



SPORTS
Greco-Roman wrestlers pushed to brink while attempting to qualify for Olympic Games.
▶ See PAGE 12



FEATURES
Free fitness sessions on campus at Fit Zone, from guided Zumba to weight lifting
▶ See PAGE 11



@NorthWindNews
/NMUNorthWind
NORTHERN MICHIGAN
UNIVERSITY

OCT 03 2019

LIBRARY

Oct. 3, 2019

ISSUE 7, VOLUME 95

THE NORTH WIND



Northern Michigan University's Independent Student Newspaper since 1972

Fall Semester

THENORTHWINDONLINE.COM



Jackie Jahfetsen/NW

SENDING SILENCE—Hundreds of backpacks with personal suicide stories stopped students in their tracks in Jamrich's lobby Monday, Sept. 30. Hosted by NMU's Chapter of Active Minds, the exhibit represented the number of students who commit suicide each year nationally with hopes of raising mental health awareness.

SUICIDE AWARENESS Breaking mental health stigma with backpacks

By Jackie Jahfetsen
editor-in-chief

Around 1,100 backpacks filled Jamrich's lobby during classes on Monday as part of an exhibit representing the approximate number of undergraduate students who commit suicide each year nationwide.

NMU Chapter of Active Minds hosted the Send Silence Packing with hopes to raise mental health awareness and encourage people to start talking about this tough subject. Given the nature of the exhibit, multiple trigger warnings were displayed at the event to allow people to bypass the exhibit and take a different route.

Active Minds is all about breaking the stigma on mental health and Monday's event was a wake-up call, Active Minds Co-President Sadie Knill said. The overall feedback was positive, and several students were thankful that it's becoming an open discussion, but

many people also realized how serious of a topic it is and it's time to address it, Knill said.

"Mental health is so taboo. People are scared to talk about it and scared to come forward with their own struggles and we're really truly trying to push that everybody deals with something and it's just as important as a physical illness," Knill said. "It's a little bit tougher in the sense that you can't really see when someone has a mental health problem. We have to keep the conversation open and make people feel more comfortable with mental health so that they feel like they can get help when they need it."

The goal was to engage people and a lot of the stories showcased on the backpacks were emotional with around 200 backpacks donated from family and friends, Knill said.

"I think it's definitely made an impact. It kind of stopped people in their tracks because you see

a bunch of backpacks and you don't really know what it is about. And then once we say, 'It's a suicide awareness exhibit.' They're like, 'Wow. That's a lot more backpacks than I would like to see. It's shocking,'" Knill said.

The stigma surrounding mental health makes it difficult for people to talk about, NMU professor and Active Minds Chapter Adviser Julie Rochester said in a press release.

"The NMU student organization chose to bring the exhibit here because of its impactful message. 'Send Silence Packing' includes personal stories from individuals who have lost a loved one to suicide. That's a powerful way to raise awareness. The donation of stories and backpacks also serve as a meaningful outlet for survivors to channel their grief," Rochester said.

Voting matters

University Women to explain election process changes

By Jackie Jahfetsen
editor-in-chief

With new voting laws in the state of Michigan, casting a ballot has become more accessible, particularly for younger voters. And with the city election just around the corner, it's important to understand these changes.

The American Association of University Women-Marquette Branch (AAUW) will host "Voting Matters" at 7 p.m. on Oct. 10 at the Marquette Federated Women's Clubhouse. Marquette Deputy City Clerk Kyle Whitney will discuss the election process, changes to voting laws and how people can get involved in lending a hand on Election Day.

AAUW Publicity Chairperson Jackie Stark organized this event to help people understand the recent changes in Michigan's voting laws. Her husband Whitney is "well-versed" in the election process and people will become more educated on voter rights, Stark said.

"I think it's especially important for young people to know about these things because historically they just don't vote in the numbers that older people do. I don't know why that is, but I know young people have a voice and what they say matters," Stark said.

The November 2018 ballot included Proposal Three and made considerable constitutional changes to voter right laws, Whitney said. People now have the right to vote straight ticket and can register 15 days prior to the election, whereas the cutoff used to be 30 days, Whitney said.

The burden of proof to register is higher and people have to prove residency at their local clerk's office, Whitney explained, adding absentee voting is also another aspect to

the election process that has been revamped. Beforehand, voters wanting to request an absentee ballot were required to provide a legitimate reason. Now, people don't need to provide such requirements; they can simply request for an absentee application and the city clerk's office will mail it out, Whitney said.

"It's important for people to know about some of the changes. This is going to help people get involved in their government a little more easily," Whitney said. "We get a lot of people two weeks before in the past and want to register and were a little miffed that under state law they wouldn't have been able to vote previously. It eliminates some of those issues and tries to make it a little simpler for people."

The AAUW promotes women and girls in education and other areas, and it puts on programs that are informational, of community interest and educational, Stark said. Understanding the voting process is integral and one of the most important things an American citizen can do, Stark noted.

"I think when people talk about their pride of country and America's the greatest country in the world and people have died for this way of life, voting, for me, is what that means," Stark said. "It's why the country was founded. We wanted to be represented in our government and for people that feel like they're not represented, go vote. Go tell them."

Stark, who has served as an election worker, said elections also present the opportunity for community service and she'll give a talk on working the ballots before Whitney's presentation.

See PACKS • Page 15

See VOTE • Page 15

Moosehead center to clean up Black Rocks

By Jackie Jahfetsom
news editor

The Moosewood Nature Center cleanup of the Black Rocks on Presque Isle have been postponed to Oct. 13 and 27.

The project is intended to keep the natural area looking pristine and to draw volunteers to the park.

"Our cleanup project is an effort that we are doing to educate people about keeping Black Rocks clean during heavy tourist and peak traffic times," NMU psychology graduate student and board member for the Moosewood Nature Center Erik Johnson said in an email.

Johnson has been at the Moosewood Center only since the beginning of this year, but he has made a point to make waves as part of his entrance, he said.

The cleanup project will be the first of its kind at Black Rocks, and was mainly Johnson's own idea, he said.

It will be completed in two parts. Volunteers will comb the land from the parking lot to the west shoreline, while below Superior's surface, scuba divers will trawl the swimming area for underwater debris.

"We can't adopt Black Rocks, per se, because there's just no way to do that. But we're going to

clean up the area," Johnson said.

The center is organizing this cleanup as a part of their contract to be good stewards to the park, provide educational services and keep the area clean, Johnson said.

Though not officially affiliated with the city or NMU, the center fosters working relationships with both in order to reach the community, Moosewood Board President Scot Stewart said.

"For us, the cleanup is to show both the city and the community our hopes for maintaining the pristine atmosphere here on the island. I've done some traveling, and to me this is the most spectacular city park in the country," Stewart said. "Here in this park, between the scenery and just the variety of habitats here, it gives us a chance to show the community just how important this place is, and that we look at both what's on land and in the water as features of this park that we want to take care of."

In contrast to the heavily polluted Marquette Harbor, which underwent a similar cleanup this past August, Black Rocks are in much better shape, Johnson said.

There are many items of litter which end up on the shore and below the water line as a result of human activities in the area. Most of these items tend to be wrappers, cans and other belongings,

Johnson said.

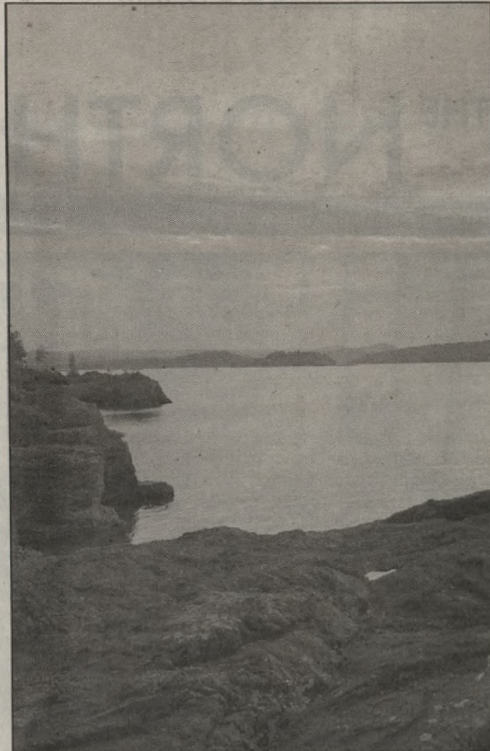
The center is actively seeking volunteers for this event and especially encourages students to become involved in stewardship and education-related activities. Student divers will be assisting during the upcoming cleanup, and Johnson hopes that any person who is scuba certified and who wants to gain experience will find the event valuable.

"At Moosewood, we're hoping to encourage NMU students and student groups to be interested and help during the school year and if possible, into the upcoming summer," Johnson said. "For environmental science majors or conservation, I hope it's an avenue to help Moosewood with student input and ideas on how to make Black Rocks a better place."

Due to the increasingly cold temperatures, the dates for the upcoming cleanups may have to be changed, or the project even altered.

"The big thing is we're looking for ideas on what we can do as far as educating and cleaning up the trash," Johnson said.

Johnson hopes to increase NMU student involvement in the center in the coming winter, not only for volunteer work, but also to have students coming in to use the resources provided there, such as microscopes and taxidermies.



Jackie Jahfetsom/NW

CLEANING BLACK ROCKS—Moosewood Nature Center prepares for the first-ever scuba clean-up at Black Rocks on Oct. 13 and 27.

FRT opens: Full Monty set to bare it all

By Adan Mulvaney
contributing writer

NMU's Forest Roberts Theater (FRT) will kick off its opening production next week with a growth-themed play which follows the lives of six steelworkers who have lost their jobs and struggle to make ends meet.

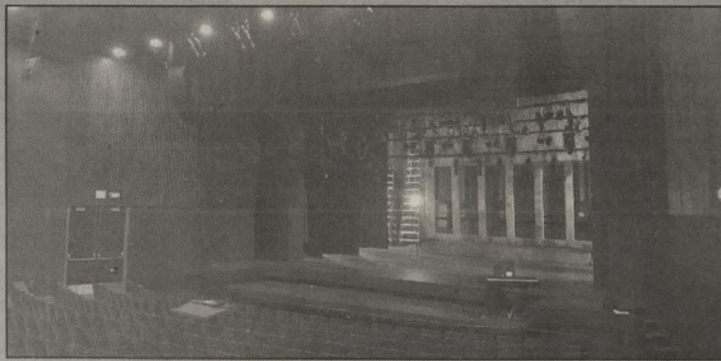
"The Full Monty" will begin showings at 7:30 p.m. on Oct. 11, and runs through Oct. 19.

"This is a story about six men in search of their courage, their identity, their sense of self-worth, their self respect, their independence, their youth, their vitality, and they find those things by putting themselves in a situation that ultimately is truly challenging to not only the characters but the actors as well," Director Keli Crawford-Truckey explained.

Crawford-Truckey has been involved with the FRT at NMU since 2002.

The main characters of the play are transformed by their choices in response to hardship when they start their own male exotic dancer troupe.

The play was cast within the first few days of the semester, and intense rehearsals began immediately afterward. The rehearsals



Adan Mulvaney/NW

SET STAGE—The Forest Roberts Theater awaits its next attraction when the theater program's production of "The Full Monty" will open on Oct. 11 and runs through Oct. 19.

are three hours per day, even on the weekends, and the entire production has been planned and executed within six weeks. The production also has a student music director, as the original music director resigned.

"[We've put in] way more hours than will ever see back in our lifetimes. Farmer hours. Every night from 7 to 10 p.m., but lately it's been 7 to 11 p.m., virtually every night. We haven't had a night off in two weeks," Crawford-Truckey said.

The show is particularly fun, Crawford-Truckey said, because

of the music and the many interesting moments within the plot. The cast is hoping that their hard work will pay off and attract a large student and faculty audience.

"We've put a lot of work into trying to bring a production value into the theater that will be stimulating," Crawford-Truckey said. "But also, it's a thought-provoking show. I think especially for young men who are about to venture out to into finding their own manhood in the real-world workforce. I think that it can speak to a lot of people."

With the amount of time and work that has been put in by the production's cast and crew, those invested in the play are excited to unveil it to the community, Mackall said.

"We've been putting in a lot of work for the short amount of time we've had," sophomore secondary music education major Eric Mackall said.

Mackall will be playing Ethan Girard, who is one of the six male strippers in the musical. Mackall has found that the role has stretched his abilities and comfort zone throughout the

process of bringing the production together.

Emily Kendall, a junior criminal justice and technical theatre major, agrees with Mackall.

"Once we go into show mode, it completely takes over our lives," Kendall said.

Along with attending every rehearsal, Kendall also works in the set shop and has been involved with the theater program for three years.

"I'd say it's very brave with the characters are doing—and the actors are doing. It's almost not acting anymore because the actors are actually being vulnerable on stage as well. It goes to a whole other level," Mackall said.

Given the vulnerability of the characters and actors, the cast and crew say that coming to see the incredible effort put in by the students is a worthwhile endeavor.

"Not only will they support the fine arts department and the other different departments here, it's also a very interesting story. It goes through a wide array of motions, relationship struggles, and personal growth," Mackall said.

Tickets are \$5 for NMU students, \$10 for other students and \$17 for the general public.

STUDENT ORG SPOTLIGHT



Planning student diversions

By Rayna Sherbinov

contributing writer

The Special Events Committee is the group responsible for planning major events at NMU. According to the organization's web page, they plan events such as homecoming, which includes Dead River Games and the Homecoming Parade. The group seeks to provide a variety of fun events for students each semester.

"Members in our committee get experience in event planning, student affairs, and make great connections across campus throughout the year," Special Events Coordinator Noah Roberts said in an email.

The Special Events Committee is currently brainstorming ideas for future events. This month they are working with Marquette After Dusk to hold HalloFest 2019. They are planning to host some escape rooms at the event.

The Special Events Committee at 7 p.m. on Tuesdays in Jamrich 2309. Interested students can email norobert@nmu.edu for more information.

Want to see your org. nominated for the spotlight?
E-mail news.northwind@gmail.com.

WWW.
THE
NORTHWIND
ONLINE
.COM

YOUR AD
COULD BE HERE

CONTACT
A SALES
REP AT
227-2508



CAPS finalizes split

Department head to be named for theater, dance

By Akasha Khalsa
news editor

The soon-to-be finalized department of theater and dance and the now diminished department of communications, broadcasting and journalism are planning to release new programs and majors as a part of their rebranding process.

Robert Winn, dean of the college of arts and sciences is excited about the new opportunities for visibility that these changes will offer for the college. He hopes that the new department of theater and dance will draw students to the university and even be able to offer non-theater students opportunities to get involved in the performance arts by broadening their scope.

The theater and dance aspects of the former multimedia department are growing and this creates opportunities for students to do more with, Winn said.

"Before they were part of a department where we had a lot of different things together," Winn said. "Now we have communications and multimedia together, and that fits much better than what we had before."

Now, these two separate departments will be more focused in their respective fields, Winn said. The department of theater and dance will be grouped into the tentatively named school of theater, music and dance in order to ensure collaboration between the departments.

"I think this is exciting," Winn said. "This will be great for students who are not only in the theater, but with its higher profile students who just want to be involved in theater. You don't have to be a theater major to be involved in their productions. I think we'll see in the future more collaboration with music, and that's a positive also."

Bill Digneit, assistant professor and director of the Forest Roberts Theatre, is planned to be named as the new department head for theater and dance. Digneit's stipend as department head has yet to be negotiated, but he has thus far accepted the responsibility as head. Winn said he hopes Digneit will officially be named as the department head in the coming week. At this point, the two departments will officially become separated.

Currently, the curriculum for both departments has remained unchanged. However, alterations are in the works. These include curriculum updates, and the bringing in of a possible bachelor of fine arts degree in theater, and possibly a dance major. These changes have

"This is exciting. This will be great for students who are not only in theater, but with its higher profile students who just want to be involved."

— Robert Winn
Dean of college of arts
and science

made it through the faculty review and are being reviewed by the committee on undergraduate programs and will soon see the academic senate, Winn said. These new programs may, depending on the speed of this process, even be offered in the coming fall semester.

As part of the abundance of curricular changes which happened this past year as a result of the proceedings of the Strategic Resource Allocations (SRA) process, the multimedia department is now offering a brand new program in social media design management.

This program was formed as a result of alumni feedback, Winn said. Communications majors who went out in the working field reported that their employers expected them to handle both marketing and company social media presence.

In order to meet demand for this need, NMU created a degree specifically to prepare graduates for the changing media landscape. This program has gone through the SRA process and currently has four students, although the university has not yet marketed the program.

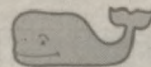
GETZ'S

EST. 1900, DOWNTOWN MARQUETTE

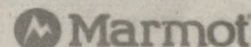
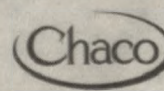
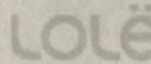
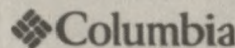
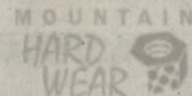
NMU PARENTS WEEKEND SALE

20% OFF ENTIRE STOCK

THURSDAY, OCT. 3 - SUNDAY, OCT. 6
OVER 135 BRANDS + 3 FLOORS



vineyard vines



Downtown Marquette
218 S. Front Street
906.226.3561
getzs.com

Store Hours
Monday-Saturday: 10-6
Sunday: 11-5

Sale prices are valid in-store only October 3-6, 2019 at Getz's Clothiers. Discount is applied to the original price of qualifying items. Gift certificates, special orders, previous purchases, getzs.com orders, and some premium brands are excluded from the sale. Additional exclusions may apply, see store for details.

NEWS BRIEFS

STATE NEWS

Porn plays on highway billboard

Police say they think a hacker may be responsible for the incident of explicit pornography being played on an electronic billboard located near Auburn Hills, Michigan on the Interstate 75 and Michigan 59 interchange. A great deal of callers made sure to inform the local police about this distracting sight. According to one driver who witnessed the incident, the images being displayed were of two women engaging in sexual acts. These played for about 20 minutes straight.

NATIONAL NEWS

Feds to collect immigrant DNA

The federal government would like to begin collecting DNA information from immigrants in custody and now begins the process to make this legal. Hundreds of thousands of people impounded by the government will be affected by this change, which comes from the Trump administration. Previously, DNA has only been used in databases to keep track of criminals who have been connected with serious crimes. Now, the government will collect DNA from both children and asylum seekers.

WORLD NEWS

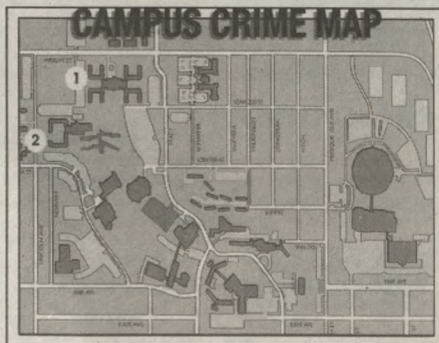
Murderer confesses after 20 years

Lee Chun-jae, a 56-year-old man, has confessed responsibility for perpetrating the infamous rapes and murders of 14 women in South Korea more than 20 years ago. The man was caught due to his DNA matching samples taken from the bodies when they were recovered. His murders were the most famous cold cases in the country up until this breakthrough. He has now confessed to 30 separate rapes and attempted rapes, in addition to his brutal murders. He often gagged the victims, who ranged in age from 14 to 71, and he sometimes mutilated them with sharp objects.

WEIRD NEWS

Woman taunts lion in NYC zoo

An unidentified woman climbed into a lion pen at New York City's Bronx Zoo on Sept. 28 in order to dance and taunt the lion prowling within. After breaking past the boundaries meant to keep visitors from the animals, she stood within the enclosure with only a small moat to separate her from the carnivore. Although the woman was not harmed during the episode, the Zoo is filing a criminal trespass report against her for entering the enclosure.



1. Violation of controlled substance act was reported at 10:30 p.m. Friday, Sept. 27, in Lot 16.

2. Violation of controlled substance act was reported at 8:10 p.m. Sunday, Sept. 29, in Lot 5.

Steps made toward change

Academic Senate meets on program changes

By Mary McDonough
copy editor

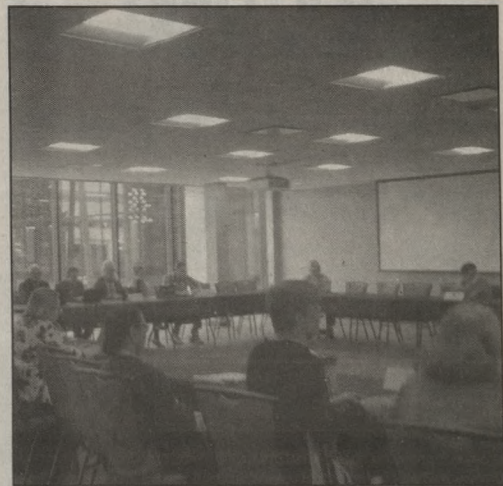
October opened with another opportunity for the Academic Senate to continue progress on a number of different program changes within university departments, during the Tuesday meeting in Peninsula II of the Northern Center.

Chair Alec Lindsay opened with a report on his recent activities with Associated Students of Northern Michigan University (ASNMU) and the efforts to get student representation on many of the Senate's different committees.

"They're a real engaged bunch. I know there are a number of their members who were voicing interest in getting on committees," Lindsay said. "I encourage any committees, if we have a need for student membership, reach out to ASNMU."

The Senate then moved forward to look over changes to the psychology minor detailed in the Committee on Undergraduate Programs Report (CUP). These alterations aim to focus on the flexibility of topics within psychology for students to experience a wider range of topics, according to the report. Specifically, this would require students to take 16-17 credits of 200 level electives, making 300 level electives only an option, not a requirement. The motion was passed, and this moves the changes onto the Provost for a second read.

Similarly, the Graduate Program Committee brought a list of adjustments with a large focus on the nursing master's and doctorate program. This would include the addition of six new courses, the reinstating of an-



TICKING BOXES—The NMU Academic Senate convenes to discuss curriculum changes in store for the university's future.

other six and the deletion of ten. The motion was passed and also moved to the Provost.

Debate began with discussion about the three candidates eligible to receive honorary degrees at commencement. The reasoning behind the eligibility of one particular candidate, former Board of Trustees (BOT) member Dan DeVos, is something that Head of Collections and Metadata Krista Clumpner believes to focus too much on monetary value.

"We have no other rationale in giving an honorary degree except for the hope to get money out of them, and we don't think that's a good enough reason," Clumpner said.

Biology Professor Brent Graves pointed out that one of the other approved candidates was also a past board member and that personal wealth should not be a

limitation in giving this honor.

"Just because he's wealthy I don't think is a reason not to give him an honorary degree," Graves said.

Despite Clumpner's opposition, the motion passed through the majority.

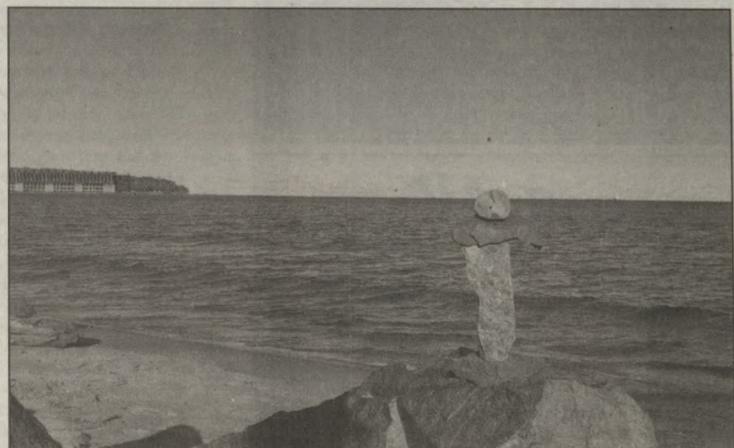
Outside of the formal senate agenda, Native American studies professor Judd Sojourn informed other members that while BOT has held off on recognizing Indigenous People's Day, there will still be events on Oct. 14 to commemorate it.

"It's a celebration but it's also kind of a memorial, so it's balanced event," Sojourn said.

The BOT is looking into creating a committee to review the decision.

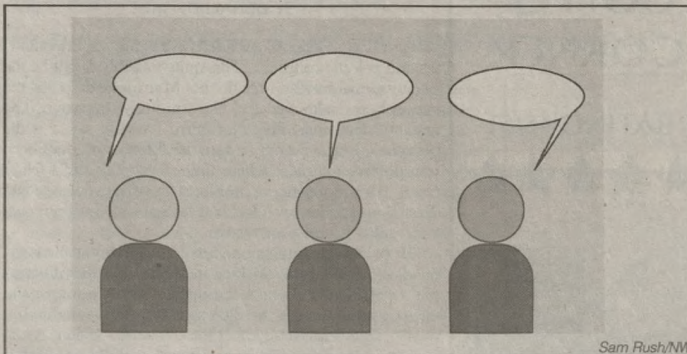
The next Academic Senate meeting is at 3:05 p.m. on Tuesday Oct. 15 in Peninsula II in the Northern Center.

Rock stacking on Superior



BLISS ON THE BEACH—Senior English writing major Jessica Parsons attempted cairn-building with rocks for the first time while visiting Lake Superior on Saturday.

EDITORIAL



Sam Rush/NW

Freedom of speech on campus

Respect others, know who you're representing

Silencing someone would result in a violation against their First Amendment right and freedom of speech. But it's important that these people—activists, protestors or whoever they might be—remain respectful to others and their property.

For an example, you may have seen a guy on campus outside of the library, preaching and yelling out verses from the Bible.

It's important to remind ourselves that this is acceptable, even if some of us may disagree with what's being preached, so long as he, and others that may do this in the future, is being respectful. This includes refraining from talking to those or following those around who have expressed they do not want to talk, are in a hurry or perhaps just simply are not interested in conversing.

As a member of a church—in this particular case—the man, or other people that this may include in the future, must be aware they are representing the faith of that particular church, whether that's their intention or not. When someone sees someone like this, it's hard to see

past that not all of those in that faith are like that. So some of the responsibility falls back on us to make sure we don't see one person as representing all, but it's also important that the presenter must rest their case respectfully.

Another example would be a climate activist or group coming to campus to share their thoughts on the matter and spread the word to reach more people who may be unaware of recent news.

Sometimes in Jamrich, there are booths or table displays that face and line up the hallway. This is more than acceptable and, in fact, should be encouraged. This is college, a place for discovery and where we're supposed to learn new things. But again, it crosses a line and the freedom is abused when there's disrespect. So it's important to be aware of these things.

In other words, when boiling things down, this freedom comes with a responsibility; you have to have mutual respect between those of differing views while also being aware that whatever you are trying to talk about also represents a larger group of people.

Hey NCAA, accept new era of college athletics



Staff Column

Travis Nelson

In 2023, the makeup of what we know today in NCAA Division I athletics is going to change forever. The National Collegiate Athletic Association (NCAA) is trying to stop it, but instead, they just need to accept it.

California became the first state to legalize that college players can be paid for the use of their image, name and likeness on Monday. The Fair Pay to Play Act makes it illegal for universities in California to suspend or punish the athletes for accepting money. This goes against everything that the NCAA stands for, as athletes taking money while competing is strictly prohibited. The bill will not take effect until 2023, but the NCAA along with major conferences, don't want it to happen. The fact of the matter is this: California is only the first state, with many gearing up to join them. States such as South Carolina and Washington plan to propose the deal during the next legislative session, which will definitely throw off the NCAA's mighty agenda. They want control, and that power hungry nature is what has caused them to look like a laughing stock in recent years.

The bill is athlete-friendly, and it will create an environment in which the paying of these players is much cleaner. This will not be the first time players have gotten paid, as it happens all of the time illegally. Recruiting has become a crap shoot, where one school will have a kid locked to come there when all of a sudden they commit to a different school. That would be because of the money flow from boosters, and it has made college sports that much more tainted. The Fair Pay to Play Act will take out the collusion and embezzlement in college athletics, as the athletes will get the chance to get shoe deals and endorsements on a legal basis. Not every kid will be getting paid, not everyone is worth a sponsorship.

With the current rules, basketball players must be 19 years old to enter the NBA Draft. That means that players would have to play one season of college basketball when they could potentially already be in the NBA depending on talent

level. Why should that kid not be paid like an NBA player? They're worth the same as some NBA rookies are, and now high school players are beginning to play professionally overseas for a season instead of going to college. This bill could save the NCAA after all, otherwise they'll be losing a lot of the precious money they hang their hat on having.

This could eventually get ugly if the NCAA decides to fully commit to being against this bill, but they could be outnumbered quick. Everybody recognizes how hard these athletes work to not only produce on the field or court, but of how they keep their grades up and serve their communities well. Amateurism is a word that likes to be thrown around, and that is that college sports are for amateurs and not professionals. Though the pros and college are on different levels of play, it doesn't mean that college athletes shouldn't be treated better.

"This could get ugly if the NCAA decides to fully commit to being against this bill..."

There is always two sides to an argument, and there definitely are people that oppose this bill. Why do you? Why is it a problem that these athletes might potentially get paid for their talents? Again, not everyone is a once-in-a-generation talent like Zion Williamson. Williamson deserved to be paid for what he did for college hoops; he was put on the national spotlight every time he touched the floor at Duke. There were countless hours of coverage of him on ESPN, and his face was plastered everywhere. The NCAA will gladly say that he played for a team that was part of their organization, but they will never want to see a player like him be paid.

Change is coming in 2023. Right now it is only in one state, but what is the NCAA going to do when the number reaches 10? 20? 40? The answer is currently unknown. However, the NCAA needs to know very quickly that they must adapt instead of fight. This is the new era of college athletics, and the sooner the NCAA accepts that, the better.

THE NORTH WIND

Jackie Jahfeston.....	editor.northwind@gmail.com.....	Editor-in-Chief
Akasha Khalsa.....	news.northwind@gmail.com.....	News Editor
Jessica Parsons.....	opinion.northwind@gmail.com.....	Opinion Editor
Maggie Duly.....	features.northwind@gmail.com.....	Features Editor
Travis Nelson.....	sports.northwind@gmail.com.....	Sports Editor
Sam Rush.....	design.northwind@gmail.com.....	Layout Editor
Mary McDonough.....		Copy Editor
Denali Drake.....		Copy Editor
Hugo Wiman.....	nwindads@gmail.com.....	Business Manager
James McCommons.....		Faculty Adviser

The North Wind is an independent student publication serving the Northern Michigan University community. It is partially funded by the Student Activity Fee. The North Wind has a circulation of 2,500 and is published every Thursday during the fall and winter semesters except on university holidays and during exam weeks. The North Wind is published by The North Wind Board of Directors, composed of representatives of the student body, faculty, administration and area media. Subscriptions are available for \$40 a year or \$25 a semester.

Vaping is not cool or safe



Guest Column

Jesse Wiederhold

If you vape, smoke cigarettes or use nicotine in any form, you should stop now or forever adhere to the consequences. If you do not want to take my word, I think you'll change your mind after reading this article. Too many people have real complications from nicotine usage to brush off this dirty habit. The worst part is that many people know of the dangers, or may have seen them, yet don't care. For the purpose of the growing frequency of smoking e-cigarettes on college campuses, I will be referring to nicotine from vaping.

Vaping is not cool, nor is it good for you, and I am here to explain why.

"The CDC reported that nearly 1,000 people have become ill with lung injuries."

First of all, ask yourself, "What is this terrible habit of mine doing for me?" The first thing you may notice is the feeling in the back of your throat, as you drag a fruity cloud of nicotine into your lungs. After that, you get a short buzz, then nothing. So you liked it, and you hit it again. You buy more of it, and continue the cycle. Some people might call that an addiction. I would. A lot of people say that they're not addicted, or say that they could stop at any time. This just begs to ask the common user, "Why don't you quit then?" The answer is not so simple.

Some say that vaping is just an easy process; it's better than cigarettes, it tastes good or it's fun. I think the craziest part about all of this is that people are trying to justify e-cigarettes as something that's not bad for you.

The Centers for Disease Control and Prevention (CDC) reported that nearly 1,000 people

have become ill recently with lung injuries. Of these people, 100% had a history of vaporizing e-liquids. I do not think it matters if these products have tetrahydrocannabinol (THC)—a chemical that gives a "high" sensation—or nicotine in them. No matter which way you look at it, these chemicals are vaporized and inhaled in your lungs. The CDC advises that you consider refraining from using e-cigarette or vaping products, particularly those containing THC. This advice should be taken seriously, as it's coming from a high-reputable medical organization. In other words, the CDC is telling people they should cut their habit, and I think that is saying something huge.

I sat down recently with a couple friends of mine who vape, or have vaped, to ask them about their experiences.

The first friend explained that they vaped regularly for five months before quitting. They were able to quit cold turkey after noticing health problems; their lungs would hurt at times and would "collect large amounts of mucus," making it difficult to breathe. They said they're glad they quit when they did, before things could have gotten worse.

Another friend of mine still vapes. I nag them sometimes, but that isn't enough. They told me they've been vaping for three years now, and throughout these years, their favorite thing is still the buzz it gives, which makes sense because people have been chasing the high that nicotine delivers for generations.

This person also reported that since they started vaping regularly, they have been dealing with mucus constantly in the throat and lungs.

I do not endorse any other usage of nicotine in any other forms. Nicotine is an addictive chemical, and it is costly to your wallet. If that isn't enough, just remember that every time you inhale nicotine or put a dip in, you are damaging your health. I think we are all too young to be doing this to ourselves, but the decision is ultimately up to you. Will you make the right choice about your nicotine habit?

Jesse Wiederhold is a senior, English writing major.

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.

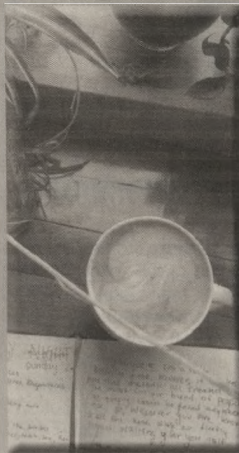
All letters may be edited for grammar and length.

Letters can be mailed to The North Wind, 301 Gries Hall, 1401 Presque Isle Ave., Marquette, MI 49855.

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

'CATS COFFEE CORNER

RATING (5/5)



DEAD RIVER COFFEE

BY DENALI DRAKE

Dead River Coffee Co. is filled with light jazz, dried flowers and eclectic coffee art. This quite possibly might be the quintessential small-town cafe that Marquette deserves, the atmosphere makes you feel like you know everyone. The aesthetic feels incredibly Northern. I would say it is the best place I have ever gone to write. I felt as if I had been transported to a place where time stood still, and I felt at peace. It's not pretentious, nor hipster with people reading Tolstoy and making you feel bad for not brewing your own kombucha. It's calm and warm.

The prices are on the moderate side, with my staple large, nondairy, vanilla latte clocking in at \$6. I like that it wasn't too sweet. You could taste the quality of the espresso and the mugs were exactly the right size. Bigger than a thimble, smaller than a bucket, perfect for any study session. A cup of daily drip coffee is going to set you back \$2.50 which is a great deal for the variety of beans that they source from around the globe. There is also a unique assortment of teas when it's too late for another espresso but a hot bevy is just what you need.

Classic pastries are displayed in a gorgeous wooden cabinet and are available for only \$1.50 making it a must grab for frosty morning coffee runs. Gluten-free sweets are also available which is a most welcome surprise. Not that I am biased but they might be tastier than the donuts.

Past shops I have recommended you to bring a Tinder date or a quirky roommate but not this time, not here. This is a spot to bring the potential love of your life, your best friend, someone who you can make long term eye contact with and who will appreciate the charm and enjoy the ambiance. So, enjoy this wonderful coffee shop located at 119 W. Baraga Ave. and thank me later.

Listen for intent, not words



Opinion Editor

Jessica Parsons

The words of Environmental Activist Greta Thunberg, 16, have been heard across the globe, at this point. Her wit and passion to speak out against world leaders and politicians have been an example for many people, especially children, and many are beginning to wake up to the idea of climate change, if they weren't already.

Thunberg made quite the scene at the United Nation's Climate Action Summit in New York City last month. Her voice and scripted-words stole the hearts of many on both sides of the political spectrum, repeating words like "how dare you?" and "hope."

As political commentators gathered on air and television to discuss the unforgettable, Swedish Thunberg, one conversation in particular will be just as unforgettable as Thunberg herself. I'm here to argue that it was highly blown out of proportion.

Here's what happened: American commentator Michael Knowles, was invited on Fox News to discuss Thunberg's speech.

"The climate-hysteria move-

ment is not about science," Knowles said. "If it were about science, it would be led by scientists rather than by politicians and a mentally-ill Swedish child who is being exploited by her parents and by the international Left."

This comment was definitely not Michael Knowles' finest moment. Actually, it was probably one of his worsts, as people expressed their feelings toward what he said by walking out of his Young America's Foundation (YAF) event last week. The term "mentally ill" stuck out like a sore thumb, leaving his overall message quickly buried.

Perhaps instead of calling her a "mentally-ill Swedish child," he could and should have said, "a Swedish 16-year-old girl who has mental health disorders." Regardless of Knowles' word choice, he's correct either way. Thunberg does in fact have Asperger's which she fortunately sees as a positive thing—a "superpower"—that has been an inspiration to many. But Thunberg also is diagnosed with depression, OCD and anxiety, and it's this overwhelming fear that has led her to become an activist for climate awareness to begin with.

Reports are being released regarding Thunberg, some addressing that she dropped out of school at 8 years old because of her difficulty and struggles with sadness and fear, specifi-

cally for climate change. The issue hits her differently. Severely. Of course we all want to do what we can in our power to take care of our planet. We've faced many obstacles in the past that seemed impossible, but we always figure it out and make it through. That's why there's hope. We figure it out. Our worry keeps us motivated to see change. And that is who Thunberg is. But what sets her apart from that scenario is her approach. She cares so much because she is worried sick.

Rather than "mental illness," the term we should have been focusing on from Knowles' comment is "exploited." To exploit something means to use a situation—or a person, in this case—in an unfair or selfish way. Knowles' intent was to say that the Left, the face of the climate movement, is benefiting unfairly by Thunberg because she is on the autism spectrum, and can therefore be used as a symbol to better enhance their message. Whether this is true or not, an opinion is an opinion, which we are more than allowed to share in this country, thanks to our First Amendment right.



Wildcat families explore campus, community

Family weekend to show parents what NMU is all about, reunites students

By Maggie Duly
features editor

Fall color weekends are coming to the U.P. and so are wildcat families from all over. Whether empty nesters are missing their children or students are missing home, family weekend swoops in at just the right time to invite parents, siblings and students to come together.

The first weekend of October every year, NMU organizes a few events each day for students and their families to spend time together in the community.

"Family weekend is a chance for students to share their experiences with the people they care about at home," Assistant Dean of Students Kash Dhanapal said.

This is Dhanapal's first year organizing the event after previous years of the Center for Student Enrichment being at the helm. Dhanapal said it's a "happy circumstance" that wildcat families are able to enjoy the fall colors, but there

are other reasons why family weekend is at the beginning of October.

"We want to give students a chance to get used to being at college, but we also wanted to give families a time to come visit their students," Dhanapal said. "We wait until six weeks on purpose because it gives them a chance to integrate with their roommates and it doesn't end up making them super homesick."

Events are not just limited to campus activities, one event offered is the Sugarloaf hike where families can get their picture taken with mascot, Wildcat Willy, at the top. Students are encouraged to show their loved ones where they spend their time.

"Take the time to explore," Dhanapal said. "We're doing that Sugarloaf hike to help facilitate some of that. Just to drive through Presque Isle, take a walk through downtown and check out where their students are [living]."

Further information can be found on the NMU website.



Photo courtesy of Rachel Harris

SWEET AS SUGAR—Juniors Ali Ealovega and Billy Scott hike Sugarloaf Mountain with their parents to meet Wildcat Willy at the summit and experience the one of a kind U.P. fall color view.



Photo Courtesy of Rachel Harris

CATS AND DOGS—Even puppies hike the 1.2 mile round trip to stop at the top and sniff the peculiar sized cat. Due to limited parking at Sugarloaf Mountain, NMU will offer a shuttle to take families from the Superior Dome to the popular hiking spot with rides starting at 10 a.m. Saturday, Oct. 5.

Family Weekend Events

- DeVos Art Museum: Noon to 8 p.m. Friday; Noon to 6 p.m. Saturday & Sunday
 - Campus Cinema
Film: Toy Story 4
Saturday at 9 p.m.;
Sunday at 6 p.m. & 9 p.m. - Jamrich 1100; free admission.
 - Duely Noted: Dueling Pianos Program at 8 p.m. - Jamrich 1100
- SATURDAY, OCT. 5:**
- Special Family Weekend Recreation Opportunities: 8 a.m. to 8 p.m. - PEIF
 - Open Skate w/ NMU Club Hockey from 9 a.m. to 11 a.m. - Berry Events Center
 - Sugarloaf Hike - 10:30 a.m. to 12:30 p.m.
 - Football: NMU Wildcats vs. Wayne State Warriors at 1 p.m. - Superior Dome (Tuition Drawing at Halftime)
 - Beethoven and Banjos 2019: 7:30 p.m. - Reynold Recital Hall, C.B. Hedgcock
- SUNDAY, OCT. 6:**
- Brunch from 9:30 a.m. to 2 p.m. - Northern Lights Dining
 - Special Family Weekend Recreation Opportunities: 11 a.m.-11 p.m. - PEIF
- FRIDAY, OCT. 4:**
- Special Family Weekend Recreation Opportunities: 5:30 a.m. to 10 p.m. - Physical Education Instructional Facility (PEIF)
 - Family Weekend - Information Table: 2 to 5 p.m. - Northern Center Atrium (located near NMU Bookstore)
 - Men's Soccer: NMU Wildcats vs. Northwood at 4 p.m. - Soccer Field (located behind the Superior Dome)
 - Marquette's Largest Fish Fry & Entertainment from 4 to 8 p.m. - Northern Lights Dining



**Vendors bring
Vibes to
Marquette Farmers Market**

Where local farmers, growers and artisans come together

Photos & Story by Jessica Parsons

Jackie Jahfetsón/NW

Mostly sunny, low 60's, crisp-fall air, laughter, chatter, music. These are only a few elements that make up a bigger picture created downtown, painting a scene of the Marquette Farmers Market. From bright orange pumpkins to hand-carved sculptures, to homemade coffee and handspun yarn, this weekly event has something for everyone, no matter the age or size. Some even non-human, like an Alaskan malamute, or a golden retriever, all enjoy the company just the same.



THE CUTE ZOOT—Alaskan Malamute named Zoot gets attention from nearby attendees.

From 9 a.m. to 1 p.m. on Saturdays, local farmers, growers and artisans make their appearance in downtown Marquette to share produce, creations and conversations.

"I actually came here because I like Borealis Baking Co. I like how they have local bakers here and of course the farmers, but I really like how they have things other than vegetables here," community member Elli Morin said. "This is our first time here and I really like it. It's the only other farmers market I've been to, and this one is much bigger."

Live jams from the Marquette-born and raised Troy Graham added soft acoustic sounds that complimented the freshly-roasted-coffee smell and the sweet scent of sugary treats lingering through the breeze.

"I like cookies," one of Morin's twin daughters said.

She danced with exuberance. Her hands waving in the air woke up the excitement in her shy sister. "Cookies, cookies, cookies!"

Though each vendor offers something unique in their own way, one thing is for sure: a lot of time and energy is spent on each piece to make sure it's the best it can be.

Specifically, J R Scott of Red Metal Jewelry said it takes an "eternity" amount of time to make each individual piece, and he does it all by himself. He added that it's this uniqueness that keeps him "sane."

"Red metal is what Native Americans called copper because they made arrowheads from it," Scott said.

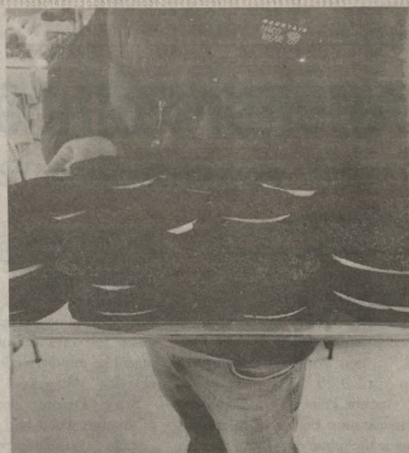
Scott continued with his history lesson, leaving his hand-made creations to speak for themselves, red metal glistening all around him.

The majority of the U.P. copper that Scott uses to make his jewelry is recycled, he said, adding that the hardest part of making his rings is finding a nugget that will fit.

Averaging the price for Scott's products would make his practice a job rather than an art.



SHIMMERING SHANTI—Larimar jewelry from Shanti Jewelers featured sun-catching, hand-crafted gemstones of all sizes, shapes and colors. Some pieces like this one are wire-twisted for a wrap-around style.



DEFINITELY NOT OREOS—Doozers prepares for the season with one of their most popular treats they call "Definitely Not Oreos." [Photo Courtesy of Doozers Bakery Facebook Page]

Another local vendor seemed to be making "pretty solid" business that day as well. Clair Morgan-Heredia and her husband DJ Morgan-Heredia are the bakers and creators of "Doozers."

The name "Doozers" derived from a family inside joke, where all pastries and treats were nicknamed "doozers," Clair said, for no particular reason other than the thought of it being a cute name.

"It's short and simple," Clair said.

The couple run their homemade baking business out of their apartment and operate under the Cottage Food Law, Clair said, adding that one of their most popular treats—or "doozers"—are Oreos-looking cakes called "Definitely not Oreos."

Another popular pick from attendees are Doozer's sugar cookies and their homemade snacks that are similar to Cheez-It's.

The Downtown Marquette Farmers Market is located on 112 S. Third St. and its weekly event will continue for the season until Dec. 14, according to their Facebook page. For more information, visit their website mqtfarmersmarket.com, or call 362-3276.



RED METAL—J R Scott of Red Metal Jewelry serenely nests in his booth behind his hand-crafted copper creations, like earrings, bracelets, necklaces and rings.

Anchor Point arts trip approaches deadline

Graphic design club goes cross country to Portland Design Week for various art events

By Rachel Haggerty
contributing writer

Northern Michigan University's design group Anchor Point is accepting applications until Oct. 8 for their Portland, Oregon trip in April 2020.

Anchor Point is a student-based organization dedicated to encouraging the minds of creative students centered around art and design at NMU. The group is open to all who are passionate about creating.

The group is hosting a trip to Portland where they will attend 2020 Portland Design Week from April 19 to April 25. Portland Design Week is a free week-long event of independently organized talks, workshops, exhibits and other events in most creative disciplines including design, animation, architecture, product design, marketing, journalism, film, branding and music.

The festival was originally brought about by designers in Portland realizing that the city was built off collaborative design work. It is meant to create a space that celebrates projects and processes in all forms, according to Design Portland.

While Anchor Point was originally created by design students, Michael Wilson, president of Anchor Point and senior graphic de-

sign major, said that the group is open to any discipline as long as they enjoy creating.

"There's nothing I love more than celebrating and learning more about the creative industry with other like-minded students in a foreign city," Wilson said.

Bryce Devore, vice president of Anchor Point and sophomore graphic communications major, mentioned that in addition to the week-long event, they plan to tour Aaron Draplin's studio "Draplin Design Company." Draplin is a Portland based graphic designer from Michigan. His client list includes brands such as Nike and Burton Snowboards.

"This is a great opportunity for us to meet experts in our majors and see how the creative industry works in a more developed city," Devore said.

In April 2018, Anchor Point took 13 students to Pasadena, California, where they attended the American Institute of Graphic Arts (AIGA) Design Conference. The students also toured Studio Number One which was created by well-known designer, Shepard Fairey. The studio's motto is, "helping brands take a stand, creating visual experiences and stories worth sharing."

"It was an amazing learning experience," Devore said. "We

had the opportunity to tour Shepard Fairey's studio and met with the designers that work for him. It was great for us to meet such an iconic designer that we all look up to."

Applications are available in the art and design office and must be returned by Oct. 8. Applications should be filled out by committed individuals who are able to pay \$800 plus over the course of six months. Students will be able to opt in or out of any of the events put on over the course of the week. This covers the cost of the plane tickets, housing, food and other expenses.

The schedule will be released in February 2020 and will list the prices of events which have been free to low cost in past years. All expenses are fronted but might be reimbursed depending on how fundraising goes.

"We will be applying for funding and fundraising over the course of the year. So, we could all end up making most or even all of that back but that will only be reimbursed to us after the trip is completed," Wilson said.

For more information, contact Michael Wilson (miwilson@nmu.edu), Bryce Devore (bdevore@nmu.edu) or direct message @anchorpointshapesharing on Facebook or Instagram.

Anchor Point Field Trip 2020



Graphic courtesy of Michael Wilson



Photo courtesy of Anchor Point Instagram

THAT JOHN HANCOCK—On the 2018 trip to Pasadena, California, the Anchor Point students met Shepard Fairey the designer of the Obama Hope poster. Junior graphic communications major Ali Davis was able to snatch an autograph upon meeting the famous designer.



Photo courtesy of Anchor Point Instagram

WALKING THROUGH GREATNESS—Anchor Point students toured famous designer Shepard Fairey's Studio Number One during the American Institute of Graphic Design Conference in April 2018.

On campus fitness classes free for students

Fit Zone offers several different sessions from high energy to relaxation

By Maggie Duly
features editor

College is a time in a person's life where there are so many opportunities and utilities provided to students at little to no cost while they're earning their education. It only makes sense to take advantage of all these offers before the real world comes crashing down.

At NMU the Student Recreation Fee is automatically bundled in to tuition prices. Students take advantage of that by using the Physical Education Instructional Facility and the Fit Zone, but several different kinds of fitness classes are also available to students.

The Fit Zone is convenient to on campus students because it's connected to the residence halls behind the Woods.

Lynne Mestnik is one of five instructors that teach at the Fitzone,

she specializes in Yoga Flow and Power 50.

"It's one hour that your giving without your phone, without other distractions and you're just totally concentrated on yourself and I think in this day and age everybody needs that," Mestnik said.

Each of her classes work on building strength over time and aim at working into class schedules based on the times they're offered and the length.

"It's a class anyone can do, I had a girl that came the first year we offered it and she was a sophomore, she could only do the empty bar, she couldn't even put two and a half pounds on it," Mestnik said. "The next year she put two and a half pounds on it and by the time she graduated she was doing 10 pounds on each side."

The Yoga Flow class offers a lot of the basics of yoga and is a very

instructional atmosphere for any level of yogi.

"We incorporate general yoga moves, sun salutations, strength moves, balance moves and they all gently flow with the music," Mestnik said. "I allow the kids to pick some of the music if they choose, they can give it to me and I'll choreograph something to it."

Mestnik caters the exercises to the students at each session and always offers options to the participants by saying, "If I do anything you don't like, don't do it."

"I always look at my audience. If it's a group that's never done it before I know we need to move it slower," Mestnik said. "That's really important."

The Yoga Flow class always ends with a guided meditation unique to each day which always ends the session with a sense of serenity.

"I appreciate the positive energy

she gives the class every Tuesday, it's become this thing in my routine that I can look forward to and a discipline that helps me grow both mentally and physically," sophomore psychology major Nicola Falco said.

With busy schedules it can be tough to find time to workout and the right exercises for each person.

"If you can get them to walk through the door they're going to come back and the first thing they're worried about is everybody's going to watch them and nobody watches them because everybody's just trying to stay alive."

Sophomore environmental science majors Caitlin Sternberg and Natalie Nesburg frequent Mestnik's Power 50 class on Wednesday evenings which is done with a bar and barbell weights and they focus on a holistic body workout.

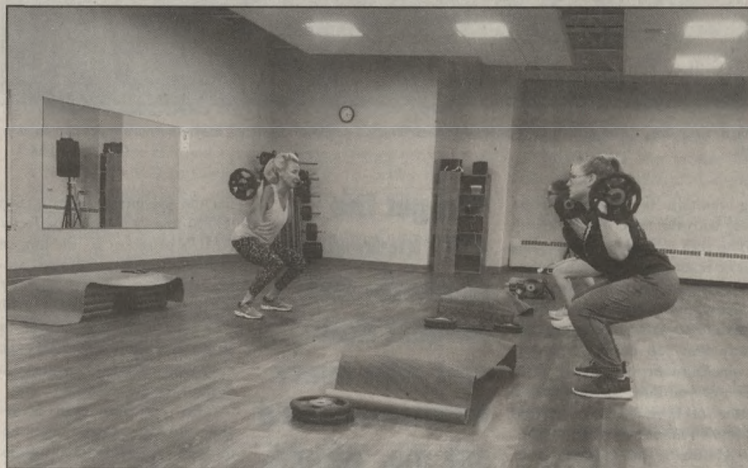
"I think the class really chal-

lenges you because it works every muscle group so it's a really nice workout in only 50 minutes she does a good job going through every muscle group so it's full body," Nesburg said.

Mestnik choreographs each fitness class with music that flows with the workout and offers her students to request songs to incorporate for future classes.

"She's such an energetic person and she really pushes you to work harder and it's nice to see the progress," Sternberg said.

Classes are held Monday through Thursday and have a participant limit of 20 people and 10 for Power 50 workouts. The other classes offered during the first session of fall are PiYo, Zumba, Release & Restore Yoga and Yoga for emotional wellness. Class times can be found on the Fit Zone page of NMU's website.



Maggie Duly/NW

FEEL THE BURN—Instructing fitness classes for over 30 years, Lynne Mestnik has been at NMU for the past three years guiding students, like Caitlin Sternberg and Natalie Nesburg above, through Power 50 and Yoga Flow to build their strength and aid relaxation.

Ore Dock hosts Plaidurday

By Jackie Jahfetsen
editor-in-chief

Living in one of the northernmost locations of Michigan, a similar color scheme stands out from the rest whether it be buffalo plaid, tartan or gingham. Noted as one of the U.P.'s most iconic color schemes, Plaidurday returns to Marquette and the Ore Dock Brewing Co. is one of the pit stops to commemorate the worldwide celebration of clothing with a new beer release and bumping beats throughout the weekend.

In collaboration with Stormy Kromer for its third year, the Ore Dock will begin the weekend festivities at 4 p.m. Friday, Oct. 4, with the launch of the Six Pointer Munich Dunkel beer and later,

music from Marquette local blues band Eddie and the Bluesers from 8 p.m. to midnight.

Brewed with German Munich malts and a beer style that dates back to the 16th century, the Six Pointer beer is a "full bodied, seasonal Munich darker logger," Ore Dock Entertainment Manager Kris Wierenga said.

"[People should go] because it's plaid. It's a unique celebration that really captures the best parts of being a Yooper," Wierenga said.

The Six Pointer beer will be in stock all weekend, and Saturday will feature the "funk-jam fusion" of Boyne City band Galactic Sherpas who always bring a ball of energy to the Ore Dock stage, Wierenga said, adding, they've

got the "whole nine yards" with horns, guitars, keyboards and an ensemble of 8 to 10 people.

"They're great guys, they love coming up and they're not too far away. We always have a blast, they are a staff favorite whenever they come into town. They're danceable and real fun high energy show," Wierenga said. "The [Galactic] Sherpas are one of the premier acts in Northern Michigan and if you're a fan of good music, I think you would have a good time."

The Galactic Sherpas will perform on Saturday from 9 p.m. to 1 a.m. For more information on Friday and Saturday's events, visit the Ore Dock's website at ore-dock.com/events/live-music-events.

NORTHERN LIGHTS GLASS
STUDENT DISCOUNT
EVERY THURSDAY
415 N. THIRD
MARQUETTE MI
MON-FRI 11-8 SAT 12-8 SUN 12-5

Peter White Public Library
Marquette, MI 904.228.7500 | www.pwpl2600

**Building a Community
Climate Response**
(Drop-In)
Thursday, October 17, 3:00-8:00 pm
Community Room

3:00 to 6:00: OPEN HOUSE
chat with reps, pick up handouts, view exhibits
6:00 to 8:00: SHORT TALKS
by group representatives

Learn how you can become part of the solution!

Agri County
Michigan Radio Emergency Service

Skeptical Science
Science explains what global warming means.

STYROFREE
MARQUETTE
RECYCLED - RECYCLED

906/226-4318
WWW.PWPL.INFO
No Admission Fee



Competitive Olympic attitudes

Strength, endurance levels set high stakes for a few Greco-Roman wrestlers

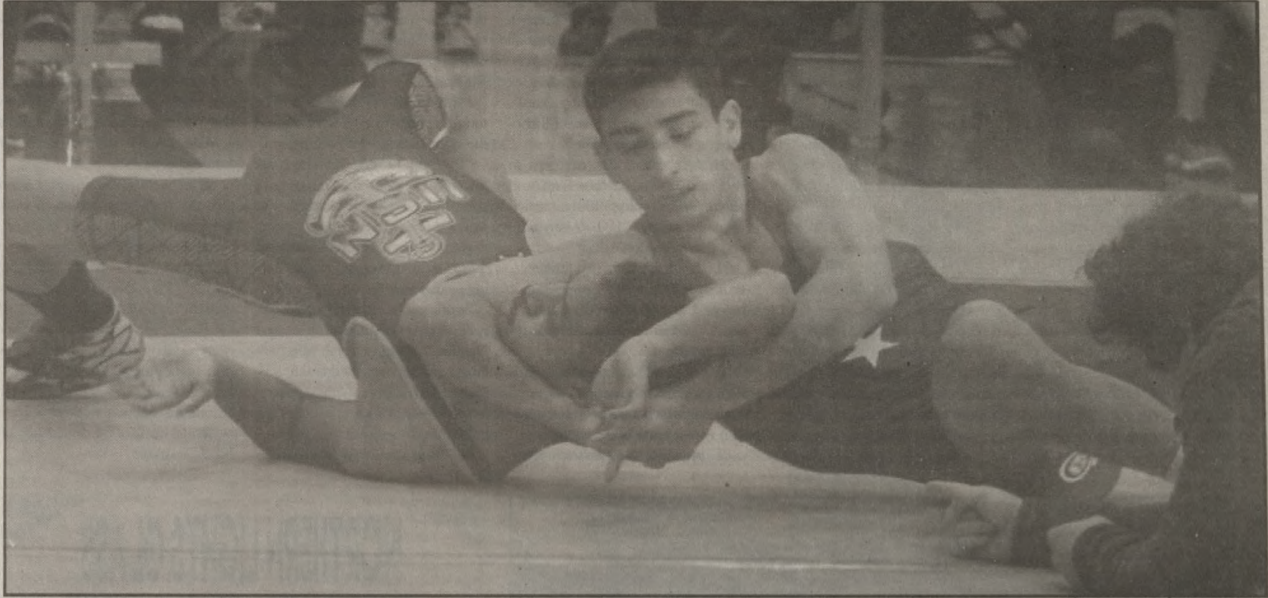


Photo courtesy of Five Point Move

PUSHED TO THE BREAKING POINT—In order to be at the top of the mountain in wrestling, these athletes are pushed to their limits. Coach Andrew Bisek makes sure his team can do anything on the mat, however, nothing can teach them more than losing a match.

By Jake Bekemeyer
contributing writer

Ten times a week, the 48 members of NMU's Olympic Greco-Roman wrestling team gather on the second floor of the Superior Dome for practice. The room is large—the floor covered in padded mats to soften falls. Nearly 30 person-sized stuffed leather practice dummies line the far wall leading to the weight training area.

Climbing ropes hang from the peak of the ceiling. Even after an intense practice, the athletes are tasked with climbing up and down eight times using only their arms. Coach Andrew Bisek said he believes in pushing the athletes to be the best they can.

The competitive attitude runs

“If you win, it assures that you can compete with the best.”

— Andrew Bisek
head coach, wrestling

from the coaching staff down to the wrestlers. Although there are numerous competitions every year, Bisek preaches selectiveness, or going to certain meets.

“I don't want people to go

somewhere just to feel good. I want them to know that we're trying to achieve something harder. If you go beat some of the best countries, then that's good,” Bisek said.

The coaching staff pushes the athletes to enter the toughest tournaments, Bisek said. Losing a match stings no matter who is against, but losing often leads to learning, which leads to getting better, he said.

“If you win, it assures that you can compete with the best. But if you lose, you say ‘Okay, I got a taste of what the best is.’ [The drive] has to come from somewhere internal,” Bisek said.

Practices are where it all begins. The old phrase, “You play how you practice,” rings true for the team. Not only is their intense focus on physical strength and conditioning, but small details that can make a good wrestler great.

Greco-Roman wrestling is similar to other forms of wrestling with the stipulation that there are no leg attacks or take-downs. Eliminating the lower half of the body limits the moves one can perform and also gives way to a lot of subtleties.

“You find a lot of situations where the slightest pressure gets a reaction and something that wasn't there [before] becomes open,” Bisek said.

Graduating from NMU is not necessarily the end of the line for a wrestler. There are guys who stay in Marquette after

graduation to continue training with the team at the facility. The staff welcomes this, finding it benefits the younger athletes.

“They've done a great job of helping the 18 year old kids here. They'll say, ‘No this is the way that you do it.’ Not only wrestling wise, but saying, ‘This is how you have to train, this is how you have to live.’ You need to be an adult now,” Bisek said.

Although the student body may be aware that these Olympic programs are on campus, that is often the extent of it, Bisek said. The team has traveled to Sweden, Budapest and St. Petersburg, and will compete in New York City and Fort Worth.

“As far as support, it's hard. There's one other college that has full-time Greco athletes and it's in Arkansas. That program just started a few years ago. But where do we go and compete? Overseas. So it's tough to go out and support the team,” Bisek said.

To remedy this issue he has considered adding bleachers or extra chairs in the practice facility and opening the doors to the public for live practices.

Senior entrepreneurship major and veteran team member Jesse Porter has been wrestling since third grade. Now, at NMU, Porter is a full time student along with his responsibilities to the team.

“It's kind of a family affair for me. Both my sisters wres-

“I'd get the s* kicked out of me for the longest time and after every tournament he'd ask me, ‘Alright, so you want to quit?’”**

— Jesse Porter
wrestler

ted, my mom wrestled and my dad wrestled. I grew up around wrestling—I started to like it on my own because I was exposed to it so much,” Porter said.

His father's philosophy was similar to that of Bisek's. He competed in advanced age groups and weight classes since the beginning, Porter said. At that age, a year's difference meant facing opponents who were taller, bigger and stronger.

“I'd get the s*** kicked out of me for the longest time and after every tournament he'd ask me, ‘Alright, so you want to quit?’” Porter said.

But Porter didn't. Instead, he asked his dad to teach him how to be better, how to win. Learning these lessons at a young age instilled a competitive drive that

fits the Olympic Training Site (OTS) team's mission perfectly. NMU's program is the longest running full time Greco program in the country, celebrating its 20th anniversary in 2019. The only other program of its kind was started three years ago at Williams Baptist University in Walnut Ridge, Arkansas.

“Our coaching staff is really strong. They are extremely experienced—I think Andy does a great job on that front,” Porter said.

The demand for excellence doesn't stop when the athletes leave the facility. Everyone is required to meet a required number of study hours each week, ensuring that they are well rounded and ready for the work force after graduation, he said.

“It's similar to what other athletes do but it's on a different level,” Porter said. “If you look at Division I athletes, they do a lot of the same stuff we do, the only difference is we do it year round.”

From December 20 to 22, members of the teams will be traveling to Fort Worth, Texas for the Olympic trial qualifiers for the forthcoming games. The top five from that tournament qualify for the trials, which then selects one athlete per weight class to represent the United States. Bisek is excited to see what happens, adding that four or five guys have a really good shot at making the 2019 Olympic team.

Volleyballers drop three GLIAC matches

Now sitting at 5-8, NMU looks to get back on track with tough slate upcoming

By Sadie Brink

contributing writer

It's been a rough start to the season for the Wildcats Volleyball team, with a 5-8 record, including recent matches against three different schools in one week.

"Our season so far has been up and down. We have showed a great deal of promise at times, and also struggled at times," head coach Mike Lozier said. "This is a sign of a growing team that has yet to find an identity as a unit on the court."

"People only see a snapshot of this team each time they come watch is play, they don't see the work this team puts in every day on the practice court."

— Mike Lozier
head coach, volleyball

This past week the Wildcats had matches against three tough opponents. First against Michigan Tech, they were swept 3-0 in Houghton on Sept. 24. Next,

the Wildcats faced Lake Superior State at home on Sept. 27 and ended up losing that match 3-1. Lastly, on Sept. 28, they faced off against Saginaw Valley State and were defeated 3-2 in a close match, but Lozier said this team shows stamina.

"People only see a snapshot of this team each time they come watch us play, they don't see the work this team puts in every day on the practice court," Lozier said.

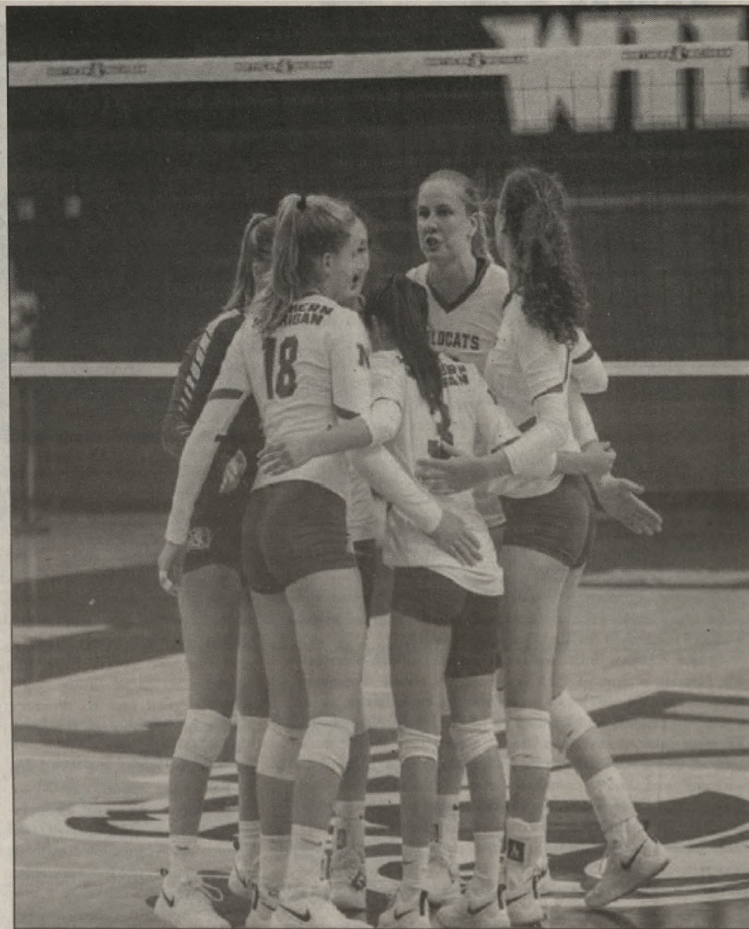
Lozier said his team just needs to continue to get better, and to not let the failures be anything but an opportunity to learn and get better.

"I hate to focus on their youth, but most players on this team are seeing significant playing time for the first time in their college careers, so we expect to keep getting better as their experience grows," Lozier said.

The 'Cats have traveled much this season, and last weekend marked its first home game.

"There is a different feel, it is not even that away matches are super hostile, but it is more about how great our home crowd is," Lozier said. "I was so impressed with our fans this weekend, they came out in full force, and injected some life into Vandament. If we keep getting that kind of support I expect our program to get some big wins in that space."

The team will travel downstate on Friday, Oct. 4 and Saturday, Oct. 5 against Ferris State and Northwood. The Wildcats will then return home next weekend and face off against Ashland and Wayne State.



HOPING FOR COMEBACK—The Wildcats will be on the road this week, as they travel downstate to take on the Ferris State Bulldogs and Northwood Timberwolves on Friday, Oct. 4 and Saturday, Oct. 5.

Photo courtesy of NMU Athletics

Wildcats head to Plymouth for exhibition



Photo courtesy of NMU Athletics

ICE DEBUT—NMU Men's Hockey team prepares for exhibition game against some of the most talented teenage hockey players of the nation.

By Travis Nelson

sports editor

As the leaves take on their new shades, NMU Men's Hockey team gets ready to lace up their skates in a preseason tune-up game.

The team will compete in an exhibition game against the United States National Team Development Program (USNTDP) U-18 team at 7 p.m. on Saturday, Oct. 5 in Plymouth, Michigan.

The USNTDP is home to some of the most talented teenage hockey players in the nation. Head coach Grant Potulny and his squad have not participated in an exhibition yet in his career at NMU, but now in his third season, this will be some test.

"Going into last year I thought we actually had a good camp, but the first game of the year we just weren't battle tested, and

it took us half a game to kind of find our legs, so I'm looking forward to this game," Potulny said.

This will be an opportunity for some of his players to make a good first impression on their teammates and the coaching staff, Potulny said. The USNTDP sends kids to the NHL like postage stamps, as last season the team had eight NHL first round picks.

"There's not a team in the history of college hockey to have eight first round picks, it'll be a good challenge for us," Potulny said.

Expectations are high as this will be the team's best chance to really prepare for Michigan State. Playing another opponent live is a great opportunity, and Potulny wants to see his team play at a high level.

"Special teams are going to be important, you're still kind

of putting pieces together there, we're still working through a little bit of line combinations," Potulny said. "But I just want to see guys compete, I want to see them execute and make plays at a high pace."

Following the preseason matchup, the Wildcats will host MSU on Friday, Oct. 11.

"There's not a team in the history of college hockey to have eight first round picks."

— Grant Potulny
head coach, hockey

GRETA

Continued from Page 6

Knowles, in response to "how dare you?" clarified that he is "attacking the Left for exploiting a mentally-ill child." He was then told to "relax," and was nicknamed "skinny boy," but let's not name-call or anything, right?

A slight change in tone and a quick rephrase of his comment, could and should have been done. The controversy that this brought was highly unnecessary and blown out of proportion due to the lack of picking apart his argument, and taking the term "mentally ill," and running with it. But the more research that arises about Thunberg and her mental state, the

more she will be called a "political pawn," whether she is or isn't. Don't believe me? Look up some videos of her speaking unscripted.

Fox News went to Twitter and apologized for what was said, calling Knowles' comment disgraceful and that they have "no plans" to book Knowles, who went to Twitter as well.

"There is nothing shameful about living with mental disorders. What is shameful is exploiting a child—particularly a child with mental disorders—to advance our political agenda," Knowles tweeted.

I'm not in support of the words Knowles chose to say, rather, his intent, something that was misinterpreted by

many.

Additionally, I, by no means, view Thunberg as a political pawn. Actually, her passion leads me to believe she's doing all of this out of her own will.

However, I have provided reasons why the idea is not absurd, and the fact she is a child speaking to world leaders should not put her in a spot where criticism is not allowed. If she wants to play the game, the same rules apply.

In the future, I encourage all viewers to listen with intent instead of fishing for words. Both are meaningful, but without a doubt, the former is superior to the latter.

VOTE

Continued from Page 1

People are overall excited on Election Day, and this is a way to make a difference by serving their community or country and it's just one day, Stark said.

Election workers go through a training process before and there are always experienced people at the polling places who can answer any questions you have on the job, Stark added.

"The feeling that you get when you go into the booth and actual-

ly cast your ballot and you put that thing into the machine, that's the feeling you have for the entire day," Stark said. "It's a really good experience, you get to meet a lot of different people. You get to help people vote. There's not a whole lot of things cooler than that."

The event is free to members and non-members of AAUW, and the Marquette Federated Women's Clubhouse is located at 4227, 104 W. Ridge St. A short Q&A session will follow the presentation.

PACKS

Continued from Page 1

Active Minds hopes to partner up with other student organizations to continue raising awareness on mental illness, including collaborations with the Public Relations Student Society of America, Student Psychological Association and Mental Health Matters.

Mental illness differs from a physical illness in the sense that it's difficult to detect when something is wrong, but by getting more people to come forward and comfortable discussing it, it will no longer be a taboo subject, Knill added.

"It's okay to have a bad mental health day or to have something wrong with your mental health to need help. It's okay to reach out and it's okay to find help," Knill said.

THE NORTH WIND 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

Advertise Your business or event in The North Wind!

Follow @northwindnews on Instagram!



Tag us in pictures of events, news, or cool things on campus.

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

WORD SEARCH OF THE WEEK

THEME: Hobbies of an NMU student

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

- CRAMMING
- FISHING
- HUNTING
- READING
- SKIING
- STARGAZING
- WRITING
- CRYING
- HAMMOCKING
- CRYING
- RUNNING
- SLEEPING
- STUDYING
- DANCING
- HIKING
- MOUNTAIN BIKING
- SINGING
- SNOWBOARDING
- TRAVELING
- STRESSING
- SWEATING

INSPIRATIONS

"I cried to the tire guy,"
 -Maggie
 We now have a pet spider Jackie tried killing it and his name is Jerry.
 re: the word search, what hobby matches you best?
 my dad's bday is tomorrow - Jess
 Denali's CCC tho <3
 nice work this week, Jakel
 S/O to new contributor, Jesse W. He wants you to know he's a dad to 3 cats and owns fishies.
 Northern Lights should be visible Thursday night btw someone take a pic and send to us on insta, and we will give you a s/o and wild-art next week's issue.
 teaching Jim a-boat Tinder



175 Hawley St. • Marquette, MI 49855
 906.226.9080 • www.biolifeplasma.com

Join our exclusive
PLATINUM
 Program!

Earn up to
\$90
 a week
 Offer Ends: 12/1/2019

**YOU PAY IT
 FORWARD.
 WE PAY
 IT BACK.**

Get our BioLife Plasma
 Services app today!

Promo Code:
PROMO300

New Donors
 earn up to
\$300
 in 5 donations*
Valid until 12.31.19

