

March 5, 2010

## Campus Events

### MARCH

- 5-14** Spring Break.  
**11** 2 pm and 6 pm, Nordic film: "Light in the Dusk," FAHC, 487-7549.  
**20** All day, Fusion Fest, Jutula Center campus.  
**20** 1 to 5 pm, Greeting card printmaking workshop with Tom Rudd and Margo McCafferty, Jutula Center, 487-7375.  
**23** 3 pm, NWB book group will discuss *1421: The Year China Discovered America*, by Gavin Menzies, 487-7214.  
**26** Meet Finlandia Day, 487-7208.

### APRIL

- 1** 7:00 to 8:30 pm, Opening reception for Juried Student Exhibit, fashion show begins at 7:15 pm, Finlandia Gallery, 487-7500.  
**1** 7 pm, Pep Band concert, Chapel of St. Matthew.  
**8** 2 pm and 6 pm, Nordic Film Series, FAHC, 487-7549.  
**14** 8:30 to 11:30 am, Free business counseling, Jutula Center, 487-7450.  
**14** 6:30 pm, Athletic awards ceremony, Paavo Nurmi Center.  
**16** Honors Banquet.  
**22** 5:30 pm, University Singers spring concert, Chapel of St. Matthew, 487-7239.  
**28** 1:30 to 4:30 pm, Free business counseling, Jutula Center, 487-7450.  
**30** End of Spring 2010 semester.



*The Finlandia University News* is published bi-weekly during the academic year.

Please send news and comments to [karen.johnson@finlandia.edu](mailto:karen.johnson@finlandia.edu).

**Next issue: March 19, 2010**

**Deadline: March 17, 2010**

Editor: Karen S. Johnson

## "Cookies as Your Canvas"

Bakers ... start your ovens!

Finlandia University's International School of Art & Design (ISAD) is pleased to announce a "Cookies as Your Canvas" artful cookie baking contest as part of their third annual Fusion Fest on Saturday, March 20, 2010, at the university's Jutula Center campus.

To enter, submit an entry form and ingredient list by March 17, design a cookie that incorporates artistic elements, make 24 of them, and deliver them to the Jutula Center by noon, March 20.

Cookies will be judged by three community leaders and prizes for the most artful cookies will be awarded. Prizes include gift baskets, art supplies, and Fusion Fest merchandise. Following the judging, the cookies will be sold at a Fusion Fest bake sale, where a People's Choice winner will be chosen by popular vote.

The cookie contest is a new event for the annual ISAD art and music festival. Additional Fusion Fest activities include artist booths and demonstrations, slide shows, tie dyeing and raku pottery firing workshops, community art activities, open studios, live music, and an art scavenger hunt.

Proceeds from Fusion Fest will help Finlandia art and design students attend the annual Self Employment in the Arts Conference in Chicago.



For information, official cookie contest rules, and an entry form, call Ronda Jones at 906-370-3009 or e-mail [fusion.fest@finlandia.edu](mailto:fusion.fest@finlandia.edu).

## Artists, Sell Your Work at Fusion Fest

Finlandia University's International School of Art and Design is now taking reservations for booth space at their third annual Fusion Fest on March 20, 2010, 12:00 to 6:00 p.m., at the university's Jutula Center campus, Hancock.

Artists' market booths are available in two sizes, and discounts are offered to students and to artists who demonstrate at their booth. Spaces are limited.

For more information or to reserve a booth, contact Jill Codere at 487-7304 or [jmcodere@fu.edu](mailto:jmcodere@fu.edu).



## Finlandia University Gallery

**February 18 to March 24**

Finlandia ISAD: *Alumni Exhibit 2010*

**April 1 to April 20**

Finlandia ISAD: *Juried Student Exhibit*

Reception: April 1, 7:00 p.m.

Fashion show at 7:15 p.m.

## Reflection Gallery

**March 3 to March 29**

Tom Rudd, Margo McCafferty:  
*Color reduction relief prints*

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## "Lights in the Dusk" is March Nordic Film

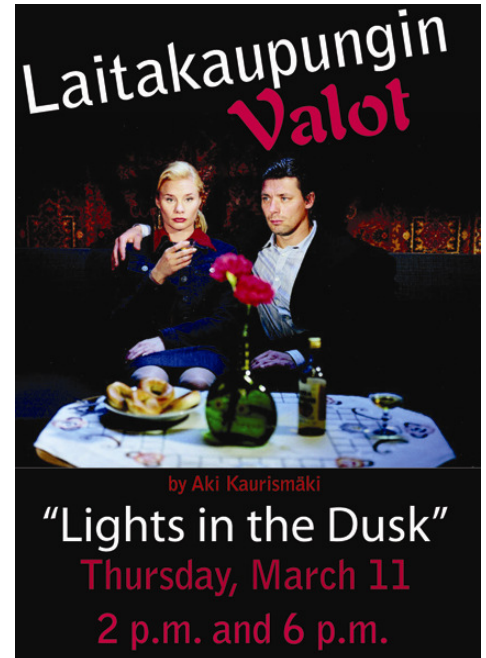
The Finnish film "Lights in the Dusk" is the March selection of the Finlandia University Nordic Film Series. The film will be shown Thursday, March 11, at 2:00 p.m. and 6:00 p.m. at the university's Finnish American Heritage Center, Hancock.

"Lights in the Dusk" (Laitakaupungin valot) is a 2006 film written and directed by Aki Kaurismäki. It is the final installment in what has been called Kaurismäki's "Loser Trilogy." The two preceding films are "Drifting Clouds" and "The Man Without A Past." Where the trilogy's first film was about unemployment and the second about homelessness, the theme of Lights in the Dusk is loneliness.

In Lights in the Dusk, night watchman Koiskinen lives an alienated life. Ridiculed and shunned by his workmates, regarded as incompetent by his employers, he lives alone, drinks alone, and only manages to talk in any decent way with a woman who sell hot dogs at the fast food stand.

His life changes when a mysterious blond takes a sudden and unexpected interest in him. Criminal elements exploit Koiskinen's longing for love and he is persuaded to act as a night watchman in a robbery they pull off, leaving Koiskinen to face the consequences. Thus, Koiskinen is deprived of his job, his freedom, and his dreams, although the director leaves the viewer with a spark of hope in the final scene

The film was presented at the 2006 Cannes Film Festival and was chosen as Finland's nominee for the 79th Academy Awards in the category of Best Foreign Language Film. However, Kaurismäki refused the nomination and boycotted the awards as a protest against U.S. foreign policy at the time. The film is in the Finnish language with English language sub-titles.



There is no charge to attend the film, but donations are accepted. For information, call 906-487-7549.

## Freisinger to Sign "Nostalgia's Thread"

Finlandia's North Wind Books will host a book signing with poet Randall R. Freisinger Friday, March 26, 4:00 to 6:00 p.m. Refreshments will be served.

Freisinger, professor emeritus of rhetoric, literature, and creative writing at Michigan Technological University, Houghton, has recently released a book of poems titled, "Nostalgia's Thread: Ten Poems on Norman Rockwell Paintings."

Accessible and engaging, the poems in Freisinger's Nostalgia's Thread are provocative reconsiderations of the American experience as depicted in ten of Norman Rockwell's best known paintings, says the website of Hol Art Books (holartbooks.com). Arguably the only serious collection of poems inspired by Norman Rockwell's images, they were conceived just prior to the attacks of September 11, 2001, and written in their wake.

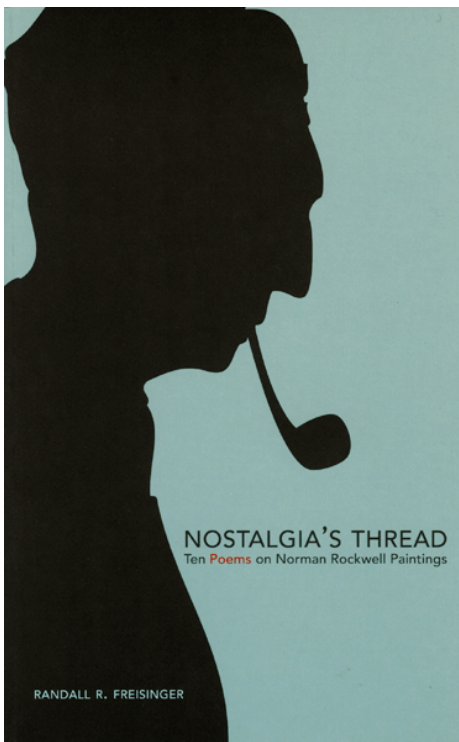
The poems remind the reader that visual art is never static, the beholder's eye never innocent. They bear witness to the fact that each cultural era must inevitably reinterpret its rich artistic inheritance within the context of its current collective experience.

The publication of Nostalgia's Thread coincides with the 40th anniversary of the Norman Rockwell Museum, Stockbridge, Mass., as well as recent critical reappraisals of Rockwell's work as an illustrator and artist.

*Nostalgia's Thread* is Freisinger's third collection of poetry. His two previous chapbooks are *Hand Shadows* and *Running Patterns*, which won the Flume Press Chapbook Award in 1985. His full-length book, *Plato's Breath*, won the May Swenson Poetry Award from Utah State Univ. Press in 1996.

Freisinger's poems have appeared in numerous literary magazines and anthologies and have been nominated four times for a Pushcart Prize.

For information, contact North Wind Books at 906-487-7217.



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## March is Career Fair Month

A reminder to all Finlandia University seniors that the 20th annual Upper Great Lakes Collegiate Job Fair on the campus of Northern Michigan University is Wednesday, March 17, 1:00 to 4:00 p.m., in the Great Lakes Rooms of the University Center.

This collaboration between several universities and colleges, including Finlandia, seeks to provide greater access to employers in the upper Midwest region. In past years, employer participation has averaged more than 60, providing information to prospective employees and answering questions that job seekers may have. Please visit [www.nmu.edu/Careers](http://www.nmu.edu/Careers) for more information.

The second event, Finlandia University's second annual Allied Health Fair on Monday March 22, 1:00 to 4:00 p.m., at the Finnish American Heritage Center, focuses on employers seeking Nursing and Physical Therapy Assistant students.

Students attending these fairs should have an up-to-date résumé and dress appropriately.

For information contact Mark Cavis in Nikander 11, at 487- 7315, or at [mark.cavis@finlandia.edu](mailto:mark.cavis@finlandia.edu).



L to R: PTA students Jessica Nylund, Ted Testolin, and Sean McBride



PTA faculty member Geri Hawley helps out at the recent PTA student club pancake breakfast

## Meet Finlandia Day

Finlandia Admissions has scheduled a "Meet Finlandia Day" Friday, March 26, 2010.

During their visit that day, potential students will tour campus, sit in on a class, meet with faculty, staff, and athletic coaches, eat lunch in the cafeteria, and experience residence hall living.

Do you know someone who'd like to "meet Finlandia?" Pass the word!!

For information or to register, contact Admissions at 877-202-5491 or [openhouse@finlandia.edu](mailto:openhouse@finlandia.edu).

## PTA Thank You

Thank you to everyone who helped in any way to make our first-ever pancake breakfast fund raiser a big success.

We would like to specifically thank a few people and organizations for their donations of time and money:

- Houghton Chamber of Commerce
- Vollwerth and Co.
- Wal-Mart Superstore, Houghton
- Econo Foods, Houghton
- Festival Foods, Houghton
- Jilbert Dairy
- Tim Nakkula and the kitchen crew
- Tim Engman and Curt Hahka
- Kellie Martin
- Brittany Foster
- Nicole Phillips

### The winners of the raffle were:

- Patricia VanPelt - Set of Tupperware Bowls
- Maddy McConnon - Gift Certificate
- Cindy Mytty - Gift Certificate and Salsa Basket
- Julie Nylund - Therapy Bean Bag
- René Johnson - Trio Dip Package
- Karen Johnson - Therapy Bean Bag
- Deb Arens - Cocoa/Coffee Bear Basket

Sincerely,  
Finlandia's Student Physical  
Therapist Assistant Club

Far left: Artwork by Tom Rudd  
Left: Artist Tom Rudd



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## Salina Doporto

### Student Athlete of the Week, March 1, 2010

Salina Doporto, Finlandia University women's softball player, is the student-athlete of the week.

Doporto, a 5'1" freshman catcher from Lovington, N.M., was the leading hitter during Finlandia's Superior Dome Softball Tournament in Marquette, last weekend.



Doporto went 4-10 over the weekend with 2 RBIs. She also played well behind the plate recording 19 putouts. She has helped lead a young pitching rotation and provides some stability behind the plate.

Doporto is enrolled in Finlandia's Nursing program and ultimately wants to be a pediatrician. She is the daughter of Jorge and Elizabeth Hernandez.

**Birth date:** 07/13/91

**Most memorable sports moment:** Winning District  
**Why did you choose Finlandia?**  
The Nursing program  
**Favorite team to play:** MSOE  
**Hobbies:** Guitar, reading  
**Favorite athlete:** Ivan Rodriguez  
**Season goal:** Win over half our games  
**Career goal:** Pediatrician  
**Favorite food:** Italian  
**Favorite movies:** August Rush and A League of Their Own

### NCHA All-Academic Team

The Northern Collegiate Hockey Association has announced its 2010 NCHA Women's All-Academic Team for the 2009-10 season.

The Finlandia scholars on the team, with their year, position, hometown, major, and GPA, are:  
Katie Fredianelli, junior, forward, Hancock, Liberal Studies, 3.51  
Emily Marcotte, senior, forward,



Riku F. Lion

Marquette, Nursing, 3.66  
Jessica Jones, senior, defense, Winnipeg, MB, Canada, Elementary Education, 3.34 (This is the third year Jones has made the all-academic team.)

## Athletic Events

### Men's Baseball

**MARCH**  
6-15 Gene Cusic Classic, Fort Myers, FL  
22 Hamline Univ. @ HHH Metrodome, Minneapolis 10 am  
23 Northwestern @ HHH Metrodome, Minneapolis 12  
30 Crown College @ St. Bonifacius

**APRIL**  
3 UW-Stout 2 pm, 5 pm  
6 MSOE 2 pm, 5 pm  
7 Wisconsin Lutheran 2 pm, 5 pm  
9 Rochester College 1 pm, 4 pm  
11 Alma College 12 pm, 3 pm  
17 Lawrence University 5 pm, 8 pm  
19 Northland Coll. 3:30 pm, 6:30 pm

22 Cardinal Stritch 3 pm, 6 pm  
**MAY**

**4 Northland College 2:30 PM**

### Women's Softball

**MARCH**  
6-14 Cocoa Expo Softball Spring Training/Cocoa Beach, FL  
27-28 Augustana Invitational

**APRIL**  
8 Northland College 3:pm  
9 UW-Stevens Point 4 pm  
16 Hope College 3:30 pm  
17 Rochester College 4 pm  
18 Olivet College 12 pm  
23-24 Mount Mary Invitational, Milwaukee, WI

Home games in bold. Visit [www.finlandia.edu](http://www.finlandia.edu) for complete info.

## Winter Fitness at Paavo Nurmi

### Pool Hours

Adult Fitness, M to F  
7 am-8:30 am / 11:30 am-1 pm / 4:30 pm-6 pm

### Open Swim

Fridays: 6:30-8 pm  
Sundays: 1:30-3:30 pm  
Closed Saturday

### Fitness Center Hours

Monday-Friday: 7 am-6pm  
Saturday: 9 am-2 pm  
Sunday: 1-4 pm

### Water Aerobics

Monday, Wednesday: 6-7 pm  
Saturday: 9-10 am

### Indoor Walking

Tuesday, Thursday: 7:45-9:30 am  
Monday-Friday: 12-1 pm

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(L to R): PTA students Erin Johnson, Sami Horst, and Whitney Nielson at the PTA Student Club February 20 pancake breakfast

## TRiO Offers OneWire

TRiO Career Services is pleased to announce its new partnership with OneWire, Inc., an on line career management tool that goes beyond job boards and networking sites for a totally confidential job search service.

Originally a recruitment tool for large finance companies, OneWire is expanding its services to other professions and partnering with colleges and universities across the country, including Michigan State University, Northern Michigan University, and now Finlandia.

This FREE service is available to all Finlandia University students and allows students to control which employers access their confidential profiles. The unique feature that OneWire offers is that it allows you to highlight what makes you...you!

OneWire matches skills and experience with what an employer is seeking to fill a position.

Create your own confidential profile by logging on to OneWire.com or visiting Finlandia University's TRiO. Look for the National Employment Websites link under Career Services.

Once a profile has been

established, it remains with the student even after graduation.

If you have questions about OneWire, or setting up your profile, contact Mark Cavis in the TRiO Student Support Services office in Nikander or call him at 487-7315.



PTA major Kirsti LaBelle

## Finlandia is Site of 2010 NGLS Convention

Finlandia has been selected as the site for the 2010 ELCA Northern Great Lakes Synod (NGLS) Convention, May 16-18, 2010.

University chaplain Soren Schmidt will oversee coordination with NGLS. Should you or your office receive any calls or information regarding the event, please notify Chaplain Schmidt so everything can be coordinated properly.


Schmidt will be sending further information as planning progresses.

## Maki Library Spring Break Hours

Saturday, March 6—Closed  
 Sunday, March 7—Closed  
 Monday, March 8—8 am-4 pm  
 Tuesday, March 9—8 am-4 pm  
 Wednesday, March 10—8 am-4 pm  
 Thursday, March 11—8 am-4 pm  
 Friday, March 12—8 am-4 pm  
 Saturday, March 13—Closed  
 Sunday, March 14—2 pm-7 pm

## Reunion 2010

SAVE THE DATE! The next Finlandia/Suomi all-school reunion is June 25 to 27, 2010, on Finlandia's campus. If you would like to participate in planning or would like more information, contact Cheryl Ries, director of alumni relations, at 906-487-7317 or [cheryl.ries@finlandia.edu](mailto:cheryl.ries@finlandia.edu).

NORTH WIND  
  
 BOOKS

906-487-7214

[www.northwindbooks.com](http://www.northwindbooks.com)

888-285-8363

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## Wellness Survey Results

Thank you for everyone's participation in the employee wellness survey. Based on the survey results, the Wellness Committee will work toward: setting up a walking challenge, organizing a workshop about healthy cooking tips, and arranging additional exercise classes on campus. Watch for future events and a wellness website.

### Wellness Survey Results

**Demographics:** Surveys were distributed to 125 full-time employees; 49 surveys were returned. Of the surveys returned, thirteen were completed by males; 36 by females. 71% of those completing the survey were over the age of 40, and 40% of these were in the 51-60 year age group.

**Current Health Habits:** Those completing the survey were practicing good health habits. The highest possible score was 80 points; the average was 59.31 points. The range was 49 to 76 points. At the lower end of the range

were membership in a fitness center/program or owning and using fitness equipment, consulting resources on healthy living, and regular practice of stress management.

**Topics of Interest:** The top five were: nutritious cooking tips, healthy diet, use of vitamins/prescription drug tips, women's health, and seasonal affective disorder.

**Wellness Activities:** Surveyed employees felt they would most likely participate in: a walking event, aerobic exercise and yoga/meditation classes, a stress management workshop, and a fitness/wellness contest. Twenty-three employees indicated that they "probably to definitely" would be willing to pay a fee to participate in wellness activities.



2010 Service & Learning in Tanzania students (L to R) Lucy Anderson, Becky Kangas, and Beth Keskimaki (Not pictured is Justina Carver)

## Student Earth Day Presentations

Additional information will come your way soon, but for now I want to mention that there will be student speeches with an Earth Day theme throughout the day April 22.

The speeches will be held in Finlandia Hall. I hope you will encourage your students to attend, and find time to attend yourself. The sessions will begin at ten minutes after the hour and end before or on the hour to align with class schedules. I hope you might even come as an entire class.

There should be something for everyone. And because many of the speeches will be persuasive, it may be a good opportunity for composition students who have been studying argument to practice their analysis of various reasoning strategies and appeals.

Watch for more info.

Diane Miller, PhD  
Assistant Professor of  
Communication



Art & Design students listen to artists Tom Rudd and Margo McCafferty at the March 4 Reflection Gallery opening reception for an exhibit of color relief prints by Rudman and McCafferty

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## From Campus Ministry ...

### TGIF

TGIF has been great this semester. Recently, Jamie Bellinger gave a wonderful reflection on God's involvement when disasters and hard times hit. Sandra Harris and Nicole Philips gave the message at our TGIF on February 26.

Every TGIF event has been filled with great faith stories, food, music, games and fellowship!

We have two special TGIFs planned for the second half of the

semester. On March 26 at 8:00 p.m. we'll have a bonfire outside Finlandia Hall. And, on April 9, we'll host a progressive dinner in Hancock where we'll enjoy FREE FOOD at several churches. The dinner will begin with appetizers of all sorts, the main course will follow, and we'll end with dessert. It will be a great time! If your student group is interested in participating or making a dish, please let university chaplain Soren Schmidt know soon. E-mail him at [soren.schmidt@finlandia.edu](mailto:soren.schmidt@finlandia.edu)

—Amy Bellinger



*Nursing faculty member Mark Miron serves up his homemade chili at the Feb. 27 Service & Learning lunch*



*University chaplain Soren Schmidt (left), NMU student Lindsey Sandberg (center), and Carl Powers of Negaunee jam at a recent TGIF*

## Campus Ministry Activities March 2010

Chapel: Every Monday and Wednesday, 12:30 to 1 pm

Musical Practice: Monday, 6 pm

Campus Ministry Meetings: Monday nights following musical practice

Men's and Women's Bible Study: Tuesdays, 6:30 pm

Late Night St. Pat's Pancake Feed: Wednesday, March 17, 11 pm to 1 am

Pancakes and cartoons: Saturday, March 20, 9 to 11 am

TGIF/Bonfire: Friday, March 26, 8 pm, outside of Finlandia Hall

*All activities are in the Campus Ministry Center unless otherwise noted.*

### Monday Student-led Chapel

February 22, Leah Kanost spoke on the topic of faith. The reading, Hebrews 11:1-40, is known as the Faith Hall of Fame.

March 1, the topic was friendship and the reading was Ecclesiastes 4:9-12. Beth Bellinger led the message.

After spring break we will talk about caring and read Matthew 25:31-46.

Chapel on Monday includes music and a student-led message. It is from 12:30 p.m. to 1:00 p.m.



### UNIVERSITY SINGERS A Student's Perspective

University singers has been great. This class has really been a fantastic experience. The instructor, Soren Schmidt, has been wonderful working with everyone, making sure we are all on the same page while singing. He really makes the class interesting and fun.

Every week the group is getting better, working together as many voices on one song. We all hear the difference in our singing since the beginning of the semester.

I personally have more confidence in my singing, even though I'll just be a shower singer the rest of my life. Working as a group really has helped. This class has challenged me on my timing of a

song and singing the right note on the page. I know if I have had a hard stressful day, when I leave the class my day has gotten brighter. The atmosphere of the class makes you feel better, more relaxed, and in a better mood than when you come to class.

—Sandra Harris

### Three Trees Help

The Campus Ministry Team is still looking for help with the musical "The Three Trees" When we return from break, we need people to help with set decorations and sound. Please contact [soren.schmidt@finlandia.edu](mailto:soren.schmidt@finlandia.edu) if you are interested. We meet Monday nights at 6:00 pm in the Campus Ministry Center.

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## Recycling is Growing

Finlandia's recycling program continues to grow!

Soon recycling will be moved to general locations on campus, such as copy centers. Finlandia and the Sustainable-Finlandia committee are looking into providing each copy center with earth-friendly recycling bins.



Also at these locations, there will be bins for one-sided used paper that people may reuse.

Thank you to all who have participated in this year's recycling efforts. It makes a tremendous difference!

—Nicole Phillips

*MI-CAPP participants (back row, L to R) Veronica Tabor (Calumet), Kate Zerst (Dollar Bay), Jaclyn Sliger (L'Anse), Jessica Makela (L'Anse), Jennifer Schneider (Calumet), Liz Gundlach (Calumet), Synthia Fontaine (Calumet), and Heidi Mensch (Academic Coordinator) Front (L to R) Isaac Hiltunen (L'Anse) Michael Polkinghorn (Calumet), and Josh Isaac (Calumet)*

## Virtanen on Local Radio and TV

In late January, Finlandia Paloheimo Scholar Beth Virtanen was a guest on Eagle Radio's "Keep It In The UP" program, hosted by Mark Wilcox, and WLUC-TV6's "Finland Calling" program hosted by Carl Pellonpaa. On both programs, Virtanen shared information about *The Journal of Finnish Studies*, which she now edits. Visit [www.finnala.com](http://www.finnala.com) for information.



*Freshman Lucy Anderson at the March 27 Service & Learning soup and salad luncheon fundraiser*

## UB Students Participate in Summit

Ten Upward Bound participants in the Finlandia program attended the Michigan College Access Programs and Personnel (MI-CAPP) annual Student Leadership Summit in Kalamazoo, Mich., February 19 to 21. The theme of the conference was "Mission Possible!" focusing on making college access an option for all Michigan high school students.

Students attended workshops on study, time management, interview and job skills, and how to be better leaders—inside and outside of the classroom—and better community members.

Additionally, students participated in tours of Grand Valley State University and Western Michigan University, attended a college fair, as well as numerous culturally and personally enriching experiences.

The MI-CAPP conference did not disappoint, as students were thrilled after experiencing the fun-filled, educational weekend.

Senior Josh Isaac, Calumet, shared that he now has more confidence for college next year, adding that the conference was a great experience.

Kate Zerst, a senior from Dollar Bay, described her experience as "very exciting" and "awesome." She said her favorite events were the inspirational speakers and workshop presenters.

Jaclyn Sliger summed up the importance of the event by sharing what she discovered, "I learned people have to be themselves in order to succeed."

Upward Bound is funded through a grant from the U.S. Department of Education and serves 75 college-potential students from Houghton, Keweenaw, and Baraga counties. For more information call 906-487-7343 or visit our website at <http://www.finlandia.edu/index.php?id=3171>.

—Joe Zerst

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Upward Bound participant Michael Polkinghorn (right), a senior at Calumet High School, received an Outstanding Student Leader Award at the MI-CAPP Leadership Conference February 19-21. Michael served as moderator for multiple conference sessions. He is with Joe Zerst, UB assistant director.

## A Healthy Recipe from the Wellness Committee

### Low and Slow Sloppy Joe

Serves 6, from Hilary Sproule

1 lb. ground beef  
 1 (14-1/2 oz.) can diced tomatoes  
 1 small onion, chopped  
 1 celery stalk, chopped  
 3 tblsp. packed dark brown sugar  
 2 tsp. Worcestershire sauce  
 1-1/2 tsp. ground cumin  
 1 tsp. chili powder  
 1/2 tsp. salt  
 6 whole wheat sandwich or hamburger rolls, split

1. Spray a large non-stick skillet with nonstick spray and set over medium-high heat. Add the beef and cook, breaking apart with a wooden spoon, until browned, about 5 minutes.
2. Transfer the beef to a 5-6 quart slow cooker. Stir in all remaining ingredients, except the rolls. Cover and cook until flavors are blended and sauce is slightly thickened, 3-4 hours on high or 6-8 hours on low.
3. Spoon 1/2 cup of the beef mixture onto each roll.

Per serving: (1 sandwich) 239 Cal, 6g. Fat, 4g. Fiber

## UB Dining4Dollars

Helping Upward Bound is as easy as 1-2-3.

All you have to do is eat at the Rock House, Houghton, between March 14 and March 27.

What could be simpler: Eat great food and help area high school students go to college!

Here's how:

1. Pick up a Dining4Dollars card at the Finlandia Upward Bound office. Also, watch for them in area businesses starting March 12.
2. Go to the Rock House and enjoy great food and atmosphere between March 14 and 27.
3. Ask your wait staff to attach the Dining4Dollars promotion card to your bill and 15% of your total, excluding alcohol, will be donated to help high school students in Houghton, Keweenaw, and Baraga counties.

All proceeds raised in conjunction with the Mine Shaft and Rock House will directly benefit high school students right here in the Keweenaw Peninsula as they participate in the Upward Bound program at Finlandia

University.

Please patronize the Rock House and help college-potential UP high school students not only attend, but succeed, in college. Below is a list of the wonderful opportunities your donation will support.

- After-school study labs
- Saturday Learning Sessions
- College Prep Opportunities



- Academic & Career Awareness/Preparation
- Community Service Projects
- College Field Trips
- Cultural Enrichment Events
- College Access Test Prep
- Assistance Finding and Completing Financial Aid Info

For more information about Upward Bound, call 906-487-7343 or visit [www.finlandia.edu](http://www.finlandia.edu), click on TRIO, then Upward Bound.



Cynthia Cote, executive director of the Copper Country Community Arts Center, talks with artist Margo McCafferty and McCafferty's son, Max

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## Summer/Fall Registration Finlandia Hall Cafe

**Monday, March 22, 9:00 a.m. to 12:00 p.m.**

Students with 60+ credits by 01/11/10 • Juniors and Seniors  
*Includes transfer credits, but not credits attempted this semester*

**Monday, March 22, 12:00 to 3:00 p.m.**

Students with 30+ credits by 01/11/10 • Sophomores, Juniors, Seniors  
*Includes transfer credits, but not credits attempted this semester*

**Tuesday and Wednesday, March 23 and 24, 9:00 a.m. to 3:00 p.m.**

Any student may register • Freshmen, Sophomores, Juniors, Seniors  
**Schedules** are available in the following locations: Old Main, Mannerheim Hall, Maki Library, Finlandia Hall, or online at [www.finlandia.edu](http://www.finlandia.edu).

## Fathers 2 Dads An Inside Look

Being a parent isn't easy, and, unfortunately, when a child is born he or she does not come with an owner's manual. With this in mind, the Fathers 2 Dads group found its beginning with the phrase, "anyone can be a father, but it takes a special man to be a 'dad.'"

The group is in its second year at Finlandia, and is part of a collaboration between the university and the B-H-K Child Development Board, Inc. It provides a venue for fathers to become aware of different parenting styles, and supports fathers through education and resources.

The group is co-facilitated by Buck Foltz (BHK Fathers 2 Dads coordinator) and Mark Cavis (TRiO career services manager). The focus is to provide a place for interesting discussion about issues and concerns that affect family life.

Lack of father involvement can have a serious impact on a child's life, as cited by the National Fatherhood Initiative.

For example, according to a U.S. Census Bureau report, over 25 million children live apart from their biological fathers—one out of three (33%) children in America. "Father absent" children are twice as likely to drop out of school. And they have a higher risk of becoming juvenile offenders. More data about the effects of a father-absent home is available at [www.fatherhood.org](http://www.fatherhood.org).

The low key approach at the meetings is essential so everyone feels comfortable sharing the experiences they have found successful in helping to raise children, keeping in mind that no one has all answers to every situation.

If you are interested in joining the Fathers 2 Dads group, or would like more information, contact Mark Cavis at 487-7315 or [mark.cavis@finlandia.edu](mailto:mark.cavis@finlandia.edu).

## FLEECE INTO GOLD

Phyllis Fredendall

Urban Alchemist

343 5th St.  
Brooklyn, New York

Reception  
Saturday March 6<sup>TH</sup>  
7:30-9:30

MARCH 6 - 26, 2010

by subway  
take the F to 4th Ave/9th St  
walk up to 5th ave  
make a left and  
walk down 4 blocks to 5th St  
make a right to 343  
Urban Alchemist

Urban Alchemist hours  
Wednesday - Sunday noon to 8

(718) 499-0758



March 5, 2010

## March is Women's History Month

Maki Library celebrates Women's History Month in March and International Women's Day, March 8.

"History...tells me nothing that does not either vex or weary me. The quarrels of popes and kings, with wars and pestilences in every page; the men all so good for nothing, and hardly any women at all - it is very tiresome." —Jane Austen (1775-1817), from her book: *Northanger Abbey*

The theme of this year's Women's History Month is "Writing Women Back into History."

Before the women's liberation movement in the late 1960s and 1970s, women's role in history was not included in public education, textbooks, and academia at large.

In 1978, California's Education Task Force of the Sonoma County Commission on the Status of Women initiated a "Women's History Week." The committee chose the week of March 8 to coincide with International Women's Day, which is sponsored by the United Nations.

"Writing Women Back into History" addresses the issue that only exceptional women are included in history, often as a highlight or sidebar, instead of women's contributions as a whole being included side by side with traditional history.

Huda Shaarawi, a female writer and women's rights organizer in 1924 Egypt, expressed this same sentiment, "Men have singled out women of outstanding merit and put them on a pedestal to avoid recognizing the capabilities of all women." (*Women in World History Curriculum*, <http://www.womeninworldhistory.com/wisdom.html>, March 2010).

The study of women in history is still excluded from the mainstream educational system, including higher education. In post-secondary institutions, the study of women in any discipline is under the catch all

"Women's Studies" department, which is often alienated from other departments.

At the beginning of the 21st century, there was even the "Academic Bill of Rights" movement, whose main goal was to eliminate "Women" and "Gender" studies from federal-funded colleges and universities.

Womensenews, an internet based news outlet created to disseminate news of importance to women to commercial media outlets, and staffed by award winning journalists, first reported about the "Academic Bill of Rights" in August 2005. Here is their summary on the proposed bill:

"Written by conservative activist David Horowitz, the Academic Bill of Rights is a model bill for universities and governmental bodies to adopt. It also demands an end to what its supporters claim are unfair grades for conservative students. It also requires professors to include a wide range of viewpoints on a subject and an avoidance of controversial issues unless germane to the course's subject matter. Proponents of the bill often charge women's studies programs with being liberal indoctrination that violates intellectual diversity." ("Women's Studies Hunted for Liberal Bias," Rachel Corbett, <http://www.womensenews.org/story/education/050830/womens-studies-hunted-liberal-bias>)

The Academic Bill of Rights is also tied to the Academic Freedom Bill and has been proposed in many states. The Academic Freedom bill targets public schools to include Intelligent Design in science classes.

The role of women in society and in history is still a controversial subject. The Chinese saying, "Women hold up half the sky" eludes to the fact that women's work contributes meaningfully to the functioning of society.



However, in today's reality "women do two-thirds of the world's work but receive only 10% of the world's income." (International Women's Day 2010, Gender Facts, March 2010, <http://www.internationalwomensday.com/facts.asp>)

Women around the world are still struggling for basic human rights. The United Nations' Committee on the Elimination of Discrimination against Women (CEDAW) is part of the United Nations High Commission for Human Rights. There is still opposition to women being included in "Human Rights" legislation.

Such groups as Concerned Women for America, and similar groups in Australia and New Zealand, believe that international human rights would force governments to instill some form of an Equal Rights Amendment.

Here in America, the Equal Rights Amendment has not been passed or ratified in 15 states and still is not a constitutional amendment, although it has been introduced to Congress every year since its inception in 1920. ("Constitutional Amendments Not Ratified," United States House of Representatives, <http://www.house.gov/house/Amendnotrat.shtml>. Retrieved 2007-09-30.)

History is being made daily and women should have their equal place in it. Come to Maki Library, check out our display, a timeline of women in antiquity and medieval times and the myriad books and videos about women and history.