggle more on their plate. On the other hand, others may not have experienced the same opportunities and therefore take longer to, say, graduate.

At most public universities, only 19% of full-time students earn a bachelor's degree in four years.

The truth is, time is money, and we all know that. So we stress ourselves out because this overwhelming fact takes over our lives and every decision we make.

A lot of stress can stem from lack of sleep as well, and we all know how that goes. But it's a serious element to consider and little sleep can impact our performance and sometimes even give us reasons not to attend class or meetings.

As time moves on and we get older, we witness more opportunity but gain responsibility. So take advantage of what's

offered to you as a student to cope with your current situation and don't be afraid to ask for help. Don't be fooled when a part of you persuades the other half that you don't need it, or that you'll deal with it on your own. This is what the Counseling and Consultation Services on campus is meant for. Services are free to all enrolled students and nothing else is required of you other than your cooperation and honesty.

The office is located on the top floor of C.B. Hedgcock in Room 3405. You can also visit their information page on NMU's website at nmu.edu/counselingandconsultation/home-page. Here you'll find crisis resources and quick links to take you directly to your specific needs. Whether it's stress management or anxiety, everything is worth getting attention.

24-Hour Hotlines

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- NMU Police Department: 906-227-2151
- Counseling/Consultation: 906-227-2980
- Community Mental Health: 888-728-4929
- Suicide Prevention: 800-273-TALK
- Drug/Alcohol Treatment: 800-622-HELP
- Rape/Abuse/Incest: 800-656-HOPE
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THE NORTH WIND

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I'm not made of glass, damn it!



Staff Column
Mary McDonough

When people think of kids out in the world, that picture is nothing out of the ordinary. Small feet trample and trip through grass, dirt and gravel, the world of play. But allow me to add one small detail to this image: small tire tracks. It's a common misconception that those of us who live with physical disabilities have little athletic interest, let alone ability. As only one member of this diverse community, I'm here to show you otherwise.

Growing up, the world was faster than my body could handle. Friends of mine were off exploring the world on two feet while I was still trying to sit up. They were running, I was still at a crawl. But I saw them. Life with Cerebral Palsy (CP) is a lot of playing catch up. In basic terms, the condition is caused by early damage to the brain, causing a mix up of electrical signals to the muscles. So in my case, my brain tells my legs to tighten major muscles in my lower body, making it harder to move.

All of that energy builds up and translates into frustration. I was four years old with a temper that gave my parents a run for their money, and sick of watching everyone out run me. That year brought my first walker, my first steps, the simplest freedom I ever felt, carpet under my toes.

While many try to understand the impact of this delayed milestone, it's hard to explain the kind of passion that comes from that first moment. It's the spark that lights a powerful flame. I ran and tripped, jumped and climbed until my growth spurts made it impossible. Then after double leg reconstruction and more first steps, I'm doing it all again. In that time, I was able to reach out and find the wonderful world that is adaptive sports. Kids of all ages and different disabilities were collected for a full week of sports in a camp specifically fit for wheelchairs. It was intense, it was passionate, it was cathartic. There was this

air of something that can't be captured anywhere else in daily life, total understanding. This was the only place in my life that lacked any physical judgment. I wasn't being watched, poked, prodded or examined. In that gym, my body was nowhere out of the ordinary.

Day to day, many physically disabled people, myself included, go around trying to fit into the world that doesn't fit us. These teams become a haven for so many that still deal with that pent-up energy. Walkers, wheelchairs, anything used in mobility assistance, can be traps. Yes, they bring ease for day-to-day movement. But I cannot tell you how many days I have had where I wish I could stand up and sprint with nothing but the trust in my own body. Yet, to many that see people in wheelchairs, crutches, walkers, you name it, our bodies appear fragile. But look beyond whatever equipment has caught your attention and you'll see an athlete. Someone that goes through a workout every single day just getting around and will still want to go the gym when they get time. Sure, some of us sit down for a lot of the day, but does that mean we'll break if we exercise? Do you think we have

"An athlete doesn't always walk on both feet, sometimes they don't even walk."

our own Olympic branch by being too fragile to be active? No. There are people out there boxing in wheelchairs, fencing, playing rugby and skydiving. An athlete doesn't always walk on both feet, sometimes they don't even walk.

These aren't teams of people with the same disadvantage. These are people with the same passion. That fire, that hunger to move and make their body work for them instead of allowing the disability to set any limits. I went to school as one of the few disabled students placed in an average classroom. Videos of Paralympic athletes were on a loop as I tried to remind myself that I was physically capable of more than just a few laps down the hall. The minute that more able-bodied people can wipe the pity from their perspective watching the Paralympics or seeing disabled people in gyms, the sooner we can close this gap between able and disabled activity a little more.

Dems losing grip and time



Opinion Editor

Jessica Parsons

Talks of impeaching President Trump have been around since he was elected in 2016, when there was believed to be Russian interference.

Currently, "The House Judiciary Committee has begun an inquiry to determine whether to recommend the impeachment of Trump," according to an article in *The New York Times*. So whenever a friend comes up to you and asks if you've heard of "that impeachment thingy," you can simply tell them you are aware that a hearing is taking place.

In other words, the House is running an inquiry into whether to bring articles of impeachment for—so far—three key points: obstruction of justice, public corruption and other abuses of power. More specifically, there are "possible" violations against the Constitution by accepting payments from foreign dignitaries, "alleged" collusion with Russia during the 2016 election, "alleged" obstruction of justice within the Russian investigation and "accusations" of associating Trump with White Nationalism, Neo-Nazism and hatred.

Regardless of these, "we still don't know whether the House Democratic leadership is prepared to ever allow a full House vote on articles of impeachment, no matter what is learned about Trump," a *Washington Post* article read. If it strengthens Judiciary Democrats' legal hand, and some court battles are won, this could build a pretty compelling public case against Trump whether he's impeached or not.

The *Post*'s article continues, "If Democrats lose these battles, and they end up with very little to show for these efforts—even as the leadership is still equivocating about an impeachment—there will be hell to pay."

I think Trump supporters are tired of hearing the word "impeachment" when the reasons why are "alleged," "possible" or an "accusation." (With the latter, we've seen what happened with that for Kavanaugh's "guilty-before-proven-innocent" game.)

I'm not saying there aren't things to consider about Trump that deserve impeachment, but I don't think Democrats are doing a good job exposing a truth they would die believing where there may not even be anything to question. Impeaching a president is a long process, but it's almost 2020. Have they really made their best shot?

Groundwork for healthy dieting



Guest Columnist

Peter Smedley

Veganism has gained substantial ground in recent years. The rising popularity of this diet has created stigmas against a culture largely misunderstood. A plant-based diet is strained by the circulation of memes and jokes and a minority of "hyper vegans" representing the majority. While the ideal state of well-being this group preaches consists of a strict, entirely herbaceous lifestyle, the idea of cutting out meat is hard to swallow for the everyday American. The benefits are worth considering, adjusting diets for over 300 million people is an egregious idea.

Meat is not to blame. In truth, it is a bystander when examining the issue as a whole. The companies responsible for the contamination of livestock and how they are raised, who neglect the proper care for the animals are the true issue. Due to the living conditions and treatment, "the current situation in densely populated livestock farming areas could be regarded as a 'natural experiment' with residents being exposed to potentially harmful bacteria, viruses and air pollutants," according to an American Geophysical Union (AGU) article. The cramped living spaces of livestock are an ideal breeding ground for the spread of diseases that can be transferred to

humans. Sources of food which choose profit over care of their animals must be avoided. In a first world country, accessibility to food is taken for granted. Americans do not consider where food comes from. The pretty packaging and cute mascots are distracting enough to be accepted at face value.

I grew up like most Americans; I did not consider what was on the plate before me. Until I became a competitor in fighting, and eventually a vegetarian for a short time, I thought it was acceptable. Through external influences of my mother, and a friend who had never eaten meat in his

amples can be seen at fast food restaurants, or even in grocery stores. The sheer size of raw chicken and other proteins demonstrate the contamination of these products.

When I first discovered this, my initial reaction was to stop eating meat altogether. While I found this lifestyle manageable, I lost a significant amount of muscle mass within weeks. I could not maintain the minimal amount of nutrition needed in a day. Though it is doable to become a vegetarian or vegan, it requires heavy attention. It is possible to maintain these diets in a healthy manner, but can be unrealistic

in diet. A conscientious mind and research on where the meat and vegetables consumed are coming from can leave a positive impact on personal health.

As college students, it is difficult to control predetermined meals. Restricted to empty pockets and an on-campus meal plan, choices are slim. Still, it is paramount to take the time to consider what is being consumed. Diets are a significant part of overall well-being. When students aren't eating right, negative physical and mental health rates rise. Education about meals on campus is the first step to becoming a healthier student, and learning about the bag of chicken with a cute mascot and pretty lettering is the first step to a healthier America.

Peter Smedley is a Junior, English Writing major.

"What I have found is a balance; a diet is a matter of picking battles."

life, I decided to become conscious of what I put into my body. It did not take long to uncover the brutal and inhumane process of meat. Yet what bothered me most were the injections of steroids and hormones into animals I ate every day.

A quick search for "steroids in meat" brings up millions of results, articles, research and videos about the contamination of the food consumed in America on a daily basis. Steroids are injected into meat to increase the growth, and therefore the portions. Many other drugs and hormones are also injected, and their effects on the products placed on tables are horrendous, according to an article in "What the Health." Ex-

posed to busy people, let alone college students.

What I have found is a balance; a diet is a matter of picking battles. There are specific brands to avoid, but those names are massive companies who bury away their dirty work. They make it incredibly difficult to uncover what it is they are actually producing. Still, there are documentaries, and more resources exist to inform people about what should be avoided. One in particular is "What the Health," where they name multiple companies who fund their own research to create their own results, and companies who use hormones and steroids in their animals. Being healthy does not require a stratifying shift

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, 301 Gries Hall, 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.

'CATS COFFEE CORNER

PHOTO AND STORY BY DENALI DRAKE



'CRUISIN' FOR CAFFEINE

Tires screech to a halt as the smell of coffee fills the air. My heart and my bike pull up to Cruise-N-Coffee on what can be deemed an unusually warm September morning to grab a cup of joe before my (lack-of) caffeine headache kicks in.

This small unassuming mobile coffee drive-thru offers coffee to those who quite frankly hate the taste of espresso. Funky flavors such as caramel silk, no white frost, milky way and nutty Irishman are offered for a more competitive price of \$4.75 each.

I'm no stranger to a latte, I enjoy a hazelnut treat on the weekend, but these candied flavors might take it too far. Classic drip coffee is also offered at a reasonable \$2.39, most likely for the parents of a middle school sleeper who have been dragged to this institution to look the cashier right in the eye and ask for seven liquid-candy-bar specialty coffees to go.

For those like myself who travel by bike, they absolutely serve walk-ups, and the wooden picnic bench outside serves as a unique medium for the customers who wish to sit and sip. Not exactly homework-doing territory but hey, who

actually wants to finish that bachelor thesis at 8 a.m. on a Sunday? Certainly not I.

Perhaps I am too pampered at my regular shops, but the absence of oat milk was felt and deducts major points in my book. The food options are very limited but follow the theme of treats, muffins, croissants and chocolate scones are offered to give you that extra sucrose jolt. This also may be the first coffee station I've been to in Marquette that does not brag about ethically sourced beans which gives the imagination time to wonder what exactly one is drinking.

Located on the corner of North Third Street, this sugar haven might just be the right place for you, so ride by and grab yourself something sweet.

RATING:





Dead River Games kicks off homecoming

Students gather to play in the sand, compete in bonding oriented traditions

By Sarah Hüber

contributing writer

With the sun beating down, tons of smiling and spirited NMU students laughed and cheered as they splattered ice cream onto each other's faces, washed it off in the lake and showed off their athleticism in the sand.

On Sunday, Sept. 15, a large group of students gathered at Dead River Beach from 2 to 4 p.m. to kick off Homecoming Week with the annual Dead River Games. The event was organized by the Center for Student Enrichment (CSE), which also puts on many of the other campus Homecoming activities.

"I was there and was impressed by the turn out and fun being had by the students," CSE Director Rachel Harris said.

Students who wanted to participate in the festivities formed a team with other members of their house, and each house team was set to compete against each other. The two main competitive activities set out for students were an ice cream scoop race and an obstacle course.

At the ice cream scoop race, one member of the house team was elected to stand at the top of a ladder, poised with an entire bucket of ice cream and a scooper. The other team members had to lay on their backs and try to catch at least one scoop of ice cream in their mouths. The team that could get a scoop into each member's mouth the fastest would be the winner — which happened to be Mountain House of Van Antwerp Hall.

"My favorite part is the ice cream drop because it's a competition that's easy and funny," sophomore nursing major Olivia Bailey said.

As for the obstacle course, students participated in a variety of fun activities and conquered them with the help of their teammates. The course began with a wheelbarrow race, in which one player held the ankles of another while that player walked on their hands

toward the checkpoint. The students wobbled as they did so, trying to get to the next phase of the race as fast as they could.

Once they got to the checkpoint, they high-fived their teammate who was already waiting with a baseball bat by their side. This player then had to place their head down onto the base of the bat and spin around rapidly, and then run dizzily to the next player waiting in line.

The next player then had to perform a quick hula hoop routine, and make their way to the next player who would then proceed to begin building a sand castle.

The very last obstacle for students to overcome was a messy treasure hunt of sorts, where students had to dig through a small pool of thick chocolate pudding to find an object. Once it was found, team had officially completed the obstacle course. Whoever completed it the fastest was to be the winner, which turned out to be Concert House of Van Antwerp Hall. Both of the winning houses received cases of the Red Bull energy drink as their prize.

Aside from the formal activities, students also engaged in other good-spirited shenanigans such as dancing to music, playing in the sand, skipping stones, tossing footballs and even throwing each other in the lake.

"I didn't have anything else to do, and I figured it would allow me to socialize with people," freshman psychology major Stephanie Fetty said. "It was kind of like a team-building thing, I participated with Neverland House, and I didn't know any of them, but now I do."

Many students were able to form new connections with their peers through the event.

This year's Dead River Games created a way for students to engage with their community and create a deeper bond with the other members of their house through teamwork and working towards a common goal. It was a successful afternoon of friendly competition and school spirit.



Photo courtesy of Sarah Hart

GO TEAM GO—Sophomore environmental science major Levi Lewis cheers on teammates as they compete against other residence hall houses for a case of Red Bull.



Photo courtesy of Sarah Hart

OFF TO THE RACES—Participants wait for their turn in the multiple step relay race while team members cheer them on.



Photo courtesy of Sarah Hart

SCREAM FOR ICE CREAM—During the ice cream scoop race, teammates drop a scoop of ice cream from the top of a ladder until their teammate on the ground catches it in their mouth leading to a face full of dairy.

Building New Traditions

Resident Advisors Mold Small Communities

Story by Mary McDonough



VAN ANTWERP



MEYLAND



SPALDING



MAGERS



MAPLE



HUNT



BIRCH



CEDAR



SPOONER

The dorm experience is one of those things about college that can stick with people, right behind all-night cramming sessions and the origins of a coffee problem. Here at NMU, scattered between the nine different resident halls are 55 Resident Advisors (RA). These individuals are hand-picked and recognized as a safety for students, when life steps out of the classroom. But outside their basic duties, RAs play a larger role in forming relationships between the other students that they live with. Every hallway is classified as a house, that house holds a specific theme. Some are decades old, some are brand new. Murals cover cinder block walls to reflect the individuality of each community.

Senior political science major Simon Moesch is the current RA in Concert House of Van Antwerp (VA). The atmosphere of his house is something that Moesch can only describe as active.

"The current Concert House is very outgoing, loud, intermingled, a big family," Moesch said. "We put the fun in dysfunctional."

Part of that fun is sophomore graphic design and social media major Branden Zann. While the house is active, Zann explains that the core of the community is really about support among their small living space.

"The people in this house are our biggest supporters. We work very well together at team-related activities," Zann said. "Whatever chance we have to make a banner and root each other on, we're all about that."

When it comes down to the definition of what an RA is, Moesch explains that no two RAs will ever have the same answer. While the job is to ensure every student can be safe, sleep or study, spending day-to-day within a house is much more than that.

"I am directly and indirectly invested in every single one of my resident's lives," Moesch said. "I want to see them succeed academically but also socially, physically and mentally. You see some of their hardest moments but also their greatest accomplishments."

Each of the houses carry a history and with that comes certain traditions. But as time goes on things come and go. Not every house will have the same interests as the last.

Instead of those traditions being the glue among house members, Zann views it more as the simple quality time that builds the relationship.



Photo courtesy of Classic House Facebook Page

WINTER WILDING— Classic House residents, formerly of West Hall, race in the snow during Winterfest.

"These traditions are what help give us a break so we aren't studying all the time," Zann said.

Zann explains that many house residents can often be found on small adventures and activities just day-to-day, be it hammocking, hiking or bonfires. He has faith that many more students will be able to experience the uniqueness of living in a house community.

"I hope that anyone who lives in VA will have the same experiences I've had," Zann said.

As the university continues to grow, there are houses and entire buildings that have been transferred out of a familiar space. This was the situation when West Hall closed down at the end of the fall 2017 semester. This can cause a house's slow growth when everything is starting from

phase one. Junior secondary music education major Will Ragnone was a West Hall resident his freshman year and is now the RA for Misty Mountain in Maple West. During his time as a resident, Ragnone spent time with his RA Matt Scheikart and has tried to carry over some of those qualities as he now tries to build a house community from scratch.

"He just didn't care who you were or what you were doing. He was just super welcoming to me and everyone there," Ragnone said. "He didn't care about the awkwardness of the position. He just genuinely wanted to be there and meet people."

Being in the position now, Ragnone sees his job as making sure that the comfort and well being of his Misty Mountain residents is a top priority.

"I think it all boils down to making sure that everybody in my house feels safe. They feel like it's a home and they have people they can go to," Ragnone said.

Getting a taste of West Hall culture, that was steeped in traditions to something nearly brand new has given Ragnone a unique perspective on the forming of a house community.

"Going from West Hall, I just got smacked with everything at once, it was all there," Ragnone said. "We moved into The Woods and that wasn't established at all or anything. It was important to me to try and start the atmosphere of involvement."

Ragnone explains that the change in building was not only a new environment, but a new space where it became all too easy to shut yourself off in your own space. Opposed to West Hall where it was purposefully designed to make residents to get out and interact, The Woods has slight changes, like hallway corners and locked security doors that make it a different environment.

Since it's only the first month into the year, the building of the Misty Mountain community is still at a slow pace. But Ragnone has already begun to notice steps to progress and residents opening up.

"There is a small group of people that are really interested in the whole being involved thing and there is another group that just wants to hangout," Ragnone said. "They're all just trying to figure out how to be in this community and do school."



Photo courtesy of Simon Moesch

KICKBALL CHAMPIONS— Van Antwerp's Concert House celebrates kickball tournament victory.

Anishinaabe student shows culture through games

By Andrew Lorinser
& Maggie Duly
contributing writer
& features editor

Bazile Panek has been playing Moccasin Games for nearly a decade. Panek, a member of the Red Cliff Band of Lake Superior Chippewa Indians, is now using his experience to educate others during an afternoon of cultural immersion and instruction at Northern Michigan University.

"I learned to play Moccasin Game when I was 10 years old," said Bazile Panek, a sophomore Native American Studies major. "My dad was the one who taught me. I have a vivid memory of him coming home from work one evening, and deciding to teach my sister and me how to play this game. Ever since then, I've been participating in tournaments, weekly game sessions and sometimes instructing others how to play this game."

Center for Native American Studies (CNAS) and NMU's Native American Student Association (NASA) will host the 2019 NMU Moccasin Games on Thursday, Sept. 26. This year NASA and CNAS will feature Panek, president of NASA, and his two guests, Damon and Sophia Panek, who will present Moccasin and Dish Games respectively. The event will take place at the Whitman Hall Commons from 3 to 6 p.m.

The Moccasin Game was traditionally played by groups of Native Americans navigated by elders. In simplified terms, one player hides a common object in one of several moccasins so others can't see. Then the other player has to guess which moccasin it's in. There are various adaptations.

Bazile's father, Damon Gizhibide Aanakwad Panek of the White Earth Band of Ojibwe, and his sister, Sophia Panek of Red Cliff, will join him from



Photo courtesy by Andrew Lorinser

TEACHING EACH OTHER—From left Bazile Panek practices Moccasin Game with Grant Latham, Dr. Martin Reinhardt and Anthony Cergnul of the Native American Student Association (NASA).

Wisconsin to further educate students, faculty and the community on traditional ways and different Moccasin Game variations.

A casual educational introduction to culture through competition and entertainment will be facilitated by the Paneks. NMU students, faculty, guests and the public are welcome to learn and play traditional games of the Anishinaabe people of the Great Lakes.

"Through this game, I've been able to connect to many different elders," Panek said. "Playing with elders in different communities has been very beneficial to my knowledge of the game and how it's played, as they have an immense amount of knowledge about the game, and they're really good at it."

Moccasin Game was played in the area for entertainment, healing, resolving disputes and in trade.

"Traditionally, as I've heard from my elders, this game was played by men," Panek explained. "This created an accepting space for men to interact and create a positive rela-

tionship with each other. This also created the environment for young boys to connect with older men and in turn, learn what it means to be an American Indian man. These young boys learned to be attentive, delicate, conscious, how to laugh, how to heal and many more life lessons."

Sophia Panek will present Dish Game to further diversify the traditional games. Bazile adds students, faculty and community members should come prepared to have a great time and learn a lot.

The CNAS and NASA community provides interactive celebration in traditional and contemporary Indigenous culture with music and drumming. Junior criminal justice and Native American Studies major Anthony Cergnul is vice president of NASA and, alongside Bazile Panek, helps organize similar cultural events for the community.

"We are a registered organization open to both Native and non-Native students and community members," Cergnul said. "We do have very active community

members from the area in our organization as well as students of various ages and backgrounds."

After feeling disconnected from his native background of Cherokee, Cergnul became more involved in the CNAS and started his position as vice president of NASA this semester.

"I initially joined NASA to reconnect to my heritage," Cergnul said. "It was a way for me to get

actively involved and helping facilitate these different programs here in the community and on campus to kind of have that piece of home here, and if you don't come from that background [NASA helps] to be able to experience some of our culture."

This event is free and organized by CNAS in collaboration with NMU's Native American Student Association.

JANET MOCK

•••••

American writer, television host, director, producer,
and transgender rights activist



Tuesday, September 24 | 7 p.m.
Northern Center Ballrooms
Students - Free with NMU ID | General Public - \$2



Photo courtesy of Andrew Lorinser

NATIVE GAMES—Bazile Panek (center) with David Sam of the Mille Lacs reservation (left), and Marvin Defoe from the Red Cliff Reservation (right) play Moccasin Game.

Behind the scenes: Northern Lights Dining

Looking into everyday operations, making recipe adjustments, listening to feedback

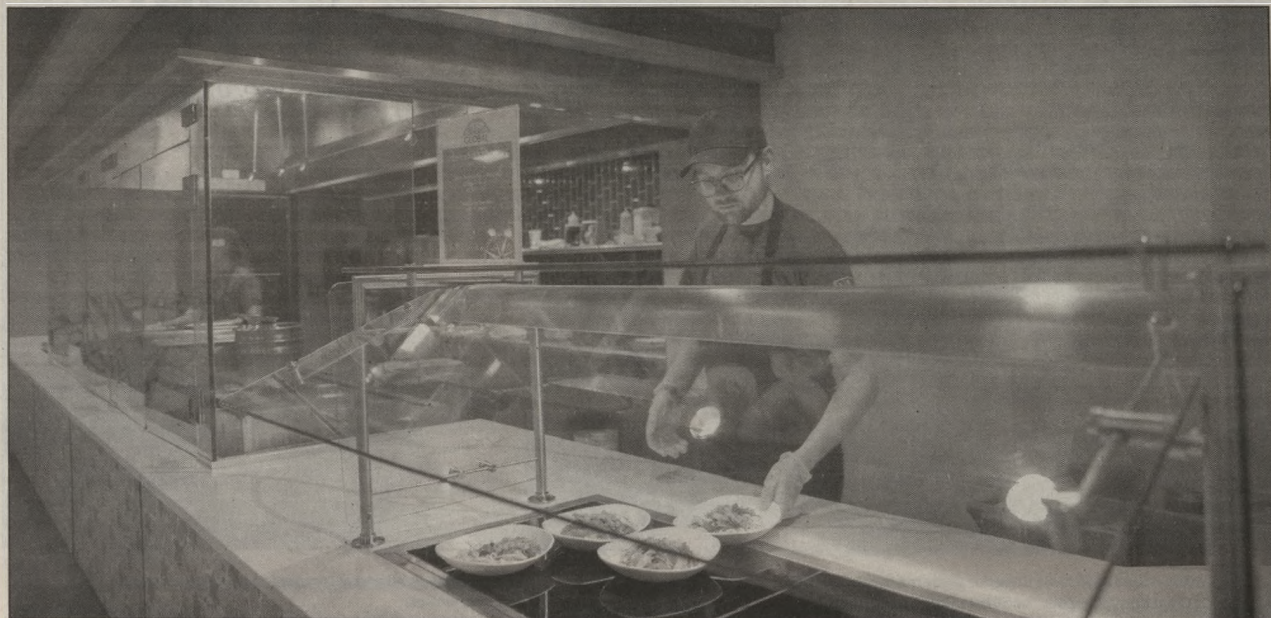


Photo courtesy of NMU Marketing and Communications

HANDS ON EXPERIENCE—Students employed by Northern Lights Dining are provided the opportunity to work alongside professionals to prepare meals for the community and fellow students. The Global station, pictured above, features many internationally inspired dishes.

By Maggie Duly
features editor

University students have the luxury of walking through a building or across the quad when they're ready for a meal. Granny swipes their ID cards and then they're presented with several carefully crafted choices no matter what time of day. It can be difficult to imagine all the time, effort and countless hours of planning that go into functionally operating essentially a restaurant that feeds over 5,500 people daily. However, there is a precise system formed of trial and error that shapes Northern Lights Dining (NLD).

In the NLD there is a hierarchy to ensure that day-to-day operations run smoothly. Associate Director of Dining Services Paul Schoonveld supervises the whole process often on the floor at the dining hall overseeing the operation management and culinary teams.

"Since the time I was seven, I have wanted to work in food service, with food, with people," Schoonveld said. "The university setting is a great place. It's pretty much like we run 10 restaurants everyday down here which is great."

There are three operation managers, Dan Lynch being one of them. The culinary team is broken down between Food Service Specialist (FS) 2 and 3. There are two FS3s that are the lead cooks, one of them being Eddie Hurley. The FS2s work in the back of the house assisting in the cooking operations while the FS1s work in the front of the house doing things like replen-

ishing the condiment bars, drink machines and desserts.

"I would say that the culinary program that we have in our department is as good, if not better than a lot of the local restaurants," Schoonveld said. "We've got a phenomenal team and I think that's what brought me in and keeps me rolling and motivated."

Each of the staff members do their part to make certain students are provided with many healthy and appetizing options for each meal. If that takes some adjusting, the managers and the culinary team are happy to do it.

"The menus aren't totally created by the management team specifically," Lynch said. "We're not always the ones out on the floor working hands on so we get a lot of information from our cooks like what dishes work, what doesn't work, what needs to be changed and how can we make it better."

The dining hall menu runs on a four-week cycle. After the fourth week, the meals start back on week one. However, the team is able to avoid being repetitive by making adjustments to meal that didn't work well, removing less popular recipes and repeating the big hits.

"Our goal is to make it that you can't decide what you want to eat on any one given day," Schoonveld said.

Lynch has worked in my food service jobs, most recently at the retail locations Temaki and Tea and Fieras. After originally graduating from NMU, Lynch went back to school to get another degree in Hospitality Management.

"Our goal is to make it that you can't decide what you want to eat on any given day."

— Paul Schoonveld
associate director of
Dining Services

"Throughout the semester well try to do some operational enhancements, bring back things, maybe a recipe that requires a little more labor," Lynch said. "We

start with a pretty small student team and it kind of builds as we go throughout the semester. Once we get to that point where we're doing okay, we can start adding stir fry bar in or omelette bar, just do things the students like to see."

The whole dining team strives to provide what the students want. They rely on feedback in order to adapt the best they can.

"We meet with the food advisory board, which is a group of students in the dorms," Lynch said. "We meet with them monthly, they kind of give feedback about what they're hearing. A lot of that feedback has a major impact on our menu."

Lynch, FS3 lead cook previously worked in the Michigan State University dining service operation before coming to NMU and starting

at Temaki and Tea in 2017.

"We took some time during spring break, our management team sat us down and said, 'What can we do to enhance our production and give the kids something new?'" Hurley said. "So we sat down as a team and put some ideas down to end last semester on a bang. That's one way that our team contributes to formulating our menus."

Schoonveld said the dining team "puts a lot of weight in experience." Many of the culinary experts on staff have exposure to national and international operations at various restaurants.

"We work really closely; it's not just a one man show. It's a team effort all the way around," Lynch said.



Photo courtesy of NMU Marketing and Communications

PASTA, PIZZA, OH MY—The 46 degree North station features various types of pastas and pizzas everyday offering something different than the next.



Three trolls who love Superior's rolls

Marquette surfers talk waves, weather and more



Photo courtesy of Liam Kaiser

CATCH A WAVE—Surfing in Lake Superior presents more challenges than ocean surfing, as lake waves are shorter lived and accompanied by a large amount of wind. McCarty's Cove and "The Zoo," or Sunset Point at Presque Isle, create the ideal breeding ground for rideable waves.

By Jackie Jahfelson
editor-in-chief

Once the Indian summer sun finally sets and beach days come to an end, hurricane gales shortly take over on Lake Superior. Some people scavenge inside their homes to dive under the flannel-themed covers for warmth, away from the hazardous turmoil thrashing outside. But some like NMU student Elliot Kennedy suit up in wetsuits, gloves and boots and grab their 6-foot surfboards to mount upon Superior's turbulent crests.

Surfing is hot in a cold territory like Marquette. What started out as just a few people floating on their boards at McCarty's Cove has flooded into the Marquette community, attracting crowds of surfers on some of the stormiest U.P. days.

"There's something about it when you're out there that just makes you feel connected to nature and the outdoors because you are floating and bobbing up and down with the water," Kennedy, junior digital cinema major and marketing minor said. "Waves are waves, and they're beautiful, and people have found a way to use them to our benefit. There's no purpose to it other than it makes your soul feel good."

Typical surfing conditions in Marquette usually require strong winds and this happens between October and March, where the more volatile weather brings forth wave-producing low-pressure systems. Surfable waves can reach 10 to 12 feet high, but most waves generate a height of 6 to

8 feet, according to Down Wind Sports' website.

Kennedy, along with junior nursing major Chloe Gagern and community member and seasoned surfer Tyler Hellner, ride Superior's waves any time the waves are large and consistent. But like with many other activities in the U.P., it all relies on the weather.

Waves have to constantly be breaking, Kennedy said, who will swim out past the breaks to see where the best waves are located. Then he'll paddle in while a big wave approaches and lay down on his board. It's all about fate, Kennedy said, sometimes you catch them and sometimes you're flipped under the water.

"You can catch one wave in a session of two hours, and it will be so worth it."

— Elliot Kennedy
junior, digital cinema major, marketing minor

"If you do [catch it], you ride for five to 15 seconds and it's amazing," Kennedy said. "You can catch one wave in session of two hours, and it will be so worth it."

Anytime the waves are calling,

Kennedy is out there, he said, adding, he even went one time at 7 a.m. before his 9 a.m. class. Even if he's just riding the waves, he lives for any moment to be in the water, Kennedy said.

"One thing about Lake Superior surfing is it's more about the adventure than the waves," he said. "I've probably caught five in a row ever. But I love it."

Marquette surfers usually go to "The Zoo," which refers to the rocky shore at Presque Isle, mainly because it has the best conditions for surfing, Hellner said. This hot surfing spot is located upon entering the park, where people turn left, drive until Middle Bay and park at the Lake Superior Watershed house. The 29-year-old from Stevensville, Michigan, said the rocks break up the waves in certain spots and surfers need to paddle far enough out in the water without being thrashed by incoming waves.

For 11 years, Hellner has ridden waves from the Great Lakes, the Atlantic Ocean to the north shore of France. But Hellner said he prefers Superior.

"I have a weird relationship with Lake Superior because Lake Michigan is a big softy, it doesn't seem like you'll die. But Lake Superior scares me a little bit. It's always cold no matter what, you can still die of hypothermia anytime of the year," Hellner said. "[But] it's the best lake to surf on, because it's so deep, cold and big."

Fall is probably the best time to grab the paddle board, Hellner said. The colder water temperatures and strong autumn

"The weather is like crap...It's gray and scary, and I've got my mittens and boots on, and I feel a little ridiculous, but here I am."

— Chloe Gagern
junior, nursing major

winds create the best crests and it's much more difficult surfing in the U.P. than it is anywhere else, he said.

"It's a really good workout and it's a lot of fun. It's a unique experience to just be picked up by something; it's an infectious feeling," Hellner said.

The "Widow Maker"—a big boulder the size of a car—is a surf-board breaker at The Zoo, surfers should be aware of, Kennedy said, adding, it's important for anyone who's not as experienced surfing on Lake Superior, understand the conditions and all the other rocks out in the lake.

"You can watch videos all the time, go out on calm days, paddle around and get strong but nothing compares to being in it when it gets like that," he added. "It's overwhelming sometimes, getting hit by freezing cold water."

Gagern said she uses the website MagicSeaweed.com, which gives a surf forecast, along with monitoring the water through the Great Lakes Conservation Corps' web cams. The best days to surf are usually the worst days, and it's vital you're a strong swimmer, Gagern continued. Though Gagern trained as a

surfer in British Columbia two years ago, catching a wave on Superior is an ultimate test, and not a joke, she said.

When Gagern transferred from Grand Valley State University last semester, she wanted to get right back into surfing. And this past spring, Gagern went out to The Zoo and jumped out from the rocks and all she could think was, "I shouldn't be here."

Even though it can be dangerous, there's a stress-relieving nature to it, she added.

"I think it's the wild aspect of it I enjoy most. The weather is like crap and usually people are inside being all cozy and there's us, jumping in the water. It's gray and scary, and I've got my mittens and boots on, and I feel a little ridiculous, but here I am," Kennedy said.

When other students are cozzied up inside complaining about the treacherous weather, there are those who surf and take advantage of the 30 mph winds, Kennedy said.

"If there's waves, I'll probably skip work if I can or not do homework," Kennedy said with a sly chuckle. "If I could go surfing every day, I would."

SPORTS BRIEFS



Women's Cross Country

NMU Women's Cross Country traveled to East Lansing to compete in the Spartan Invitational hosted by Michigan State University. Even facing five NCAA Division I programs, the ladies didn't disappoint, taking sixth overall and second among NCAA Division II teams.

Senior Katelyn Smith led the Wildcats with a 22nd place and a time of 22:31.8 on the 6K course. Freshman Madison Malon finished second on team and 32nd overall for a time of 22:44.3.

Other top finishers for Northern included junior Ellise Longley, who finished with a time of 23:24.9 and in 59th place overall, and senior Hannah Torvi finished in 81st place with a time of 23:50.1.

The Wildcats now have this week off before they travel to St. Paul, Minnesota to compete in the Roy Griak Invitational, hosted by the University of Minnesota on Friday,

Hockey

The NMU Hockey team has high hopes for this season, as they are ranked fourth in the Western Collegiate Hockey Association (WCHA) preseason coaches poll. The Wildcats are ranked behind Minnesota State-Mankato University (MSMU), Bowling Green State University (BGSU) and Bemidji State University (BSU).

Northern is ranked third in the WCHA preseason media poll, behind MSMU and BGSU, while being ranked above Michigan Tech.

The Wildcats will be led by senior captain Philip Beaulieu, who was named by both coaches and the media to the Preseason All-WCHA team. Beaulieu also received votes for WCHA Preseason Player of the Year as well, as he is expected to have a big season for Northern.

Northern Michigan opens up its 2019-20 on Friday, Oct. 11 and Saturday, Oct. 12, when they host the Michigan State University (MSU) Spartans.

Wildcat of the week



Photo courtesy of NMU athletics

KING LEADS OFFENSE—Freshman running back Tyshon King led the NMU backfield for the second straight game with nine carries for 99 yards and two touchdowns. He now has three touchdowns in his young career and looks to add to that total when the Wildcats host Davenport University (DU) this weekend.

Just keep swimming

NMU swimmers ready to dive into 2019-20

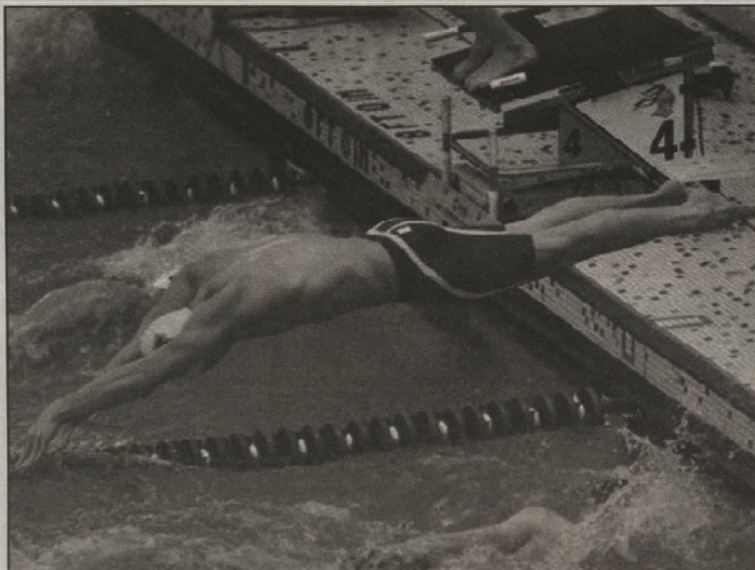


Photo courtesy of NMU Athletics

REPEATING SUCCESS — After a great 2018-19 season, the Wildcats have high expectations this year.

By Sadie Brink

contributing writer

Last season the Men's and Women's Swim team went to the NCAA Division II championships. The Men's team finished 18th of 32 teams while the Women's team finished 14th of 35. Since then, both teams have lost some talented swimmers, however Coach Heidi Voigt said she is really excited about this upcoming class.

"We're going to pick up where we left off, we took a big group to NCAA championship," Voigt said. "I think we have a really good chance to take that or more and to place a little higher."

Coach Voigt was confident in

practicing for the week.

"First practice was the fourth day of school so our season is pretty long, this preseason we've been working on technique, each week getting stronger and stronger going to the weight room," Voigt said. "Right now, we are training over 18 hours a week."

The team is now preparing for the Green and Gold Meet coming up at 10 a.m. on Saturday, September 21. Following that meet, they will host Findlay on Friday, Oct. 11, and Saturday, Oct. 12. Voigt is eager to see her team vie for coveted travel roster spots.

"This will be the first time

dual meet on the road against University of Wisconsin-Green Bay (UWGB).

Following those two meets, after taking on each other in the Intrasquad Meet, they head to the GLIAC Championships on Wednesday, Feb. 19 through Saturday, Feb. 22 in University Center, Michigan, hosted by Saginaw Valley State University (SVSU). Hopefully this will not be the final destination for NMU, as they compete to end their season at the NCAA Championships from Tuesday, March 10 through Saturday, March 14 in Geneva, Ohio.

Coach Voigt talked about her goals for the season, and she said it was mostly about the culture.

"Maintaining positive team culture, not only conference level but on the national level," Voigt said.

As the team prepares for their Green and Gold Meet this Saturday, they hope to bring the team back to where they were last season, and even a step further.

"I think we have a really good chance to take that or more and to place a little higher."

— Heidi Voigt
head coach, swimming and diving

talking about this year's upcoming team, and she is expecting her newcomers to perform well.

"We lost a couple good diving spots, however, we did gain some talented women divers. I am really excited about that," Voigt said. "We also gained three men's divers, so diving is where we made some good gains. We have 11 first-year women who should score and do well right away, we don't have the depth on the men's side but the men we do have should be at the top of the conference if not top in the nation."

Voigt talked about how the team has been preparing for the season, and about the grind of

we will see people in events, not only freshmen, but returners and see how summer went to see what kind of shape they are in," Voigt said. "This meet along with the Findlay meet will be the deciding factors on who is on the travel team."

Following the two meets at home for the Wildcats, most weekends they will be on the road, only returning home one more time for a head to head matchup against University of Wisconsin-Stevens Point (UWSP). At the end of the season, their schedule will be full of tests, the first being held at Calvin College (CC) for the Calvin College Invitational, and then a

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Men's soccer begins conference play

After two close losses, Wildcats host Purdue-Northwest in homecoming game

By Travis Nelson
sports editor

The NMU Men's Soccer team battled its way through two tough matches this past weekend, but they came up on the losing end of both. The Wildcats lost a home game 2-1 to the Lewis University (LU) Flyers in a double overtime thriller last Thursday night, a match that wasn't decided until the 108th minute. NMU then traveled to Grand Rapids on Sunday, and lost 1-0 on a neutral site against the Lake Erie College (LEC) Storm. Even with being on the wrong side of the results, head coach David Poggi found positives that the team can build off for the rest of the season.

"Just the experience, we've got 10 new guys on the team, and some of them are playing regularly," Poggi said. "Looking at these matches, which were good matches, Lewis and Lake Erie are undefeated, both will be regionally ranked, [it's] good preparation for what we have in store for us in the conference."

Along with just true game experience, Poggi also recognized the challenges that their opponents have given them throughout the start of the young campaign.

"Even in the one we won, it was exciting, if we wouldn't have had the football team cheering us in those last few minutes, I don't know if we had enough left in the tank," Poggi said.

The Wildcats went toe-to-toe with Lewis, forcing double overtime against the Flyers, a team that Poggi knew was going to be a tough opponent to play against.

"Lewis is always gonna be good, they're hard workers, and they were undefeated at the time," Poggi said. "Playing at home is a little

different than playing away, and when you're at home you obviously want to do your best, there's that added pressure."

It was also a tough turn around to play against Lake Erie, who is now ranked 16th in the country, and only lost 1-0 after a goal in the third minute by the Storm. Poggi said it was a physical match, and that it is only going to help his team get ready for conference play. Poggi also brought up the parity in the conference, where it didn't matter who played, it was going to be a close match.

NMU now will turn its attention to this weekend, where they host the Purdue-Northwest University (PNWU) Pride on Friday, Sept. 20 as part of this year's homecoming festivities. The Wildcats will then have a short couple of days to rest before they face the Upper Iowa University Peacocks on Sunday, Sept. 22. Sometimes, homecoming can be a distraction for teams, but for this team, who hasn't played in a homecoming game since 2015, they are ready to embrace it.

"I was hired in 2015 and I went to the homecoming here and it was great, a great crowd, the whole experience of homecoming here was magical," Poggi said. "Every year since then, we've been on the road for homecoming, so I don't remember it well enough or have experience of my players here doing homecoming. I think as long as we're focused it'll only be an advantage to play here, and to play two matches, I think we're ready for that."

Kickoff between the Wildcats and Pride will be at 4 p.m. from the NMU Outdoor Soccer Fields on Friday, Sept. 20.

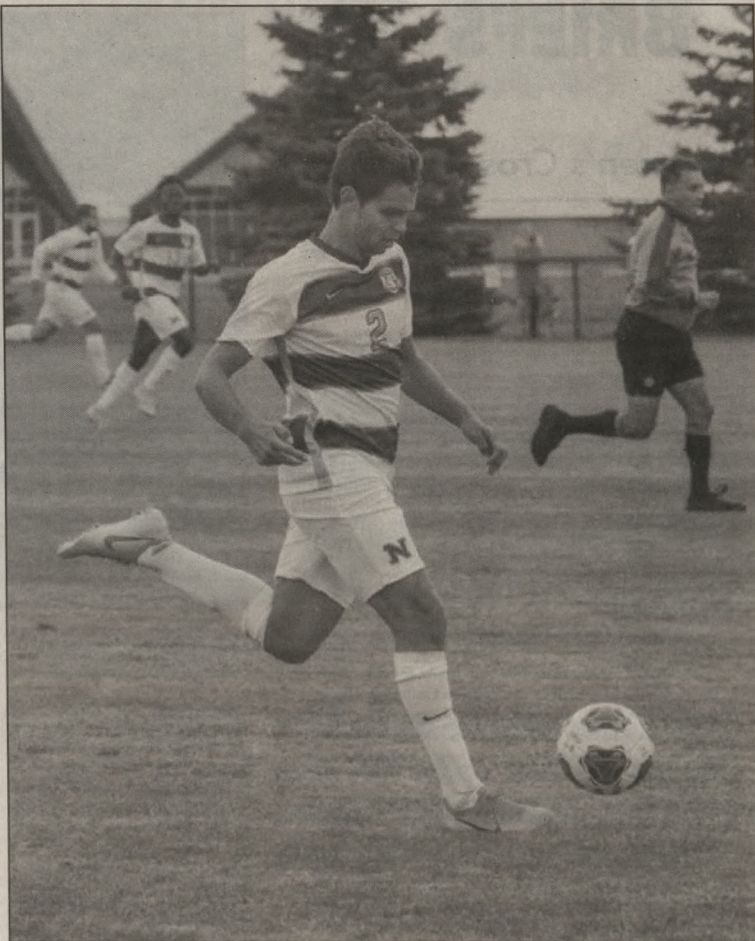


Photo courtesy of NMU Athletics

KICKING BACK—The Wildcats had two tough losses last weekend to Lewis and Lake Erie, now they look to get back on track with homecoming vs. Purdue-Northwest on Friday, and a match Sunday against Upper Iowa University.

Wildcats upended by Falcons, must regroup

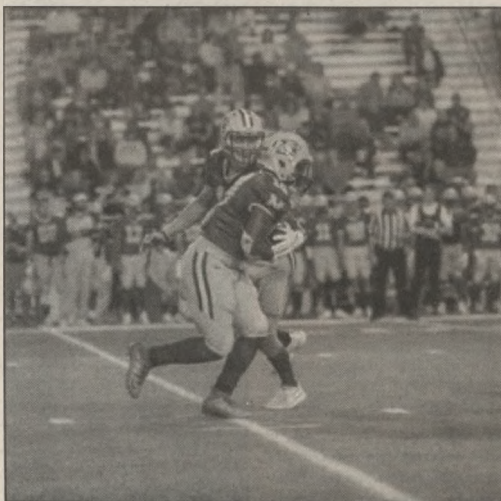


Photo courtesy of NMU Athletics

READY, SET, HIKE—After losing last year's contest 31-30 in overtime, NMU wants revenge in front of homecoming crowd.

By Travis Nelson
sports editor

The Wildcats traveled down to Texas last weekend, and came back with a 40-24 loss to the University of Texas Permian-Basin Falcons on Saturday night. NMU fought until the very end, but were out scored 10-3 in the final quarter, and they dropped to 1-1 on the season.

"We were in the game," Nystrom said. "It was back and forth all the way until pretty much that point that we didn't get in (settled for a field goal instead of a touchdown in the fourth quarter).

Nystrom said that he was disappointed in his team's game poise, and that he needs to simplify things more with his scheme until his team is ready to handle it. The Falcons' offense also gave the Wildcats fits, especially their speed.

"They've got good speed, Permian-Basin's much improved," Nystrom said. "Justin's done a nice job, it's their fourth year in the program since he's had it, so they're playing with seniors in a lot of key spots. They played really well."

Nystrom's defense also was on the field a lot, a whopping 83 plays. That number was too high Nystrom said, it typically should be in the 60s.

NMU will now focus on its first conference game of the season this weekend, when they host the Davenport University (DU) Panthers for their homecoming game. Even though homecoming is a great occasion to celebrate, the football team has it cut out for them in a solid Davenport team.

"They're a very good football team, I think they were sort of the story of the GLIAC last year," Nystrom said. "When you

take a team that I think won one game their first year, they had a nice winning season last year, and they're really a strong defensive team."

Last season, the Wildcats played DU on the road and fell in dramatic fashion, 31-30 in overtime after its two-point conversion attempt for the win was no good. Nystrom is aware of DU's strong defense, and that his team will need to be solid offensively to challenge that.

"We've got to be productive in the phases that they're strong in, and productive in the phases that they're not keen on as much," Nystrom said.

NMU wants to get revenge for last year and win on homecoming to give the community something to really celebrate. NMU and DU square off in the Superior Dome at 1 p.m. on Saturday, Sept. 21.

CATS

Continued from Page 1

eventually it's probably likely [that there will be a breeding population] because there aren't really any barriers to them coming, other than female behavior. And you can look at those western populations, and it does look like they're expanding and growing a little bit, and moving farther and farther east."

Norton said Wisconsin and

Minnesota are getting more verified sightings than in the past as well, but this may be due to the increase in technology available to aid in these confirmations. Wisconsin has had four confirmations this year.

There is an online database where anyone in the state of Michigan can report a possible sighting. Each week, the DNR team receives 10 to 30 reports statewide, most of which do not have any evidence connected with them. Although the DNR receives many falsi-

fied or mistaken reports, some are confirmed via the team's analysis. Possible cougar sightings can be directed to the online DNR reporting system.



WORD SEARCH OF THE WEEK

THEME: Pepsi vs. Coke

U I Q Y O O R U G A U L X Q Q O X L G I
 K M C H E R R Y P E P S I W A R K O C E
 J F U I J G A Y C T C H D J L E N A I A
 E K O C Y R R E H C I S K R L Z Z Z V A
 E K O C T E I D E E R F E N I E P F A C
 Q V T B T P E P S I R A W F N K T P N U
 V F Q I A K B H N Z N M O J A O S E I X
 Y K G C E V R E A D Y E V J V C I P L F
 T H I S P E P L A T S Y R C I U W S L Z
 J T F D O M T Y O P J M B U S Y T I A K
 C A F F E I N E F R E E P E P S I B C J
 Z J Q R I E K O C T E I D N E P S L O S
 R S S K S D V F E L G G M T P W P U K W
 D I E T P E P S I F X O Q P V T E E E I
 F J I E A C X O S O B V E U Z I P C Z N

- DIET PEPSI
- DIET COKE
- COKE ZERO
- CHERRY COKE
- CHERRY PEPSI
- VANILLA COKE
- CAFFEINE-FREE DIET COKE
- PEPSI BLUE
- PEPSI TWIST
- PEPSI RAW
- CRYSTAL PEPSI
- CAFFEINE-FREE PEPSI
- PEPSI VANILLA

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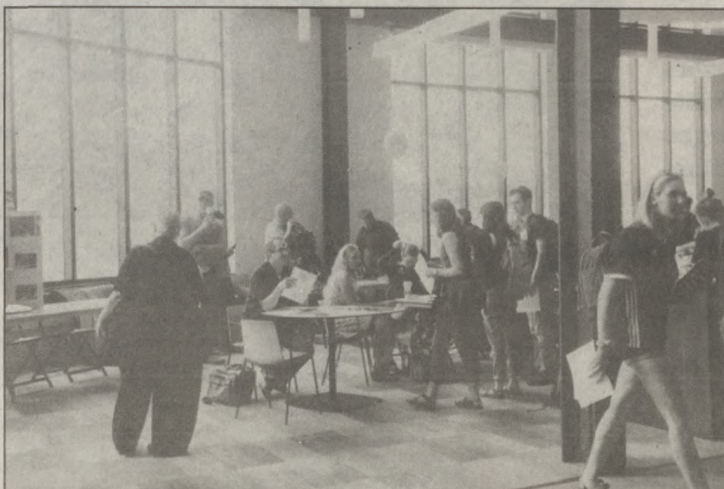
Our favorite posts will be featured in an upcoming issue with your handle!

INSPIRATIONS

Give 'er a good stir
 F*ck you -ity!
 still waiting to hear
 back from @nmu.memes...
 someone tell them
WE NEED FRESH MEMES
 y can guys wake up
 and just be beautiful
 -Jackie
 "in the worlds of Jim..."
 -Mary
 "The bus gets funky,"
 said Father of Journal-
 ism. "It's quite the trip."
 "who was in this pic-
 ture??" -Travis
 "I really like this issue.
 It's full of mental health
 resources and COU-
 GARS!"
 -Akasha
 "OMG how do you
 know everything?" -Mag-
 gie
 Travis is hangin' in
 there.
 "And you know how to
 spell cigarette," -Mary

MEME OF THE WEEK: @NMU.MEMES

Study Abroad Fair



Mary McDonough/NW

IT'S ABROAD TIME—Tuesday's event in Jamrich featured NMU's Study Abroad Fair. Students swarmed with enthusiasm for new opportunities and life-changing conversations.



2019 UNITED CONFERENCE
 SEPT. 23-24

UNITED
 UNITING NEIGHBORS IN THE EXPERIENCE OF DIVERSITY

DIVERSITY IN ACTION

All events are held in the Northern Center

SEPT. 23



FOSTERING A CULTURE OF INCLUSION
 Shamayne Braman
 Diversity Director
 10 am



TRANSCENDING BARRIERS
 Skye Patrick
 L.A. Library Director
 11 am



FINDING OUR PLACE
 Kris Sanford
 Photographer
 1 pm



LOCKER ROOM TALK OR TOXIC MASCULINITY?
 Byron Hurt
 Documentary filmmaker
 7 pm
 Examining male violence within pop culture, across race, class and sexuality and how cis male privilege can be leveraged to create shifts in culture.

SEPT. 24



URBAN FARMING
 Will Allen
 Growing Power
 9 am



FROM NATIVE AMERICAN ASSIMILATION TO REVITALIZATION: STRATEGIES FOR DECOLONIZING A UNIVERSITY
 Theodor Gordon
 Sociologist
 11 am



TRANSITIONING INTO ACTIVISM
 Madeline Wiles
 Grad student, LGBTQ+ activist
 2 pm

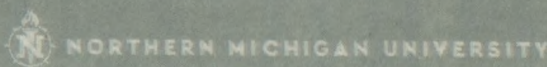


Q&A PANEL
 Janet Mock
 Transgender activist and author
 7 pm
 Sponsored by Platform Personalities. Tickets available at the door: Free for students with NMU ID; \$2 for general public

AND MUCH MORE! COMPLETE SCHEDULE:

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ALL ARE WELCOME TO ATTEND!



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 DeVos Art Museum

