



SPORTS

The women's lacrosse team earned a berth in the GLIAC conference tournament for the first time in its history.

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FEATURES

Velodrome Coffee Co. is the first coffee shop in Marquette to infuse its lattes with CBD oil.

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ISSUE 14, VOLUME 94

THE NORTH WIND



Northern Michigan University's Independent Student Newspaper since 1972 | Winter Semester | THENORTHWINDONLINE.COM



Sophie Hillmeyer/NW

Located on the north side of NMU's campus, the Jacobetti Complex will receive a \$28.6 million renovation after a capital outlay proposal was approved by the state in December. A review of 11 different architectural firms' bids on the renovation proposal will take place in May.

Jacobetti improvements move forward

State-approved funding to renovate, modernize facility

By Sophie Hillmeyer
assistant news editor

NMU is always changing and updating to meet the needs of students and in December a capital outlay proposal was approved for a \$28.6 million renovation of the Career and Technology Center, or the Jacobetti Complex.

There are many steps that need to take place before renovations for capital outlay projects can begin, Gavin Leach, vice president of finance and administration said, and since the last update the project has been moving forward.

NMU put out a Request for Proposal (RFP) services to help

develop the program plan and 11 different architectural firms put bids on the proposal. The review of these bids will begin in early May, Leach said, and when the chosen firm is on board, discussions about the proposed changes with staff and faculty will begin.

"[The project] is in good shape and we are starting to move forward," Leach said. "Once the plans are put together, we submit them to the state of Michigan for construction authority."

Capital outlay projects are issued to universities and community colleges each year based on proposals the institutions submit on their highest priority projects

each year, Leach said.

"We want to continue to make NMU a go-to place for people in the region and people out of the region for our programs," Leach said. "As we continue to transform the university, I think [capital outlay projects] move us forward in the future in creating attractive programs that meet the future needs of the workforce and of our students."

Past capital outlay projects at NMU include Jamrich Hall, Weston Hall, previously known as New Science and the renovation of Hedgcock and the Art and Design building.

"We've had very positive results

on past projects, like Jamrich Hall, which was huge for the campus. We've had very successful and strategic capital outlay projects and it's really helped the campus and our programs over the years," Leach said. "We believe this one will have a similar positive impact on campus."

The plans for the renovation include modernizing the facility with new, more flexible classroom spaces, new equipment and technology training tools to help meet the needs of the skilled workforce in the region, he said. He added that the facility was built in 1980 and the programs have changed significantly since then.

FROST director reflects on inaugural year

By Kelsii Kyo
news editor

As the semester comes to a close, Director of the NMU Forensic Research Outdoor Station (FROST) Jane Wankmiller is reflecting on her first year working for the first outdoor research facility to be located at a northern latitude.

Working at FROST has been an influential experience for Wankmiller. Originally, she "grossly underestimated" what it would take

to create and direct such a facility. "When I first started, I knew it was an immense project but I had no way of knowing how immense and how quickly it would take off," Wankmiller said.

Wankmiller also had misconceptions about how much she needed to protect the research happening at the facility. Having more first-hand experience now and trust in students has changed her perspective, Wankmiller said. She no longer needs to be at FROST constantly, and students



WANKMILLER

are granted their autonomy in conducting their own research—something that may not have happened initially.

"I didn't anticipate how much fun that would be," Wankmiller added.

Students Wankmiller gets the opportunity to work with have "blown any expectations [she] did have out of the water," she said.

"They have great attention to

City Commission candidates file for election

By Tim Eggert
editor-in-chief

City of Marquette voters will have a packed field of candidates to choose from in the August primary when they vote to fill two opening Marquette City Commission seats.

According to a memorandum released by City Clerk Kris Hazeres, eight candidates—Evan Bonsall, Margaret Brumm, Sally R. Davis, Barret Engle, Andrew Lorinser, Jeremy Ottaway, Mike Plourde and Nina van den Ende—filed nominating petitions for City Commission and one candidate, Robert Niemi, filed for the Board of Light and Power by the April 23 deadline.

City Commission candidates are vying for two seats currently held by Dave Campana and Sarah Reynolds, who each face term limits. Because of the number of candidates for City Commission, an August primary will be held to narrow the list. The four candidates with the most votes in August will be on the November General Election ballot.

At least one City Commission candidate's name will not appear on the primary election ballot because he has not been a qualified and registered voter of the city for at least one year prior to filing for election, which is required by the Marquette City Charter.

According to a Freedom of Information Act request filed by The North Wind, candidate Cody Mayer registered to vote in the City of Marquette in May. Missing the registration requirement has forced Mayer to run as a write-in candidate.

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Out with the old, in with the new

Wildcat Den to close, restaurant in newly renovated Northern Center to open

By Maggie Duly
contributing writer

The Wildcat Den dining location up-campus is expected to close for good in mid-August. There has been a 60% decrease in traffic since a majority of campus housing has shifted down-campus

We're excited about the new quick service restaurant that will be located on the first floor of the Northern Center.

— Marina Dupler
marketing manager, NMU Dining Services

over the past year, according to Dining Services Marketing Manager Marina Dupler.

With the Den being closed next fall, Northern Lights Dining Hall

could receive as much as a 10% increase in consumers.

"Staffing plans are in place to accommodate the anticipated uptick," Dupler wrote in an email. "Our staffing plan does not call for the elimination of any positions, but rather a reallocation of existing resources and team talent."

for other NMU dining outlets across campus. The kitchen will continue to prepare these items and cater events at the Northern Center.

A dining master plan was initiated in January 2017 which arranged for the Den to close and a new pub-style restaurant to resurface in the first floor of the current University Center, soon to be known as Northern Center after renovations.

"Though The Wildcat Den is closing, students living up-campus will still have a dining option," Dupler wrote. "We're excited about the new quick service restaurant that will be located on the first floor of the Northern Center. With a fresh menu and renovated surroundings, and the debut of the new meal swipe X-changes as part of the 2019-2020 meal plans, we feel students will find this to be a viable alternative to The Wildcat Den."

Depending on the different dining plans available, students will

have two to six X-changes per week that can be used at the restaurant. Dining dollars and Cat Ca\$h can be used at the restaurant as well as cash and credit card.

Construction is anticipated to end in late August with the official opening of the restaurant to follow in the next couple weeks after, according to Dupler.



Dupler

"The concept is on trend with what other universities are doing and much of the design, menu, and entertainment is based on input given during focus groups held

in the past several years with students, faculty and staff," Dupler wrote.

"This new dining area will offer students, faculty and community members a place to gather with activities like pool tables, table top shuffleboard and darts. There will also be space for karaoke and live music.

"I feel like I'll be a frequent flyer at this new restaurant," freshman art and design major Branden Zann said.

The Dining Services team relies on student input when planning new operations and concepts, Dupler said.

"I am not detrimentally opposed to the Den closing, it was convenient but I feel like a new addition to the campus is always nice," Zann said.

The two-year feat of renovations is scheduled to be completed this summer giving students a new hangout or study area to look forward to when returning to campus in the fall.

Supreme Court Justice to visit NMU

By Jackie Jahfetsen
copy editor

Coming all the way from the Michigan Supreme Court, Justice Richard Bernstein will share his insight of dealing with blindness and overcoming his disability to attend law school and working his way up to the highest court of the land.

Bernstein will speak today from 4 to 5:30 p.m. in 2906 West Science, explaining the importance of the Supreme Court and how those decisions affect college students. Bernstein will also give tips and advice for those entering the workforce.

Professor Robert Anderson who teaches political law classes said he met Bernstein last November during a luncheon at

the National Academy of Elder Law Attorneys in Chicago and said he was struck by Bernstein's speech and story. Anderson said he knew NMU would benefit from hearing from this unique individual.

"He has an amazing and inspiring story, but the thing that struck me most is his sense of humanity," Anderson said.

During a phone interview, Bernstein said he enjoys coming up to the U.P. two to three times a year and said it's important elected officials visit the other part of Michigan and not just focus solely on the Lower Peninsula.

"Whenever I come to the U.P., there's something about it when you get off the airplane. It's just like a feeling, everything is fresher and purer and as a blind per-

son you can pick up on all the other senses. There's something about the air that has a pureness to it. It has an exhilarating feeling," Bernstein said.

Working 15 hour long days, Bernstein said his work is tiring and exhaustive, but he finds way to destress such as running marathons, including the many he's ran.

"It's not about always being happy, I have a lot of really hard days and bad days. There are days I can assure that I am not at all happy. But what it comes down to, I can tell you what I believe is that in life...anything athletic, I use it to deal with life and cope with lifetime disability of blindness," Bernstein said.

Bernstein will continue with his U.P. tour, stopping in Escanaba and Houghton.

CITY

Continued from Page 1

Of the candidates who have filed nominating petitions, three have run for a seat on the non-partisan seven member commission before. Ottaway did not advance past the 2018 primary. In the 2018 general election, Flourde lost a reelection bid, finishing third and Brumm finished fourth.

Both Lorinser and Mayer are currently enrolled as students at NMU.

Because there is only one candidate for the Board of Light and Power, there will be no primary election for it. Niemi served as mayor of the City of Marquette from 2013 to 2018 and was elected to Marquette City Commission in 2008.

Acting as the legislative branch of city government,

the commission's duties are to represent the citizens of Marquette, establish policies and approve the budget. The commission also has the power to hire a city manager and city attorney and to appoint citizens to serve on advisory boards and commissions.

"There's a lot of responsibility [as a city commissioner]," Hazeres said in a recent interview. "It's a 24/7 position. They [commissioners] have citizens calling them all over the place. It's a very public position."

Commissioners serve three-year terms and may not serve more than two consecutive terms.

Candidates still need to be verified by the City Election Board. Its meeting will take place today at 3 p.m. All candidates can withdraw their nomination until 4 p.m. on April 26.

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STATE NEWS

Protestors and counter-protestors gathered in Lansing on Wednesday over corporate medical marijuana growers' rally for clean cannabis. These large companies urged state lawmakers to end the legal sale of untested caregiver marijuana for the safety of cannabis products to be regulated for consumers, but many caregivers and patients protested nearby, holding signs claiming that the CEO of the cannabis company Green Peak, who organized the rally for clean cannabis, "hates children and the elderly." Other marijuana growers such as Jerry Millen, who owns a provision center, are also angry with Green Peak, claiming, "This is a bogus rally; these [protestors] are all paid employees."

NATIONAL NEWS

The long-awaited report on possible collusion between President Trump's campaign and Russia was delivered to Attorney General William Barr on Friday. Although many wonder whether what is contained in this report will condemn Trump and result in his impeachment, many, including Trump himself, have concluded that the extensively redacted report is harmless.

"The Mueller Report, despite being written by Angry Democrats and Trump Haters, and with unlimited money behind it (\$35,000,000), didn't lay a glove on me. I DID NOTHING WRONG. If the partisan Dems ever tried to Impeach, I would first head to the U.S. Supreme Court," President Trump said on Twitter.

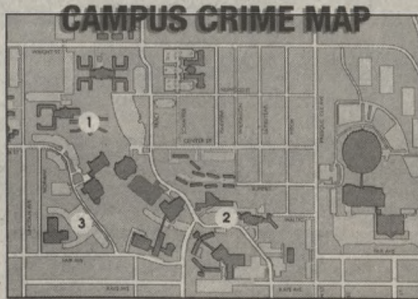
INTERNATIONAL NEWS

Easter Sunday was met with the deaths of more than 350 people in Sri Lanka this year, with the suicide bombings perpetrated by nine people in hotels, churches and other public places. One of the bombers was a woman who blew herself up with her two children present. Sixty arrests have been made as of yet, but there is still fear of continuing terrorists threats in the country. The attacks have been claimed by the Islamic extremist group ISIS, but proof of its involvement has not been furnished. Much of the public blames government incompetence for allowing the attacks.

WEIRD NEWS

Conspiracy theorists and lovers of "X-Files" will be thrilled to discover the formation of To The Stars Academy of Arts & Science, a corporation which hopes to focus on researching unexplained phenomena in order to take advantage of incredibly advanced technologies. The team building this company claims to have a history of "operating under the shadows of top-secrecy for decades," according to a statement they made. They feel they have evidence that "proves exotic technologies exist that could revolutionize the human experience." One of these team members is Luis Elizondo, who became convinced of the existence of UFOs during his work with the Department of Defense.

— Compiled from news sources



1. Criminal sexual conduct reported at 5:39 p.m. Tuesday, April 23, in Northern Lights Dining.
2. Larceny was reported at 11:00 p.m. Sunday, April 21, in Spooner.
3. Malicious destruction of property was reported at 2:45 p.m. Friday, April 19, in Lot 17.

NMU hosts Dance 4 Food Zumbathon

By Katie Jacobs
contributing writer

NMU Recreation Sports and Marquette Ending Hunger paired up to host the Dance 4 Food Zumbathon at the Vandament Arena. The event took place on Wednesday, April 24.

"I love that it's a participatory activity. When we blow the roof off of Vandament Arena with our rockin', ultra-cool dance moves, we'll all be held responsible for the damages," Mark Shevy, faculty adviser for the Marquette Ending Hunger student organization, said.

The event was open to everyone, students and community members alike. There was no admission charge to get in, instead attendees were asked to bring nonperishable food donations to be given to food pantries in the local area.

"The more nonperishable items we collect, the better off the local food pantries are for providing in the summer. Most people donate around Thanksgiving but we forget that food is starting to run out in the spring and summer. We want to replenish it so that the shelves are stocked all year round," President of Marquette Ending Hunger Maija Mattson said.

The Zumbathon is just one example of how on one night, everyone can come together for a great cause and have a lot of fun doing so. Food banks are able to provide more during a time that doesn't see as many donations, and Marquette-area residents and students alike are able to connect and destress in a constructive manner for the benefit of the whole community.

"I also love that this event is a quadruple win... probably even more wins than that. I love seeing a big group of people having fun, making good memories, and celebrating life in a healthy way," Shevy said. "I love seeing students and community members bonding through dance and forming new friendships. I love that we're all coming together to help others in need. I love that students are involved in making it happen at the deepest levels."

The event was sponsored by the NMU School of Health and Human Performance, NMU Recreation Sports, Marquette Ending Hunger, NMU Theatre and Entertainment Arts, NMU Hip Hop Dance Crew, WUPX Student Radio, NMU AV Club, TV 6 WLUC, Marquette Nutrition and NMU Ceramics Collective.

AAUW annual book sale brings good reads and plenty of donations

By Kelsii Kytö
news editor

For their biggest event of the year, the Marquette branch of the American Association of University Women (AAUW) is inviting everyone to rekindle their love for reading at their annual book sale for the next three days.

The organization has been taking city-wide donations for many days prior to the event, and have a wide variety of books ready for the event, said AAUW Co-Vice President Taylor Susa.

The book sale goes from 5 to 9 p.m. today, April 25; 9 a.m. to 7 p.m. on Friday, April 26 and 9 a.m. to noon on Saturday, April 27. The event is located at First Presbyterian Church on 120 N. Front St.

The book sale has been an end-of-April event for many years, Susa said. On Monday, April 22, a group of volunteers came together to sort the large number of books and have a potluck, she added.

"It seems simple because it's

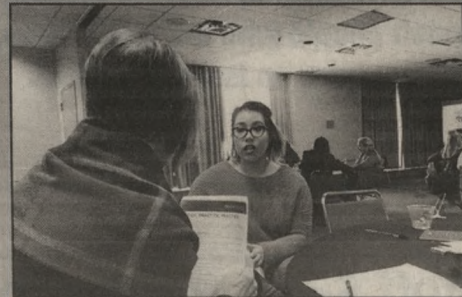
just books, but in this era we're learning that books have a lot more value to them than what they used to," Susa said.

In a time where everyone's faces are in their phones, the book sale means more now than it ever did, Susa added. People in years past have formed lines outside to make sure they're the first to catch the good books, she said. It's exciting to look through used books to find author's signatures and notes, Susa added.

"People will be there for an hour or so just sifting through books and looking for what they want to read," Susa said.

All the money made from the book sale goes to local scholarship funds for girls, Susa said.

"Not only can you get your nose in a book and looking at an actual story, but you also know especially with this event that there's going to be a story with the money that you're giving," Susa said. "The money that we're making is also creating a story in someone else's life, and I think that's an important thing to look at."



NW Photo Archives
AAUW members discuss equal pay during leadership day in 2017. The AAUW Book Sale, AAUW's biggest event, starts April 25.

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FIRE CEO visits NMU, discusses free speech

By Jackie Jahfeton
copy editor

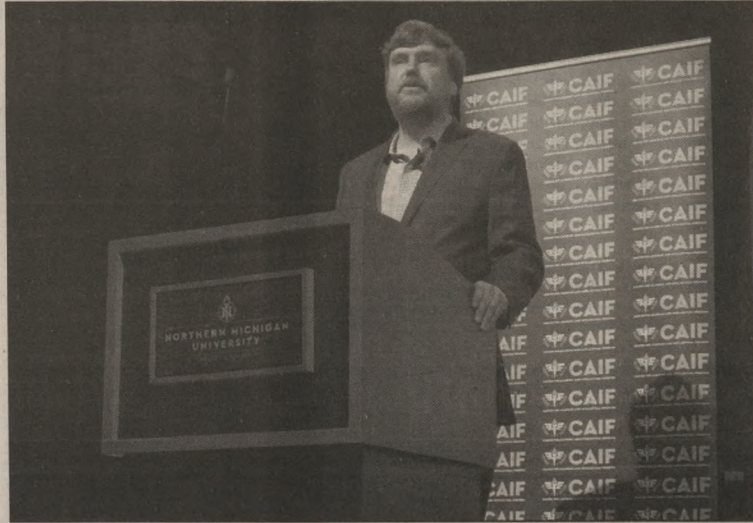
Safe spaces on college campuses represent areas that are intended to be free of bias, conflict or criticisms and are safe havens from violent actions, ideas or conversations. But how can a courtyard represent a safe space when the First Amendment states that all Americans have the right to speak whenever and wherever, no matter what the topic may concern? This was the highlight from CEO of the Foundation for Individual Rights in Education (FIRE) Greg Lukianoff's talk during his visit to NMU earlier this week.

The bestselling author and advocate for First Amendment rights spoke on "The Threat to Free Speech on Campus and What to Do About it" to a crowd of students, faculty and community members at 7 p.m. Monday, April 22, in Jamrich room 1100. Closing out the

final lecture of the series hosted by the Center for Academic and Intellectual Freedom (CAIF), Lukianoff focused on six factors that are linked to the threat of campus speech and include: political correctness, administrators, federal government, the professionate, student illiberalism and the conservative outrage mob.

With his 2018 book "The Coddling of the American Mind: How Good Intentions and Bad Ideas are Setting Up a Generation for Failure," which he coauthored with American social psychologist and professor Jonathan Haidt, Lukianoff derived from his work at FIRE and other national cases where free speech was restricted.

"Sometimes the attempts to make interactions between students smoother and less eventful actually result in people not being friends with people who are different from them which is very sad," Lukianoff said. "When I talk about putting on



Jackie Jahfeton/NW
Foundation for Individual Rights in Education CEO Greg Lukianoff lectures about the importance of free speech during his talk in Jamrich room 1100 on Monday, April 22.

If we think civility is the all-perfect answer to how we actually punish people who are being rude, then we have an issue with that.

— Greg Lukianoff

CEO, Foundation for Individual Rights in Education

your anthropology hat, [I mean] be curious about where this person is coming from, and I see so little of that on campuses when it should be the norm."

Free speech needs to be taught during orientation, Lukianoff noted, explaining, not enough students understand their rights as Americans. Universities shouldn't pamper students in not exposing them to other perspectives, because this kind of "dysfunctional, anti-CPT" teaching contributes to the increase in anxiety and depression among college students,

he said.

Cognitive distortions are mental exaggerations people make such as labeling, overgeneralizing and blaming; and a way to overcome these distortions is to use the therapy mechanism of "talking back to them," which in turn, intercepts those exaggerations.

It's all about knowledge, protecting people who are bigots and bullies will not make students any safer, Lukianoff added.

The lecture followed by a Q&A including a question

proposed by President Fritz Erickson who asked Lukianoff on whether "civility is a balancing factor," to which the speaker answered with caution.

"Be careful of civility. If you make a general civility code for the entire university, to go back to John Stewart Mills, he says civility tends to take on the look of what the people in power think is allowable," Lukianoff said. "If we think civility is the all-perfect answer to how we actually punish people who are being rude, then we have an issue with that."

Stuff Swap returns for third year

By Cece Rapp
contributing writer

NMU will be hosting its third annual "Stuff Swap" to help get students their necessities with none of the costs. The goal of the event is for students to bring clean clothing, electronics, household items and school supplies to this event to be exchanged with other students.

Assistant Dean of Student Haley Rhodes has put on this event for the past three years due to the need she was seeing from NMU students.

"When we learned that a student didn't have bed sheets or a pillow and was living in the residence halls we put together a care package of items for that student including towels, sheets, pillow,

laundry detergent. Then brought it to their front desk as a package. Over the year we created a closet that we called the 'stuff and things' closet," Rhodes said. "NMU Counseling staff would refer students to either the Dean of Students Office or Student Support Services and we'd talk with the student about some of their needs. "Then we'd walk over to the closet and have the student "shop" for items they'd need—including personal care items. They were humbled and thankful for the free items."

This was the inspiration for the Stuff Swap that happens the Sunday before finals week each year. The idea is that students who are moving out of their dorms take items that they no longer need to the event, before they throw them in the dumpster, Rhodes said. It

gives other students who may be in need of the item first "dibs."

If you are interested in attending the event the following locations are where you should go: Hunt/VA lobby, Magers/Meyland lobby, Spooner lobby, the corridor in The Woods, Woodland Park Apartment's Multipurpose Room or the Lincoln Laundry Room.

The event will go from 1 p.m. to 4 p.m. on Sunday, April 28.

"You don't need to donate items in order to choose items. We call it a swap but no exchange is required. I've talked with many students this semester about the swap and they have fond memories of participating in the event last year," Rhodes said.

For interested volunteers, contact Haley Rhodes at hrhoades@nmu.edu.

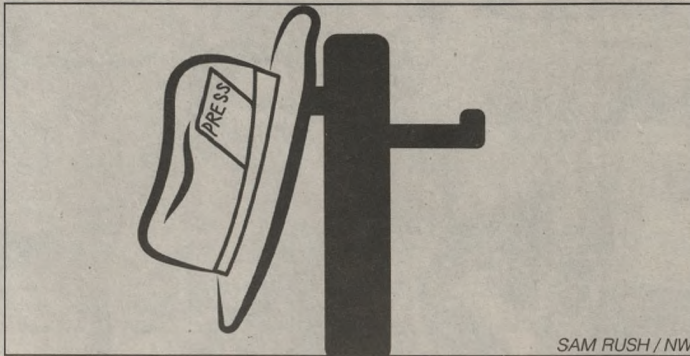
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EDITORIAL



SAM RUSH / NW

Reflecting on our experience in journalism

As another NMU school year at The North Wind comes to an end, we reflect on not only the accomplishments we're proud to share, but the memories we've made and the purpose we serve as a news organization.

Every year we cover a wide variety of topics, which enriches the conversation at the university and the community of Marquette.

As life goes on, stories happen, and some of them can be heartbreaking. But it's our job as journalists to report the news and deliver a product that keeps readers picking up an issue each week.

This year, we've suffered a low number of writers, resulting in staff picking up sometimes as many as four stories a week. We've stayed up late on production nights, sometimes until 4 a.m. due to a server crash. We've had to eliminate some positions, as well as cut staff hours to compensate for a tight budget. The classic newspaper riddle "what's black and white and read all over" applies to us now once again, as we leave a colored print product behind in hopes of mitigating our debt.

These changes were a challenge and hard truth to swallow, but we continue

to remind ourselves that the best way we can learn is to work with what we have and make it happen. Journalism never sleeps, and as students running this organization, sometimes we don't either.

The good news is, through coming together, we've sweat off some of the debt. Through our stories, we've helped bring attention to politics on campus and have helped readers see that their voice can make a difference. We continue to provide a space for all kinds of writers and we encourage them to share their stories and take advantage of their right to the First Amendment.

Journalism is a struggling industry; the idea of fake news has dominated the field and dances in the heads of each journalist as they sit down to write another story.

We look forward to another year and are ready to take on future stories and challenges from new Wildcats, the ones that aren't afraid to make a stand for what they believe in, have a passion to experience new things and attend events to hear new viewpoints.

Good luck on exams and have a great summer.

Control of future in our own hands, not gov'ts



Staff Column
Riley Garland

There are two ways to view the world. The first is to treat people as adults capable of making their own decisions and facing the benefits and consequences of their decisions, rooted in a belief that we have free will. The other is to chalk everybody's actions up to simply being a "product of their environment" and abdicate them of any responsibility for their actions and therefore assert that true free will does not exist.

The debate between these perspectives lies at the root of almost every political controversy we observe. The former will lead many to conclude a limited, hands-off government is best, while the latter will prompt people to use the government as a mechanism of equity, especially in regards to welfare. Should people be responsible for themselves, or can we apply the government as a paternalistic system to alleviate poverty?

The Brookings Institute conducted a study that determined that if people could follow three simple rules, they would not end up in long-term poverty, and 75% would even join the middle class. The secrets to success are surprisingly simple: finish high school, get a full-time job and wait until age 21 to get married and have children. People who do not follow these guidelines make up the overwhelming majority of those living in long-term poverty, as a consequence of their decisions.

One would think a study like this would be met with joy because it means people have the means to control their future. Yet, for some reason, people don't like hearing that they are responsible for their own lives. Instead of it being empowering, some find it invalidating.

People today will externalize their problems at every chance. They can't make rent because "they're underpaid," not because they're irresponsible with their spending. They can't pass the exam because "their professor is unfair," not because they didn't study enough. There is no lie more harmful than telling people they are helpless. Yet victim culture continues to perpetuate this mentality. Truth is rarely comfortable.

I'm not coming from a place

lacking empathy. My parents had me out of wedlock at 22 years old. They didn't inherit anything, they didn't have anything, they were just two people at a New Years party who got busy. Thankfully, they didn't let the situation dictate their future. Instead, they grew more determined to make a success out of themselves. I grew up wearing Goodwill clothes, eating bread from thrift stores and watching my parents stretch every dollar to its limit. I watched my dad build our entire house with his hands and watched my parents work two jobs each to support us. I started my first job at 14 and wore bread bags in my boots while pushing carts at Walmart because I had holes in the soles.

My parents taught me that our success or failure is determined by our actions. We can blame our ancestors for the conditions we're born into, but we only have ourselves to blame for what we make of it. As Mark Cuban says, the best Ph.D you can have is being poor, hungry and driven. We can let our situation dictate our life, or we can use it as motivation to fuel our own success.

This is very much a "pull yourself up by your bootstraps" idea. Additionally, it's a component of the worldview that we all have free will and should be able to make our own decisions and face the consequences. The idea of freedom includes the freedom to fail. Bailing out people for bad decisions has the same effect as bailing out banks who make bad loans: there's no incentive to do better, so the cycle will perpetuate. Generational poverty is only generational in the sense that bad parents teach bad habits to their kids, who go on to do the same.

I'll agree that some level of a safety net is appropriate. I would even support expanding welfare to unimaginable proportions to help children and ensure their safety. I can also see the merit in some welfare for adults, but not to the extent that we have now. We shouldn't be handing people welfare checks, we should be equipping them with the best tools we can to help them succeed on their own. As the proverb goes, "Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime." Let's consider improving K-12 education, funding entrepreneurial programs and steering kids into trade school training programs.

As long as we continue to incentivize irresponsibility, nothing will get better.

THE NORTH WIND

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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.



Pictured from left to right: Tim Eggert, Alex Skinner, Sophie Hillmeyer and Kelsii Kyto.

Riley Garland/NW

Graduating North Wind staff say goodbye

By *Tim Eggert*
editor-in-chief

From writing columns about campus tobacco bans to investigating university policies and reporting on state elections, I'm amazed at how far I've evolved as a journalist in my three years at this outstanding paper. I can only attribute my progression to the countless people who gave me their unending support and encouragement.

Jackie, thank you for your enduring knowledge and advice. You have always been a thoughtful mentor and a true friend. As a defender of the free press, your dedication to objectivity continues to be an inspiration. Monica, thank you for sharing honest experiences and suggestions. Your authenticity motivates me to be a better storyteller. Jim, thank you for your belief in students' ability to write and report. You influence all of us to be tougher journalists. Thank you to past staff members who believed in and helped guide me, especially Winter, Trevor and Trinity. I wouldn't be a North Winder without all of you.

Most of all, thank you to my dedicated and hardworking staff. I know the nights were long and our resources were limited, but we did it. Because of you all, the voices and the stories of this university and this community have been empowered and shared. Your commitment to the paper, to the community and to each other serves as a model for modern democracy. Jackie, I'm confident you'll be unstoppable next year and continue to expand on what we've achieved.

Because of the stories and the relationships our newsroom produced, I'm optimistic about the future of the industry and The North Wind. I'm proud to have served as Editor-in-Chief of an award-winning, boundary-breaking publication. I'll never forget the feeling of exercising this freedom.

By *Alex Skinner*
sports editor

As the final days of the spring semester come to a close, so does my time here at The North Wind. It has been a wild ride, and I could not have done it without the support of my peers, family and all of you readers.

I remember being a bright-eyed freshman here at Northern with a passion for writing who struggled with confrontation and fear of being turned away. I was an avid reader of The North Wind ever since my first days living in the dorms, and people thought I was weird for reading the paper so much. They all thought it was a dead media.

It took a long time for me to build up the courage to grab a staff application from our old office in the University Center. I did, filled it out and immediately tossed it into the trash bin.

I told my parents this story and was met with love and hopes that I would reconsider my decision. It took another year for me to follow through, but I did and wrote a few feature pieces as a contributing writer, and I haven't looked back since.

I've learned so much in my three semesters here and have had a blast the entire time. I'll always remember the sleepless nights, the countless Jimmy John's runs, blasting Mild High Club deep into the night and of course our Associated Collegiate Press trip to Minneapolis.

Thanks to everyone who has ever wrote a sports article for me. You guys are the lifeblood that fuels my passion to continue to grow as an editor. Thanks to all of my coworkers, even those who ask what a free-throw is.

A special thanks to our journalistic advisor Jackie Stark for inspiring us to be our best and put out top-notch content every week. I'll always look back fondly on my time with my crazy journalist friends.

By *Sophie Hillmeyer*
assistant news editor

With the end of my college career in sight, I can't help but think about the time I spent at The North Wind. I spent the first semester of my junior year abroad and was dreading coming back to the Midwest after such a life-changing experience on the other side of the world. I had no idea what classes I wanted to take, so I thought back to my news writing and reporting class years ago, and the day before that fateful winter semester began, I emailed my professor and joined the journalism practicum. Then, before I knew it, I was on the staff at The North Wind and I felt like I had found my place at NMU.

My time with The North Wind taught me so much, both professionally and personally. No, it wasn't always easy to balance my role with the newspaper and my course load and it would cause occasional headaches, but there were all these little things that made those headaches worth it.

Seeing my name on bylines, yes of course, but most notably, the thing that would always blow me away each week was watching the way my colleagues came together every Wednesday to produce a newspaper to be proud of.

This was a tough semester for some, and we were together for better or worse, in sickness and in health. No matter what life threw at us, we came together and accomplished our shared goal of producing a newspaper.

With that being said, I would thank all The North Wind staff for all their laughs, pranks, encouragement, adaptability and the list goes on and on. This truly has been the most transformative experience of my college career and I can't wait to see all the amazing things you all accomplish in the coming semesters. Good luck to my fellow graduating seniors.

By *Kelsii Kyto*
news editor

In my time working at The North Wind, I have learned what real journalism is all about. Whether it's staying up all night to do research on a story, or watching the hours pass by as I lay out the news pages, I'll remember it all. I'll remember sharing laughs with busy students and NMU's administrators. I'll remember when our community members' eyes filled with tears during the women's march or the nurses' strike. And I was able to share it all in the pages of The North Wind.

When I started at The North Wind in February of 2017, I was just a shy contributing writer who needed help making her own interview questions. Now, I am helping my contributing writers come up with questions for their first-ever news stories. I have felt the excitement of having my first story on paper, and of my writers seeing their very first byline in the news section. And there's nothing better than getting an excited email from a club president asking when their interview would make it into the paper. Nothing ever gets boring when you write for The North Wind.

It doesn't matter whether a publication reaches 4,000,000 people or 400 people—it's about having accurate news stories for the good of the people. That is a foundation that I received from The North Wind, and something I will carry with me for the rest of my life. As I walk across the stage on May 4, I will not be thinking of my time as a student, but my time as a student journalist who affected the way other students stayed informed about their campus. In a time where journalism means more than ever, I couldn't be more grateful.

Editor's Note:
Goodbye columns are written by graduating staff members.



Photos courtesy of Jon Teichman

Record enthusiasts display their collections and love for music at the Northern Lights Dining Hall. The club advisors have set up in the cafeteria a few times over the year to offer entertainment to students as well as an option to choose records from their collection to have played while enjoying their meals.

RECORDS SPIN IN AND OUT OF STYLE

Music, art from vinyl record shows continue to build Marquette community

By Jessica Parsons

copy editor

Overtime, the records-only scene has graduated from vinyl shows. The black discs tucked in artistic sleeves still dominate these events, but many vendors have adopted new styles and art to show. At these events, you'll see generations of the Game Boy spread across a table. The noises of Blinky, Pinky, Inky and Clyde will chase you into the hallway where someone brought their Pacman machine. But the legendary music of John Williams will pull you back inside. Across the room, an artist strokes paint across canvas on an easel. Children circle the venue in search of Wii games and Pokémon cards. A rotating piece on a table near the center of the room spins U.P.-shaped jewelry made of silver and petoskey stones.

This Saturday's NMU Spring Vinyl Record Show is free to attend

and will take place between 10 a.m. and 4 p.m. in Whitman Hall.

The culture of vinyl record shows vary from place to place. Specifically in Marquette, the vinyl scene is special and the relative remoteness of the area means that many attendees will be long-time acquaintances, event co-organizer Geoff Walker said.

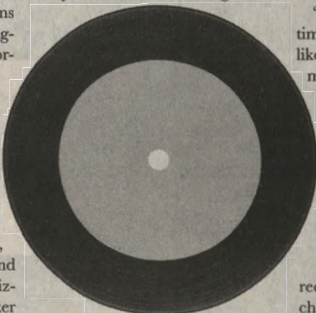
"I know I will see dozens of people on Saturday that I've known that long and even longer," Walker said. "It's like a community reunion every time. And these shows have been going on for a long time."

Walker and Jon Teichman, advisor of NMU's Vinyl and Record Club, have been organizing these shows for years, Walker said, adding that they've known each other for over 40 years. Though describing these events in many ways may sound like a small-town scene, it's just the opposite, he said.

It's about community and sharing, and many of those involved

travel from all over the state as well as neighboring states, Teichman said.

"It's the continual, sustained enthusiasm and support that keeps making these



shows the best," Teichman said. "There's something special about what's happening in Marquette and we're lucky to be part of it."

To Teichman, a show like this is a sacred space for shared experi-

ences. Society pushes a life full of individuality and indoor experiences, and this type of event is about taking healthy risks, reaching out to others and sharing mutual interests, he said.

"We're fortunate to have the time and space to put on shows like these. The entire community makes this happen," Teichman said.

Music is a very personal and visceral thing that touches people like little else, and record stores are a special place where people can be enthusiastic about the music they love, Walker said.

"I love seeing a person find a record they remember from their childhood, or something they've been looking for for years," Walker said.

In addition to helping others find that one record, or teaching people how to take care of their collection, Walker said that he and other vendors love to hear people's musical stories,

especially from those who remember the stores that once chimed around Marquette such as Record Plus, Ozone of the North, Music Street and The Sound Center.

"What matters is that there are hundreds of people in the area with killer record collections and we really enjoy getting to know each and every one of them," Walker said.

The vinyl shows hosted here are also a great venue for people-watching, Walker said, adding that at this year's spring show, there will be complimentary tunes from the Vinyl Reception DJ crew, keeping the mood up. It's free, it's fun and you're bound to see an old friend, he said.

"We're building community through music and we are very thankful to have a community that supports our efforts," Walker said.

Another vinyl record show will take place on May 23-27 at The Ore Dock Brewing Co.



Photos courtesy Jon Teichman

Vinyl shows in years past have focused on more than just record buying and selling. Vendors attending the shows often bring other vintage collections like jewelry, games and trading cards and treasured gems like a Pacman machine. Shows are also an inviting place for artists looking to display their work.

Establishing Roots

Story and photo
by Jackie Jahfetson

GET
INVOLVED

PCF is looking for four kinds of interns this coming growing season: farming, compost, marketing and administrative interns. The PCF needs a few farming interns, who will learn about the practices and systems that go into farming. The compost intern position will inquire experience with soil science, operating heavy equipment and fixing equipment. No prerequisites are required to apply and internships start around May 8. Applications will be accepted throughout the summer. For more information, email Aaren at ajoki@partridgecreekfarm.org.

MG is seeking summer interns to help with the growing season. No prerequisites are required and internships can be with or without credit. MG is willing to cater to any students' needs or skill set. For example, if someone wants to learn more management, they can help direct the gardening site. And if people want more experience working with children, they will get that opportunity. MG looks to serve all students with any major. To apply, contact Miriah at (248)410-4585 or visit MG's Facebook page.

Marquette & Ishpeming Community Farms Cultivate Involvement

Using bare hands and shovels, two local groups strive to educate surrounding communities about sustainable farming, composting and gardening techniques. This is in an effort to reduce the amount of food waste produced and promote healthy learning environments.

Partridge Creek Farm

Shards of orange peels, onions and other remnants of kitchen waste pop out of the dark, earthy hill, revealing a slight pungent smell. Leaves, hay, cardboard and paper shreds mixed with horse manure keep the waste intact. Like making lasagna, every layer should be mixed with the right amount of ingredients and sauced with the proper measurements. Slimy worms act as the cheese of the entree, slowly munching the waste one bite at a time. Inside the compost lies a black pipe, letting oxygen seep through and contributing to the survival of the bacteria and worms. As the pile of layers heat and cool, that's when the worms move in, turning the kitchen waste into vermicompost.

With 75-foot compost rows and gardening beds, Partridge Creek Farm (PCF) in Ishpeming works with surrounding communities to bring an educational gardening perspective to the area. PCF Compost Contractor Aaren Joki spoke on the farm's mission of utilizing farming as a form of healing.

"It's therapeutic getting out with nature and working. There's a lot of drug abuse in this town and a lot of troubled families. We think agriculture is a great way to get kids out together and doing something constructive," Joki said. "Some kids don't think they can do anything, but they get outside and find that, 'Wow, we can grow our own food and be independent.' Some of these kids after working with us [say], 'Wow, this was really incredible.' It's changed some of their lives."

The farm operates six garden sites and one compost area. Kitchen waste comes from Simply Superior, an NMU operated catering company. The compost rows take around a year to build. The process includes three months of heating, a three-month transition phase where the worm population starts to increase, followed by six months feasting worms. After the year is up and the compost pile looks ready to harvest, it must go through a trommel screen, or what is known as a mechanical screening machine. The vermicompost falls out of the rotating screen, the worms and rocks fall out of the end of the trommel and are separated due to different density.

If a pile is doing well, most of the rotten food will decompose and the row won't possess much of an odor. If the pile smells of earth tones, then you know there's a good population of worms, Joki said.

Some waste items take longer to break down, such as egg shells and avocado pits. Joki said it's important to spread the waste out. For instance, an abundance of coffee grounds or acidic items in one area will slow the worms' consumption, leading to the overheating of bacteria—which dries out the pile, turning it white.

"There's a very special way to mix these piles and if you do it wrong, it won't cook right and it can be really bad," Joki said. "The slower you can make compost, the better quality it is."

Since joining the PCF team in 2016, Joki spends his days operating all of the different jobs in the business. But making sure the piles are mixed right is one of his main priorities. As the food waste is dumped and combined with manure and hay three days each week, Joki and his other farm employees and volunteers mix everything by hand, using pitch forks.

The business started in 2014 when PCF Farm Director and Secretary Dan Perkins noticed how neighborhood kids took an interest in his backyard garden and how it made a positive impact on their lives. Perkins teamed up with his neighbor and former PCF farm manager Ray Bush to provide a safe environment for children.

"[Back in the day], people didn't have lawns to do just nothing, you had gardens growing or a lawn people were doing things on. I think we need to get back to that, getting kids outside. Soil is healthy for you, there's a lot of research coming out that shows there's a lot of microbes in the soil that help your immune system," Joki said. "A lot of kids in this town, they go home [after school] and just play video games. This is a good way to get outside."

Along with their compost site and six gardening areas, the PCF works with the Great Lakes Recovery Center in Negaunee to help adolescents recovering from substance abuse with their maple syrup tree tapping process. Some of the kids the PCF works with come from troubled backgrounds. During one school activity last year, the PCF had students draw circles to represent hard times in their lives, since smaller circles represent weaker periods of tree growth.

"Some of the stories that kids told us about their tree rings were not what you'd expect in class. There's kids who said, 'Oh the rings are small here because it's when the cops raided our house for drugs. Or when I found out my dad wasn't my real dad.' Or just really awful, sad things," he said. "A lot of kids only have each other, they don't have anyone else. And I think gardening is a healthy environment to get people together and choose a healthy lifestyle."

As someone who enjoys working with his hands, Joki said the PCF provides an environment for people to make a difference.

"I enjoy being outside and the cool people I meet all the time and the good food. Actually food is my favorite part," Joki said with a chuckle. "Everyone thinks agriculture is bad for the environment but there's ways to do it using modern technology that's really innovative and can change the world."

Marquette Growth

Summer days in the U.P. exhibit three strong months of outdoor activity from water skiing to swimming. For some, summer is a way to embrace the rays and show off a tinted pigment in the fall. For others, summer is three months of digging into the earth. Whether it be weeding or watering, the soil provides an environment of growth and sustainability.

The Marquette Growth (MG) is looking for some dirty hands.

MG provides the community with free access to educational gardening, with a large greenhouse along with an outdoor growing area. The nonprofit organization created in 2013, located at Graveraet Elementary School, began when Director Miriah Redmond was compelled to change the world's food problems. As an NMU graduate from the environmental studies and sustainability program, Redmond was consumed with the amount of problems surrounding the food system.

"This seemed like a real feel-good solution that I could do alongside my community members, educating them and providing access to fresh, organic vegetables, so it's kind of a win-win," Redmond said. "It becomes a self-perpetuating thing. You see the look of joy and pride on a child's face who's grown a tomato plant and then their first bite into a cherry tomato. The way it tastes, how excited they are that they grew it, then going home and sharing that with their families is always very cool."

Having more hands on the gardening deck helps the summer days go by more smoothly, Redmond said. Adding, she is looking for interns to get their hands dirty this summer. With more volunteers, food production will increase and help support the survival of the organization. And "growing food is a labor of love," she added.

The level of effort that it requires to create and produce food takes a lot of time and manual labor—and not many people realize that, Redmond said.

"Everybody eats. I think it's very rare that folks have an opportunity to be involved with the food they eat and their food system at large. It's a really cool experience to see how much time and work that goes into growing a simple salad," Redmond said.

The organization is a way to get hands-on experience in a relaxing atmosphere, Redmond said, adding, music is always playing in the background during gardening shifts and there's always food on hand. Unlike other community gardens, MG is a free space where anyone can help volunteer. And for people who are renters, many landlords don't allow tenants to have gardens, so MG is a space to exercise that activity.

"It's a really fun way to spend your summer. It's super fun to grow flowers and eat vegetables in the sun with your friends," she added.

Volunteer duties include: opening and closing the greenhouse windows [so the plants maintain an optimal environment], watering, weeding, harvesting and pruning.

Grant available for first generation students

NMU's McNair Scholars Program aids underrepresented students in research

By Akasha Khalsa

contributing writer

Students coming into college from disadvantaged backgrounds often face the usual slew of academic and transitional problems, but unlike traditional students, they do so without the same support system other students expect. For students that are first-generation or of an underrepresented ethnicity, this lack of support and knowledge ends up making it more difficult for them to transition into graduate-level programs. This results in fewer of these individuals in the higher academic community.

The McNair Scholars Program, a federally-funded TRIO program aimed at increasing Ph.D. degrees earned by disadvantaged and underrepresented groups, helps these students at NMU. By aiding in research and funding participation in scholarly activities, McNair prepares scholars for their future academic potential. NMU's McNair program awards aid to 28 high-achieving students annually. It comes in the form of a competitive research grant of \$2,500 for summer research.

Senior biology major and McNair scholar Brittney Moore worked at NMU's Upper Michigan Brain Tumor Center, researching breast and brain cancer. No one in her family has a college degree.

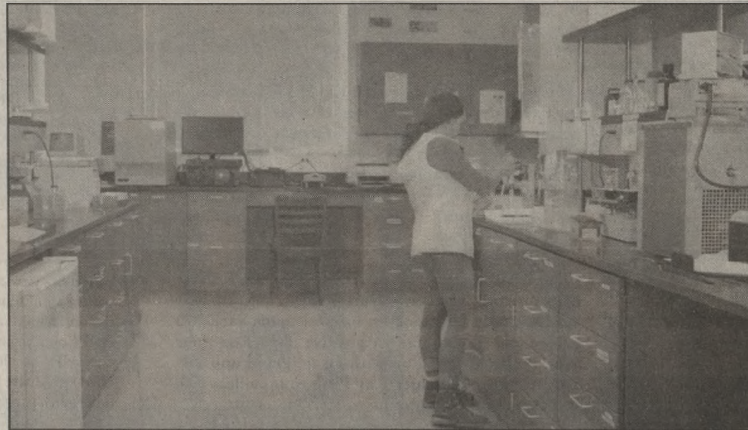


Photo courtesy of Heather Pickett

Senior Meg Palacio works on research while pursuing a Ph.D. in Biochemistry with the help of the grant she received from the McNair Scholars Program.

"Being first-generation students, we're all sometimes like 'ugh,' and it's different when you don't have anyone in your life who's ever been through what you're going through. It's different than having parents that anticipate how hard college is," Moore said.

Moore will head to veterinary school at MSU in the Fall.

"You should just apply, even if you don't think that you'll get in... I didn't think I'd fit the bill, or meet the criteria," Moore said. "The biggest thing it did was increase my confidence, because

working in research is really scary at first and it's something that's really intimidating to get into."

Moore said having the experience provided by the McNair funding made her more marketable in her path to acceptance at a graduate program.

Director of the McNair scholars program Heather Pickett said that out of the 101 NMU students who have participated in the McNair program, nine have gone on as doctoral students to pursue futures in academia and 46 graduate students have continued on for advanced degrees.

"By completing a research internship during their undergraduate studies at NMU, McNair program participants are more well-prepared than their non-researching counterparts and highly sought after potential graduate students as McNair Scholars," Pickett said. Senior biology

major and NMU McNair scholar Ted Roper will be attending the University of New Mexico for a doctoral program next year and also feels that the McNair program was part of what made this pathway possible for him.

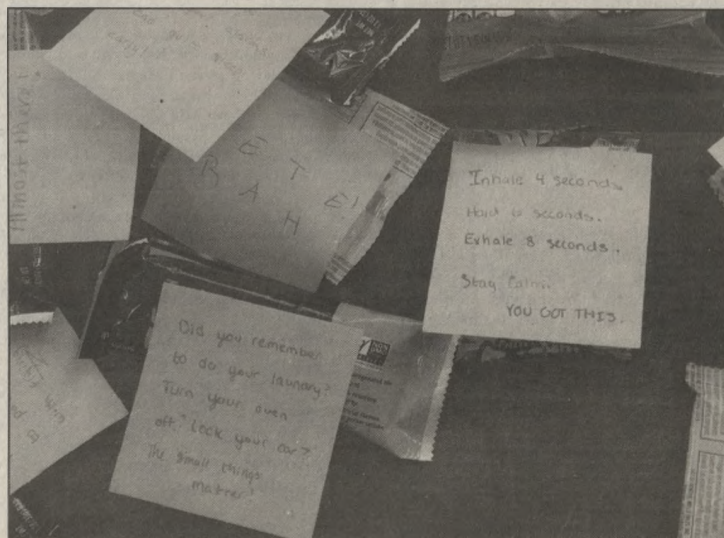
"Anyone who has an opportunity to [go to] grad school or [do] research should definitely try out. It's awesome. It's been good to me," Roper said.

Roper conducted several research excursions, including presenting at research conferences and the upcoming publication of a paper.

Meg Palacio, another NMU McNair scholar who is graduating this year, plans to attend graduate school at the University of Colorado Boulder.

"Getting into a Ph.D. graduate program is not easy, but it becomes easier when you have resources, such as a McNair, to support you throughout the process," Palacio said. "McNair introduced me to the idea that I could get my Ph.D. as a minority student. Prior to, I never even considered the thought, but now it is my current reality."

Motivational snacks



Isabelle Tavares/NW

Housing and Residence Life camped out in the main lobby of Jamrich Hall, passing out snacks with inspirational tips and reminders to slow down.

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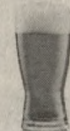
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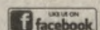
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Velodrome's CBD latte: the blunt truth

Local coffee shop introduces a creative treat containing cannabidiol oil

By Denali Drake
contributing writer

You go to get a latte to feel the sweet rush of caffeine that enables you to finish studying for your exams before finals. But what if that same latte could help reduce your acne, soothe your joints and ease your anxiety? Owner and barista of Marquette's Velodrome Coffee Co. Brice Sturmer sat down to explain the newest Cannabidiol, or CBD, latte offered at his shop.

The lemongrass and citrus espresso drink is enhanced with 10 milligrams of mint flavored CBD oil sourced from the company Healed+. CBD is a non-psychoactive chemical compound from the cannabis plant, meaning you will not "get high" from ingesting it, as there is no THC. The sustainable company offers an organic, THC free and GMO-free form of CBD oil that is sourced in Utah.

The 2018 Michigan midterm elections brought the legalization

of recreational marijuana with the Michigan Regulation and Taxation of Marihuana Act. In February, Marquette's City Council decided against approving recreational marijuana storefronts, as there was a concern that this CBD infused latte could set the towns political climate ablaze. Velodrome was thrilled to learn that the Marquette community has been incredibly positive, with many customers excited to try the unique drink, Sturmer said.

"We're a progressive brand [store]. We try to listen to our market and do things in a relevant manner," Sturmer said. "I think overall for us it's not just an awesome product and people love it, but also I hope that it shows that our brand is innovative and we are not afraid to do new things."

Marquette resident, Hosanna Olah, expressed her interest.

"The drink itself was more impressive than the CBD component, the lemon being an acid



Photo courtesy of Brice Sturmer

Velodrome baristas launch a new latte containing CBD oil, which is found in cannabis plants but does not have psychoactive properties. The oil is often used for pain relief and anti-anxiety purposes.

mixing with the natural acidity of coffee was a great combination," Olah said.

During the Coffee Crawl that occurred last weekend, students and locals flooded the tiny shop, some choosing to order the unique latte along with their blonde roast sample. Freshman

environmental science major Mya Gurth attended the event while stopping in Velodrome to check out the new latte drink.

"I like to see that Marquette is opening its doors to the healing powers of the cannabidiol oil," Gurth said.

She expressed her desire to

come back and try the latte after the crawl.

Velodrome Co hopes that continued innovation of CBD infused products will broaden Marquette's view on embracing society's acceptance of using alternative holistic and medicinal products.

Coffee crawlers explore Marquette's caffeine scene

By Mary McDonough
contributing writer

Early summer sun and a clear blue sky encouraged many to take in the beauty of Marquette, coffee in hand. People were a-buzz all over town during the second annual Marquette Coffee Crawl on Saturday to bring awareness to sexual assault.

NMU Public Relations Student Society of America (PRSSA) and The Associated Students of Northern Michigan University (ASNMU) organized the trail of seven different local coffee shops to offer free samples. While enjoying the caffeine, ASNMU, Planned Parenthood, Women for Women and Marquette Women's

Center set up booths around the different stops for people to learn more about consent.

Wanting to give back to the community, PRSSA think tanks brainstormed and out popped the idea for the Coffee Crawl. Senior Public Relations major and PRSSA President Haley Bussell remembers the process as something that brought focus to the character of Marquette while also helping a cause.

"The idea was to use something that makes Marquette unique and raise money for something greater than ourselves," Bussell said. "We knew that we wanted to do fundraising for a center and [the] Women's Center just seemed like a right fit."

For senior Speech-Language Pathology major and ASNMU Representative Meghan Flynn, Saturday's crowds showed how much the community wanted to be informed.

"It's great to see the turnout and the number of people listening to information on sexual assault awareness," Flynn said. "It's rewarding to be able to spread messages on consent, information on local resources and receive an overall approval from the coffee crawl participants and community."

After last year's turnout, PRSSA tripled the number of available tickets, skyrocketing from 100 to 300. Roughly 200-225 were sold this year for the three different two-hour slots that made up the Coffee Crawl. People participated in The Early Bird from 8 a.m. to 10 a.m., Mid-Day Buzz from 12 p.m. to 2 p.m. and Afternoon Delight from 12 p.m. to 2 p.m.

As crowds bustled through Velodrome Coffee Co., junior Accounting major and barista Abby Aquilino saw something special in her first time being apart of the Coffee Crawl.

"I think it's really cool to have so many people in the shop and such a good energy," Aquilino said. "I love everyone's dedication to walking around and trying all



Photo courtesy of Mary McDonough

Customers crowd Dead River Coffee, one of Marquette's many local coffee shops, while taking part in the second annual coffee crawl.

the different coffees."

NMU Librarian Jessica Brown-Kovola participated in last year's event and said the feeling of involvement was stronger than before.

"It seems like there are a lot more people participating this year and it's great for the

community," Brown-Kovola said.

Bussell hopes that next year will allow for improvement by making the Coffee Crawl more sustainable. Plans are in early development for possible washing stations to allow only one reusable cup rather than a paper one for every stop.

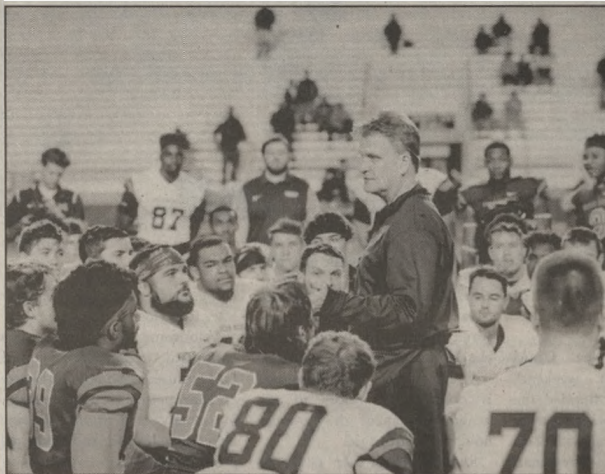
The idea was to use something that makes Marquette unique and raise money for something greater than ourselves... we...wanted to do [a] fundraiser and the Women's Center seemed like the right fit.

— Haley Bussell
PRSSA President



Football team returns to action in spring game

With spring in the air, the 'Cats are ready to muddy up their cleats and get back to work



Head Coach Kyle Nystrom talks to his team after a hard-hitting day of practice.



Photo courtesy of NMU athletics
The Wildcats tackle a Davenport ball carrier during last year's matchup.



By *Nate Bellville*
contributing writer

Significant changes were on display for the Northern Michigan University Football team as it hosted its annual Spring Football Scrimmage last Saturday, with Team Green (offense) defeating Team Gold (defense) 20-0.

Even though the spring game was only an intersquad scrimmage, Head Coach Kyle Nystrom had his own way of viewing the match.

"Everyone says, 'What's a spring game all about?' and everybody has their own different interpretations of it. But for us, it's a celebration of spring football and practice," Nystrom said.

Nystrom called the scrimmage a 'long practice session,' he was impressed by how his team composed themselves through the spring season.

We are really going to focus on us, and that's what I think will put us in a great position.

— Dan Fodrocy
offensive coordinator, football

"We do safeguard our players as much as we can. We do 12 running quarters and quicken the game [pace] up," Nystrom said. "Maybe you don't get in as many snaps and it's not as drawn out as a normal game is, but we got our players out safe."

NMU's new Offensive Coordinator Dan Fodrocy, who comes up after serving eight seasons as an assistant coach at Saginaw Valley State University (SVSU), saw the game as a tool to focus on themselves before the actual season begins.

"I understand that I'm in charge of the offense, but I was really impressed by the way the kids played," Fodrocy said on the scrimmage. "Offensively, I thought we moved the ball well and the defense made some good stops and that's what you really want to see."

Fodrocy also brought up the significance of having a new Of-

fensive Line Coach and Running Game Coordinator, Pat Perles on staff. He replaced Jace Daniels, who left for the same position at Michigan Technological University. He hopes the adjustments can pay off in dividends.

"I feel confident about my experience and time in the GLIAC, but it's really what comes down to what Northern Michigan can do on a daily basis," Fodrocy said. "We are really going to focus on us, and that's what I think will put us in a great position."

In the simulated game that mostly showcased underclassmen talent, sophomore quarterback Ryan Johnson, who was out last season after suffering a season-ending injury in the season opener against McKendree University, said he was happy to be back out on the field playing.

"It feels great. We had a good spring ball season," Johnson said. "Even though I got injured on the second play of the first game last season, it feels great to be out running with the [first team] and running with everybody."

In a gritty, physical first half, freshman kicker Daniel Riser scored the half's only points on a field goal with four minutes remaining in the second quarter. Freshman quarterback Jason Pridgeon attempted a hail mary pass, but it was incomplete to sophomore wideout Cullen Heimburger. The game would re-

main deadlocked at 3-0 heading into halftime.

The second half saw a few highlights as Johnson found a wide open redshirt-freshman wide receiver Isaiah Popp for a touchdown, followed by a Riser extra point to make it 10-0. Freshman defensive back Tyler Geiman had a near-interception to close out the third quarter for the Gold team, but the ball fell harmlessly to the ground.

The fourth quarter started

said he and Fodrocy were meshing well on the offensive side of the ball.

"He's focused on the little things like ball security, being locked into the game and just staying locked in on the playbook," Johnson said.

In the offseason, the team added 28 National Signing Day recruits to the team. Six of those recruits are from the Upper Peninsula.

As the spring football season concludes for NMU, Nystrom

Here's my goal right now, and that's to beat McKendree.

— Kyle Nystrom
head coach, football

off strong for the Green team, as Pridgeon connected with redshirt-freshman wide receiver Duane Jackson for a touchdown, with Riser's extra point extending its lead to 17-0. Riser made his second field goal of the game with 8:40 left, but an interception from sophomore defensive back Demarious Wright halted the rally. The offense had a chance to add more points in the waning minutes, but an incomplete pass to Heimburger finalized the score at 20-0.

Throughout the game, Johnson

said the spring game will be used as an aid for their first game in the fall.

"Here's my goal right now, and that's to beat McKendree," Nystrom said. "We didn't do well down there the last time when we opened up the season, so I'm not talking anything besides what we can do to get better at everyday for it."

The Wildcats begin its 2019 Fall season at home facing off against the McKendree University Bearcats at 1 p.m. on Saturday, Sept. 7.

SPORTS BRIEFS



Women's Golf

Northern Michigan University Women's Golf placed fifth at the GLIAC Conference Championship over the weekend.

Leading the way for the Wildcats was junior Caro Els with a score of 152 to finish in fifth place. Els notched rounds of 75 and 77.

Senior Karissa Guthrie finished 14th with rounds of 79 and 80 for a final score of 159. Senior Haley Hewer notched a total score of 165 after her rounds of 83 and 82 put her in a tie for 24th.

Senior Baylee Dunnire tied for 33rd after he scores of 80 and 87 gave a finish of 167.

Also competing for NMU was freshman Abigail Boozer who finished 46th. Boozer posted rounds of 88 and 84 to finish with a total of 172.

The Wildcats now await their fate as they wait to find out if they receive a NCAA East Regional bid.

Men's Golf

The Men's Golf team for Northern Michigan University placed two in the top 10 at the GLIAC Championships this weekend.

Senior Austin Elsnor led the team with rounds of 72 and 71 for a total 143 and a third place finish.

Senior Owen Beyer tied for tenth place with a final score of 149 after he posted rounds of 73 and 76.

Tied for 27th place, junior Kurtis Fontinha shot 78 in both rounds to finish with a final tally of 156.

Junior Chris Black came in at 160 for the weekend after back-to-back rounds of 80 to finish tied for 39th.

Senior Logan Haight rounded out the field for NMU with a score of 168 after he shot 84 both days. He finished 52nd.

Wildcat of the week



Photo courtesy of NMU athletics

Sophomore Izabelle Peterson led the track and field team to a second place finish at the two-day Al Owens Classic this past weekend. The Marquette native broke two school records in the 100 and 200-meter dashes, earning an NCAA provisional mark in both events. Her time of 24.13 in the 200 was enough to win her the event, and she placed second in the 100 with a time of 11.76.



Runners dominate at Al Owens

Photo courtesy of NMU athletics

NMU Track and Field is closing in on the GLIAC conference championships that begin on Wednesday, May 1.

By *Travis Nelson*
contributing writer

The Northern Michigan University Track and Field team traveled to Grand Valley State University (GVSU) this past weekend, where it competed in the Al Owens Classic. The Wildcats came away with three school records and two NCAA provisional marks, ultimately leading them to a second place finish. This meet marked the final full team meet for NMU before the GLIAC conference championships that begin on Wednesday, May 1.

After another successful meet, coach Jenny Ryan is excited to see what the rest of the season for her team looks like.

"Across the board, we had some great results, great times," Ryan said. "It's really exciting to see what we did and [I'm] looking forward to seeing what we can do at the conference championships."

Sophomore Izabelle Peterson set school records in both the 100 and 200-meter dashes, along with earning NCAA provisional marks in both events. She placed second in the 100 with a time of 11.76 and took home first place in the 200 in 24.13.

The 4x400 relay team was victorious once again, winning the event with a time of 3:48.80. The team consisting of junior Sydney McPeters, seniors Lynsey Collins, Paige Dutcher and Shayla Huebner collected a school record in the event and captured the Wildcats' second win in the event in as many weeks. The 4x100 relay

It's really exciting to see what we did and [I'm] looking forward to seeing what we can do at the conference championships.

— *Jenny Ryan*
head coach, track and field

team of Peterson, McPeters, senior Jenna Long and sophomore Lauren Alarie took home second place with a time of 46.96.

The 'Cats continued to have success with senior Michelle Juergen winning the high jump with a leap of 5 feet, 5.75 inches. She then went on to place third in both the long jump and triple jump, with jumps of 18 feet, 6 inches and 38 feet, 0 inches, respectively. Sophomore Dunja Drobac finished right behind Juergen in the triple jump, placing fourth with a jump of 36 feet, 3 inches.

In the 5,000-meter run, junior Katelyn Smith cruised to a win, crossing the line in 18:20.76. NMU then went on to claim a host of second place finishes, as Dutcher and Huebner finished runner-up in both the 400-meter dash and 800-meter run. Junior Megan Martin took third in the 400-meter hurdles with a time of 1:04.23, and junior Hannah Torvi finished with a fourth place time of 11:27.63 in the 3,000-meter steeplechase.

Northern finished with 117.111 points as a team, resulting in a second place finish behind host GVSU. The Wildcats were able to fend off 16 other women's teams to place second overall, despite both men's and women's scores being combined for a two-day combined team score.

The team is set to compete in two separate events this upcoming weekend, April 26 and 27, with some athletes traveling to Hillsdale College to compete in the Gina Relays, while others will make the trip to De Pere, Wisconsin to compete at St. Norbert College. Not every athlete will be competing this weekend with the conference championships looming, and Ryan has devised a strategy to keep her team focused until then.

"Just fine-tuning and all the little things, getting rested as much as they can with finals and everything else that's going on," Ryan said. "We're getting prepared to perform our best at the conference championships."

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Photo courtesy of NMU athletics

Freshman attack/midfielder Emily Renfrew looks to make a play in an earlier season home game.

By Alex Skinner
sports editor

It took three seasons, but the Northern Michigan University Women's Lacrosse team has finally punched its ticket to the GLIAC Conference Tournament.

The Wildcats did so in a dramatic, do-or-die matchup against the Ashland University (AU) Eagles on Senior Day, winning in decisive fashion, 24-6.

The road to the tournament was a journey every step of the way, with highs and lows throughout the season. The 'Cats started the season with a win over the Al-

bion College Britons before dropping its next six games, including a few close matchups.

A roadtrip to face Maryville (MO) University finally swung in favor for the 'Cats, who snapped its losing streak to swing the momentum of its season. In the next game against Lewis University, NMU picked up another victory and found itself on its first winning streak of the season.

At this point in the season, fatigue began to set in with a tough slate of matchups when nationally ranked programs Grand Valley State University (GVSU) and Indianapolis University (IU),

beat up on the young Wildcats as the entirety of the season would come down to the final game.

The Wildcats celebrated the careers of its four seniors on the roster: attacker/midfielder Megan Palacio, defenders Tori Aidif and Amanda Robers and attacker Casey Marshall.

NMU came into the matchup tied for sixth place with the Eagles, with only the top six teams in the conference earning an invitation to the tournament. A loss to AU would result in the end of NMU's season.

The first half woes that seemed to plague the Wildcats in the

second half of its season were just a faded memory for the team as it collectively exploded for 15 goals before halftime.

Junior midfielder Graison Ringlever kicked off the scoring less than a minute into the contest on a free position shot. The Eagles quickly responded, drawing the score even less than a minute later.

The Wildcats opened a quick flow of goals shortly after, with freshman attack/midfielder Emily Renfrew scoring, followed by two more goals from fellow freshman midfielder Jessica Daniels. Ringlever added to her goal total with two more, and just like that, NMU held a 6-1 advantage.

AU scored again to bring the score closer, but sophomore attack/midfielder Tess Kostelec brought the lead back up to five after scoring on a free position shot.

An unfamiliar Wildcat found her way onto the scoresheet, with freshman midfielder Katie Zarembski scoring her first career goal in an NMU uniform.

The Eagles bumped their goal total to three but another Renfrew tally would quell the AU attack. Palacio scored on a free position shot 12 seconds before the end of the half to enhance her senior day excitement and the 'Cats would head to the locker room in command of a 15-4 score.

The start of the second half saw the Wildcats pounce on the Eagles, jetting off to another fast start, thanks in part to more goals from Daniels, Renfrew and

Ringlever within the first 10 minutes of the half. Ringlever scored again on a free position shot just minutes later to lead the team in goals for the day with seven.

Another Wildcat found the back of the net for her first goal of the season, attacker Emma Brotemarkle, with an assist coming from sophomore midfielder Bianca Kinder.

In the end, the Wildcat offense was too much for an Eagles team that was unable to take flight in the match, with NMU running away with a 24-6 victory and punching its ticket to the GLIAC Tournament.

Renfrew and Daniels each picked up three goals along the way with Kostelec and Zarembski each contributing two. Kinder led the team with four assists and freshman goaltender Cam Stilson notched five saves along the way.

The Wildcats are coming into the tournament playoffs with confidence after its beatdown of AU and will face off against the McKendree University (MU) Bearcats. In its only matchup this season against the Bearcats, NMU dropped the contest 22-3 and is looking to avenge that loss.

IU finished the regular season with an unblemished 11-0 record and has the top seed entering the tournament, followed by the GVSU Lakers with an 8-1 record.

The winner of the NMU versus MU matchup will meet the Lakers in the conference semifinals.

Game time against the Bearcats is slated for Tuesday, April 30, from MU's campus.



Photo courtesy of NMU athletics

The NMU Women's Lacrosse team poses with its four seniors during its Senior Day festivities last weekend.

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FROST

Continued from Page 1

detail, are very respectful toward our donors, and are very protective of the site and our research, which means a lot to me," Wankmiller said.

Also due to the privacy of the research, Wankmiller initially had no idea that FROST would be such a nexus for collaborative research, she said. There is also a broad scope for possible research that people can do in all fields, Wankmiller said.

"We're really building strong foundations for research in the future," Wankmiller said.

In the future, Wankmiller is most looking forward to continuing collaborative projects with students and other professionals, she said.

One student, senior biology major Riley Jepkema, has been helping Wankmiller with "a little bit of everything," beginning her research last May. Jepkema began helping with entomology, or the study and collection of bugs. She also collected bacterial samples and general forensic anthropology notes indicating stages of decomposition.

"Wankmiller is just fantastic. I love her," Jepkema said.

Being a recipient of the Lundin Honors Summer Research Fellowship, Jepkema will study the gut microbiome and how it changes throughout decomposition this summer.

Jepkema has always been interested in the more forensic side of biology, and since starting her work at FROST, she found that there is so much to learn surrounding the concept of death. It turns out, the physical side of death is much less scary than its made out to be, Wankmiller said.

"It's something that happens to everyone eventually, so it's important to accept it and learn from it," Jepkema said.

Jepkema wants to become a medical examiner, so her research is relevant to her future, she added.

"I've always been very passionate about things, and I feel like I can make a difference by doing this research," Jepkema said.

FROST as a whole has been a busy place, Wankmiller said about all the research happening.

"We continue to conduct research on our donors that we placed last semester, and we have received some new donations in the last couple of months, so we have students going out there most days," Wankmiller said.

Currently, there are over 30 people interested in FROST's donation program, Wank-

miller said. More donors have been next-of-kin, rather than self-donors.

Much of the on-site research Wankmiller and her students are doing require them to go back into literature available on certain studies and seeing if their observations fit into any concepts that already exist, Wankmiller said.

"We have definitely had some observations that we think are going to be important," Wankmiller said.

Many of their observations are anecdotal at this point, and findings will not be released until after the research is fully completed, Wankmiller added.

Wankmiller said she is also having a mycologist, or a person who studies fungi, come to FROST and conduct research.

"It's a new angle to the studies we are doing," Wankmiller said.

While research goes on at FROST, Wankmiller also is working to finalize the courses and curriculum for a new anthropology major revolving around forensic anthropology classes and fieldwork at FROST. She is also putting the finishing touches on the Forensic Anthropology Research Laboratory (FARL), in order for it to be fully functional after its recent construction.

Because of the cold weather, the observations that researchers are making on the remains are different in comparison to other observations at other institutions, Wankmiller said. The scales are derived from what is called a "Total Body Score," where the body is divided into different sections and each section is individually assigned a score based on the presence or absence of certain listed criteria. The scores are summed together to create the Total Body Score, which gives an estimated post mortem stage.

"We're working right now on customizing a scale to what we actually see out here, which I think will be helpful to our scientific community," Wankmiller said.

For a long time, the donors have either been covered in snow or ice, and there haven't been a lot of huge changes, Wankmiller said. Future increases in temperature would include more insect activity, and would "drastically affect" what researchers see, Wankmiller added. FROST is equipped with a weather station that can track these changes, she said.

"But, as the weather gets warmer, we're going to start to see more significant changes more quickly," Wankmiller said.

WORD SEARCH OF THE WEEK

B Y F W H X L K W Q J V G U L F C S S N
 G Q I E K A L O N I D U O K O A S R K E
 N R R A O H M P M R N B N P N Y E I C R
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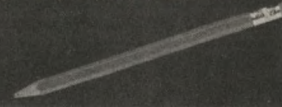
THEME: Best of: Inspirations

- | | | |
|-------------------|------------------|-----------------|
| ANONYMOUS GIRAFFE | FORBIDDEN SNACKS | NERVOUS HUMMING |
| ASS NEWS | GRANDMAS | PLANKING |
| BIRTHDAY WEEK | HERB | PLUG |
| CANADIAN GEESE | HICCUPS | POOPORTUNITY |
| CREAKY CHAIRS | INAWORLD | PUDDLE |
| DREIDEL | ISABELLES OUTFIT | SMOL |
| EDM | JAMIESON | SUNGLASSES |
| EGGS | LONG BOI | VANILLA |
| FEWT | MAKE A WITCH | YAM |

INSPIRATIONS

unless u want dry cracked hands
 pass that around
 i am a b&bw expert
 end of the semester!!!!!!
 im happy i never have to smell him again
 he's living on that podium
 simba, is that u?
 are we talking about tinfoil meth?
 why would i ever want something this long?
 it's disgustingly long
 boom! lung cancer
 i almost stole a candle today
 it was bourbon scented
 i only listen to music that makes me feel dirty
 yeah, so jfk was like give me that meth ... and no one cared :(
 tim's dad shorts
 don't fret
 all our new bois
 so much life
 goodbye

Good Luck on your Exams Wildcats!



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