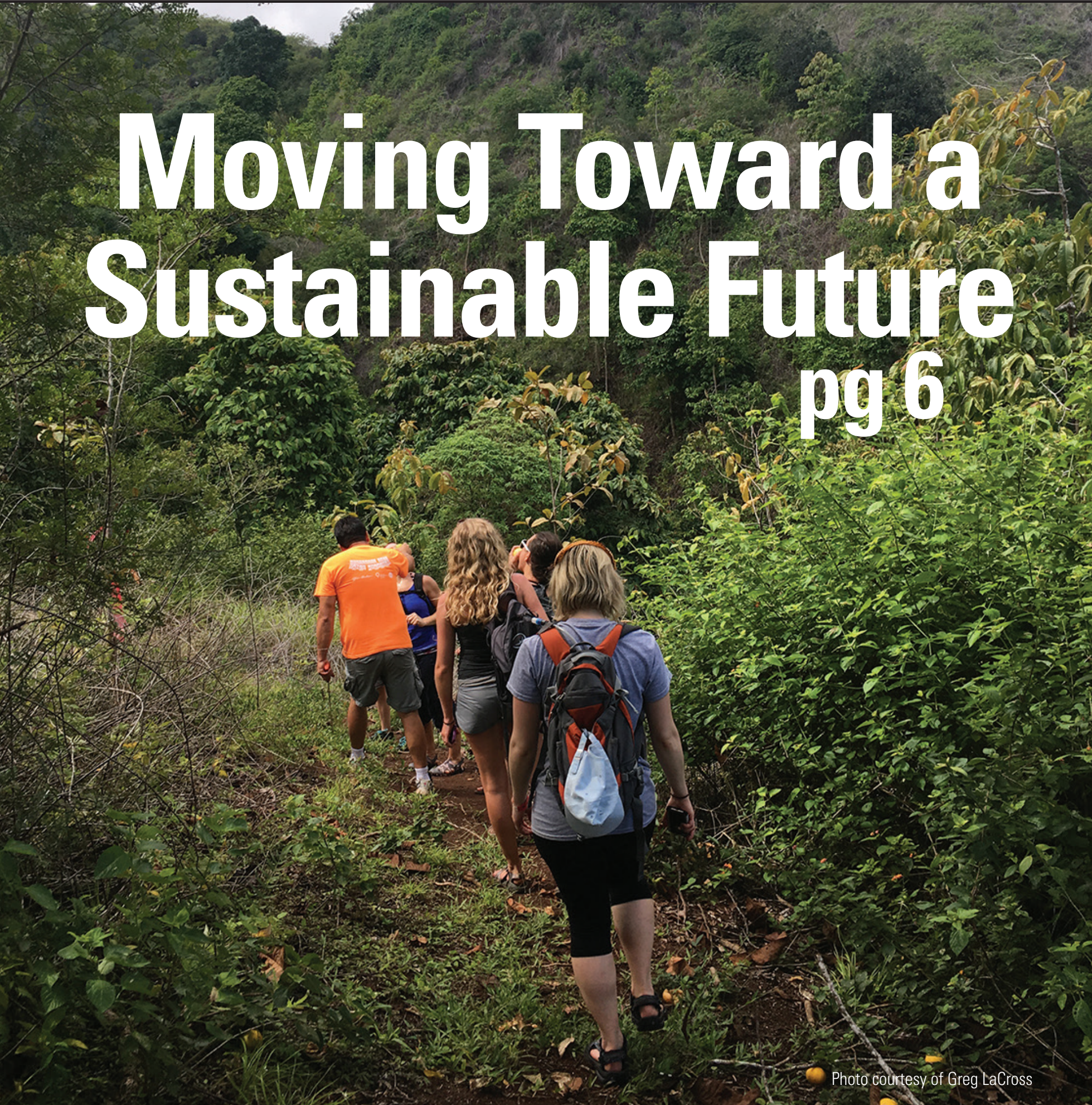


N O R T H W E S T E R N M I C H I G A N C O L L E G E

WHITE PINE PRESS

We hew to the line; let the chips fall where they may.



Moving Toward a
Sustainable Future
pg 6

Photo courtesy of Greg LaCross



Photo by Ann Hosler

On Dec. 10, 2019, retiring president Tim Nelson greeted employees as he pushed a hot chocolate cart around main campus. Sporting a festive red sweater, Nelson was joined by several employees from the President’s Office as he took part in this end-of-fall-semester tradition at NMC.

NORTHWESTERN MICHIGAN COLLEGE
WHITE PINE PRESS

EDITOR-IN-CHIEF Emily Slater
PRODUCTION MANAGER Nick Moug
COPY EDITOR Ann Hosler

STAFF WRITERS Mikayla Brady
Kathryn DePauw
Stephanie Jones
Micah Mabey
Kennedy Krieger
Hannah Krohn
Steven Tucker
Randi Upton
Tamara Wiget

PAGE DESIGNER Samuel Riddle
PHOTOGRAPHER Logan Schweizer
Courtney Ockert

FACULTY ADVISER Jacob Wheeler
DESIGN ADVISER Kathy Schwartz

The *White Pine Press*
welcomes comments,
suggestions, ideas for news
stories and calendar items.

NEWSROOM 231.995.1173
DISTRIBUTION
ADVERTISING
EMAIL whitepinepress@gmail.com

Printed by Stafford Media Solutions and distributed free.
Printed on 100% recycled paper

Campus Briefs

Volunteer at the NMC Food Pantry! The NMC Food Pantry works year-round to combat food insecurity by providing nutritious food and personal items to students. For as little as an hour or less every week you can help NMC students in a tangible way. For more information email Paul Polak at pkolak@nmc.edu. Both students and staff are encouraged to volunteer.

NMC Transfer Fair: Twenty-five college representatives will be in the Health and Science lobby (main level) to discuss their programs and transfer processes on March 17, 9:30am-1pm. Ask your questions and get informed about potential paths after NMC. A printable list of the attending colleges is available at nmc.edu/transfer-fair

NMC Concerts: February has multiple opportunities to enjoy the music of NMC!
• Feb. 23: An afternoon of choral music featuring NMC’s Children’s Choirs, Chamber Singers, and Canticum Novum at Lars Hockstad Auditorium. 3-5:30pm. Tickets are \$15 for adults and \$10 for students.
• Feb. 28: Enjoy an evening featuring NMC’s Concert Band and Grand Traverse Chorale in the Milliken Auditorium. 7:30pm
Tickets for both events are available at MyNorthTickets.com or at the door. For more information call (800) 836-0717.

NMC Magazine Seeking Submissions: This semester’s theme is Bootleg. The deadline for campus submissions is March 13. More information available at NMC.edu/nmcmagazine.

Non-Discrimination Policy Notice

Northwestern Michigan College is committed to a policy of equal opportunity for all persons and does not unlawfully discriminate on the basis of race, color, national origin, religion, disability, genetic information, height, weight, marital status or veteran status in employment, educational programs and activities, and admissions. nmc.edu/nondiscrimination

Freshwater Society Monitors Possible Road Salt Contamination

Kathryn DePauw Staff Writer As winter (finally) settles in, I, along with other NMC students, head out into the snow. The Freshwater Society, primarily made up of Freshwater Studies students, has begun an ongoing research project to monitor the levels of chloride in our local streams. Seven waterways and 13 sample sites will be monitored year-round by students who will chase storm events and snow melts to test for possible contamination from road salt.



Photos by Kathryn DePauw

Eric Calson (left) and Caleb Solis take samples from Kids Creek in downtown Traverse City.

Freshwater Society member Abbey Hull thinks that braving the weather is worth it. "I am super excited to be part of our road salt monitoring project. It gives me and other students a chance to gain field experience in the winter. Sometimes it's challenging because it is so cold, but it's what I love to do so it's worth it!"

Chloride, which makes up about 60% of road salt, is a harmful pollutant in excess quantities. High, acute levels from runoff have the potential to kill aquatic organisms instantly. Chronic toxicity occurs when lower chloride levels are maintained for a sustained period, which can also impair or kill aquatic life. Aquatic insects are especially vulnerable and

can impact the predator populations that feed on them.

Last year in Michigan, approximately 619,000 tons of salt were used on state highways alone. Currently, Michigan has no numeric standard for chloride in public waterways. The federal Environmental Protection Agency (EPA) has recommended guidelines for chloride, but they are not enforceable requirements. This presented a difficulty in setting up the protocols for this project.

The community has supported the project. It all began when I, as the Freshwater Society president, approached the Watershed Center of Grand Traverse Bay looking for a way that the student group could contribute to the community. Heather Smith, Baykeeper, mentioned the road salt issue and offered her expertise in setting up a monitoring project. The Freshwater Society used guidelines from Wisconsin (which *does* have enforceable chloride limits), and input from Smith and Sarah U'Ren, program director for the Watershed Center, to create its protocols. NMC's Student Government Association awarded funds to the Freshwater Society to help purchase monitoring equipment and cover lab fees.

Students involved in the monitoring gain hands-on skills, connect with the community, and can explore an emerging threat to our local watershed. "It's really quite rewarding to get out there and gather new data," says Freshwater Society member Eric Carlson. "You get to experience how sites change over time and really connect with them."

The data collected will give the community a better sense of how road salt is impacting our waterways. The Society is using best practices and quality controls to ensure that the information gathered is reliable and usable. It is possible that the results could be used to help find environmentally safe solutions to snow storage and road salt usage in our area.

The Freshwater Society is open to all NMC students. If you are interested in participating in the club or the road salt program, email gtfreshwater@gmail.com.



Abby Hull (left) and Sheyenne Nagy take samples from Miller Creek.



FREAK YEAH

FREAKY FRESH ★ FREAKY FAST

1217 E. FRONT ST.
231.929.2999

1294 W. SOUTH AIRPORT RD.
231.935.9355

Think you might be
PREGNANT?

Here's your step-by-step guide:

- ✓ **Take a pregnancy test!**
We provide these completely **free!**
- ✓ **Confirm!** You need to know how far along you are. Our **free** confirmation ultrasound can help you know for sure.
- ✓ **Get the facts!** We'll explain all your options & help you plan your next steps in a safe, caring, judgment-free space.

231.929.3488

KNOW4SURE.ORG
PREGNANCY CARE CENTER



NMC Hosts 14th Annual Career Fair

Kathryn DePauw Staff Writer On Thursday, March 5, NMC will host its 14th annual Career Fair at the Hagerty Center from 3-6 pm. Eighty regional employers in construction, automotive, financial, business, healthcare, and hospitality will attend and are seeking to fill positions. According to NMC Learning Services office manager Katie Sommer, most of these positions are full-time, but there are part-time and seasonal openings as well.

Students are encouraged to plan for the event by reviewing the companies and positions available ahead of time. It is also possible for students to upload a resume on the NMC Career Fair resources page so that employers can review students' qualifications in advance. Sommer encourages students to use this service. "This is a good way to set yourself apart or be able to make yourself stand out before meeting those employers in person," she explains. "I think it shows employers another level of determination." Students should also bring extra resumes to give potential employers at the event. Business cards and examples of past work are recommended for certain applicants.

Doors will open for veterans an hour early this year (2 pm) to give them extra time. "Opening early gives veterans a more intimate setting and one-on-one time with employers," explains Air Force veteran and NMC CIT instructor David Hosler.

The college is holding several resume pop-up workshops in Osterlin 113 to help students prepare for the Career Fair. At these events, students can work with an Employment Readiness Expert to address specific questions. Pre-registration is requested. Dates and times include Feb. 25 at 11:30am, March 3 at 9am, and March 4 at 2pm. NMC has also partnered with Michigan

Works to offer resume assistance and other resources to students at the Career Fair.

It is recommended that students present themselves in a professional manner. Dressing in business attire, leaving backpacks at home, and having good manners is important. Tips on what to wear, how to prepare, and professional behavior can all be found on the NMC Career Fair resources webpage.

Unlike previous years, this year the Jobs for Vets, the NMC Technology Career Fair, and the NMC Career Fair are combined into one event. Sommer believes this is a good thing. "The perk of combining our Career Fair this year is that we will have diverse opportunities to help our alumni and students, and the community beyond, that may have been siloed by sector-specific fairs in the past." Attempts have been made to preserve the best qualities of each fair.

Employers attending the Career Fair are seeking a variety of fields including technical trades, financial, healthcare, hospitality, information technology, law enforcement, transportation, and retail, among others.

The Career Fair is the last piece of the puzzle the college is helping students solve—employment. "NMC is the community's college, so we want to help connect our community," Sommer says. "We serve our students and alumni to ensure they are prepared for these opportunities, so I feel the Career Fair is an important way we can make it that much easier to bring our students and our community employers together."

To view the schedule for the resume workshops or research the career fair ahead of time, visit the NMC Career Fair resources webpage at nmc.edu/career-fair.

NMC Students Conquer Winter Baja Track

Stephanie Jones Staff Writer It was a brisk Friday morning as a group of eight students and staff from the NMC Motorsports Club departed from the college to venture six and a half hours north to Michigan Tech University in Houghton for the annual Winter Baja Competition.

More than 60 competitors from various colleges and universities participated in the three-hour-long race on Saturday, Feb. 15. "It's not a speed competition—it's how many laps you can complete in a certain amount of time," explains Wayne Moody, faculty advisor of the NMC Motorsports Club. The treacherous race loop is intended to destroy the vehicle traveling on it. Competitors are challenged to build a vehicle that can withstand the track long enough.

The Motorsports Club has been fine-tuning their buggy since the fall semester of 2019. Its name is Barney Baja, a nod to the Barney Ride, which is the automotive program's rebuilt police car from the Andy Griffith show.

NMC is the only two-year college that competes against other big schools like Purdue and University of Michigan—and it's the only school that brings just one vehicle to race. "We are the only automotive group that participates," Moody says. "The other competitors are engineers." This gives the

Motorsports Club a strong advantage.

"Other schools bring three or four cars. When they break, they're out of the race," Moody explains. "[Last year] we broke bad twice and we fixed it. That's what we do. We can design them to be able to be fixed."

On race day, NMC's crew rushes between switching out four different drivers and fixing the vehicle when something goes wrong. Students adapt on the fly, much like a NASCAR pit crew.

Former NMC student and a competitor from last year's race, Brandon Rookus, recalls his experience. "We snapped a control arm [on the buggy] so we had to hook it up and drag it back [to the pit]. We were all underneath it, trying to figure out how to fix it and get it back on the track. The longer you're down, the less laps you're getting. The big thing is keeping your car on the track."

The race provides experiential learning for anyone involved. Not only do students apply their skills on the buggy, but they had to work on the trailer transporting the buggy and the two travel vehicles. This experience is hands-on and requires critical thinking, problem solving, and collaborative teamwork.

"You got to know students better outside of the classroom," Rookus says.

Automotive is not the only program at NMC that made this race possible for the Motorsports Club. Welding, aviation, carpentry, and engineering also aided in this event. This teamwork shows NMC's fluidity in creating an open community to work together in one vision and common goal.

Teamwork, planning, and preparation are the three things Moody wants his students to take away from this event. The focus on preparation paid off this year when the Motorsports Club passed the tech inspection with no issues, had the buggy complete the race without breaking, and finished in 7th place.

"There was nothing that we forgot or left out," Moody says. "We were the team that other teams were asking for parts from." Moody emphasizes that the goal was to finish the race without breaking, adding that the 7th place finish was a bonus. "The outcome of the race is the fact that [the team] was

so well-prepared."

With this year's Winter Baja race behind them, the team looks toward the future. The Motorsports Club will discuss building a second buggy to bring to next year's race.

"Anybody at NMC can belong and be involved with this club," Moody says. Visit the club online at facebook.com/NMCMotorsports.

Photos courtesy of Wayne Moody



Good To Know You, Jack

Local artist finds new life in solo career

Micah Mabey
Staff Writer

It's good to know Jack Senff.

Originally from South Bend, Indiana, but now located in Traverse City, Senff is a singer-songwriter with a wicked background and an ear for the beautiful. When he's not out on tour or strumming tunes at The Little Fleet's Yurt, you can catch him brewing some of the best coffee in town at the BLK MRKT in the Warehouse District.

That's usually where I bother him. Especially now that he's back from his inaugural Jack M. Senff "Good to Know You" tour.

"It's nice to get back into a steady and stable routine, and to have a steady paycheck," Senff chuckles as he makes some sort of triple-chocolage-double-soy-no-foam-darkroast-coffee with cream and two sugars. "It's nice to catch my breath and plan for the next big thing."

The next big thing is?

"I have a solo collection coming out. It's a group of songs that are just me and the guitar. I tracked it live, which is new for me," Senff explains. "Vocals and guitar at the same time. It's mostly songs from "Good to Know," just acoustic. When I was out on tour I learned that the songs had more room to breathe than when I originally recorded them. They're now, in my opinion, the definitive version."

"Good to Know You," however, is less of a solo album for Senff, who's used to playing in bands like William Bonney, Boy Rex, and Knola. It wasn't so much like a departure from a band to go solo. It was more just the next chapter of his life, and how the stories needed to be told.

"It's 'technically' a solo album, but that's not how I'd consider it," Senff says. "Knola is the band that could have, had we all been on board, been the one that went professional. Instead it lives as another DIY venture in Jack Senff's 12-year musical fuckery."

Senff has professionally pursued music for the past five years. "Before, I was just trying to figure out my life. The things that I did in the first seven years [of playing] are more of what defined me. I never realized we had a following or whatever," he says. It was that five years ago mark that Senff started considering what he did an "art and a career" as opposed to just playing music with his friends in basements.

As for Senff's current project? His next album goes to the studio in April, and is currently scheduled for a fall release.

Where his first album focuses on his little brother, the records act as a time capsule of the prior year or two. "This next one I'm trying to broaden the scope. It's sort of about my first few years of living in Michigan," Senff says. "The people I've met, the things I've felt. This one is a little more assured; a little more hopeful. There is a sort of slow tragedy to this one. A lot of people sorta died in my life, around me. It's also about love, and family...and time."

Senff's next local gig isn't until April 19 at BLK MRKT. It's donation-based and open to the public. Time isn't set yet, but make sure to get there early for the good seats.

His debut album under the name Jack M. Senff called "Good to Know You" is available now on Skeletal Lightning Records, Spotify, and many other streaming services.

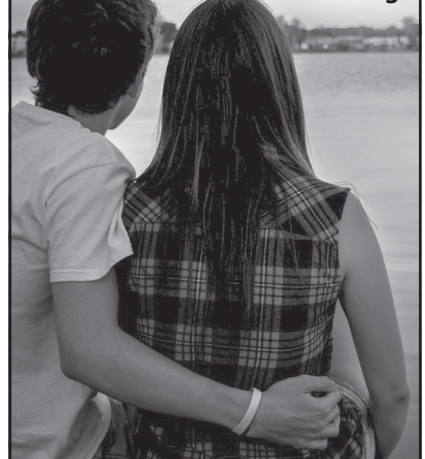


Photos by Micah Mabey



COMPASSIONATE CONVENIENT CONFIDENTIAL

Birth Control
Pregnancy Tests
STI/STD Testing & Treatments
Breast & Cervical Cancer
Screenings
Annual Exams
HIV Testing



Grand Traverse County
Health Department
www.gtchd.org/581
231-995-6113

Medicaid Accepted/Uninsured Welcome

Students and Staff Seek a Sustainable Future

Experiential learning provides ways for NMC to change and grow

Emily Slater Editor-in-Chief South Africa, home to nearly 57 million people and a diverse range of ecosystems, is currently experiencing an intense drought. Heatwave-like temperatures and weather anomalies, such as super El Niño events, have thrown off the country's usually reliable rainy season, lowering water levels and soil moisture content.

The effects are far reaching. Farmers face financial ruin as their crops fail to thrive. Animals, both domestic and wild, suffer.

"The drought changes the entire hydrological landscape," explains Greg LaCross, science and mathematics professor at NMC. "Rivers dry up, drinking holes change. It changes the whole structure of animal communities. You can see the changes from one year to the next."

LaCross has led multiple Study Abroad for the International Affairs department, including two to South Africa (2017 and 2019). While each international trip focuses on a different course of study, depending on the region and attending professor, LaCross's groups dive headfirst into scientific and environmental studies.

When visiting the Galapagos Islands in 2016, students met with a group working to reintegrate an entire forest of native trees. On a trip to Iceland later this semester, LaCross and his group will spend time studying the effects of climate change on the ice cores of the tundra environment. Traveling to South Africa last May provided the students with the opportunity to see firsthand both the domino effect of the drought and how the people of the region are dealing with it.

"The rangers we work with [in South Africa] would regularly integrate those kinds of subjects into our experience," LaCross says.

In addition to the ways NMC has worked toward lowering its own environmental impact (see side bar), another priority is to create opportunities for both faculty and students to learn about sustainability, climate change, and human impact on the environment. This is seen through classroom studies and experiential learning, like the Study Abroad trips or student and staff groups on campus.

Over the years, the college has had both student and faculty "Green Teams." These groups focus on raising environmental awareness on campus, including projects aimed at improving the environmental impact of NMC's energy use and carbon footprint. So far this year, the staff and faculty Green Team's efforts have included meeting with Student Life to create more

sustainable practices and sustainability event programming for dorm students, presenting a session on how to address and discuss climate change in the classroom and around campus in a respectful and constructive manner at October's faculty and staff professional development day, and working with students in CIT courses to develop a rideshare app for NMC. In addition, the group will organize this year's annual Earth Day Campus Clean Up, scheduled for April 22.

While the student-led Green Team failed to get off the ground for the 2019/2020 school year, in past years the group was involved in projects and events that included a single-use plastics forum in collaboration with Grand Traverse Band of Ottawa & Chippewa Indians and the Native American Student Association, as well as leading the college's campus clean-up day.

NMC alumni and former student Green Team leader, Emma Moulton, says being on the Green Team gave her the opportunity to put the things she was learning in the classroom to use in the real world. "My time at NMC was great in the sense that I was learning in my freshwater studies courses what the environmental problems we are facing are, and then working with the Green Team to figure out how to fix them. The Green Team, especially during my time as student leader, showed me the importance of connecting with both students and community members outside of school, which is crucial if you're trying to make a change."

Moulton graduated in 2019 with a degree in Freshwater Studies and continues to remain active in her pursuit of raising environmental awareness. "Since leaving NMC I had an internship at Inland Seas Education Association where I was able to use my Freshwater Studies and Green Team experience to teach science and advocacy," Moulton says. "I also stay up-to-date with current events and continue to work with local environmental groups as much as I can."

Experiential learning—the ability to get outside of the classroom and apply acquired book knowledge, whether that be in a student group, an internship, or a study trip abroad—is essential to helping students understand their impact on the natural world around them.

"[Students] are directly connected to it, no matter where they're at," LaCross says. "Their behaviors have consequences, either positive or negative. The knowledge that they gain helps them make more informed decisions. Participating on the ground, at a site, really is a wonderful way to learn."



Photo courtesy of Emma Moulton



Photo courtesy of Jim Bensley

Left: Emma Moulton at her Inland Seas Education Association internship
Center: Photos from NMC's Study Abroad trip to South Africa.



Photo by Nick Moug

Over the last 12 years, NMC has created a more environmentally conscience campus:

- Re-lamping projects, with an end goal of all LED lighting, resulting in \$364,573 of energy bill savings for the college.
- 100% of old lightbulbs have been recycled.
- Faucet and shower heads changed to conserve water and energy.
- Old product from asphalt and concrete projects are recycled.
- Reductions equivalent of planting 184 acres of trees or removing 130 cars from the road:
 - Carbon dioxide (1,498,143 lbs)
 - Sulfur dioxide (5,083 lbs)
 - Coal burning (317 tons)
 - Atmospheric mercury (15,120 mg)
- The new Innovation Center will be supported by a geothermal system, which uses energy from the earth to provide a clean, renewable source of power. Its \$400,000 price tag is estimated to be recouped in 14.5 years through energy saving costs.

Adventures Abroad with NMC

Steven Tucker
Staff Writer

Thirteen students from NMC will immerse themselves in a unique cultural experience this June. Students will explore Brazil on a 9-day cultural journey through large cities and small indigenous villages. Much of the trip will take place in the Amazon Rainforest where students will learn about the forest itself and how people have coexisted with local flora and wildlife.

In 2017, NMC was ranked 17th nationally among community colleges by the Institute of International Education. After 2020, NMC will have led approximately 475 students to 20 different countries since 2013. These trips have included experiences like working with Syrian refugees in Greece, teaching science in Costa Rica, and even mapping a coral reef in Indonesia.

The trip is led by Jim Bensley, NMC's director of International Services. "What I try and do each year is take my students to a place where they can really immerse themselves in the culture," says Bensley about the goal of these adventures. In the past, he has led groups to Brazil, Peru, Cuba, Costa Rica, Greece, Morocco, and India. The trip was originally going to be to Egypt this year, but it was changed due to a risk assessment.

Their journey begins in the northwestern Brazilian city of Manaus. Students will explore the city of just over two million people where students from Bensley's World Cultures class will learn about its 16th century European occupation. A bus ride then takes them northeast to the city of Presidente Figueiredo. Here, they learn more about the rivers and observe folkloric

shows consisting of native music and dance.

Students will sleep on hammocks aboard a boat that accompanies them on much of their journey up the Amazon and Negro rivers. The first stop is at a fish market to see some of the more than 4,000 species of fish that live in the Amazon River. The trip then takes them through national preserves where they can see untouched and protected regions of the rainforest.

By the fourth day, students will hop aboard motorized canoes and explore the Igarapes, or "little rivers," to go alligator spotting, followed by a day of sport fishing for piranha. Throughout their journey, they will explore caves, learn about and swim with pink dolphins, and learn all about local culture and mythology.

"Each of our Study Abroad expeditions in the world always includes some service learning. We feel that it's important for our students to give back to the community," explains Bensley. In Brazil, students will plant trees to help combat deforestation, which was recently accelerated by devastating forest fires in the Amazon Rainforest. "Often it's a highlight of [students] time in another country because we're working with the local people," Bensley says.

The trip will be a lifetime experience for this group of students. Post-trip testimonials from previous years unanimously show how students' lives have changed from such adventures. Anyone interested in joining one of NMC's future Study Abroad programs should check out nmc.edu/study-abroad for more information.



NMC students wave from a boat on the waters of Bunaken National Park, a marine park north of Sulawesi island in Indonesia (2019).



NMC students dive by the Molas Shipwreck near the village of Molas in Indonesia (2018).



A drone is prepared to be released over the waters by Manado Tua, a volcanic island in the Celebes Sea of Indonesia (2018).



NMC students hike on the Serra de Sao Jose mountains outside of Tiradentes, Brazil (2019).

What the Tech?!

Once Upon a Time, a Human Did This Job

Jason Slade “Tell us a story,” my children exclaimed. “A scary one,” my eldest yelled. Contributing Writer So I told them a tale about how they would all be replaced by robots and automation in the near future. Their eyes grew wide and they asked if it was true. “Truer than you realize,” I responded.

This isn’t a sudden change, as artificial intelligence (AI) has been an increasing presence in our lives. Think about your day-to-day interactions. You probably ask Alexa a question, tell Siri to remind you of an event, pump your brakes on icy roads, and more. Each of these interactions is another step toward automation as these devices and systems “learn” and respond to our actions. It is a natural extension for them to take on more and more of our tasks—and eventually our jobs.

According to a study by McKinsey Global Institute, 40% of jobs are in occupations that could be automated. Think about that next time you sit in class or eat in the cafeteria: two out of five of your classmates will be replaced by automation. According to the 2019 article by NPR, “Will Your Job Still Exist In 2030?,” even if you are not in the 40% replacement category, you can still expect some disruption to your career due to automation and AI. Disruption is just a sophisticated way of saying that your job is going to get turned upside down!

So what jobs have the highest likelihood of being replaced? Repetitive manual operations top the list. We have seen this for years in manufacturing as tasks are assigned more often to robots, cobots, or simpler pieces of automation (pick-and-place machines). Some of this is due to the task itself and some is driven by the shortage of workers going into manufacturing. The same holds true for fast-food operations.

But there are other less obvious occupations. In a list compiled by LinkedIn, tasks that require data entry, data searches, and other office support work also have a high likelihood of being automated. Included on this list are jobs such as title examiners, tax preparers, and insurance underwriters—all jobs that at one time were considered “safe.” Statistically, “researchers found that workers who didn’t go to college or didn’t finish high school are four times as likely to lose jobs because of automation,” the study states.

But it can’t all be doom and gloom, can it? At NMC, you are already on the right path.

Automation and AI will lead to a wealth of opportunity, including the needs for skilled technicians, programmers, and experts in data analytics. We will need these intelligent systems to continue to grow and mature. The only way that will be possible is with an upskilled workforce. Just keep finding ways to stay ahead of the curve!

Jason Slade is the director of the Technical Division at Northwestern Michigan College. Learn more about its programs by visiting nmc.edu/technical.



Transfer more of your credits!

We pride ourselves on being one of the most transfer-friendly universities around. We accept up to 90 transfer credits, including both classroom and work experience. We have programs that can help you earn your bachelor’s degree in as little as one year. And we offer generous scholarships and grants worth up to 20% off your tuition!

Contact us today about earning your degree in business, technology or health!
(800) 686-1600 | davenport.edu/apply



Recipe: Stuffed Bell Peppers

Mikayla Brady Staff Writer The winter blues can bring us down, but a fresh and filling dinner can make you feel better. Stuffed bell peppers bring brightness into the home. This recipe is both easy and quite filling. Add in or take out specific ingredients to fit your needs because it's not limited to meat eaters. Be creative and make it a vegan or vegetarian recipe as well.

- Ingredients:
- 1 lb lean ground beef
 - 4 mushrooms, chopped (optional)
 - 3 ears of fresh corn or 1 ½ cups frozen corn
 - 2 stalks of celery, chopped thinly
 - 1 medium onion, chopped
 - 2 cloves of garlic, minced
 - 2 (14 ½ oz) can petite diced tomatoes with juice
 - 2 tbsp concentrated tomato paste
 - 2 tbsp basil
 - 1 tbsp oregano
 - ½ tsp red pepper flakes
 - ½ tsp salt and black pepper
 - 1 ½ cups cooked long grain rice
 - ¼ cup chopped Italian parsley
 - 6 bell peppers, any color
 - 1 cup shredded monterey jack cheese

- Directions:
1. Preheat the oven to 350°F.
 2. Brown the ground beef in a large frying pan over medium heat. Add the mushrooms, corn, chopped celery, onion, and garlic. Cook until vegetables are softened.
 3. Stir in the diced tomatoes, tomato paste, basil, oregano, and red pepper flakes. Season with salt and pepper, and then cook for 15-20 minutes. Stir in cooked rice and chopped parsley and cook for another 5 minutes, or until rice is warmed through.
 4. Meanwhile, cut off the tops of the peppers, spoon out the ribs and seeds, then rinse. Lightly sprinkle the inside of peppers with salt and place in a microwave-safe dish with ¼ cup of water. Cover with plastic wrap and microwave for 5 minutes, or until peppers start to soften.
 5. Transfer to a 3-quart baking dish and fill the peppers with the hot mixture and sprinkle tops with cheese. Bake for 20 minutes or until peppers are tender and cheese is brown. Serve hot.

An Ode To Raduno's Porchetta Sandwich

Micah Mabey Staff Writer It's not always on the Raduno menu but when it is, it will blow your mind. It's called the Porchetta.

Roasted pork belly, a melting fontina cheese, salsa verde that adds a kick, an aioli for salivation's sake, pickled peppers, and a ciabatta bread that'll kick your socks off. Stuff them with pure gold dust that makes it feel like you're walking on clouds and shove the socks back onto your feet.

All of that makes the most beautiful, illustrious, gorgeous, delicious sandwich that I've ever had the pleasure of putting onto my taste buds.

Imagine with me, if you will, what it would be like to hear a baby laugh, get kissed by a rose, see the Beatles play live, and have Barack Obama tell you that he's proud of you. That's the exact feeling you'll experience when you shove this sandwich down your throat.

Raduno only offers Porchetta at select times. It's not a daily thing. You've got to be lucky.

Its beef and pork is sourced locally from Hampel Farms. Bread is made in-house by one of Raduno's owners, Janene Silverman. Raduno does its best to use local ingredients, so it's no wonder that the restaurant does such a good job with both this sandwich and the rest of its menu. Northern Michigan knows food.

Raduno knows a Porchetta. And my mouth loves it.



FLEXIBLE BACHELOR'S DEGREE. ROCK-SOLID CAREER OPPORTUNITIES.

The Integrative Studies Bachelor's Degree from GVSU in Traverse City

Our integrative studies bachelor's degree not only fits your busy life, it helps you achieve your unique career goals. The flexible program lets you focus on topics most relevant to you, while giving you the critical knowledge and decision-making skills you need to succeed in any field. Contact us to learn more.

(231) 995-1785 gvsu.edu/traverse

- **Convenient and flexible.** In person, online, and hybrid class options for working professionals.
- **Career focused.** Customized field experiences provide you with practical expertise in your area of interest.
- **Advanced networking.** Create job connections by interacting with faculty who are experts in their field, student professionals, and industry leaders.
- **Seamless transfer.** Meet with an advisor to see how your NMC credits can apply to a GVSU degree.



Tori Rhoades
Integrative Studies bachelor's degree
Pursuing master's in
Occupational Therapy M.S.O.T.

Campus Quotes

If you could change on thing about the world, what would it be?

Compiled by Hannah Krohn



Nick Rice, Business Administration

“I would definitely get rid of the prejudice first, more than anything. There’s just way too much of that in the world. If you look at America, 50% of the population hates the other 50% because of their political views. If we could start small with that, it would change.”



Sydney McCombs, Nursing

“The first that comes to mind is the cost of education. In the United States, education can be too costly for certain people and I think it’s important to provide equal access for everybody.”



M’Konz John, Pre-med

“People understanding one another. Not being so scared easily and people fearmongering.”



Aliyah Holmes, General Education

“Fixing the bullying problem. Adults need to be more aware of kids being bullied in school. People try to fix it but it hasn’t been enough.”



Stephen Ruhl, Maritime

“I would have people use less fossil fuels and use more renewable energies.”



The Art of Giving A Sh*t

Randi Upton The primary and presidential elections in 2016 changed how people view and work with politics in all demographics. For decades, people have struggled with ideas to get the youth of this country into politics and interested in elections. In the past few years, record numbers have turned out to primary voting as well as midterm elections, polls that have been ignored or forgotten in the past.

Rock The Vote was started in 1990. It was one of the more successful programs to get younger generations interested in voting, using pop culture and music to intrigue teenagers to get involved with issues that are core in every election season.

Anyone who went to high school in the late '90s (or later) may remember a key part of Rock The Vote: “Democracy Class.” It taught teenagers how elections and voting worked while holding mock elections. Democracy Class is still a part of curriculum all over the country, and is used in high schools in Grand Traverse County. The mock elections use music videos and other forms of pop culture to engage the students in debates and discussions, then the whole school votes during

the mock election.

There is some controversy regarding these mock elections. Some worry that schools may be trying to force one political ideology or another down a student’s throat. Mock elections and organizations are important for younger people to learn how these elections work every few years.



The bigger picture of the mock elections is to get younger people interested in the issues that are debated and discussed every election turnaround, to make teenagers and young

adults give a shit. Enter: The “Give A Shit Campaign.” This campaign has gained momentum in Chicago and is attempting to move to other parts of the country (chicagovotesedfund.com/g-a-s-collective). Give A Shit has taken the older version of Rock The Vote and modernized it. Younger people are becoming more action-oriented, organizing activism and becoming involved in communities. Where Rock The Vote was more about registering to vote and learning about the candidates, Give A Shit is about Voter ID laws, advocating in local communities, and volunteer work. It also has workshops and will train people how to organize events on a large scale.

The 2016 election changed many things about how politics work in America, with how politics are consumed and represented. People are paying more attention now to what is going on, and younger people are organizing and listening. Grassroots has become the way to go.

Hold the mock elections, but also teach people to form a plan for their local community. Teach teens about how the electoral college works, but also teach how to be a leader and have an impact. Teach teens to Give A Shit.

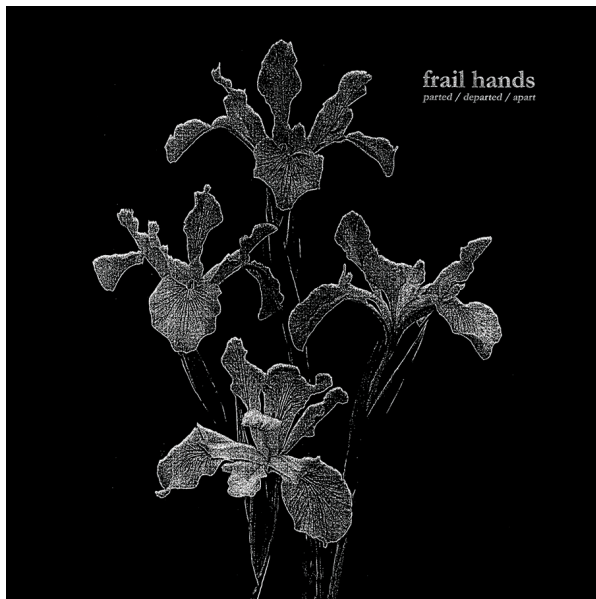
Music that is Sometimes Good but also Sometimes Not Good

Frail Hands - "parted/departed/apart" (2020)

Liam Strong My friends, who share an intense love for hardcore music, traded dreams of Contributing Writer being in a band like we were passing the aux cord around in a car. The dreams were sculpted with a farfetched chisel, but the songs in the background stimulated our (often juvenile) aspirations. I wanted to scream into people's faces, for them to scream back at me.

If the crowd needed to release pent up energy by moshing, the more the merrier. I wanted the act of music to be a ceremony of cultivating passion and relief. It's been years since I've held a pair of drumsticks, and just as many since I've sung a crappy emo song with those old friends in our cars together.

"Parted/departed/apart," the sophomore album by Nova Scotian skramz band Frail Hands, expresses the sound reminiscent of my former dreams of musical tenure. With a runtime just under 20 minutes, Frail Hands cram together caustic guitar work and minimal, yet emotionally tense, lyrical content without any song feeling out of place.



Short records bear an expectation for being concise, that each song should retain the quality and longevity of a brief poem. Frail Hands manifest in "parted/departed/apart" a multifaceted skramz record that reflects its trifold dynamic. Each song can be referred back to one aspect of the record's title without it feeling gimmicky.

Although I've never graced an audience with my voice through music, I've spent time in front of a microphone reading poems, stories, and (bad) jokes to any who will listen. I never feel alone on a stage or before a crowd of people who may not care about my name, pronouns,

or writing, partly because I never thought of writing as a dream. Of course, I wouldn't be on the road to searching for MFA programs were it not for some talent doing so, but it's hard to call something I've made a reality a part of my dream.

Many of the friends I shared musical dreams with have parted ways due to personality differences. Others have departed for the military. Their dreams are still a part of me, even if the only way they can be shown to the world is via my writing. To give them voice with my own is a kind of love, one that, albeit distant, feels less like a reminder for them and more like an homage to memories. Memories that we can one day laugh about, jokingly planning a band that only we can hear.

Book *Shady Lady* Review

"Hell Squad"

Ann Hosler
Copy Editor

Who knew that the apocalypse could be so sexy?

Aliens have come to Earth—and not in peace. Millions of humans died in the first few waves of attacks. Hidden deep in Australia's fictional Blue Mountain Base, squads of fighters band together in the struggle for humanity.

Australian author Anna Hackett integrates elements of science fiction and action into all of her romance novels. Over the past five years, her "Hell Squad" series has followed a rotating cast of characters as they battle against the aliens—called the Gizzida—while discovering that even at the end of the world, there's always someone to live for.

Yes, this means that in-between scenes of reconnaissance missions, firefights, helicopter chases, and more, these characters find time to fall in love. It's a nice balance of intense action in the Gizzida-laden world above and intense passion in the beds (and showers, and gardens, and desks... etc) in the human's hidden base below.

The series gets its name from Squad Six, known as the Hell Squad. Considered to be the toughest fighters in Blue Mountain Base, the Hell Squad

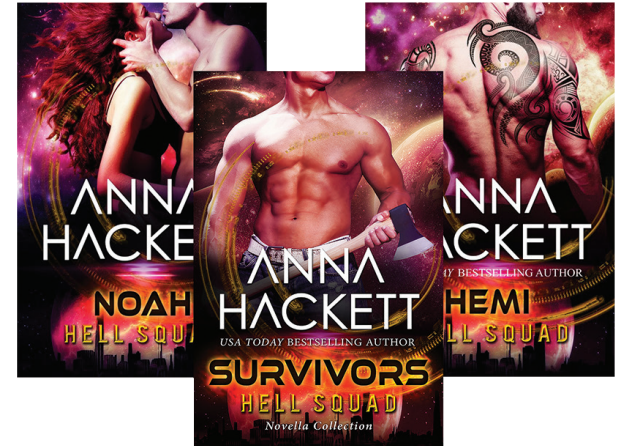
is filled with former military who aren't shy when it comes to kicking some Gizzida ass. This alien race is likened to "raptors" in the early books, and much of their demented creations, from space ships to mutated beasts, are dinosaur-like in appearance as well. Appearances can be misleading—and with the Gizzida, cunning and extreme intelligence lurks behind those red eyes.

Each book follows one pair of characters who must best the aliens to accomplish the current mission, whether it be gathering vital information, stopping the Gizzida from their perverse experimentations, or sabotaging the aliens. As the series progresses, other squads such as Squad Nine (which is full of kickass women) and Squad Three (known as the berserker squad, filled with daredevil men of dubious backgrounds) are featured, with the various squads swooping in to lend support on the field.

The ultimate goal is to reclaim Earth for humanity, but an overarching storyline laced throughout "Hell Squad" reveals that the Gizzida has plans to eradicate all human life. Hackett's series is now 19 books long—the most recent, "Survivors," was released on Feb. 11. The situation has hit a crisis point for these survivors, and the outlook is grim. "Hell Squad" will wrap up when the squads (presumably) rid the Earth of alien scum in the final series book, "Tane," which is scheduled for a June 2 release.

"Hell Squad, ready to go to hell?"

"Hell yeah! The devil needs an ass-kicking!"



I Hate Contemporary Art

Craig Hadley

Dennos Museum Center

Does this describe you?

If so, you're not alone. Many visitors dislike contemporary art. Why?

Think about writing an essay. What if you had never written one before? Receiving some instructions would make the process a lot easier and help us feel more confident.

Approaching art is no different. Museums provide the building blocks, but we often forget to include instructions. The first step in learning to love contemporary art is to figure out how to decode it. Here are a few tips:

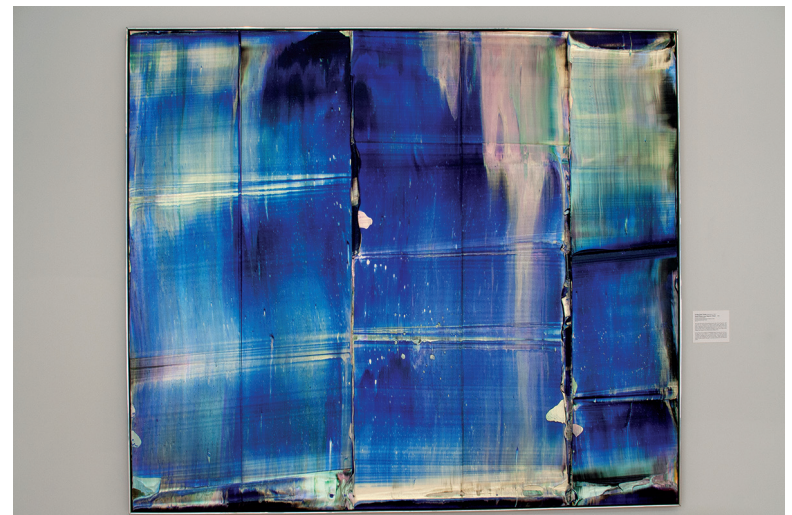
1. Go with someone so you can have a conversation.
2. Select a few artworks instead of trying to see everything.
3. Like any good detective, start by asking yourself lots of questions. Everything is important: Why is this red square here? What might it mean? Why is this painting so large? What if it were smaller? What was

the

world like in 2004 when this was made? Why is there no frame?

4. What do the clues (observations) mean to you and why? How do these inform your interpretation?

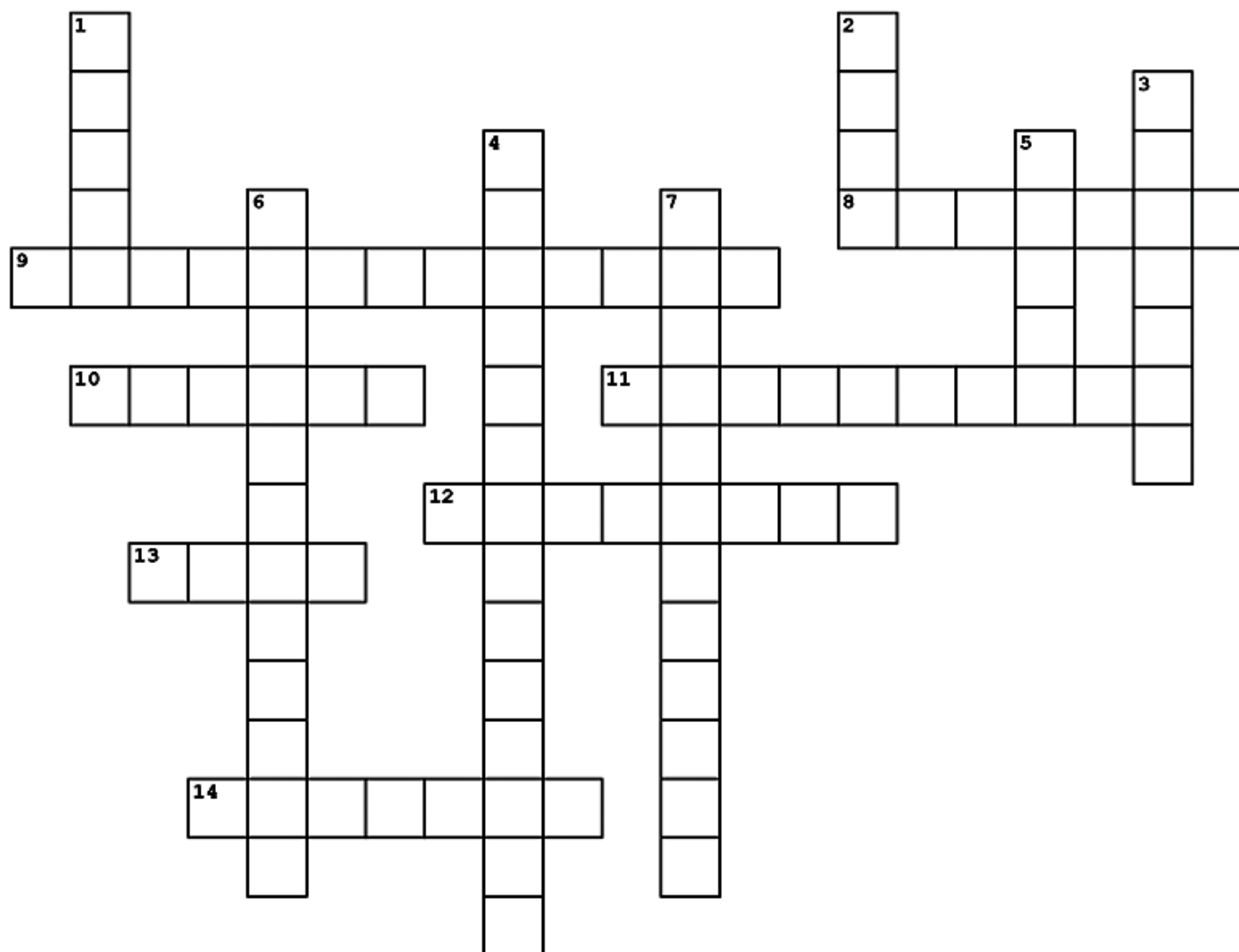
Contemporary art is a thrill to view once you have some basic tools. I hope you'll stop by the Dennos soon and find your new favorite artwork!



Irving Zane Taran, *Storm Waters near Superior Shoal*. 2003, Acrylic on birch panels. 2017.19.1

Hannah Krohn
Staff Writer

Between the Pines



Across

8. In the summer, NMC's Extended Education offers _____ for Kids.
9. Great minds speak at NMC's _____ Affairs Forum season events.
10. Professional development courses for land, air, and sea is offered through the _____ Center.
11. The original name of the T/S State of Michigan.
12. Students can get food in the _____ of East Hall.
13. This parking lot accommodates NMC's apartments.
14. NMC's current president is named Nick _____.

Down

1. At the Osterlin Library you can check out _____ systems.
2. The Parsons-Stulen building was formerly called this.
3. The _____ Center is NMC's waterfront location that can be rented out for events, conferences, and meetings.
4. Founded in 1984, the _____ celebrated its 35th anniversary last year.
5. Scholar's Hall has two computer labs: Big and Tiny _____.
6. The maritime acronym T/S stands for _____.
7. Visual communications students use the Mac Lab in _____.

Find answers online at www.whitepinepresstc.com