The SLFP Holiday Party was on Friday, December 8, from 4-6 p.m. at the Presque Isle Pavilion. Pizza and potluck treats were on the menu. All those attending enjoyed a festive gift exchange and plenty of good conversation.
The Philosophy of “Big Jon”

The New Year has begun and thus it is time to fulfill our annual resolutions. Whether it is exercising more, studying harder, thanking those who have helped you in life, or simply getting more sleep, the first step toward change is to believe in yourself and in the importance of what you plan to do. William James, a famous 19th century philosopher/psychologist, once said it well, “the greatest discovery of my generation is that a human being can alter his life by altering his attitude.”

One challenge we often face in sticking to our resolutions is accountability. Resolutions are often private and/or confidential. When the only person holding you accountable for following through on your resolutions is yourself, it becomes easier than ever to create excuses for failing to keep your resolutions. Fortunately, being the one who creates, maintains, and keeps track of the progress related to your resolutions actually makes you a very powerful person, especially considering that you are the one who controls your attitude as well.

This situation relates nicely to a more general leadership lesson, one that my Father taught me early on in life. Whether it was a soccer game, a spelling test, or some art project I was working on, my Dad’s words of encouragement were always the same, “Just do your best, that’s all your Mother and I could ever ask.” Implied in his statement was that I was to decide what was my best effort and that I was also to decide later if I did indeed do my best. As we grow older in life, we realize more and more that the most important person to impress with our actions is our self. It is true for all of us now, just as my Dad told me then, that doing our best is what really matters and we are the only ones who can judge ourselves accurately. You know who you are, what you are capable of, and what you want to accomplish.

If you know yourself well and do your best to live in accordance with your values and beliefs, you will likely keep your resolutions and will surely be pleased with your efforts. And remember, doing your best is all anyone could ever ask of you.

Jon’s Jokes

One day the zoo-keeper noticed that the orangutan was reading two books, the Bible and Darwin’s The Origin of Species. In surprise, he asked the ape, “Why are you reading both those books?” “Well,” said the orangutan, “I just wanted to know if I was my brother’s keeper or my keeper’s brother.”

Jon’s Cookbook

Jazzed up Ramen

2 packets of ramen (your choice of flavor)
2 tablespoons of olive oil
1/4 cup chopped onion
1/4 cup chopped bell pepper
1/2 cup chopped tomato

Boil, drain, and set aside ramen noodles. Sauté the onions and bell pepper in the olive oil until lightly browned. Add noodles and flavor packet to sauté pan and stir. Once flavor packet is evenly mixed in, remove from heat, stir in tomatoes, and serve. Adding mushrooms, garlic, or shredded cheese can make things interesting too.

If you could do one exciting or crazy thing before you graduate, what would it be?

“Tour the Arctic Circle on a bicycle.”
~Brennen Busse
Mint Block

“I would go for a ride in a hot air balloon. It may not sound crazy, but for someone who is afraid of heights, I find it wild.”
~Krista Leidi
Mint Block

“It would be traveling around the country, without a plan, just stopping where I know people and seeing what’s around.”
~Sara Kilker
Mint Block

“I want to get certification for scuba diving and find the Edmund Fitzgerald in Lake Superior!”
~Jeron Schmidt
Mint Block
CSI Highlight

Featuring Dayna Haddock and Skyla Vandervest, Fuchsia Blocks. Here is what they had to say about their Community Service Internship with the Girl Scouts of Peninsula Waters (GSPW).

Brooke: What do you do for your CSI and how did you learn about the opportunity?
“We lead a Daisy Girl Scout Troop at Vandenboom Elementary School in Marquette. We heard through members of the community that they needed volunteers, so we met with Jill Rady at the Girl Scouts of Peninsula Waters and decided to take on leading a troop.”

Brooke: What is your favorite part about your CSI?
“Interacting with the girls and getting to know their personalities. The meetings are a chance to relive our childhood.”

Brooke: Did you face any challenges throughout the course of your CSI?
“Challenges included training requirements, leader meeting schedule conflicts, recruitment of girls, and dealing with parents.”

Brooke: Are there future opportunities for involvement in your CSI?
“YES! We will not be continuing with our troop next year, so they will need new leaders. Aside from troop leaders, there are many opportunities GSPW has to offer.”

Brooke: Do you have any advice for Mint Blocks in choosing their CSI?
“Explore many opportunities before deciding on one. Don’t wait until the last minute. Try to choose something that you know you will enjoy doing for the entire year.”

As the Winter Months Continue: What’s There to Do?

I’m always amazed at how many people come to Northern Michigan University, a university that obviously gets its fair share of snow, and then state they strongly dislike the winter season. They hate the snow and even more, the cold temperatures. While some students might be discouraged by the shortage of daylight and below-zero degree days at Northern, many people do enjoy the winter by doing many different activities. As the winter months carry on, there’s always that point in time when the ideas of what to do run out. No matter what your mood or the weather is, there’s always something that can be done in the frigid weather.

There are always the obvious answers of downhill or cross country skiing, snowboarding, or hiking. With the city ice rinks and Lakeview Arena so close to campus, ice skating is often a convenient and fun option overlooked. There are also all types of equipment that can be rented out by the hour, such as tents for camping, snowmobiles, or snowshoes.

If you have more of a low-budget type lifestyle, which the majority of college students have, building a snow fort for a snowball fight has zero cost. Don’t forget about the various combinations of sledding/tubing/saucering. There are a lot of different spots around town to go sledding. One major attraction for people to visit, if they enjoy sledding, is in Negaunee. The ‘Krook’s Hill Luge/Ice Run’ is a huge ice hill that you can sled down, free of charge. If you look past the potential pain and bruises, it could be quite enjoyable. Another outdoor activity that can only be enjoyed in the winter months are the ice caves in Eben, Michigan. It’s about 30 miles outside of town, but the drive and hike to the caves is definitely worth it.

If you happen to be one of the people who chose NMU not solely for the snowboarding at Marquette Mountain, then maybe you’ll be more interested in some warmer, indoor activities. Take advantage of what NMU offers year-round, such as dance class lessons, athletic events, and campus movies, which are all included in the Student Activity Fee that you pay so you might as well use it. You can also look off campus into what the City of Marquette has to offer. Something as simple as going to Hotplate, in downtown Marquette, to paint ceramic dishes (maybe with your Mentor), is something that is different and practical for every college student. Everyone could always use another hand-painted coffee mug.

Another great and exciting way to stay warm this winter is to attend one of the many Skill Builders! offered through the SLFP. With the first semester done, many sophomores, juniors, and seniors have realized they are running short on time for attending the 15 required Skill Builders! that must be completed in this program. With Skill Builders! ranging from rock climbing to time management, there is something for everyone.

Not to mention how you could be killing two birds with one stone if you happen to be one of the many SLFP members who are also involved with Superior Edge. Many of the Skill Builders! such as ‘Islam and the World,” count for both a Skill Builders! credit as well as hours towards the Diversity Edge.

The winter months might seem long and never ending at times, but if you are willing to think outside of the box and try something new, there shouldn’t be a dull moment in your day with all the activities that can be done within a short distance from campus.

~Julie Rueden
**SLFP BIRTHDAYS**

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**THANK YOU**

Student Fellows that helped on Friday, January 26, at the Triple A/Leadership Scholarship Competition. You really made the day a success!

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**Yuriy's**

A thick wall of white snow engulfs the streets. After a December of fall-like weather and melting snow, winter is finally here. The crunching snow under my feet blazes a new path as my footprints are the only ones visible on a dark Saturday night. Back home in Chicago it's cold; the melting snow gets mucky as it crosses paths with the constant flow of bumper-to-bumper traffic on the good ol' Eisenhower Expressway. The big city has its allure, but here, the ever-growing white wall on the empty roads is a sight that is sure to stay with me for years to come.

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**CALENDAR**

**Monday, February 12**
- Workshop: Protecting the Rights of Women and Children in Turkey, 5 p.m., The Back Room

**Tuesday, February 13**
- Workshop: The Internet and You, 6:30 p.m., The Back Room

**Friday, February 16**
- Workshop: Beer and Booze 101, 1:30 p.m., The Back Room

**Monday, February 19**
- Special Occasion with Dr. Simten Hatice Cosar, Noon, Charcoal Room

**Tuesday, February 20**
- Fellowship Meeting for Fuchsia and Mint Blocks, 9 p.m., Charcoal Room

**Tuesday, February 21**
- Fellowship Meeting for Fuchsia and Mint Blocks, 4 p.m., Dining Room A

**Tuesday, February 27**
- Workshop: Don't Slurp Your Soup!, 5:30 p.m., Charcoal Room

**Wednesday, February 28**
- Workshop: Traveling Safe, 5:00 p.m., The Back Room

**Saturday, March 3**
- Spring Break begins at 5 p.m.

**Monday, March 12**
- Classes Resume

**Monday, March 12**
- Workshop: Traveling Safe, 4 p.m., The Back Room

**Wednesday, March 14**
- Workshop: Icebreakers and Teambuilders, 4:30 p.m., The Back Room

**Thursday, March 15**
- Workshop: Falun Dafa, 6 p.m., Charcoal Room

**Friday, April 27**
- SLFP Graduation, 5 p.m., Michigan/Ontario Rooms

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Northern Michigan University

Student Leader Fellowship Program
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