

THE NORTH WIND



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Fall Semester

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Stepping into new leadership

ASNMU president resigns in face of additional commitments

By Jackie Jahfseton
editor-in-chief

In a campus-wide email, ASNMU President Cody Mayer announced his resignation on Tuesday, Dec. 3 due to other commitments rising in his work and personal life.

Mayer has served ASNMU as president for over a year and a half, and his resignation will be effective Dec. 15. Being a sergeant in the Michigan Army National Guard, a Board of Directors member for the Marquette Brownfield Redevelopment Authority, a husband and with a baby girl on the way come March, Mayer noted that he won't be able to work full-time providing for his family plus govern a student body. "The decision to resign as president was not easy, but it was the right decision," Mayer said in a North Wind interview.

Current Vice President Paige Pucelik will take over as president and Mayer said he feels confident that she will surpass the role with her intelligence and being a "pragmatic individual," her experience as vice president over the past eight months will come in handy. A new vice president will be appointed at 7 p.m. Thursday, Dec. 5, in Jamrich 1317 at the AS-

NMU meeting.

Though Mayer didn't make the decision to resign lightly, he said he's proud of the goals ASNMU implemented during his tenure.

"The only way I think I could evaluate my leadership as president is with a saying I live by, 'Leadership is the ability to translate vision into reality,'" Mayer said. "We accomplished so many great things and made significant progress on some important topics."

When first elected, Mayer said he wanted to focus his attention on student voting rights, mental health, veteran services, diversity, sustainability and connecting NMU students with the Marquette community. Among his accomplishments, Mayer helped increase mental health services on campus, implemented discounted parking for veteran students and lavender cords at graduation for our LGBTQ+ and Ally community. Other goals Mayer oversaw included creating a green fund, establishing an office for sustainability, rounding up 1,000 students to complete the Marquette County Master plan survey and providing free feminine hygiene products in 12 different locations on campus.

"I have a fundamental belief that God's purpose for me in this

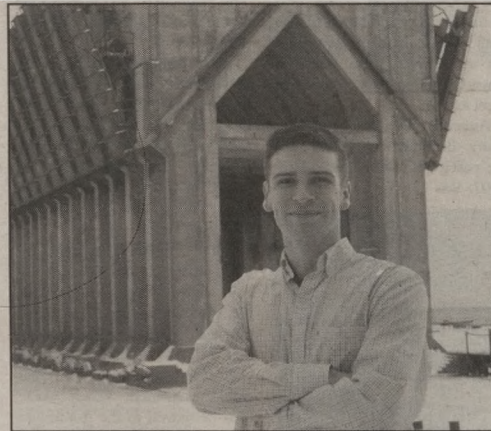


Photo courtesy of Northern Michigan University
NEW ERA—Effective Dec. 15, ASNMU President Cody Mayer will resign after serving for over a year. He looks forward to focusing on Marquette.

world is to make other people's lives better and help them achieve their dreams. I have found public service to be the most effective and rewarding way to do so," Mayer said. "The most rewarding part of being president is that with every big decision I always got feedback from students it affected and the amount of gratitude they conveyed was both rewarding and humbling."

ASNMU College of Arts and Sciences Representative Jake Putala—junior political science major—said that it's been a privilege working with Mayer on academic and policy issues.

"[Mayer] is a top notch leader. He led ASNMU in the right direction and formed critical relationships while advocating for students," Putala said. "Cody stepping down is a loss for the student body and the university as a whole, but I understand his deci-

sion and am confident he will continue to be a leader in the greater Marquette community."

Mayer said he wouldn't have done anything differently as president as "regretting the past prevents you from moving forward."

Upon his resignation, Mayer said he will enjoy spending time with his wife and eventually newborn daughter and finish off his last semester with a public administration degree.

"I will continue to serve where I am needed on campus but will be shifting from focusing just on NMU to the Marquette Community as a whole, which NMU is a critical part of," Mayer said. "I look forward to the next assignment God gives me and I am beyond grateful for the support our NMU family has given my family and I as we prepare for this new chapter in our lives."

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Graduation speakers announced

By Akasha Khalsa
news editor

After deliberations among the graduating class, the Dean of Students and ASNMU, the speakers for Dec. 14 commencement have been announced.

School of Health and Human Performance Associate Professor Scott Jordan has been selected as the distinguished faculty speaker, and fisheries and wildlife management major Connor Loftus has been chosen as the student commencement speaker. These speakers will congratulate graduates during the ceremony and hope to provide some insight or life wisdom to the outgoing seniors.

"I am still kicking ideas around for the speech, but I'm leaning to-

wards talking about lessons that I have learned about life through outdoor recreation," Jordan said. "Such as, character development in the context of productive application of what you have learned in school and making the world a better place by applying compassion to all aspects of life."

Jordan was nominated by students for the Students' Choice Award as speaker. In an email sent out to all the graduating seniors this year, seniors were asked to select their favorite faculty member. Students had until Monday, Nov. 18, to nominate a professor if they wanted to "reward them for their hard work and positive influence," according to the Dean of Students office.

Jordan is the fourth faculty

member to be awarded the Students' Choice Award to become a speaker at a commencement ceremony at NMU, Assistant Registrar Lenette Pymnonen said. In the past, other faculty who have received the honor have included Martin Reinhardt, who teaches Native American Studies, David Wood of the English Department and Gary Brunswick of the College of Business.

The student speaker was chosen by a selection committee formed of two graduating seniors, two NMU faculty members, the Dean of Students and the ASNMU president. This committee auditioned speakers from the graduating class. The student speaker was chosen for the quality of his speech, which was submitted be-

forehand during the auditions. In order to be selected, the talk had to be five minutes or less in length.

"My speech is about the changes that have been happening on campus and how the graduating class has played a central role in helping make those changes happen," Loftus said. "Campus and the surrounding area looks totally different than it did four years ago. The roles that our class played in all these changes were central to shaping the new NMU that we see today."

Commencement will be held at the conclusion of the semester at 10:30 a.m. on Saturday, Dec. 14 in the Superior Dome. For those unable to attend, it can be viewed live on WNMU-TV Public TV 13 or streamed online.

Mental health prompts talk at Academic Senate

By Mary McDonough
copy editor

Even as the semester winds down, Academic Senate is still working to move NMU forward. In a Dec. 3 meeting, its attention turned to the inner workings of policies concerning student mental health, mainly the process of a voluntary psychological withdrawal.

Withdrawal allows students

with severe mental health issues who find themselves unable to get through the semester a way to take the proper time off to seek help. If the student wants to return after withdrawing, there are parameters set up between them and their physician that the university must refer to.

Associate Dean of Students Mary Brundage explained that the policy, which has existed since 2007, was changed due to stu-

dent complaints in recent years regarding the previous involuntary psychological withdrawal. This launched an investigation by the U.S. Department of Justice (DOJ) in 2015.

"This voluntary psych withdrawal has always existed. We had an involuntary process and DOJ said, 'You can't be involuntarily removing students for mental health,'" Brundage said. "They looked at it and tweaked it and said, 'This is how we want that process to look.'"

Those tweaks from the DOJ dealt with situations where a student wishes to return earlier than the parameters stated by their physician. Brundage pointed out that DOJ is mainly concerned with giving each student an individual assessment which would then be moved to the Admissions and Academic Policies Committee (AAPC). The Academic Senate was allowed to ask questions concerning the proposal that AAPC be a part of the withdrawal decision for students looking to return before the set parameters.

While many senate members agreed with the concept, the language of the proposal suggested

by the DOJ seemed harsh to some. Communications instructor Sara Potter brought up the concern that it was student interpretations of policies that led to the previous complaints.

"Other students are reading these policies, not just those who have anxiety or depression. That was part of the backlash, was that other students got involved," Potter said. "If everyone else is on board and understands our process, then you get the community vibe."

Any changes to the proposal have to be approved by the university attorney and DOJ which may draw out the process even more, Brundage said.

When it comes to the qualifications for AAPC to be involved in the decision making process, Brundage explained that the committee already handles similar cases with

students who are academically suspended and that the change is not far from their training.

"They're already hearing these cases. They're looking at these extenuating circumstances. It's just that they weren't doing it for voluntary psychological withdrawal," Brundage said.

Associated Students of Northern Michigan University (ASNMU) President Cody Mayer explained that while he might not agree with involving the university to be a part of a medical decision, but the conversation is important to move forward.

"I'm glad that this conversation is happening at the Senate. We can't erase the stigma around mental health if we continue to tiptoe around the subject," Mayer said. "So it's good we are discussing policy to assist students with their mental health needs."



Mary McDonough/NW

NEW POLICY—The Academic Senate meet to discuss policies involving student mental health, including voluntary psychological withdrawal.

Treacherous snow travel

By Adan Mulbaney
contributing writer

From Nov. 30 to Dec. 1, Marquette received over 24 inches of snow, shutting down travel routes and closing classes until noon on Dec. 2.

The amount of snow caused groundskeeping crews great difficulties in keeping pathways and roads safe for students, as the snow began to drift into areas of traffic, NMU Police Department Sgt. Jon Kovar said.

The high winds caused snow to blow back over areas that had been previously plowed, despite the fact that groundskeeping uses tools such as shovels, snowblowers and plows to clear the walkways and entrances to buildings, and the sand which is placed on sidewalks to prevent ice from making them too slippery and dangerous, Kovar said.

Though the groundskeeping crew works hard to keep the campus a safe place to travel, the snow creates the danger of travelling to and from campus. Kovar offered advice to those who consider travelling in hazardous conditions.

"Always have an idea of where you are, so when you call the dispatch center you can give them an idea of where you are. Most likely there will be a lot of people in your situation," Kovar said. "You can try to free yourself, it's a good idea to have a shovel. You could always call a wrecker service or AAA, there's always local towing companies that could come and

pull you out. But the biggest thing is to always know where you are."

It is also recommended to consistently check your travel plans before leaving, and make sure that another person is aware of your route being taken in case you are unable to tell them where you are.

"Always be prepared for the worst case scenario. Make sure that you have some extra blankets and clothes in your car, everybody always says to dress in layers but make sure you have extra jackets, blankets, hats, mittens, things like that in your vehicle, especially if you plan on travelling any sort of distance," Kovar said.

Freshman Spanish education major David Mendez drove seven hours to reach NMU on Sunday Dec. 1, and unfortunately ended up in a car accident. No one was seriously injured.



Jackie Jahfetson/NW

ICY ROADS—Baraga county is iced over, creating tricky travel conditions.

"We spun around a couple times and got stuck in a highway ditch for 30 minutes. Later in the drive, we got stuck in the U.P. and didn't get help until three hours later. Also, we were driving next to a lake and the water got really close to us- then we almost ran out of gas in the middle of the U.P," Mendez said. "I wouldn't recommend travelling in a blizzard. You're literally putting your life in danger."

In addition to travel hazards, snow storms present the danger of exposure to students, Kovar said.

"It depends on the weather," Kovar explains. "If it's a below zero windchill, then any exposed skin will be in danger of frostbite within minutes."

All students are urged to dress in layers and always check the weather conditions before leaving.

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Students catch a break, profs catch a pie

By Adan Mulvaney
contributing writer

Mind Your Health, a student organization dedicated to breaking the stigmas around mental health issues on campus, is sponsoring Stress Less Week from Dec. 2-6. The week involves a series of events to promote wellbeing amongst students before finals

week hits at the conclusion of the fall 2019 semester. These varied and quirky self-care focused events are intended to help students release school-related stress.

Neuroscience major Sadie Knill and biology and Spanish double major Chloe Wilkinson ran the event "Pie Your Professor" from 10 a.m. to 2 p.m. on Tuesday Dec. 3. Students

paid \$1 to throw a pie tin full of whipped cream into a participating professor's face.

"We're putting on different activities and giving students resources for how to deal with mental health and stay healthy," Knill said.

Department Head of Sociology and Anthropology Alan McEvoy participated in the "Pie Your Professor" event, consenting to be repeatedly pied in the face.

"I think the evidence shows that this generation is coming into university with more and more stressors on them, and it's hard. So anything that we can do to create networks where people feel less isolated and more accepted—places where they can talk and exchange information—I think that destigmatizes it, and I'm all in favor of creating a climate on campus where people feel supported," McEvoy said.

The funds generated from "Pie Your Professor" will go to support mental health resources and enterprises on campus.

"It's motivation for students to throw something in their professor's face, a little bit of justice for all the stressors we've imposed upon them, McEvoy said. "Plus, it's fun! It's a stress reliever to just laugh. I'm more than willing to be a target in a good cause."



Adan Mulvaney/NW

GOTCHA—Biology Adjunct Professor Daniel Mitchell partakes in the "Pie your Professor" event on Tuesday, Dec. 3.

Mind Your Health Presents:
STRESS LESS WEEK

12/2 MONDAY	CRAFTS & COOKIES MAIN JXJ LOBBY 4 PM - 8 PM
12/3 TUESDAY	PIE YOUR PROFESSOR MIDDLE JXJ LOBBY 10 AM - 2 PM
12/4 WEDNESDAY	FREE YOGA SESSION MAIN JXJ LOBBY 6 PM - 7 PM
12/5 THURSDAY	DOG THERAPY LYDIA OLSON LIBRARY 6 PM - 8:30 PM
12/6 FRIDAY	DE-STRESSOR GAME NIGHT HUNT/VAN LOBBY 6 PM - 9 PM

FOR MORE DETAILS OR FULL SCHEDULE, CHECK OUT @MINDYOURHEALTH ON FACEBOOK AND INSTAGRAM

PRSSA

Students are invited to participate in the remaining mental health events: Dog Therapy, which will take place from 6 to 8:30 p.m. on Thursday Dec. 5 in the Lydia M. Olson Library, and De-Stressor Game Night, which will be held from 6 to 9 p.m. on Friday, Dec. 6 in the Hunt/Van Antwerp Halls lobby.

NMU Wildcats join National Day of Giving

By Mary McDonough
copy editor

'Tis the season for holiday cheer. In this spirit, Tuesday, Dec. 3 was all about giving at NMU. The third annual Day of Giving allowed students and community members alike the opportunity to give back to the university.

This year offered a twist for anyone willing to donate by allowing them to put money directly into an academic department of their choice. Associate Director of Annual Giving Andrew Hill said something like Day of Giving is meaningful for the community.

"Our goal this year is to spotlight giving to departments and programs, as well as general scholarships, the Parent's and Family Fund and, of course, the NMU Food Pantry," Hill said. "The NMU Day of Giving is a great way for the campus, community, friends and alumni to invest in NMU students and faculty at many levels."

The Food Pantry was able to collect over 2,600 items from across campus in one day during the event. Food Pantry intern Ricky Reeve explained that every day working to help people at the pantry is a benefit of the job, but working for Day of Giving is something

even greater.

"It feels really amazing to be a part of something this beneficial. Working at the Food Pantry every week helps me feel like I am making a difference in the community," Reeve said. "But being a part of the Day of Giving is even more special because it also spreads the word across all of campus."

In terms of what the donated money can do and where it will go, Hill said that it can go to a variety of different needs throughout campus.

"NMU Day of Giving helps support research, the arts, entrepreneurship, volunteerism, student and faculty travel and enhancement of the student experience," Hill said.



Photo courtesy of Harley Rhoades

GATHERED GOODS—NMU Food Pantry receives on Day of Giving.

The Day of Giving exists to bring attention to long-lasting issues that affect students and community members, but Reeve explained that support doesn't all have to come during one day a year.

"I hope that people realize that the problems the Day of Giving deals with, such as food insecurity, are long term issues. As much as this day helps, there needs to be constant support. I hope that people use this day as a springboard and decide to help out more in their community," Reeve said. "You do not have to volunteer every day or donate huge amounts of money or goods. Every little bit helps."



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NEWS BRIEFS

STATE NEWS

Drug seller serves time

A man in Saginaw Township has been sent to prison for providing a fatal dose of heroin and fentanyl to another man. Although Arthur Dittmar claims he did not intend to hurt or kill his victim, Jason Dupuis, but his claims to innocence were opposed strenuously by the deceased's parents, who claimed Dittmar was certainly going straight to hell when he died. It is unclear whether Dupuis' death could have been avoided, as there was Narcan, a drug to reverse overdoses, in the residence at the time of the death.

NATIONAL NEWS

Trump nixes food stamps

Nearly 700,000 people will be removed from the federal food stamps program under the Trump Administration, after it approved a rule on Dec. 4 which would more strictly enforce work requirements. This rule was proposed by the Department of Agriculture in February, and it will make governors of economically struggling areas unable to waive the work requirement for able-bodied adults without children. It is intended to reduce dependence on government, Agriculture Secretary Sonny Perdue said.

WORLD NEWS

Typhoon takes lives and homes

At least 17 people were killed when Typhoon Kammuri hit the Philippines on Dec. 3. It caused damage to the roofs of many residences and buildings, knocked down power lines and resulted in evacuation centers becoming full of about half a million people. Kammuri involved winds that sometimes gusted as high as 150 miles per hour. The storm lasted into Dec. 4. Almost 500 flights in the Manila international airport were cancelled, as the airport had to be closed for 12 hours due to the dangerous weather conditions.

Global emissions hit high

Despite a reduction in the use of coal, global carbon dioxide emissions soar above previous years at an unprecedented rate. In a new report on Wednesday, scientists warn time is ticking in the race to turn the climate catastrophe around. An annual report from the Global Carbon Project predicts 37 billion tons of carbon dioxide will be produced, driven by dependence on oil and natural gas. Global-carbon emissions increased from 1.5% in 2017 and 2.1% in 2018 after flattening in the middle of the decade.

WEIRD NEWS

Mystery rifle found in package

A woman in Florida purchased what she thought to be a new baby bouncer for the price of \$9.99 from a Goodwill store in Crestview, intending to give it as a gift in a friend's baby shower. She was surprised when the father-to-be opened the package and revealed a loaded semi-automatic rifle hidden inside. The police were called, but no one was arrested. It remains unclear how the gun came to be inside the package, which appeared to have been unopened.

Electric eel lights up holidays

An electric eel in Chattanooga, Tennessee lights up the holidays—and a nearby tree. Each time it releases a jolt of electricity, lights illuminate on a Christmas tree next to its tank at the Tennessee Aquarium. When Miguel Watson the eel produces electricity, a sensor in his exhibit picks up the current. The sensor is also connected to a sound and light board, prompting noises and flickering lights in an interactive display so people notice when he generates electricity.

Letters to Santa lives on

By Akasha Khalsa
news editor

Marquette's U.S. Post Office is participating in its annual letters to Santa program, collecting epistolary wishes from kids around the area during the weeks leading up to Christmas and ensuring that they receive responses.

To participate, kids need only give their letter addressed to Santa at the North Pole to a mail carrier or slip it into one of the post office's blue boxes so that they can be brought back to the station, city carrier for the Marquette Post office Angie LeDuc said.

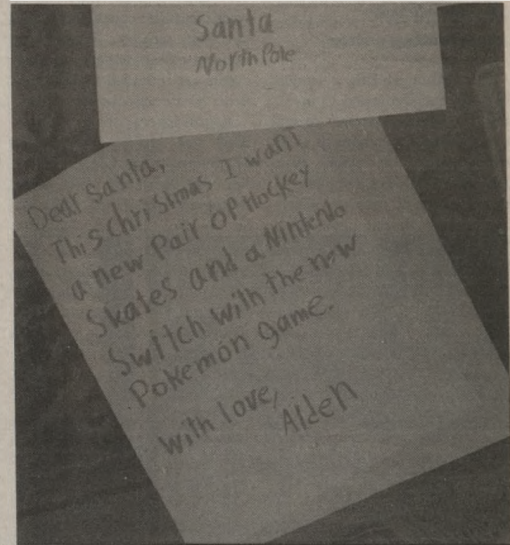
The Marquette Post Office uses the work of about five to 10 volunteers each year to ensure that each letter with a return address gets a response back so that children can feel the joy of having a letter back from Santa Claus and his elves.

"Make sure to write the return address on them," DeLuc said.

Although she is sometimes able to write the return address when she picks letters up from a house, letters can't be returned to the child's home if the post office has no idea where they live.

Kids don't need to put postage stamps on the letters, but can if they want to.

Depending on how many letters are collected each year, the post office needs volunteers to help



Akasha Khalsa/NW

CHRISTMAS CARDS—Gift wishes, like a Nintendo Switch, are inscribed in letters to Santa as part of the annual program. Children address their letter to Santa and the Marquette Post Office takes care of the rest.

make the Christmas miracle happen. NMU students are welcome to approach the post office to volunteer if they are interested.

During the ninth annual Winter Snow Fun Holiday Parade on Friday, Dec. 6 from 9 a.m. to 9 p.m., the Post Office will have a lighted vehicle in the parade with the other decorated floats. The parade

will begin by NMU and it will go down Third Street, DeLuc said. Santa will attend, and post office volunteers will help his elves with letter collection.

Last year, they collected over 300 letters at the parade, DeLuc said. On other days leading up to the holiday, the post office generally collects about one per day.

Snow much fun

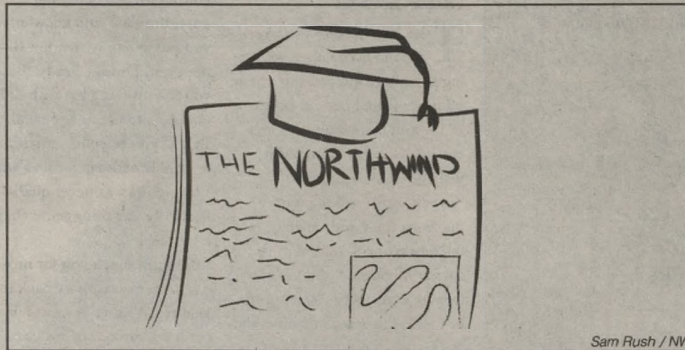


Photo courtesy of Joshua Mendez

WINTER IS COMING—During the storm that plagued many students attempting to return to campus from Thanksgiving celebrations on Sunday Dec. 1, drifts of snow pushed up against the sides of buildings. Sophomore economics major Joshua Mendez often takes photos around campus to capture things like sunsets and beautiful autumn colors, so he decided to capture the treacherous weather conditions. As he is from California, he said he likes to take pictures to send home so that family and friends can see what it's like in a different state with a colder climate.



EDITORIAL



Sam Rush / NW

See you on the flip side

The time snuck up on us. Where did October go? Graduating seniors are completing their last assignments, studying for their last final exam and transitioning into a new chapter in their lives.

Whether they're graduate students or undergrads, this time is surreal and for some, "senior-itis" has far beyond kicked in.

But this time is just as important for those who have years to go, or a semester to go; their friends are moving on, a long winter break is soon to settle in and a brand new semester of fresh classes will greet us mid-January.

This, right here, is about all of us and our story. No matter the major, the time it took or what we have planned after, where you are right now took effort to get to.

It's important to stop and take a moment to look around you and see what you've accomplished. Look at the connections you've made. Look at the years and years of school you've put in to better yourself as not just a student transitioning into

society, but a human being.

Have you ever truly patted yourself on the back, stopped to thank the one's around you that have made a difference in your life and appreciate the opportunities that have made you who you are today?

Do we really know what life is like outside of school? Are we ready for the opportunities knocking at the door? Are we ready to take the next step? Are we ready?

Well, were you ready for what you just finished? Did you think that you could do it? Did you have times and long nights where you felt you couldn't? Of course. We all have been there. The only difference is that now we've done that.

Goodbye, semester.

Hello, sleep.

Until we meet again, Northern.

The thoughts and opinions expressed in each editorial by The North Wind is a staff consensus and reflects a combination of the view(s) of staff members.

THE NORTH WIND

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Battling mental health by using available resources



Staff Column

Akasha Khalsa

For those who consider taking medication for their mental health issues, there are many arguments one could make as to why those pills should be avoided. For example, many are concerned, whether consciously or not, about the stigma that comes with being medicated for a mental health disorder. Perhaps one feels that taking pills would make it somehow "official" that there is something very wrong or that taking meds would reinforce some idea that one is "crazy." One might think, "I shouldn't need meds. I should be able to beat this on my own."

Maybe concerns relate more closely to the high incidence of unnecessarily prescribed medications for some things which have been classified as disorders, such as ADHD.

Then there's always the concern over side effects, a very real problem, especially when it comes to antidepressants, which can actually cause an increased risk of suicidal thoughts.

"Antidepressants may have a role in inducing worsening of depression and the emergence of suicidality in certain patients during the early phases of treatment," and very common neurological effects include an increase in insomnia for up to 33% of patients, anxiety for up to 15% and nervousness for up to 14%, according to drugs.com, which provides information to consumers about the prevalence of side effects for different medications.

For some mood disorders, medications can reduce the productive bursts of creativity that are born from manic or hypomanic episodes and the ruminatory suffering that accompanies depressive episodes. For creative individuals, a loss of this creativity can feel crippling, and the sacrifice may be too much to bear, making medication not an option.

A sense of one's own priorities and goals is necessary to assess whether medication can make the changes you desire for yourself. Medications for mental health problems, with their effects directly impacting the functioning of your brain and nervous system, affect your behaviors, your outlook, your personality. In many ways, they change who you are, similar to how aging or over-

coming an obstacle can change who you are. In many ways, this can be a frightening prospect. For me, it was exactly what I wanted and needed.

In my case, for years I felt hopeless with the foreboding that my mental health would never improve. I tried constantly to improve but was unable to make satisfying changes.

As my instances of suicidal thoughts and plans increased, I became more desperate and resolved to take the SSRI Prozac. My family had a history of similar mental health problems, and my grandmother had shared with me that Prozac had made a huge positive difference in her own depression in the past. Armed with the knowledge that this medication had worked for someone else in my ancestry, I decided it was worth a try.

I had tried a similar prescription for Zoloft in high school and had not noticed any drastic results. Though it reduced symptoms of social anxiety somewhat, it did not combat my most pressing concerns. Ashamed of the fact that I was on medications, I stopped taking it after several months.

I underwent a similar false start with Prozac as I began college. Though I immediately noticed a positive change when I began the meds, I ran out of my prescription after a month and avoided refilling it. During the next four months, my symptoms returned in full force, and I became very afraid of the seemingly-increased possibility of hurting myself. I went back to Prozac and stuck with it this time.

The relief I felt as a result has been kind of ridiculous. My use of Prozac to combat my symptoms has resulted in a turnaround that feels incredibly freeing.

I suppose my point here is to assure others who had similar hesitations about meds that they can be helpful. If given the chance, they can sometimes accomplish the changes that are needed. I would recommend assessing one's own needs and goals and experimenting with solutions.

Being satisfied with life, with yourself, is not out of reach. Feeling trapped and hopeless doesn't have to be a self-fulfilling prophecy. We have medical resources now that human beings have only recently developed, and having the courage to address your own fears and longings by taking advantage of all your options may prove to be the solution that gets you through the next year.

The North Wind graduating seniors say goodbye



Jessica Parsons / NW

GRADUATING NORTH WINDERS—Denali Drake (left) and Jackie Jahfetson say their goodbyes on their last night of production, Dec. 4, 2019. Drake has spent the last year writing and copy editing. She will be graduating from NMU with a degree in political science. Jahfetson, started her journey in *The North Wind* as a contributing writer in 2017, working her way into the staff as a copy editor for the 2018-19 school year and spent the fall 2019 semester as the editor-in-chief. She will be graduating from NMU with a degree in multimedia journalism.

By *Denali Drake*
copy editor

Alright 'Cats, it's time for your favorite coffee reviewer, rugby specialist, features fan, news dabbler, copy editing extraordinaire to turn in her trusty red pen and graduate. I would firstly like to thank the entire *North Wind* staff; there is truly no other group of people I would stay up to 6 a.m. on a weeknight with. Your constant faith in my ability to write pushed me to aim higher, dig deeper and grow as a novice journalist and for that, I am forever indebted.

I was given the chance to experience events on campus that I otherwise would have never been drawn too, and in turn, I learned so much more about this school and its people. I became observant, small facets of this campus became loud to me, and with that, I found hidden heroes who work through kindness to bring radical joy to this school. My favorite pieces were the ones that I found through witnessing small acts done by people who had no intention of being noticed.

The *North Wind* taught me

how to persevere through the woes of print media and be proud of what I had done. As a team, we fought through red tape to print the truth for the students of NMU. Copy editing taught me how to be sharp, and work methodically to search for errors (even if a few slipped through), and my reading, writing and comprehension skills are better for it. Mary, you are the funniest, most compassionate, hardworking co-copy editor I know. I would want to share a desk with no one else, and I am proud of everything we have accomplished this year.

My sweet family—Mom and Alie—I would not be where I am without you. Thank you for being my biggest fans, regardless of what I am pursuing. Being a Drake Girl has taught me perseverance, tenacity and a whole bunch of resiliency. I hope every day that I am making you proud. Thompson family, without your encouragement to get me up here to climb I would not be at NMU. I am grateful to you for teaching me to love the place that my dad adored, you made me an honorary Yooper and I promise

to return soon.

I would like to give special thanks to our faculty advisor, James McCommons. He pushed me to become the best journalist I could be, even if it took seven re-writes. The advice you gave to me is invaluable and I hope I am able to have half the career you've had. Additionally, I would like to acknowledge Jaspal Singh who through her constant encouragement of my work became my mentor. Your courses, book recommendations and words changed my life and the affirmation of my ideas that you offered to me is the reason that I am pursuing my career.

To my beloved fans, readers and secret admirers I owe you the world. Thank you for reading what I write. This eternal journey of pouring whatever I have left from the week into this paper has been the biggest gift and by far my life's most significant accomplishment.

Wherever I go, know that you have changed my life. I owe everything that I am to this school, these people, this city. And with that, I say farewell.

By *Jackie Jahfetson*
editor-in-chief

The *North Wind* was my second home upon returning to college after taking a year off from school back in January 2015, and completing my generals at Gogebic Community College in Houghton.

I remember walking into the front door and smelling the newspapers stacked in the corner of our old office in the former University Center, and just feeling a sense of home and belonging in a campus filled with various lines of study. My first story assignment prompted my ambitions as a 21-year-old aspiring journalist, and it opened up avenues to more stories, opportunities and long-lasting friendships.

From day one, there have been so many people who have shaped my writing, my professionalism and my creativity as a watchdog for our society.

First and foremost, I must thank James McCommons for encouraging me back in the summer of 2017 to transfer back to NMU and sign up for his grueling, difficult News Writing and Reporting course. Your strict grading on AP assignments and constructive criticism have made me a much tougher, wiser writer and your many years of expertise helped me freelance for *The Daily Mining Gazette* and intern for *The Mining Journal*. Your guidance as our advisor at *The North Wind* has been nothing short of amazing during my last semester at Northern. You've kept us on our toes as editors and made us laugh during the dead hours of production night when our eyes were exhausted from InDesign and copy editors need a good chuckle to keep eagle-spotting those AP and grammar mistakes.

Secondly, I want to thank Jackie Stark. Your advisement during your tenure at *The North Wind* was something to witness and I learned so many things from you, there are not enough words to explain my gratitude. Thank you for your continued support and for always willing to answer my questions, even if they fall last minute on production day. Your spunky personality and hilarious stories will stay with me as I venture on with life.

I want to thank my previous editors for your continued support, the skills and knowledge you passed on to me. Jon Billman and Dwight Brady, thank you for instilling me with different tools to use as a journalist. Brady, you've enlightened me to pursue broadcast avenues when I thought I was never qualified to be anything more than a writer.

Billman, thank you for motivating my creativity back in Feature Writing, inspiring me to cover stories out of my comfort zone and broadening my journalism intellect.

Mom and Dad, thank you for telling me to go back to school and chase after my dreams as a creative individual. You taught me how to be strong in a world that is ready to tear people down.

Also, a huge shoutout to my brother David who persuaded me to become a journalist when I was 19 years old after reading one of my English papers.

Thank you to my Radio X family for letting me take over the air on Fridays with *The North Wind News Hour*, it was an amazing opportunity.

Last but certainly not least, thank you to my current staff members. Akasha, you've surprised me the most with your ability to take on an overwhelming role and succeed without hardly any training at all. Denali, you're one of the most intelligent people I know and I'm thankful I was able to get you to become a copy editor before graduating. Sam, thank you for sharing your creativity with the staff. Maggie, your gifted knowledge of layout has intrigued me throughout the semester. Travis, you persevered through the roughest weeks and always followed through. Mary, you've become one of my dearest friends and you've sparked my ambitions as a writer. Jessica, your writing skills and ability to take on anything in the opinion section was an inspiration to watch.

To my predecessor, Isabelle, you have everything to give to this office and I know you will execute the role of EIC with dignity and professionalism. To my family of Wildcats, thank you for allowing me to report the truth, shine light on stories that matter and being a part of an asset to NMU.

Step 1: Gathering supplies perhaps take the most amount of time due to each person's accessibility to the woods. Make sure to cut the greenery—whether it be balsam, spruce or pine—not too early before constructing the wreath and store the clippings in a cool place, preferably a garage or the trunk of a car. Floral wire is in stock at stores like Michaels or Walmart. To save on costs, use a wire hanger and make it into a circular base to act as the wreath form. Pine cones are easy to find in the Yooper woods, but they can also be purchased at your local department stores as well as other decor items. Lay out all of the supplies on a good work space area—a kitchen table works great for pine needles.



Step 2: To cut the greenery into appropriate sections, use either garden scissors or wire cutters to easily cut the branches. Start the wreath by bunching up a few different boughs of greenery at the base of the branches. Take the bundle and place it next to the wreath form and begin wrapping wire around the base a few times, firmly. Do not cut the wire until you've reached all around the wreath form.



How to make a holiday wreath

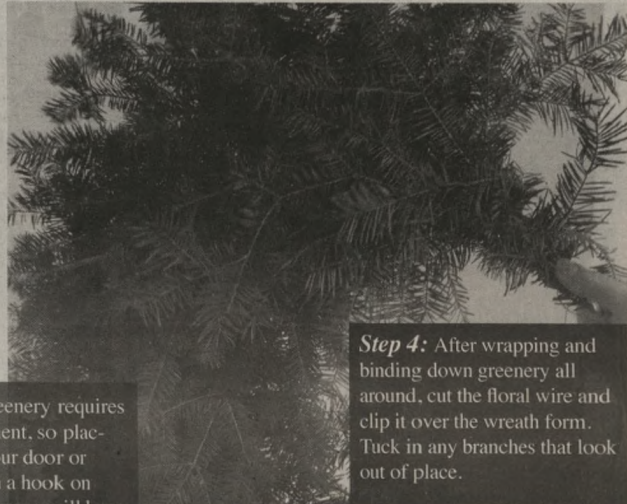
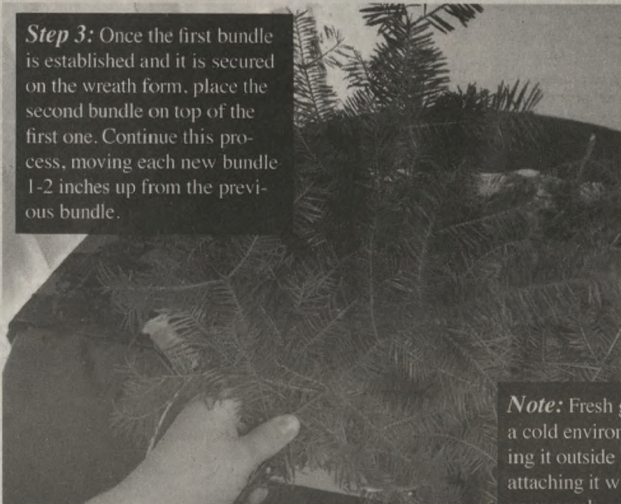
Photos & story by Jackie Jahfetsen
editor-in-chief

Holidays bring out the lights, trees, Christmas outdoor decorations and action in people's yards. Everyone scrambles to perfect their Whoville-like wonderland

with shiny bulbs and tinsel ornaments. Decorating the house, however, can become costly. But with the right amount of supplies and a creative, festive mind, anyone can create a simple holiday wreath without any previous knowledge on the topic.

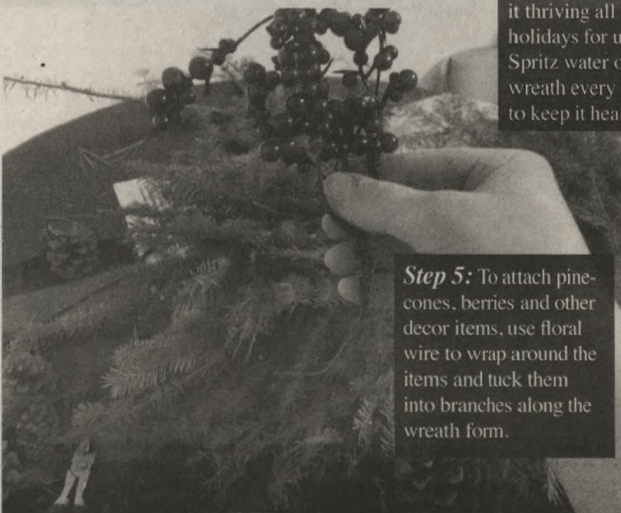
Supplies needed includes:
-Fresh greenery (cut into 6-12" sections)
-Floral wire (green works best for camouflage)
-12" metal wreath form
-Pine cones, red berries (real or fake), ribbon

Step 3: Once the first bundle is established and it is secured on the wreath form, place the second bundle on top of the first one. Continue this process, moving each new bundle 1-2 inches up from the previous bundle.

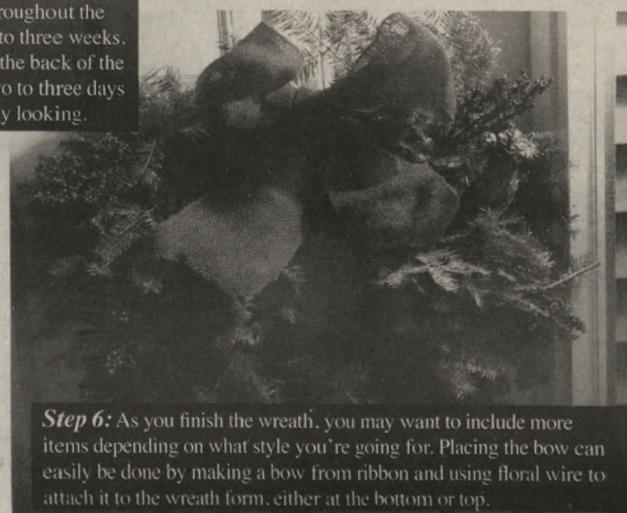


Step 4: After wrapping and binding down greenery all around, cut the floral wire and clip it over the wreath form. Tuck in any branches that look out of place.

Note: Fresh greenery requires a cold environment, so placing it outside your door or attaching it with a hook on your porch or garage will keep it thriving all throughout the holidays for up to three weeks. Spritz water on the back of the wreath every two to three days to keep it healthy looking.



Step 5: To attach pinecones, berries and other decor items, use floral wire to wrap around the items and tuck them into branches along the wreath form.



Step 6: As you finish the wreath, you may want to include more items depending on what style you're going for. Placing the bow can easily be done by making a bow from ribbon and using floral wire to attach it to the wreath form, either at the bottom or top.

Wildcat Den Re-brands

Photos and story by Maggie Duly

Up campus, there's a new sleek place to eat, relax and hang-out even late at night. The Wildcat Den has reopened in the Northern Center and has a new look, menu and restaurant atmosphere. The Den officially reopened in the new location on Nov. 15. There is a fixed menu including starters, pizzas, sandwiches, wings and more. Students with meal plans can use passes called X-changes to order off the X-Change menu or dining dollars. While like the previous Wildcat Den and the Northern Lights, the new restaurant is open to the public with a fuller menu from 7:30 a.m. to 11:00 p.m. on weekdays and 11:00 a.m. to 11:00 p.m. on weekends.



LOVIN' THE ZA— Pesto sauces with mozzarella cheese and roasted tomatoes makes a perfect caprese treat. Students can get a whole pizza with one topping by using an X-Change. Or patrons can build their own pizza starting at \$9 with additional toppings cost.



CHOW DOWN— Sophomores Calista Rockwell (left), Nathan Randell and Ruby Simoneau enjoy some of the various menu items at the Wildcat Den including sandwiches, burgers, salads, pizzas, wings and much more. This is Randell's first time at the Den and he is impressed with the food and atmosphere.

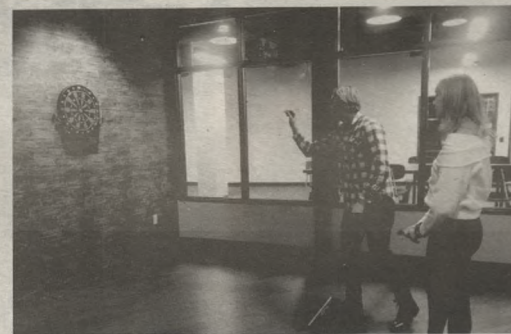


FOR THE VEG HEAD— The Wildcat Den offers three types of salads on their menu caesar salad (above), italian chopped and fattoush. Students can use an X-Change to order one of these dishes or they run from \$9 to \$12.



MORNIN' CUP OF JO— The Wildcat Den introduces the second Starbucks location on campus. The counter opens at 7:30 a.m. and lunch service begins at 11 a.m. X-Changes cannot be used at the Starbucks counter, however, they do accept dining dollars.

GAMES 'N GRUB— Sophomore Demetrios Kaltsas competes in a friendly game of pool with sophomore Casey Antonissen while they wait for the food they ordered. The Wildcat Den is equipped with two pool tables, one foosball table, three dart boards and two shuffleboards for student entertainment.



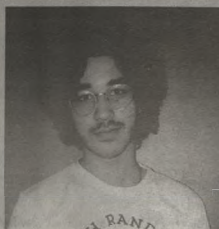
SHARP SHOOTER— Freshman Logan Murphy plays a game of darts against sophomore Mya Curth as they wait for their meals. Murphy appreciates the sports bar feeling of the Wildcat Den and all the entertainment it offers alongside the great food.

“What do you think of the new Den?”



Rachel Oglesby— junior political science major

“I think the Den has been a complete success. It's warm, it's comfortable here. They've actually made enough space for a quantity of students to be in here comfortably. The food is phenomenal. It's completely ridiculous, it's so tasty.”



Nathan Randell— sophomore environmental studies major

“It's very different from Northern Lights for sure. I really like that you can just order food like it's an actual restaurant and to be honest it's way nicer, and so far I like it a lot more.”



Emma Rogers— freshman psychology major

“It was pretty cool when we went there. When you walk in you see a couple of things, you see the Starbucks, it was pretty well organized I thought and the food was really, really good too.”

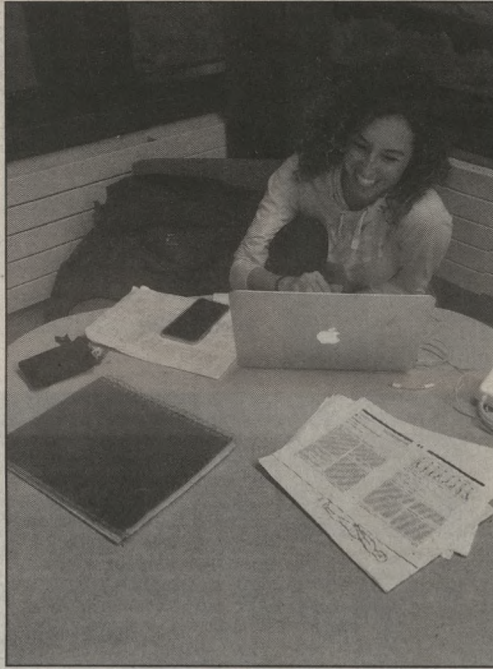


Ryan Mead— sophomore pre-radiography

“I like it because it gives students a chance to have good food and a different style of food for free at any point in the day and it goes later into the night.”

Tips and tricks on how to face finals week

Professional study expert explains best ways to avoid last minute exam cramming



Denali Drake/NW

LATE NIGHT—Senior sports science major Kaity Benson studies for final exams in Jamrich, taking advantage of the 24-hour open study lounge.

By Denali Drake
copy editor

As final exams approach, NMU students are preparing for sleepless nights, coffee-fueled study sessions and long walks to the library.

There is no one way to make sure the exam results in a perfect score, however, some helpful tips and tricks might ease the process and result in a higher grade. English Associate Professor Wendy Farkas teaches EN103, Approaches to Academic Literacy and Study, teaching students important skills on how to be best prepared for college courses.

Organization of notes, readings and homework is key, in fact, Farkas emphasized it is the crucial step that can influence success in a course.

"Organize all of your notes for each class with dates on them in a three-ring binder, so you can chronologically look at what you have learned in the course," Farkas said. "Even if you wait until the last minute to study that makes it a lot easier to understand."

It is important to understand the difficulty of each course, and how that will impact the amount of time that should be

devoted to studying, Farkas said. Understanding each discipline of study and what the perspective exams look like can aid in the revision process.

"You are not going to study for a Spanish test the same way you would study for a political science exam," Farkas said. "In a language class, you'll have a lot of memorization, for a literature class, it's best to stay up on your reading, students are going to study for each class differently."

Procrastination happens and in the event that a student has waited until the last minute it is not the end of the world.

"The best course of action would be to have a conversation with the professor, and have the professor point out specific resources to study, not all but most will," Farkas said. "They've already created the exam they know what students will be tested over so they can point them in the right direction."

Professors have student's best intentions in mind, and often approaching and taking advantage of finals office hours can be of great help. Take advantage of group study and tutoring on campus. It is free for all stu-

"The best way to diminish test anxiety is to be prepared."

— Wendy Farkas
English associate professor

dents, utilize it as a study tool, Farkas said.

Study breaks are an important part of finals preparation as well, doing something physical like walking to go get food with friends or simply taking a lap around Jamrich can help, Farkas said.

Maintaining a positive attitude is crucial for perseverance and self-motivation.

"The best way to diminish test anxiety is to be prepared," Farkas said. "If you've done the work you can do it, the more prepared students are and the more that students stay up with their studying throughout the semester, final exams will not become that huge burden."



Denali Drake/NW

BUILDIN' ROBOTS—Engineering and industrial technology majors Logan Geary, Benjamin Pfeiff, Hayden Dvoracek and Andrew Henseler prepare for finals by virtual engineering several contraptions.



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Seniors showcase four years of talent

Graduating students perform monologues, solos, duets for capstone project

By Maggie Duly
features editor

Lined up in chairs in front of a black backdrop, five seniors sat in the intimate dim-lit Black Box Theatre to deliver a few of their favorite and more polished performances.

Senior theatre majors following the performance track are required to take TH480, the theatre senior capstone class. This year was the first time that the graduating seniors came together and performed a cohesive set of individual pieces they've been working on.

Senior theatre major AJ Stephens was one of five seniors to perform on Monday, Dec. 2, while senior theatre majors Emily Baker and Jacob Stripe were also in the capstone class and worked as technical directors on the showcase.

Stephens has been in many productions during her four years at NMU including "The Full Monty," "Secret Garden," "Sweeny Todd" and many more.

"I've learned to not put a stigma on roles I could play and just be more open minded to different roles," Stephens said. "I think a lot of people go into auditions having a role in mind that they think that they could play, but it's really up to the director and what they want to see you do."

Each of the seniors performing in the showcase was required to do a comedic, contemporary, dramatic and traditional monologue and if

they were in musical theatre they could also perform a solo or duet.

"I have a monologue from 'This Is Us,' the TV show, that I did and I think having an audience in front of me made me get more emotional but it's just a monologue that I can connect with really well," Stephens said. "It's something that I'll be able to, in future auditions if they ask for something like that, I can just pull it out and do it."

Reflecting back at the performances she's done in college, Stephens fondly remembers "Sweeny Todd" performed in the fall of 2018.

"The biggest thing that honestly the whole program as a whole is going to remember is our performance of 'Sweeny Todd' in the fall of 2018," Stephens said. "I had the honor and privilege to play Mrs. Lovett alongside Paul Truckey. I think that was one of the biggest learning experiences for everyone because we had a Broadway veteran with a bunch of us college students."

One of Stephens' favorite performances of the evening was the one she shared with her sister.

"Singing with my sister is always a treat we did a duet from 'Smash,' the TV show, and that was really fun to be able to sing together because this might be our last performance together," Stephens said.

Theatre Professor Paul Truckey and Theatre Department Head Bill Digneit instructed the capstone

class that met twice a week during the semester. When the seniors selected what pieces they were going to perform, Truckey began directing the show layout.

"We want them to go toward their strengths. They could present a brand new piece if they wanted to, something they'd been working on," Truckey said. "Which was the case with probably half of it were pieced that they had never done before and other ones that were strong that they wanted to recall."

There were 25 individual pieces throughout the show that were spaced out so the performances transition smoothly from musical theatre pieces to different genres of monologue.

"A lot of the material is drawn from what they've done over the years in class work and in performance work on the stage," Truckey said.

The students put a large amount of time and effort into these pieces over the years so that they are now prepared to start careers in the theatre performance industry.

"What this does is it builds a portfolio for them so they have materials that they are strong with that they could go out and use in auditions in professional settings," Truckey said.

Stephens was featured in the showcase with Audree Stephens, Tanner Parish, Nick Salin and Sabrina Nelson.



Maggie Duly/NW

SING YOUR HEART OUT—Senior theatre major Audree Stephens performs a solo musical theatre piece in the Black Box Theatre on Monday, Dec. 2 during dress rehearsal for the theatre performance senior showcase.



Maggie Duly/NW

SPEAK FROM THE HEART—Senior Nick Salin performs a dramatic emotional monologue rocking on the floors of the Black Box Theatre Dec. 2.



Photo courtesy of NMU Marketing and Communications

GOING PRO—Seven graduating seniors come together for one evening to perform a cohesive collection of monologues, solos, duets and more to showcase what they've learned throughout their career.



Hockey snaps four-game losing streak

Wildcats give Alabama-Huntsville first win, split to get back on winning side



Jackie Jahfetson/NW

MUCH NEEDED VICTORY—Junior forward Joseph Nardi awaits the face-off during the Wildcats' home loss against Michigan Tech University (MTU) on Saturday, Nov. 23. After losing four straight games including two to MTU, the 'Cats won the second game of the doubleheader against Alabama-Huntsville.

By *Travis Nelson*
sports editor

After another slow start in the series opener, the Wildcat Hockey team walked out of Huntsville, Alabama with a split against the then winless University of Alabama-Huntsville (UAH) Chargers.

In the first game on Friday, Nov. 29, NMU trailed 3-0 at the end of the first period. Freshman goaltender John Hawthorne was pulled after the Chargers' third goal with five minutes remaining in the period in favor of sophomore Nolan Kent. The Wildcats could never fully recover from the bad start, and even after a couple of goals from junior for-

ward Joseph Nardi and sophomore forward Grant Loven, they came up short in a 4-2 loss. Despite outshooting the Chargers 29-22, the 'Cats fell on the wrong side of the scoreboard.

The game marked UAH's first win of the season and a fourth straight loss for NMU. Associate Head Coach Byron Pool talked about the feeling of losing a tough game like his team did.

"Obviously a disappointing weekend when you go into a situation where you feel like you should come away at least with the opportunity to win a couple games," Pool said. "You look at games like this throughout the season and hope that it's not one that's going to hurt you in the

end. It just felt that on Friday night we weren't ready to play."

In the series finale on Saturday, Nov. 30, the Wildcats came out with better energy, Pool said, and a comeback wasn't needed in this one. Sophomore forward Garrett Klee gave NMU a 1-0 lead en route to a 3-1 victory. UAH tied it up in the second period, but less than a minute later senior forward Luke Voltin lit the lamp for the game-winning goal. Sophomore forward Vincent de Mey put the finishing touches on the game an empty-net goal in the final seconds for the two-goal win. Even though the game went down to the wire, the 'Cats outshot UAH 35-17 in a dominant effort.

"On Saturday, I thought the guys responded really well," Pool said. "We probably didn't show up on the scoresheet quite as indicative of how well we played, obviously it was a very tight hockey game. But we had multiple, multiple chances and was really happy with the effort and how the guys played."

Kent had another solid outing in net, saving 16 of 17 shots. In total on the weekend, the goalie gave up only two goals in over five periods of action.

"I thought he was solid, anytime your goaltender only gives up one goal it doesn't matter how many shots you give up, you feel good about it," Pool said.

The team now has this week

off before returning back to the Berry Events Center on Friday, Dec. 13 and Saturday, Dec. 14 against No. 1 ranked Minnesota State University-Mankato (MSU). Due to a different number of circumstances, Pool said the bye week is coming at a good time.

"It's coming at a good time obviously with the injuries and we have some other guys nicked up a little bit," Pool said. "And with finals around the corner, it gives our guys a chance to hopefully get ahead with their academics."

The Wildcats and the Mavericks hit the ice at 7:07 p.m. on Friday, Dec. 13.

Swim and dive race toward crucial stretch

Voigt reflects on overall season performance thus far

By *Sadie Brink*
contributing writer

As the Men's and Women's Swim and Dive teams look ahead into the final part of the season, they seek more success heading into NCAA Championships. Head Coach Heidi Voigt showered praise to her team for how they have handled themselves thus far.

"We have had a good season so far with our dependable veterans chalking up several wins and very happy with our incoming class stepping up and making significant contributions," Voigt said.

Voigt's swimmers and divers have big goals to close out the 2019-20 campaign, and events coming up will help prep the team for the postseason.

"Coming up is our mid-season

invite where we hope to qualify some relays as well as individuals for the NCAA championship in March. This also tests our new class with their first big prelim/final competition," Voigt said.

Voigt said her team has improved in a number of ways throughout the season, such as racing strategies and technical details. Voigt continued on to talk about some of the standout athletes on both teams.

"Rachel Helm who has qualified in the past for the NCAA Championships has looked great all year. We have three divers who have already gotten their invite to the NCAA Championships in Ohio those are Jamie Kimble, Mary Grossman, and Mandy Baird," Voigt said. "On the men's side we have two freshman divers who have also qualified for the championship meet. We also have had out-

standing swimmers from Lajos Budapest," she said.

The team heads south to attend the Calvin College Invite this upcoming weekend on Thursday, Dec. 5 through Saturday, Dec. 7. In the invite they prepare to take on Grand Valley State University, Calvin College, Findlay University, Kalamazoo College, Tiffin University, Grove City College and Indiana Wesleyan University.

SPORTS BRIEFS

VOLLEYBALL

Tech knocks off NMU in semis

The NMU Women's Volleyball team fell to the second seeded Michigan Tech University (MTU) Huskies in the Great Lakes Intercollegiate Conference (GLIAC) Tournament on Saturday, Nov. 23. MTU defeated the Wildcats for third time in three tries on the season, and once again, the match was close. The Huskies won by scores of 25-19, 25-22 and 25-23. The 'Cats finish the year at 13-16, and came up just short in postseason play.

FOOTBALL

Eight Wildcats get GLIAC honors

Even though the 2019 football season didn't go in favor of the 'Cats, the team saw eight players earn honors on the All-GLIAC teams. Sophomore linebacker Isaac Darkangelo and freshman kick returner Tyquan Cox led NMU by being voted Second Team All-GLIAC. Six others were named All-GLIAC Honorable Mention including senior punter John Kwiecinski, juniors safety Brady Hanson and offensive lineman Jay Young, sophomore linebacker Jack Reiger, redshirt freshman defensive back Antonio Howard and freshman running back Tyshon King.

NMU NIGHT

Red Wings host NMU Night

On Tuesday, Dec. 17, the NHL's Detroit Red Wings will host NMU Night. NMU students, alumni and family/friends are encouraged to celebrate being a Wildcat at the Little Caesar's Arena in Detroit. Packages for the limited time event include a special-priced Red Wings ticket, a green and gold Red Wings hat with the NMU logo and donations to the NMU Foundation General Scholarship Fund. The Red Wings host the Columbus Blue Jackets at 7:30 p.m., and they're inviting us Wildcats to be involved in the fun.

Wildcat of the week



Photo courtesy of NMU Athletics

PUTTING IN WORK—Senior forward Erin Honkala has stepped up this season for the NMU Women's Basketball team, averaging 9.6 points per game and 7.5 rebounds. This past weekend, Honkala scored 16 points and 11 rebounds in a loss to Truman State University. Honkala followed that performance up with nine points and eight rebounds against No. 1 ranked Drury. The Howell, Michigan native is finding her groove right as conference play approaches.

Splitting a pair in Alaska

'Cats host first game of season against Northwood



Photo courtesy of NMU Athletics

BACK AT HOME—Junior guard Alec Fruin possesses the ball in last season's 70-61 victory over Grand Valley State University on Saturday, Jan. 19. The Wildcats host Northwood University in its first GLIAC game this season.

By *Baris Kancoglu*

contributing writer

The NMU Men's Basketball team is getting ready for its first two conference match-ups of the season after splitting two games in the Seawolf Thanksgiving Classic.

The Wildcats' first game was a pleasant surprise with a 50-point 95-45 win over the University of Alaska-Fairbanks (UAF) Nanooks on Friday, Nov. 29. NMU raced out to a 42-23 halftime lead before outscoring UAF 53-22 in the second half that resulted in the large margin of victory. Senior guard Sam Taylor and freshman guard Noah Parcher paced the 'Cats in scoring with 14 points each. The team shot 55% from the field, and totaled 51 bench points.

The second game of the weekend didn't go as well, as they were defeated by the University of Alaska-Anchorage (UAA) Seawolves 84-76 on Saturday, Nov. 30. The Wildcats' comeback bid fell short after trailing by 15 at halftime. NMU cut the Seawolves' lead down to three at one point but UAA hung on for the home win. Senior guard Marcus Matelski's 17 points was a team-high for Northern, and junior guard Alec Fruin's 15-point effort earned him All-Tournament Team honors while averaging 11.5 points per game after scoring eight in the first game against UAF.

After splitting games for a third consecutive weekend, the 'Cats sit at a record of 3-3 on the year. Head Coach Matt Majkrzak liked what he saw in Friday's win, but was also pleased with Saturday's losing effort.

"I think we performed really well on Friday," Majkrzak said. "On Saturday, we struggled to adjust to the speed of the game in the first half, but I think we played

our best half so far this season in the second half."

It was another learning experience for the team in terms of basketball, but Majkrzak was appreciative of the bonding his team was able to do on the Alaska trip. "The best part was the opportunity to spend a lot of time together, it was a unique opportunity to be in Alaska over the break," Majkrzak said.

Now as the GLIAC slate approaches, the real challenge of the grueling season begins. NMU's first test is at home on Thursday, Dec. 5 against the Northwood University (NU) Timberwolves. Against NU, the Wildcats have performed really well in recent years, going 7-1 in the past eight match-ups. The 'Cats then have a day off before hosting the Saginaw Valley State (SVSU) Cardinals on Saturday, Dec. 7. Even after fi-

nal exams are over, the intensity continues for the Wildcats as they travel to Houghton on Sunday, Dec. 15 to take on the Michigan Tech University (MTU) Huskies.

"It is a whole another level of competition, people know each other a lot more and preparing for specific matchups on the court for a while," Majkrzak said. "It is really nice to start at home and going to Michigan Tech next weekend, you can't really ask for a better start than this."

In the importance of the beginning of conference matchups, being consistent enough with his young team this year is important in order to reach its biggest goals of championships, Majkrzak said. The race to the postseason begins against NU, tip-off is at 5:30 p.m. from the Berry Events Center.

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Sports Writers

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'Cats drop two heading into GLIAC play

After rematch with No. 1 Drury, Wildcats return home for conference action



PHOTO COURTESY OF NMU ATHLETICS
INJURIES HALTING WILDCATS—Junior guard Lexi Smith drives to the rim during NMU's 55-53 win over St. Cloud State University on Saturday, Nov. 23. Smith has been battling injury for a couple of weeks.

By Travis Nelson
sports editor

After winning two home games a week prior, the NMU Women's Basketball team traveled to Springfield, Missouri for the Drury University Thanksgiving Tournament.

The Wildcats came up short in both contests, and dropped

to 3-5 on the season just before conference play begins. This also wasn't an average trip, as two winter storms with the games in between made the trip harder than it had to be.

"It was a grueling trip, it wasn't easy," Head Coach Troy Mattson said. "[There were] major delays and missed flights."

The 'Cats faced off with the Truman State University (TSU)

Bulldogs in the first game on Friday, Nov. 29. TSU jumped out to a 22-11 lead after one quarter of play, and NMU couldn't fully recover. The final three quarters were tightly contested, but the Wildcats fell 67-52.

Senior forward Erin Honkala continued her strong start to the season with a double-double of 16 points and 11 rebounds. Senior forward Jessica Schultz

also chipped in with nine points and four rebounds, the Wildcat frontcourt is off to a tremendous start to the season. Injuries in the backcourt have forced others to step up, as freshman guard Makaylee Kuhn scored eight points off of the bench.

Things didn't get any easier for Northern, in fact they played the No. 1 ranked team in the country Drury University (DU) on Saturday, Nov. 30. DU hosted the event, so the Wildcats had to play on the road against the top ranked team that bounced them from the NCAA Tournament a season ago. To add injury to insult, NMU's two starting guards sophomore Elizabeth Lutz and junior Lexi Smith both didn't play.

DU is as advertised, as they knocked off the Wildcats by a score of 72-44. NMU started off slow once again, where they found themselves trailed 20-10 after the opening quarter. The 'Cats played the second quarter close and trailed 38-24 at halftime. However, the Panthers outscored the Wildcats 20-6 in the third quarter en route to the 28-point win. Honkala had another good game for Northern, scoring nine points along with eight rebounds. Tied with her for the team lead was sophomore forward Emily Mueller, who had nine points and three rebounds. Mattson was impressed with his basketball team's fight in that game, especially since he felt they lacked that in the loss to TSU.

"We didn't play well the first night, we looked a step or two behind on everything we were try-

ing to do. But I do give the girls credit against Drury, without Lexi or Liz playing, we played hard," Mattson said. "That was the first step we needed to do, because we weren't able to play hard the first night and we played really hard the second night."

The beast that is the 20-game GLIAC schedule returns on Thursday, Dec. 5 for the Wildcats, as they host Northwood University (NU) inside the Berry Events Center. Mattson said NU is tough and will play the Wildcats physical. As the marathon of the season continues on, Mattson knows the importance of winning home games and bringing effort to the court every night.

"We need to go out and protect our home court, we need to play well like we did last weekend here, and hopefully things will go well for us," Mattson said.

In the second game of the weekend, NMU will host Saginaw Valley State University (SVSU) on Saturday, Dec. 7. The Cardinals are 4-4 on the season, but as Mattson says once conference play starts, records get thrown out the window and everybody is 0-0.

"We've got a long way to go, we've got some things we need to figure out here in the next couple of days and as I look at it we're 0-0 starting conference play, so it's a fresh start," Mattson said.

The Wildcats and Timberwolves tip-off at 7:30 p.m. from the Berry Events Center in the first game of the weekend doubleheader.

Skiers hit slopes for season opener

By Travis Nelson
sports editor

With heavy snow arriving and cold air rising, it is time for the NMU Men's and Women's Nordic Skiing teams to take on the elements.

Coming off of a year where the Wildcats had six All-Americans, this season's team has a lot to live up to. Assistant Coach Andy Keller said that five of the six skiers to make the national championships are either graduated or are taking a red-shirt year off this season. NMU is in a big need of upperclassmen to step up, and they found just the two athletes to lead as captains in seniors Leo Hipp and Julie Ensrud. The two veterans, along with the other upperclassmen have the task of teaching the younger skiers the ropes.

"That's the kind of culture that

Sten has set here, is that the upperclassmen set the tone and set the work ethic that is expected of each and every person," Keller said.

There are plenty of new faces on this year's squad, eight in total with three men and five women. Keller said not only is this a new experience for the athletes, but for the coaches as well.

This year we've had quite a high turnover on our team, it's been a whole new experience for us coaches, a lot of new faces, a lot of getting to know new athletes," Keller said. "The new incoming skiers have definitely shown that they're willing to step up and contribute and fight for some of those NCAA spots."

The 'Cats get the luxury to start off the season on its home track at the Al Quaal Recreation Area in Ishpeming, where they will host Michigan Tech University

(MTU) on Saturday, Dec. 14 and Sunday, Dec. 15. This will be the Wildcats' only home meet until late February when it hosts the NCAA Central Region Championships. In a dual meet format against MTU, Keller is expecting to get a good challenge from the Huskies.

"They've always been strong competition for us in our conference and the new coach up there has been doing a good job," Keller said. "They should be strong, it'll be a good competition."

NMU's season opening clash with MTU takes place this weekend from Ishpeming, with start times TBA.

"It's exciting to always get the season kicked off, so we're excited to see what we can do against other people," Keller said. "It's a fun way to get things started."



PHOTO COURTESY OF NMU ATHLETICS
NEW ERA OF SKIING—With a large number of top skiers departing the team, a new group attempts to bring the Wildcats back to the top.

Northern Star meets Northern Center



Isabelle Tavares/NW

GLISTENIN' GOLD—NMU's campus holiday tree lights up the snowy yard near the Northern Center on Wednesday night. On Monday, Dec. 2, the tree was lit for its 32nd annual "Lighting up the Holidays" event with dance performances, games as well as the chance for families to take pictures with Santa.

THE NORTH WIND
ON AIR



A brand new partnership
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Congratulations



Graduates!

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WORD SEARCH OF THE WEEK

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

- CHOCOLATE
- GUM
- GAMES
- FUZZY SOCKS
- GIFT CARD
- CANDY CANE
- CANDLES
- LOTION
- EARBUDS
- PENS
- NOTEBOOK
- KEYCHAIN
- INSIDE JOKE

INSPIRATIONS

We went on a food trip to the Den.
 Jess got lost
 Isabelle couldn't get in, Jackie wasn't here, Akasha was sick and Maggie ditched.
 Welcome to the last production night of the fall 2019 semester.
 Goodbye, Jackie!
 Goodbye, Denzil
 You will be missed.
 S/O to Dave
 We're making Mary cry with the bye columns.
 "Don't start bitching, Travis," -Maggie
 Jim is here in spirit, thanks to his coffee bottle from weeks past.
 Isabelle is doing yoga.
 "We have to get used to it," -Mary
 "Those look like a couple good lads," -Jackie

Attention NMU Students, Faculty, Staff, Employees and Administrators:

**Please save the date to come listen to
“A History of the Cliffs-Dow
Chemical Company”**

Presenter:

Margaret “Mickey” Brumm

Thursday December 12, 2019

from 6:30-8:00pm

Shiras Room of the

Peter White Public Library

Marquette, MI

Admission is free



The City of Marquette is currently executing its plan to sell the remaining parcel of the Cliffs-Dow Chemical Company to a developer for the purpose of building residential housing on the property. How this plan could possibly affect Northern Michigan University as an organization and you personally will be discussed during this presentation.

Items discussed will include:

- a) chemicals manufactured at the site and the chemical waste still present there;
- b) a past Superfund cleanup on one end of the site;
- c) hazardous chemicals currently present in the soil underneath the NMU soccer fields;
- d) why does the site still have an unpleasant smell more than 50 years after production was shut down there; and
- e) did you know there's a three foot wide pipe leading from the Cliffs-Dow site out into Lake Superior and that this pipe has been there for over 50 years?

**Come and Listen and Learn and Decide what Your
response to this planned development will be...**