

Wildcats Football team head to Big Rapids to challenge the defending national runner-up Ferris Bulldogs.

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Mushroom foraging season is upon the U.P. forests, this year's fungi is extremely







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NORTH WIND

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GLOBAL STRIKE: Young voices lead climate-change marches, call upon world leaders for green initiatives. call upon world leaders for green initiatives



Denali Drake/NW

PLANET, NOT PROFIT—Ishpeming High School seniors Kyle Erickson (left) and Tyler Larson (right) march for climate, chanting to implement the "Green New Deal." The march took place on NMU campus Friday, Sept. 20, as part of a world-wide initiative to demand urgent action on climate change. A youthful presence led the cause across the globe

By Mary McDonough

copy editor

Over 150 students, professors and community members marched around NMU's campus on Friday, Sept. 20, in support of the growing initiative to combat climate change and was one of thousands of similar protests happening all over the world.

The crowd met with NMU President Fritz Erikson and AS-NMU President Cody Mayer they have to be eaten," Mayer outside of Weston Hall in order to said. "We're trying to figure out a talk about how the campus might be able to move forward with sustainability. Erikson explained some of the larger scale plans in development to help improve the

"We are exploring, involving a partnership with a solar farm to bring more solar generated, renewable energy to campus,' Erikson said. "There are groups

working with these issues."

Mayer addressed questions about the amount of leftover food in dining facilities and how that might be able to help the larger community, but he explained there are more complicated de-

"We looked into it in the past, trying to give excess food to the local homeless shelters. But there's a certain time period between when they're served and when way to still make that work."

Junior political science major and NMU College Democrats President Rebecka Miller took charge in organizing the strike. But she said that even with such a large turn out, the march on campus was one piece of a much larger puzzle.

"It felt amazing to see so many people come out in support of the

Green New Deal and in support of green initiatives. We honestly thought only 20 people would show up," Miller said. "We began working on this as a group for a few weeks but people and young activists have been working on organizing these strikes for years."

While many had concerns that had more to do with campus sustainability, the march itself held a larger focus on the Green New Deal. While the bill seeks to change many different processes to make them more sustainable, its largest goal is to lower the dependency on fossil fuels and reach ero greenhouse gas emissions by 2050. Voting on the Green New Deal began in March. Michigan Democratic Sen. Gary Peters abstained from the vote.

Sophomore political science major Matt Fahey attended on behalf of the Green Coalition, a student organization working

"It felt amazing to see so many people come out...We honestly thought only 20 people would show up."

> - Rebecka Miller NMU College Democrats president

to show sustainability across all fields. Fahey explained that one of the main purposes of this march was to push Peters toward

"[Peters] is straying further and further from the policy. He said he wants a version of it but we just don't have that time," Fahey said. "We want change."

Among the protesters was freshman biochemistry major Emily Brewer, who wanted to point out to Peters that the benefits of the

Green New Deal outweigh the

"It needs to be looked at as a long term investment rather than short term cost," Brewer said. "It's a very pressing issue that needs to be looked at as soon as

Aside from the calls for Peters to support the bill was also a push for a carbon tax.

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Cat Packs feed NMU charter academy

By Adan Mulwaner &

Akasha Khalsa

contributing writer & news editor

NMU Cat Packs is entering its fourth year of feeding children in the Marquette community by providing them with weekend meals.

This volunteer program is run by NMU's Volunteer Center and Salvation Army, and the volunteers who participate are mostly connected to NMU, but also include community members.

Cat Packs provides about 70 students at North Star Academy with

meals each weekend. The packs include three dinners, two lunches, two breakfasts, as well as some snacks. The makers of these packs focus on providing fresh fruits and veggies and easy-to-prepare meals for the kids, senior economics major and Superior Edge Volunteer Center Coordinator Sarah Head

"I love it." Head said. "We're impacting a lot of kids in our community who are facing food insecurity in their day-to-day lives.'

Rachel Harris, Director for the Center of Student Enrichment, agrees with Head. She has been with the program from its beginnings and has watched it grow in

"We heard teachers say when we first started doing the packs, even high school kids were crying, they were so relieved. The stress that was taken away from [the students] was tremendous and they look forward to Cat Packs," Harris said.

Students receiving Cat Packs all qualify for free or reduced lunches and fall within the K-12 age range. Many of these students are members of the same families, so certain families might receive two or three Cat Packs depending on how many students they have at North Star at the time. North Star Montessori Academy is a public school chartered through NMU.

"That's why Northern has a unique connection to it," Head

Many Northern students currently spend their Wednesday afternoons focusing on providing for the K-12 school by making up the packs of food.

"We're providing an impact directly on the students and families who are receiving the packs," Head said. "As well as giving Northern students and greater Marquette community members the opportunity to take part in giving back to

Cat Packs are made at 3 p.m. every Wednesday at the Salvation Army. Cat Packs began in 2015 as the pilot year. It began as a soft pilot program and provided approximately half the number of packs that it now does. After it secured funding for the program, it now meets the full need of the school, Head said.

"We've definitely reached our max potential at this point," Head

The funding for Cat Packs does not originate with NMU, but with grants from the community. Grants provide the food and supplies needed for the packs.

These grants include support from the Community Foundation, all of the three rotary clubs in Marquette and the Lions Club, Head said. Cat Packs purchases their food from Feeding America and

works closely with the Marquette Alger Regional Educational Ser-

"[Cat Packs] is actually a Salvation Army program, but NMU does the day to day operations. Salvation Army lets us use their facility we store our food here, we pack our food here we couldn't do it without them for sure," Harris explained

Senior secondary education integrated science major Catherine Boileau was volunteering for the first time at Cat Packs this Wednesday, Sept. 25. As a member of the Student Leader Fellowship Program, Boileau said she has the goal of organizing volunteers for charities this year and brought seven people from Campus Crusade for Christ (CRU).

"It's about the kids, you know," Boileau said. "It fills a gap. When kids go to school and get free and reduced breakfast, free and reduced lunch, that fills them for five days but then over the weekends they don't have that. That can really impact their development and their happiness, and their mental, psychological stability. I just really care about them and want to make sure that kids can eat."

Cat Packs will appear at the Tapping Into Local Food: Food Insecurities panel on Thursday, Oct. 3, at the Ore Dock Brewing Co. to discuss their impact on the com-



CATS AT WORK—Volunteers bag sandwiches for students at NMU's chartered public school during their packing session on Wednesday Sept. 25 at the Marquette Salvation Army.

BOT raises Erickson's salary

By Jackie Jahfetson editor-in-chief

At a recent Board of Trustees (BOT) meeting, NMU President Fritz Erickson's salary was increased by 2% and he received an additional performance-based bonus to reward the achievement of his goals.

In an approved executive committee recommendation, Erickson's salary increase was brought up to \$392,700 and the bonus totals \$38,500.

When 13 of Michigan's 15 universities are seeing enrollment declines, NMU has shown growth with its "cuttingedge academic programs," pioneering laboratories and topnotch facilities, and all of those accomplishments depend on strong leadership, NMU Board Chair Robert Mahaney said in

"He set goals for himself and the institution, and he is accountable for those goals," Mahaney said. "We're pleased with the success we've seen, and part of our commitment to him is to reward him for achieving those goals."

"When you have such amazing students, and the kinds of commitments that they have... it's just a delight to be a part of this community."

> Fritz Erickson NMU president

The accomplishment reflects students' accomplishments and the campus-wide initiatives from faculty and staff, Erickson said in a North Wind interview.

Though Erickson said he feels grateful that the BOT recognizes his efforts, he hopes to continue the momentum the university has showcased in the past few years.

"We really accomplished quite a little bit to develop a real culture of innovation of thinking forward, finding ways to do things in exciting ways. The attitude of the university is one of very positive, high power," Erickson said. "It really is gratifying to see that."

NMU has so much opportunity to keep moving forward with many innovative ideas coming from faculty and staff, Erickson noted.

Located in the center of the U.P., the university has a standing connection with giving back to the Marquette community and the entire peninsula, and Erickson said he hopes to continue those efforts.

"We say it all the time, 'It's a great day to be a Wildcat.' [But] it really is," he said, adding, "When you have such amazing students, and the kinds of commitments that they have and passions, it's just a delight to be a part of this community."



Pot of gold: crafting cannabis

By Rayna Sherbinow

contributing writer

Cannabis Chemistry & Regenerative Agricultural Farming Techniques (CCRAFT) is a new organization at NMU.

"The organization was created to provide students with relevant learning and experiential opportunities that the school does not provide, and that many students don't already have," CCRAFT member Mike Fishman said in an email.

The group meets to hold discussions and listen to podcasts about botany and cannabis. CCRAFT has plans to hold more

"We are focusing on creating opportunities to get experience with gardening and agricultural techniques We are attempting to set up opportunities for esteemed members to go to cannabis conferences or symposiums in the future, as well as private and pubic foraging forays," Fishman said.

The group meets once a week, although the exact times and locations vary. Email mfishman@nmu.edu for information.

THE NORTH IIIIND ON AIR



A brand new partnership with Radio X WUPX 91.5 FM HD-1, Marquette

Fridays 8-9 a.m. with host Jackie Jahfetson

Theater, dance to split off

CAPS department loses performance arts



HISTORY OF GRANDEUR—Dwight Brady (far left), Professor of multimedia journalism, stands with student ners of broadcasting awards earlier this year.

By Akasha Khalsa

news editor

The Communication and Performance Studies (CAPS) department will be splitting into two separate departments, following a Board of Trustees' decision to go ahead with the change during their meetings on Sept. 19 and 20.

Even though the board has kind of given its sanction to create this new department, there are still a lot of the details in flux," CAPS Department Head James Cantrill said. "This is a good move, and its time has

The large CAPS department has contained many different components over the years. Through its historical legacy of 50 or 60 years, Cantrill said there has been a great deal of growth. The varieties of "speech" as it used to be called. included broadcasting, theater, public relations and perfor-

"They're compatible, and this has worked, but there really was a desire to have the theater and dance kind of carve out their own little identity, their own niche." Cantrill said.

The new department being formed will be known as the

Dance, and will likely be headed up by Assistant Professor and Forest Roberts Theatre (FRT) Director Bill Digneit.

Cantrill, Digneit and the Dean of Arts and Sciences Robert Winn still have to work out many of the details of this departmental split, but currently there is enough certainty that the change will occur that they're willing to put information about the process out there.

This change was prompted by two things, these being "solid thinking" on Provost Kerri Schuilling's part, and ideas from the faculty in theater and dance themselves, Cantrill said.

"It really was one of those top-down, bottom-up kinds of things," Cantrill said.

Cantrill described the time his department brought Digneit on as the FRT director as a watershed event for theater and dance. Now Digneit has the "Herculean task" of managing this departmental split as well as running the FRT.

"[Digneit] infused a lot of new ideas, a lot of enthusiasm. infectious enthusiasm, that crystallized into a variety of possibilities." Cantrill said.

Although the current CAPS department will be reduced by about half as far as the numbers

Department of Theater and of students and faculty, Cantrill assured students that it is an amicable parting. The two departments will still be co-located in the Thomas Fine Arts building, and there will remain a great deal of collaboration and camaraderie between the two. For the short term, they will provide joint services such as the executive secretary, hiring processes and payroll.

The name of this reduced department has not yet been decided, Cantrill said.

In addition to theater and dance breaking off to its own department, public relations has split off and moved over to the College of Business. Communications and multimedia programs remain in the former CAPS department.

"Most students will not see a great difference from just the creation of a new department," Cantrill said. "It's going to be more of the logistical things in the background."

A great deal of these logistical changes involve the modification of existing and creation of new bylaws, as well as creating policies about how to handle scheduling, resources and sharing of proprietary space between the split departments.

"Once we get past the little problems that come with division, I think this is going to be a good thing for everyone involved." Cantrill said.

The speed of this change will depend on many units across campus, including finance, the multimedia department, the Dean of Arts and Sciences, the Provost and the creation of bylaws. For the moment, the CAPS department's previous bylaws are still in play to handle sabbatical applications and promotions, but the new Department of Theater and Dance's bylaws are well on their way, Cantrill said. He is currently working on pulling out the many things in his department's bylaws associated with theater and dance activities.



CAPS COMMUNITY—Communication Studies Instructor Sara Potter (fai left) gathers with NMU students.



STATE NEWS Cops fired over racist video

Snapchat played a part in the firing of two Detroit cops, Gary Steele or Michael Garrison, earlier this year. A video on Steele's account showed him taunting an African American woman whose car he had impounded in a traffic stop, causing her to have to walk home in the snow. Steele was recorded saying "priceless" and "bye Felicia" with the caption "what black girl magic looks like." The decision not to file charges against the two cops involved came through on Tuesday, Sept. 24.

NATIONAL NEWS

Trump has more troubles

Many are calling once again for the impeachment of President Trump after the White House released a reconstruction of a July 25 call between Trump and Ukranian President Volodymyr Zelensky in which Trump pressured Zelensky to assist in his own politics. Trump told Zelensky to work with U.S. Attorney General William P. Barr to investigate allegations against Democratic candidate Joseph Biden and encouraged the Ukraine to open an investigation into Biden and his family.

WORLD NEWS

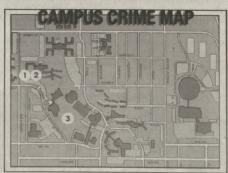
Woman found guilty of defamation

Sandra Muller, the French journalist who is credited with kick-starting France's #MeToo movement, was found guilty of defaming the person she had accused of harassing her. She called out media consultant Eric Brion, who she said told her at a social event, "You have big breasts. You are my type of woman. I will make you orgasm all night."

Brion did not deny the allegations about what he said, but he sued her for defamation with the argument that he had not sexually harassed her.

WEIRD NEWS Area 51 stormed by nerds

Area 51 was attended by internet geeks on last Friday for the "Storm Area 51" internet sensation. The incident involved at least two people being detained by sheriff's deputies. It also caused the formation of festivals in Rachel, Nevada, and Hiko, Nevado, both located near the military base. It is estimated that approximately 1,500 people showed up at the date and more than 150 people walked to the gate. Sheriffs had to allow people to get up to the gates, as the land was public.



- 1. Violation of controlled substance act was reported at 9:51 p.m. Sunday, Sept. 22, in Meyland Hall.
- 2. Minor in possession was reported at 1:35 a.m. Sunday, Sept. 22, in Meyland Hall.
- 3. Larceny was reported at 3:45 p.m. Sunday, Sept. 22, on

NMU hosts genetics symposium

contributing writer

Faculty members and students will come together to discuss the great importance of medical laboratory sciences right here on NMU's campus.

NMU will host the first annual Medical Laboratory Sciences and Molecular Genetics Symposium on Thursday, Sept. 26 through Sept. 28. The event will include numerous activities and presentations by NMU graduate students, alumni and faculty members. It will mainly take place at the Northern Center in Ballrooms III and IV, and has other events happening in Whitman Hall, Jamrich Hall and West Science

Hosted by NMU's School of Clinical Science (SCS), the main purpose of the symposium is to raise student awareness about medical laboratory sciences and career opportunities, said Matthew Jennings, NMU's SCS assistant professor and Clinical Molecular Genetics Graduate Program director.

This free symposium offers opportunities to current students in the clinical sciences [and] is open to students whose

high school students and their parents," Jennings said.

Other speakers include academics from Lake Superior State University and Michigan Technological University, professionals from Mayo Clinic, Marshfield Clinic and UPHS-Marquette and keynote speaker

and provides a workshop for to an aging population and an aging workforce," Jennings explained.

Through the symposium, NMU aims to get young students more interested in the clinical science careers, thus satisfying the growing medical needs of today's society.

"Clinical sciences offers a vari-Dr. Marty Soehnlen. Soehnlen ety of disciplines that are attrac-

"This free symposium offers opportunities to current students in the clinical sciences... and provides a workshop for students and their parents."

Matthew Jennings Clinical Molecular Genetics Graduate Program director

is the Director of Infectious Disease Division at the Michigan Department of Health and Human Services.

"There is a significant shortage of qualified individuals to meet the clinical laboratory needs of our population and those needs are expected to increase in the coming years due

tive to individuals of many different skill sets," Jennings said. "These skill sets include clinical assistants, phlebotomists, microbiologists, cytotechnologists and molecular biologists. In addition, there are high placement rates for all of these individuals and jobs can be found through-

Sex talk returns to NMU

By Akasha Khalsa

news editor

When it comes to sexual intercourse, most people refrain from talking about it. But one spokeswoman believes it's important to discuss what happens in between the sheets, and returned to NMU to deliver another comedic, honest reflection.

Social sexuality educator, speaker and author Cindy Pierce brought "The Talk" on Tuesday. Although attendance was sparse, the comic educational speaker was unfazed and proceeded in her one-woman show.

The presentation titled "Good Healthy Sex" was given at NMU as a result of the Sexual Assault Task Force Committee as well as a grant from the Michigan Department of Health and Human

"Most of it was just common sense," Aiden Popour, freshman Environmental Science major said. "But I don't think humans are usually good at common

The talk focused mainly on how the internet and social media has impacted young people's sexuality and how hook-up culture has made it difficult to feel satisfied in sex. Pierce has been giving talks like this since 2004

social research in her discussion of sexuality. She has written three books about sex and tries to provide as many resources as possible to her young audience.

"This is important to do because I think there should be thousands of people doing what I do," Pierce said. "So many young people are suffering, feeling alone, feeling sexually inadequate and feeling like they're left out of the scene of everyone enjoying sex, yet so many people are not. And they don't really have the facts, and so they're basing it all on what they see on social media and how people talk. So I just think they need realistic expectations."

Pierce began by speaking only to college students and has since expanded her repertoire to speaking at high schools and middle schools.

"I had no intention of doing this work," Pierce said.

She had three small children when she was roped into giving a comedy show at her niece's sorority and nephew's fraternity.

"My assumption about you young people was like, you got the internet, you got all the info you need about sex, you're dialed in," Pierce said "[I] went into a sorority with 40 women,

and includes both humor and started taking questions, [I was] horrified how little they knew about their pleasure zones, about their sexuality.

Not all of Pierce's discussion centered directly around sex. Some of it focused on peripheral issues such as the social courage necessary for calling people out on racist jokes. She also advocated for sobriety at parties.

She recommended that students find friends who have their backs and are able to call them out on questionable decisions. She spoke passionately about the importance of trusting your gut and honoring your feelings of warning to form an inner compass.

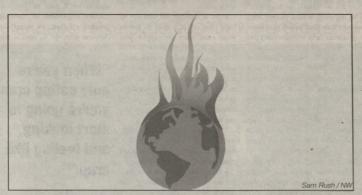
A great deal of her discussion centered on the negative impacts of pornography. She explained that people assume that young people educate themselves adequately with the internet.

"The first stop for sexual education is porn, the worst to get you off the rails," she said.

Pierce handed out her book. Sex, College & Social Media after her discussion and took ques-

She is happy to provide sex education information via email at cindypiercespeaker@gmail.

EDITORIAL



Climate Change Awareness

In support of Green New Deal

Students, professors and community members marched Friday, Sept. 20 around their campuses and schools around the world to push the tension and importance of climate change awareness.

Northern specifically participated in this as well, as Rebecka Miller of College Democrats took charge in organizing the strike. The crowd was met with NMU President Fritz Erickson as well as President of ASNMU Cody Mayer.

The march was in support of the Green New Deal (GND) and green initiatives.

Recently a popular video came about of Greta Thunberg, a Swedish climate activist, pouring her heart out onto world leaders to adjust their attention on the importance of keeping the earth a safe place to be. The 16-year-old advocate repeated, "How dare you?" in regards to the last generation expecting more from the new generation, and they will not be forgiven.

Though dispute and controversy arose from this, Thunberg's message and courage has been an inspiration to the world and climate activists all over.

Some believe the idea of climate change is a hoax, but science has shown otherwise. To combat its growing epidemic, it's important to continue talking about it. This is our planet, the only livable planet. We only have so many years to make a difference before it falls into the next generation. It's up to us to make the first steps.

These steps can be as little and simple contributions as riding a bike to school instead of driving. Throwing away your trash where it belongs instead of leaving it behind on the streets. Use reusable straws and cups. If you're not sure and still questioning how you can help, these are little things that make a huge difference. It will take more participation and turn talks into reality.

Let the constant talk and strikes annoy you; it's not going away. Taking care of this planet has been put off for too long, and it may not be too late to turn things around if more see what's happening and choose to participate.

The marchers will march on. The protesters will protest. The activists will continue to speak out regardless of being shut down.

THE NORTH WIND

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Right now will soon be history



Staff Column Sam Rush

am a firm believer that we are living through a unique time in American history. Many drastic changes in how we function as a society have happened in such a short period of time. It's hard to take it all in. We have front-row seats to the technology revolution and the globalization of information. The last time something like this happened at this large of a scale was the invention of the printing press. This, combined with the huge advances in the medical field, allow the people of the 21st century to live longer and better quality lives than ever before. It has never been easier to be a human than it is

As the decade winds down, it's challenging to try to imagine how the 2010s will be remembered by the generations who proceed us. There is no way to tell how the pieces will come together in the larger scheme of things, everything is clearer in hindsight. History repeats itself. So, theoretically, it shouldn't be too hard to see where things are headed, but it's difficult to make comparisons between then and now, especially being so young. The 2010s are the first decade where I have been an active participant within culture and society so, I have nothing from my own experience, or lack thereof, to compare it to.

I can read books and watch documentaries about the past, but I'll never really feel what it was like to be alive at any other time except for what I have experienced for myself. The closest I can get to actually being there is talking to those who

During a visit with my grandparents, I was sitting and talking about life with my grandpa. He was born in 1944, lived through the Vietnam War, the Detroit Riots and Watergate. There are all the things I look back on as being intensely controversial times in American history. He told me something that really resonates with me. He said that he has never seen the country more divided than it is now and that he can not imagine how I am going to explain the events going on today to my children and grandchildren someday.

It's interesting to parallel how I view the events that went on during the '60s and '70s to what's going on today, versus my grandpa's experiences from then and now. It scares me to hear someone who experienced firsthand what I look at as very scary times in the United States' history say that today's political and social climate is worse.

I guess it's just difficult to see what's happening if you have nothing to compare it to. Of course I understand that there are things wrong with the America we live in. We have so much farther to go. The distrust that we have in the media, which we get our news from and the rise of deep fakes, which are getting more and more real looking, it's hard to decipher what we read, and even watch, as the truth. I didn't realize just how bad the situation is until I heard it in context.

Something weird about being young is that you lack this perspective that older people seem to have. It's easy to forget that I am living through what will one day be history.

"It's easy to forget that I am living through what will one day be history."

My grandkids will think I'm ancient for having been alive during 9/11, and the early 2000s will be a spirit-day theme for homecoming week in high schools, and the events that are taking place now will be studied by our children in their history classes.

I remember learning about the events of the '60s and '70s in American History as a kid and my peers and I daydreamed about how we surely would have been one of those people holding signs during the Civil Rights Movement or advocating for peace on Haight-Ashbury. We wanted to be there to force the change.

We didn't need to wish we were born to see change happen. We're alive now. We're here. If you were one of those kids who felt like you were born too late, you've been mistaken.

machines have work to do



Guest Column

Andriana Johnson

Vending machines in the United States filled with unhealthy foods and drinks are still all over the country and promote unhealthy habits, such as obesity. If you live in the United States, or know about American culture. then you would be informed about the significance people



Photo courtesy of istockphoto.com

have placed on vending machines over the years and how much they are detrimental to our health and the economy.

Vending machines were first popular in England, then made their way to the U.S.

As the years went on, vending machines have made their way to schools, universities, apartment buildings, hotels, office work buildings and tons of shops all over the world.

The United States already has a high-obesity rate due to the amount of fast-food people consume. These restaurants and machines are reaching the vouth who may be vulnerable to financial risks and spending.

It hurts my bank account knowing that I keep spending money on these unnecessary items that I know I don't need, yet choose to buy because of consumerism. Goodbye trying to make smart and responsible money-saving, budget-wise decisions, hello broke college girl life. Ah, the epitome of college. Maybe I just wasn't taught how to manage finances or the responsibility of owning a

You might be thinking, "It's only \$1, so what's the big deal?" The big deal is that money adds up over time and before you know it, you're in debt and you can't pay your phone bill or rent because of buying these unhealthy foods and beverages. Being that it's from a vending machine makes it easier to spend your money.

It may seem like you're saving a buck, but if you're constantly doing that every day, for at least a month, that's well over \$30 that could've been spent on other things like gas or groceries.

Vending machines only promote the consumption of sugary and unhealthy foods and drinks. Colleges and universities say they want to promote healthy eating to students, but it seems as though they put up a vending machine full of sugary drinks, salty treats, fatty and processed foods. It doesn't do any good. But the person thinks they need this in order to survive. There are food pantries that provide much better resources than a Milky Way from the vending machine.

It doesn't provide the responsibility of adulthood that our

vounger generation so desperately needs.

I get it; college life can get so busy. You're in a rush to get to your next class or maybe you have work, meetings or internships to go to and we simply don't have the time for a full meal. It can be extremely difficult to learn to say no to those unhealthy food behaviors and be able to upkeep a healthy appearance because you are what you eat.

When you're only eating crap, you're going to start looking and feeling like crap. I hate to burst your bubble, but it's the truth.

I hope this wakes at least one person up, like you reading this right now.

I hope you take these words I am writing and apply it to your own life and maybe consider not depending on a machine to supplement your meals if you are doing that for those reasons.

Healthy living and meal planning should be a part of everyone's life. In order to avoid those pesky trips to Walmart or grabbing a soda from the vending machine, we must learn to say no to those unhealthy behaviors.

Proper nutrition and exercise should be a part of everyone's routine regardless of their age, gender, religion, or social class. Anyone can do it, and it starts with you today.

"When you're only eating crap, you're going to start looking and feeling like crap."

I will say that not every vending machine has unhealthy food choices and there are some that I will see occasionally with fruit and vegetables, hummus with crackers and sandwiches, and this is a step in the right direction. Let's see more of that in the future.

> Andriana Johnson is a freshman, English writing major.

What's taking so composting? long



Guest Column

Calista

As I walk out of Northern Lights Dining (NLD) every morning, after my ritual coffee, banana and omelette trifecta, I can't help but wonder what's to come of my scraps left on my plate. I place my plate on the metal assembly line responsible for disposing of my remnants and watch as it departs on its journey to the unknowns behind.

For many, what happens to our food waste is not something that passes through our minds on a daily basis and frankly, with the way our food system is set up, we really aren't meant to.

From an early age I can remember thinking of the trash as the "end-of-the-line" for food, and when the garbage man came down my street at 2 p.m. every Monday, he would take my waste to the magical dump where I would never see it again. I realize now that I was an uninformed consumer, mindlessly doing what our capitalist society had programmed me to do. Mindlessly consume. But this is not how our young minds should be thinking. Let's start with the facts.

In 2010, the U.S. Environmental Protection Agency (EPA) estimated that almost 20% of methane production comes from landfills. But hey, what happened to the landfills being the end of the line for food? Doesn't our food waste disappear there? Not exactly. As food in landfills decompose in its compact

space, often with the absence of air, the anaerobic process creates methane gas. Considering methane production is a huge contributor to the increased rate of climate change, this calls for action, right?

The answer is compost. Composting is the process of decomposing organic solid waste. This can be done by mixing "green" and "brown" materials. So for instance, the banana peel on my plate after breakfast every morning is considered a "green" material while cardboard or newspaper collected throughout campus is considered a "brown" material. As they decompose together, this substance can be added to flower beds and plant beds, to be used as a natural fertilizer and promote plant growth. Not only is composting a great way to recycle food, but a way to keep decomposing food out of the landfills and in turn lessen methane pro-

This past weekend coincidentally enough, I attended a Climate Change Conference at St. Mary's College in Indiana. There too, I continued my structured daily trifecta of coffee, banana and omelette. Though, I noticed something that our dining hall lacked as I took my plate to the dishwasher. This campus had implemented a composting system, in which the students were responsible for separating their waste from compost. The compost was then collected and used in their own community garden. This opened my eyes to the efforts other universities are taking to make change, and the lack of OUR OWN.

So Northern, what's the big hold up? NMU should make it a priority to unite for sustainability. It is obvious that our student body is concerned for our future, as seen in the massive turnout of this past weekend's Climate Strike on campus. Why can't we use this drive, this motivation, this power to unite and take action with how

we contribute to the problem at our school? I believe that if our dining hall implemented a composting system, we could naturally recycle our food waste. Not only will this help to make a dent in the increased rate of climate change through methane emissions in landfills, but it will also open up the opportunity of a campus community garden, which

could be used to feed the student body on campus and unite us for the common goal of sustainability.

So NMU, what do you say? Let's change the fate of our plates.

> Calista Rockwell is a sophomore, environmental studies and sustainability major.

'CATS COFFFF CORNER





CAFE ALLENATORE

BY DENALI DRAKE

Tafe Allenatore is a unique blend of Europe-Imeets-Marquette with quirky American flavors and some of the highest quality espresso this side of the bridge has ever seen.

It reminded me of being back in Geneva, Switzerland, where locals walked to the local cafe early in the morning, to sit down with a cappuccino, croissant and a newspaper to welcome in the day. America is busy, there is always a rush and this small cafe is here to provide coffee lovers an escape from the daily stress.

The small porcelain cups here exude an Italian countryside aesthetic, at around \$4 per coffee, which is a steal. European portion sizes are exhibited here, which may be a put-off to those used to receiving their coffee in jumbo size; however, do not think that means there is less caffeine. It simply means that the beans are not such a low quality that you don't need seven pumps of hazelnut syrup to chug it down.

This must-try cafe is located on 907 N. Third Street.

RATING (5/5)



Green and Gold Gala charity event

Attendees raise \$200,000 for NMU Student Flexible Aid Endowed Fund



Denali Drake/NW

INAUGURAL GALA—The first-ever Green and Gold Gala was held at the freshly built Northern Center Sept. 21 to raise money for a series of scholarships to help students in need. The money raised came from half the price of the attendee's tickets which were \$150 a person.

By Mary McDonough

copy editor

A bustle of conversation filled the entryway of the Northern Center 6 p.m. on Saturday, Sept. 21 as all different members of the NMU community came together for a night dressed in their best wildcat colors to commemorate the first-ever Green and Gold Gala. A jazz combo of NMU student musicians played in the corner accompanying the building buzz of excitement.

Half of every ticket to the event went to help the Student Flexible Aid Fund, financial aid provided by the university aimed to help students cover unexpected expenses that might keep them from graduating.

NMU President Fritz Erik-

son, even with all the glitz and glamour, found the heart of the cause was not to show off the newly opened Northern Center, but how many people came to support the Student Flexible Aid Fund.

"It's so important, because staying in school and not," Erikson said. "We just use it for whatever the need is."

It was announced later that the efforts raised \$200,000 for the Student Flexible Aid Fund. Erikson views this inaugural gala as a milestone for the future of NMU students and community. But it also said more about the donors behind the fund.

"This is setting a benchmark.

It's fun to have a gala, but they're really doing it to express support for students," Erikson said. "Listen to the stories of these students who were impacted by these dollars."

A number of faculty and staff were among those to take part in to students a small amount of the event. Director of Performmoney is the difference between ing Arts Bill Digneit saw the attendance as a large step in the right direction.

"Seeing as many people from the community, region and alumni along with people that have been affected by our fund, it's exciting. It's inspiring. It's hopeful for our future," Digneit said. "I think this is only the beginning.

While only a few students were invited to attend among the many donors and university executives, Digneit points out that the impact of one night will reach far and reflects a passion there is to help students gradu-

"They have a really supportive community, faculty and staff that really wants to make sure if something happens or a bump in the road, we are working to support them in anyway we can," Digneit said.

Sophomore pre-surgical technology major Grace Wells was one of those students impacted by the help of the Student Flexible Aid Fund, receiving the Emergency Fund Scholarship. Being able to spend the evening with many people who donated means a moment to realize just

how big of a safety net people can be.

"It's good to see everybody come together. You don't really think about how many people are behind you and supporting you until you come to an event like this and see where the money comes from," Wells said.

Donor Don Ryan found the turn out as a testament to the kind of people want to see NMU students succeed.

"It's wonderful to see all the community support," Ryan said. "If the community supports the school that's good for the students too.'

To apply for assistance from the Student Flexible Aid Fund. applications are available in the Financial Aid Office.



PLAYING FOR A CAUSE—A combo band of NMU musicians provided music for the cocktail hour outside the ballroom in the Northern Center before the dinner and official event.



ALL DRESSED UP—Community members, faculty and select students who benefit from the flexible aid fund attended the gala.

Fall Mushroom Foraging In U.P. End of Summer Brings Beginning of Mushroom Season

Story by Rachel Haggerty

As the leaves change to warm shades of auburn and mushroom forager's paradise.

For "Mushroom Joe" Lane, being in the woods surscience and the natural world since he was born. Lane multiple people to identify it before consuming it. products such as birch mushroom and reishi mushroom blend tinctures.

"Alchemy and chemistry have been day one interests love to photograph their unique features." of mine so when I discovered the transformative powers of the fungal kingdom it was exactly what I was looking



A FUNGI-One of the many Honey Mushrooms

Mushrooms

Senior photography major Maddie Pederson started the first signs of fall appear, the forest floor becomes a foraging two years ago alongside her boyfriend, Lane. Pederson had always been out in the woods identifying trees and plants until she fell in love with fungi. Her advice for first-timers is to go with someone who has been rounded by fungi is pure bliss. Lane was immersed in doing it for a long time, research what you find and ask

> "Fungi hides in the forest; a lot of people don't even notice it," Pederson said. "Now that I have learned more about mushrooms, I see them everywhere I go. I

> Understanding the dangers and risks that fungi can have is a crucial part to fall harvesting. Foraging requires knowledge, patience and caution. Mushrooms can be identified by their form, spore shape/color and gills. Some can also be identified by their odor or texture. There are some mushrooms that are fatal to humans when consumed but there are quite a few found in the U.P. that are easily identifiable and edible.

> "Research and study the mushroom before you eat it. Avoid all mushrooms until you know for sure," Pederson said. "It's really easy to stumble upon look-alikes of edibles that aren't edible so just know what you're dealing with before you cook anything up. You should, for the most part, cook your mushrooms because some of them have toxic qualities when raw and need the heat to release those chemicals."

> The most common, easily identifiable, edible mushrooms in the U.P. are oysters, chicken of the woods, honey mushrooms/stumpers, puffballs and chanterelles. The easiest way to identify them is to have a field guide "Mushrooms of the Upper Midwest: A Simple Guide

> 'It's very important to stay humble when getting into foraging because there is so much to learn and so much to be wrong about," Pederson said.

Lane said that honey mushrooms are a good way of



ON THE HUNT—Lane inspects a fallen tree growing Chicken of the Woods.

getting into mushroom hunting but there is a learning curve to them too. Honey mushrooms have poisonous, possibly deadly look-a-likes. They can also decay internally without looking spoiled externally. That can cause

"This year is very heavy with honey mushrooms," Lane said. "They will quickly impart harvesting wisdom and etiquette for beginners."

Identification of mushrooms is not the only part of foraging that takes practice. One must know where to find them first. Good mushroom hunters rarely give away their "secret spots." Doing light research on what mushrooms are in season and the conditions they need to thrive helps foragers know where and when they will

"Look on warm days right after it rains," junior art and design major Liam Deephouse said. "If it rained vesterday and it was warm today, you want to go out looking for mushrooms."

Deephouse was born and raised in the U.P. and was first introduced to mushroom harvesting at a young age when his grandmother would bring morels home for

When asked to impart conventional wisdom for beginners, Lane mentioned to not over-harvest anything. With mushroom foraging becoming more popular, important fungi are becoming scarce. If a mushroom is picked, the forager should know what to do with it to ensure it's being used to its full potential.

"Mushroom hunting as well as wild picking, seems to be the new big thing," Lane said. "Some of the medicines, like chaga, get wasted all of the time. It is terrible because it is so rare and so potent. Everyone deserves to learn but be smart and respectful.

Picking mushrooms with a knife is a widely practiced technique by harvesters everywhere although some require it to be picked whole. Foragers should know the mushroom they're looking for and how to properly harPhotos courtesy of Maddie Pederson

vest them to leave the root system undisturbed.

Mushrooms should be identified before picked and cooked before eating them. Raw mushrooms should not be sampled. They should be washed accordingly, although Deephouse mentioned not to wash them too much or they can get soggy.

NMU Eco Reps are hosting a foraging workshop at 4 p.m. on Thursday, Sept. 26, where Lane will be teaching the health benefits of local plants and how to find them. The workshop will be held at Noquemanon North Trails trailhead by Tourist Park.



SLICING 'SHROOMS-Lane picks a mushroom that can be eaten or turned into a tincture.

Common Midwest

Honey Mushrooms

(armillariella mellea) Commonly found on old stumps or rotting timber of hardwood trees such as oak trees.

**Toxic look-a-like called the Deadly Galerina (Galerina autumnnalis)

Oyster Mushrooms

(Pleurotus ostreatus) Commonly found on unhealthy or dying hardwood trees such as beech trees.



Chicken of the Woods

(Laetiporus sulphureus) Commonly found on or at the base of dead or dying hardwood trees such as oak or beech. It has also been found on dead conifer stumps and living trees.

Chanterelles

(Cantharellus cibarius) Commonly found in forest soil near oak trees.



Giant Puffball

(Calvatia gigantea) Commonly found at the edges of fields and woodlands in nutrient-rich waste ground.



Lion's Mane

(Hericium erinacious) Commonly found on dead and decaying hardwood



Student Psychological Association aids involvement



PUPPYTHERAPY—Students gather in the Lydia M. Olson Library during exam week for the Puppy Love event put on by SPA, however, the dogs were outnumbered by the stress college students.

By Justin Van't Hof contributing writer

As college students, it can be difficult to find opportunities in something you're passionate about. If you are interested in the field of psychology, one of the oldest student organizations offers many ways to get involved in the field both in the community and in your career. The student organization Student Psychological Association (SPA) seeks to offer those interested in the field of psychology opportunities to grow and get involved in the community.

The organization is one of the oldest at NMU dating back to 1966 and offers many ways for those interested in psychology to get involved. Senior psychology/behavior analysis major Ashley Wojan is just one of the passionate members involved with the group who's also the SPA Office Administrator.

"I like everything that we do for the student body and seeing the students participate in something we put on," Wojan said.

Those interested in making real life connections can do so through the group's sponsored social events that aim to put psychology students face to face with faculty and others from the psychology community.

"We work with Psi Chi which is The National Honor Society in Psychology to put on workshops for resume building and stress balls and slime and many intro to graduate programs,' nior psychology major and SPA President Cj Maresh said. "We have people coming to speak from not only Marquette but all

"The group is more than a club, it's like a big family."

- Ashley Wojan SPA office administrator

over Michigan."

With around 50 active members according to Maresh, the group offers students a good place to meet and get help from others passionate in the field of psychology. The organization hopes to allow those who need it help navigating the psychology program here at NMU

"It never feels like work, everyone is so good at working together," junior psychology major and SPA Vice President Analise Osgood said. "If someone is busy it's really easy to get help with a project or answer questions."

The group also sponsors mental health week which is a weeklong event that focuses on mental health and gives student's opportunities to distress and prepare for final exams. These events include Puppy Love, making DIY other events focused on relieving the stress of finals.

"I don't want to say Puppy Love is my favorite event but I like the reaction of everyone

that goes to it," Wojan said. "Everyone is so stressed during finals week and they all just want to pet some dogs.'

SPA offers many ways to get involved in the community and make lifelong friends with others passionate about psychology. They hold meetings every other week on Thursdays at 7:00 p.m. in Weston Hall's Atrium the next meeting is Thursday, Sept. 26.

For additional information SPA, email Maresh at cmaresh@nmu.edu. SPA offers a place for those interested and passionate about the field of Psychology to develop their skills and get involved in making a real difference in the community.

"The group is more than a club, it's like a big family,' Wojan said.

The group also helps sponsor the Colloquium Series which brings professionals from the psychology field to speak to students about various topics pertaining to psychology. The group helped bring Sarah Santiago, a mental health specialist at Bloom Counseling and Wellness, who talked about impostor syndrome on Sept. 20. The remaining speakers in the Colloquium Series include Anne Totero on Sept. 27, Elizabeth Rizzuto on Oct. 11, Jon Barch on Nov. 1 and Lindsey Galbo on Nov. 29. The guests will be speaking about psychology and clinical practice in healthcare delivery systems and suicide prevention. The Colloquia is held at 3:00 p.m. in West Science room 2904 unless otherwise specified.

Spreading smiles one act at a time

Student holds Lodge entry open

By Denali Drake

copy editor

If you live in the Woods, you have probably seen someone holding open the door for you, silently, with a calm smile and a kind aura. R.I. Coon is a freshman history major who spends his free time holding open the door to the entrance of the new residence halls. Through rain, snow and sun, he continues to stand outside stoically.

"I think everybody deserves to have someone stay up for them, I like to do it at night because I think that everyone, no matter what [kind of] the day they had, deserves to have someone to wait for them," Coon said. "When you have a long day, it's dark, it's cold. I like to think it can brighten up someone's day."

There is something so kind and so calming about this promise; this act of self to hold the door open day-after-day. It's more than chivalry, it's radical kindness. Coon lives by the philosophy of spreading joy and inducing happiness.

"Kindness regardless on a big or small scale can have an im-

pact, [when students exit] you get to say hi to R.J. on the way out, and he'll smile at you because I always do that," Coon said "Kindness is key."

No one else seems to hold open the door for such long durations, and he never felt this act was one-sided.

"Just the thank you's are enough, some people try to tip me or buy me Starbucks and I tell them you don't have to buy me anything if you just smile at me, that's enough," Coon said.

Students have taken notice of Coon's actions, and they have more than generous words of thanks to him.

"Usually I'm rushing to class when he's there, but [he's] always with a smile and kind greeting," sophomore political science major Mya Curth said.

It's often easy to feel isolated on campus and simple joys can spark a feeling of connection and wildcat comradery. So when you have a long day, know that someone here on campus cares, even if it is something as small and selfless as holding a door open.



KILL 'EM WITH KINDNESS—To brighten everyone's day, freshman history major R.J. Coon holds the door at the entrance of the Lodge connected to the Woods for fellow students and faculty.

How to write a proposal for new course or program

Necessary steps to take when submitting ideas for campus additions

By Fessica Parsons opinion editor

Writing proposals don't need to be as complicated as some make them out to be. They take a lot of time to prepare for, and the writing process itself is a whole new ball game. But a lot of people don't know that the opportunity to write and submit a proposal to, say, add a new major or a new course to NMU, is right at their fingertips. (This article will choose to focus on adding a new major to NMU.) This guide will provide you all the tools and information you need to get your thoughts and ideas flowing and build confidence to turn in vour masterpiece.

Why should I write a proposal?

Whether you're serious and passionate about adding a new major to NMU, or you just want the practice writing and turn in a piece for experience, proposals are excellent documents to include in your portfolio to show your work and what you've done, regardless of acceptance.

How do I get started?

The first step is to do your research. Who are you submitting to? What are the guidelines? How long should the proposal be? Are proposals even being accepted at this time? These are the questions you should be asking yourself when you have an idea pop in your head. It would be a shame if you've spent a ton of time writing something you're proud of only to later realize it doesn't meet the

Let's take our example of adding a new major. Does it add up to the amount of credit hours necessary for its degree? Does it make sense next to other related majors in its department? Again, these are important questions to ask yourself before the writing process.

Think of it as a reality; if it were already a major, would other people who want a similar career outcome as you consider changing over to this new program you created? Why or why not? What about the professors and faculty? What will this cost the school, if anything extra? Remember, money can be a huge deciding factor. So rest your case with mutual benefit for both the school and the

Speaking of the school's benefit, let's compare this new major to other universities around NMU and Michigan in general; will this idea make NMU unique, and increase the enrollment rate? Will this new major successfully compete with our neighbor Lake Superior State University, or our rival Michigan Tech? Check out their programs. What do they have that's working that you can compare to your idea? Don't be afraid to contact them about it. Yes, even as a Wildcat. Essentially, you want your idea to fit in, while also stand-

> What are the guidelines and where can I find them?

The source you're going to want to look at is the Committee on Undergraduate Programs (CUP).

They are responsible for matters relating to courses and curricula for undergraduates.

"This committee reviews proposals for new courses and programs, for changes in program requirements, for modifications of courses, for changes in departmental names and for deletion of courses and programs," according to CUP's mission.

So while our focus here is about adding a new major, there are a variety of other things you could write a proposal on as well.

A link is provided for specific guidelines on their page on NMU's website. This includes the deadline, instructions, correspondence and a list of official forms. The one you need for this example is called "New Program Proposal

When clicked on, a form will show up, available to download, edit and print. All the questions you need to answer are already listed right there for you to fill out. A few things you'll need to fill out include things like a title for your program, description, degree requirements and a typical four-year sequence. Look this stuff over before you start filling it out.

What should I consider before submitting my proposal?

After filling it out, ask those around you what they think of your idea, like students; professors or the Associated Students of NMU (AS-

ASNMU works with the CUP on academic proposals, ASNMU President Cody Mayer said. Proposals can even be brought to AS-NMU and they will then be submitted to the CLIP

Use ASNMU as a resource to boost the confidence in submitting your proposal. They're available to help and work with you to ensure your piece is the best it can be.

Be honest with yourself; if your program isn't going to work, don't follow through with it unless you're confident. Maybe you could start smaller and submit a proposal for a course, not a program. Or maybe there's something you don't like about your major. This is your chance to have you voice and ideas heard.

Q & A with Committee on Undergraduate Programs Chair Krista Clumpner



How many proposals do you have submitted on an annual basis for adding a new major to NMU?

The number of proposals vary from year to year and fall into the following categories: new courses, deleted courses, changes to courses, new programs, deleted programs and changes to programs. A program may involve more than one major. Two years ago, the number of new programs, for example, was five. This year we anticipate a higher number as programs evolve as a result of the Strategic Resource Allocation (SRA) process.



Would you say this is a difficult process?

I would say it is a difficult process and one that should be started early. If one wanted to propose a new major, it often involves creating or changing a program, adding or changing existing courses and involves discussions with all the departments that may be affected by any of these changes. Each addition, deletion or change requires a form to be completed and those forms ask for rationale, impact on staffing, a summary of what is being proposed, etc.



Is there a theme that students want a particular program or do certain departments gets a lot of attention?

The committee really doesn't see the input students may have had on a department putting forward a proposal. Currently, the main impetuses resulting in proposals are keeping programs updated with state mandates, changing programs to meet accreditation requirements or as a result of strategic planning at the school, college or university level.



How should students submit their proposals and when is the best

students do not submit proposals to us, except for students filing Independent Curricula Programs (ICP). Departments submit proposals to us and they must meet a deadline of Oct. 1 if they want the changes in place for the following year. We accept proposals throughout the academic year but those received after the deadline are not guaranteed to be in place for the next academic year fall semester.

West Hall overgrown, forgotten



EATEN BY VINES-The wall on the outside of the old residence hall, West Hall, is grown over with vines due to lack of care for old buildings

NMU struggles offensively in 21-7 loss

Wildcats drop to 1-2 on the season, national powerhouse Ferris State up next



ROOM FOR IMPROVEMENT—After falling short on homecoming 22-7 against Davenport, the Wildcats have to rebound when they take on the second-ranked nationally Ferris State Bulldogs. Last year, Ferris defeated NMU 35-39 in Marquette during their 15-1 campaign. NMU will have to be ready for the Bulldogs, when they kickoff at 3 p.m. on Saturday, Sept. 28.

By Travis Nelson sports editor

The NMU Football team came up short this past weekend score of 21-7 against the Davenport University (DU) Panthers. The loss drops the Wildcats to 1-2 on the season and 0-1 in Great Lakes Intercollegiate Athletic Conference (GLIAC) play.

Head coach Kyle Nystrom was happy with how his defense played but said the offense was a disaster. Even though the offense couldn't get much going, the defense kept Northern right in the game, with DU only holding a 7-0 halftime lead. However, the Panthers practically put the game away toward the end of the third quarter, when they took 8:56 off of the clock on a 19-play scoring drive to extend its lead to 14-0. NMU was down 21-0 late in the fourth quarter when they scored its only points in the game with one minute remain-

King found the end-zone. Quarterback Ryan Johnson finished 9-25 passing, with 154 yards for the 'Cats air attack, and King in their homecoming game by a led the ground game with 17 carries for 63 yards. The game was statistically even for the most part, with DU gaining only three more first downs (16-13), and less than five minutes in time of possession (32:04-27:56). However, it goes back to the offense where the discrepancy comes in, as the Panthers outgained the Wildcats 335-206.

NMU will be in need of a big bounce-back effort this weekend, as they travel to Big Rapids to take on the second-ranked Ferris State University (FSU) Bulldogs. FSU finished 15-1 last season while winning the GLI-AC Championship and making it all the way to the NCAA Division II National Championship Game, where they came up just short 49-47 against Valdosta State University (VSU). One of ing, with running back Tyshon those 15 wins a year ago came

"I look at it as a great opportunity for us, I don't worry about this or that. I look at it as a great chance to a make a big bang, and that's how we look at the game."

> Kyle Nystrom head coach, football

against the Wildcats, when the Bulldogs picked up a 35-19 road victory in the Superior Dome. Nystrom was previously the defensive coordinator at FSU before taking the head job at Northern, so he is fully aware of

"They're better than they've ever been, a lot better than even when I was there, they are very experienced and they are very good," Nystrom said. "I look at it as a great opportunity for us, I don't worry about this or that, I look at it as a great chance to make a big bang, and that's how we look at this game."

The Bulldogs are led by quarterback Jayru Campbell, the Detroit native won the 2018 Harlon Hill Trophy recognizing Division II's best player.

"They got Jayru (Campbell), Jayru's the best player in college football, the last time I checked he won the Harlon Hill last year, he's pretty good," Nystrom said.

This unit isn't just a one-man show however, last season's national runner ups have more than just a quarterback.

"They're strong everywhere, their offensive line is better than I've ever seen it, their running backs are phenomenal, Marvin's (Campbell) still back there and they got two other guys that are really good when they get in," Nystrom said. "Their defense, I don't know if they lost a starter from last year, so they're greased up and good."

"We're getting better as a football team and it will be really good for us to play this game. I expect us to play well and we're going to have fun going into it."

> Kyle Nystrom head coach, football

Ferris has averaged 38 points per game so far through its three victories, and Nystrom was blown away talking about this team, he even comparing them in DII to the likes of the Clemson Tigers, the DI defending national champions. They put up 62 points in a road victory over Central Washington University (CWU), and are going to be a very tough task for the Wildcats.

"When you go into Central Washington and put up those kind of points, you go to Ashland and do what they did to them, we're going to have fun getting ready to play them, and it's a great opportunity for us, I look forward to going back." Nystrom said. "I think our players will look forward to going to play them and have a great opportunity to make a big bang if we can do things really well."

However, even knowing how good FSU is, this is a winnable game for NMU. Nystrom said it is possible, but everything will need to be done perfectly.

"We're going to have to really execute on offense, we're going to have to be really good and we're going to have to have a peak performance," Nystrom said.

Nystrom and his team are embracing the underdog role, and want to make a ment in Big Rapids on Saturday afternoon. Nystrom said that they won't shy away and that they just have to play the cards that they are dealt with playing a team like the Bulldogs.

"We're getting better as a football team. It will be really good for us to play this game. I expect us to play well and we're going to have fun going into it," Nystrom said. "It'll be homecoming at Ferris, there will be a lot of noise and a lot of boos for the ol' green and gold, but you have to ride that and make it a plus."

The Wildcats and Bullwill kickoff from Top Taggart Field at 3 p.m. on Saturday, Sept. 28.

SPORTS BRIEFS

NMU Sports Hall of Fame

This past Friday, the NMU Sports Hall of Fame Class of 2019 was inducted at the brand new Northern Center. The hall of fame inductees include:

- Pentti Jorenon: Nordic Skiing, Class of 1981
- Tim Schultz: Wrestling, Class of 1983
- Scott Sible: Football, Class of 1983
- Lisa Tomsheck (Goodman): Swimming, Class of 1985
- Julie Wonders (Heldt): Basketball, Class of 1994
- 2007 Women's Nordic Skiing Team, the team mem bers included: Kelly Ahern, Heather Bassett, Anna Ber glund, Tanya Cook, Laura Dewitt, Ingrid Fjeldheim, Maria Gross, Morgan Smyth, Maria Stuber, Christina Gillis, Lindsey Dehlin (Weier), Lindsay Williams and Jen nifer Wygant. Coaches Sten Fjeldheim and Jenny Ryan.

Men's Golf

The NMU Men's Golf team competed in Findlay, Ohio at the Doc Spragg Invitational this past weekend, placing 15th out of 18 teams

Senior Chris Black (Lisburn, Northern Ireland) shot a final score of 227 to finish tied for 38th to lead the Wildcats. Black shot 74, 81 and 72 for his three rounds in the two-day meet. Senior Kurtis Fontinha (Penticton, B.C.)shot 77, 76 and 77 for a score of 230, good enough for a tie for 52nd. Freshman Scott Spyra (Spring Grove, Ill.), finished in 68th place with a total of 233, and rounds of 76, 76, and 81 respectively. Sophomore Carter Mason (Negaunee, Mich.) and senior Kyle Pouliot (Gladstone, Mich.) finished off the scoring for NMU with totals of 234 and 236 respectively. Mason tied for 69th place with rounds of 80, 81 and 73, and Pouliot shot 74, 80 and 82 for a tie for 75th place

The team next travels to Midland, Michigan to compete in the Northwood Invitational on Sunday, Oct. 6 and Monday, Oct. 7. The event is hosted by Northwood University (NU).

Wildcat of the week



HAT TRICK FOR LIPPERT—Senior Luca Lippert made history for the NMU Men's Soccer team as he had the program's first-ever hat trick (three-goal game). He scored all three of the Wildcats' goals in its 3-2 homecoming overtime win over the Purdue-Northwest University (PNWU) Pride on Friday, Sept. 20. He also added an assist in the team's 2-0 victory over the Upper Iowa University (UIU) Peacoccks on Sunday, Sept. 22.

Cats prep for Roy Griak

Women's XC travels to Minnesota this weekend



RUNNING AWAY WITH SUCCESS -- NMU goes into the Roy Griak this weekend with real momentum, and they are wanting to continue to improve as the season progresses.

By Sadie Brink

contributing writer

In the first two invitationals, the Wildcats Cross Country team, placed in the top ten in both meets. In the Northwood Invitational, the team placed second, with senior Katelyn Smith placing second with a time of 18:22.9. Following her was freshmen Madison Malon placing fourth with a time of 18:48.8. Also placing in the top ten was junior Ellise Longley placing sixth with a time of 18.49.0. In the Spartan Invitational, the team placed sixth out of 26, beating out division one teams. In the invitational, Smith placed in the top 50, placing 22nd with a time of 22:31.8. Also placing in the top 50 was Malon placing 32nd with a time of 22:44.3. Coach Ryan talked about the beginning of the season thus far.

"The season is going very well, we started with a scrimmage against Michigan Tech which went very well. Then we went onto Northwood invitational in which we ran very well and at the Spartan invite we ran even better," Ryan said. "So it's been a great season so far, I am excited to see what we can do for the rest of the year and how we build off our meets.'

very impressed with her team so far and the results they have been producing.

The upperclassmen solid and have great race experience and will continue to grow," Ryan said. "The freshmen have impressed me, I plan to keep teaching them how to race, and hopefully they continue to keep moving up."

Ryan also praised her team for their attitudes as the season has begun.

"The atmosphere with the team is great and the culture is amazing. They all have positive attitudes. They also all work hard and enjoy it and they just love to compete."

This weekend, the team will be competing in the Roy Griak Invitational, hosted by the University of Minnesota (UM). The team did not have a meet this past weekend but have been preparing intensely for this upcoming meet featuring teams from all over the nation.

"Last week we had a hard week of training, we trained intensely to improve our level of fitness and speed," Ryan said. "We backed off a bit this week so we are rested and ready to race well on Saturday."

This week's invitational will in-

Coach Ryan has been clude many teams from Division I through Division III levels, such as the University of Mary (UM) and Covenant Springs University (CSU). However, in this meet, the teams are split up.

"Our last meet had DI teams to DIII teams all mixed in the race, however, this meet will have one race for just D1 teams and another for DII and DIII schools," Ryan said. "However, we will race against teams and athletes from all over the nation competing against ranked teams and runners.

Coach Ryan is very confident in her team's capability against the nation's top runners in this meet, where she hopes to see her team finish in the top five.

After the Roy Griak this Saturday, the Wildcats will have two weeks off before returning to the trails on Saturday, Oct. 12, where they travel to Romeoville, Illinois to compete in the Conference Crossover meet hosted by Lewis University (LU). NMU will then be back home to host the U.P. championships on Friday, Oct. 18.

However, the Wildcats will have a lot of work to do before then at the Roy Griak this weekend. The event begins at 10:30 a.m. this Saturday, Sept. 28 in St. Paul, Minnesota



After first hat trick in program history, NMU is now 3-3 on young season

Thursday, Sept. 26, 2019



ON THE ROAD AGAIN—After sweeping the weekend at their home field, the Wildcats travel to Ashland, Ohio this Friday, Sept. 27, where they take on the Ashland Eagles in GLIAC play. NMU then will come back toward the U.P. before settling in Grand Rapids to battle the Davenport Panthers on Sunday, Sept. 29, who are undefeated in conference play.

By Travis Nelson

sity (PNWU) Pride.

had an historic outing against PNWU, as he recorded the first hat trick in program history, in-

in overtime. The Wildcats won that match 3-2, extending its record to 2-3 on the season. Two The NMU Men's Soccer days later, NMU faced the Upper team swepted the weekend Iowa University (UIU) Peacocks, matches, including an over- and came out victorious 2-0 time homecoming victory over to go undefeated on the weekthe Purdue-Northwest Univer- end. Its record was now back to .500, and sits at 3-3 heading into Junior midfielder Luca Lippert a Great Lakes Intercollegiate Athletic Conference doubleheader this weekend against the Ashland University (AU) Eagles cluding the game-winning goal and the Davenport University

"I think that we learned some things about what we can do well, but we also learned a lot of things about what we can do better."

> - David Poggi head coach, men's soccer

(DU) Panthers.

Head coach David Poggi was happy with the weekend, as it was an exciting time for his program.

"[I'm feeling] happy, this was the first homecoming that my program has ever experienced, and it was a great homecoming weekend for a lot of reasons," Poggi said. "It doesn't hurt when you get two results that were both exciting games and more guys got playing time, so it was good."

The weekend also gave the team two more games worth of experience, and Poggi is trying to teach his young team the learning curve.

"I think that we learned some things about what we can do well, but we also learned a lot of things about what we can do better," Poggi said. "That's the challenge in a very short week, to AU on Friday night, to playing

get ready for Ashland and for Davenport."

The Wildcats travel to Ashland, Ohio on Friday, Sept. 27, for the first game of the doubleheader against AU. The Eagles are 0-5, but they have been competitive in their matches, only losing one by more than a goal. Poggi dismissed the record because he knows what challenges are brought to the field.

"Ollie (Slawson) does a great job with that team, they're always in every match, last year they were the last team to make the GLIAC tournament and wound up going to the national tournament," Poggi said. "So they're a team that on any given day, is capable of playing very well. We'll have to play our best to be in it."

The Wildcats then have a short turnaround, and go from playing

DU on Sunday afternoon. The Panthers are 2-3 on the season thus far, but are 2-0 in conference play.

"We have a short ride to Davenport to play a team that's undefeated [in the conference], a year ago they were picked to win the GLIAC, but they didn't make the conference tournament," Poggi said. "They had some setbacks with players who were injured, and were unfortunate in a couple of matches, but Chris is a great recruiter, he's got a history and network of recruiting. He's very impressive, he has a team that he's put together that is really starting to fire on all cylinders."

The Wildcats play on the road at Ferguson Field at 7 p.m. on Friday, Sept. 27 against the AU Eagles.

New ticket experience for NMU students

Starting with the 2019-20 hockey season, students can guarantee their seat

By Travis Nelson

sports editor

NMU has introduced a new ticket system for Men's Hockey games, beginning with the 2019- will get their tickets. 20 season. The new system gives tickets at noon every Sunday before each home game, and they can be obtained at any NMU ticket outlet, including the ticket website, tickets.nmu.edu by logging in with their credentials.

tions Manager Allen Dehority said that this process will be more smooth for students to get the seat that they want, and it will ensure that students

"The biggest thing now is that pick your seat a little bit easier, in the past, you had to swipe in, and whoever showed up showed up," Dehority said. "But you were never really guaranteed that seat, with this way you go in

your seat for both the Friday and Saturday games, so I think that's the biggest sell on it."

Another thing that is easier about the new process is that students can choose the e-ticket delivery option for their tickstudents the opportunity to get students get the opportunity to ets, and they can have their gate for entry.

The other option for stupackage, where for a small fee, NMU Athletic Communica- Sunday and you can lock down for every home game in the entire season."

"The \$80 package guarantees you your seat for the entire season, so you could do gameby-game where every Sunday you go in, and reserve those two seats for the Friday and Saturday night games," Dehority mobile ticket scanned in at the said. "But there's not a guarantee where you'll get those seats throughout the entire season. dents is the \$80 season ticket With the \$80 package, you go in once and reserve that seat, and students can purchase tickets now you have that seat for the

Students are encouraged to order their tickets sooner rather than later due to the quantity being limited to the first 1,200. This new experience for students will officially begin on the Sunday, Oct. 4, before NMU takes its home ice for first time against the Michigan State Spartans on the Oct. 11-12 weekend.

For more information about this new process, or for other questions, contact the NMU Ticket Office at 906-227-1032 or at tickets@nmu.edu.

CLIMATE -

Continued from Page 1

This is a price put on carbon and fossil emissions in order to encourage a lesser dependency and more fo-cus on renewable energy, according to the Tax Policy Center.

While some of the pro-testors were NMU students or Marquette community members, there were also a number of secondary school aged students there to bring attention to the threats of climate change. Ishpeming High School senior Drake Asgaard was urged by his principal to skip class and be (right) a part of the movement he's passionate about.

"My principal encouraged me to come out here. If it's something you be-lieve in with your heart, you should follow your dreams," Asgaard said. "I think it's something that we need to take action on, we are definitely past the point of just

turning off the light when we leave the room.

Eight-year-old Harlow Lei-sure of Marquette came not only to support the cause but also ensure that the Earth is fixed and she can live out her dream job.

"I am really scared of it (climate change) and want to stop it before it gets worse than it already is," Leisure said. "I've been narrowing it down a ton and my dream is to be one of the earth workers of NASA."

JOIN AND RESIST-Protesters went on strike Friday, Sept. 20, to raise awareness of climate change and show support for Green New Deal.

Denali Drake/NW



Sept. 26, 2019

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WORD SEARCH OF THE WEEK

THEME: What Erikson's bonus could buy

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INSPIRATIONS

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