

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

Welcome Back Special Edition

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

Welcome to NMC

Hello! I'm the *White Pine Press* editor-in-chief, Ann Hosler. Since returning to NMC in 2015, I've made friends, discovered amazing student groups, used several campus resources for class assignments, and found a community that is inclusive and helpful. Whether you're a new or returning student, I want you to find what you need, too.

White Pine Press is a student-run, biweekly publication, with our first regular issue coming to you around Sept 20. The paper is your source for campus and regional news, feature stories, entertainment, and much more. Find the paper in the designated racks in nearly every building on campus and around TC.

For our special Welcome Back edition, we asked several campus services to identify frequently asked questions that will benefit your experience at NMC. We couldn't fit it all, so check out our September issue for even more information.

STUDENT LIFE

by office manager Shannon Friedgen & the Student Life team

How do I balance my classes, a social life, and everything else that comes with college?

Student success coaches offer one-on-one academic success coaching to help with technology skills, time management, improving organization, increasing focus in class, and other general academic skills. Call 995-2134 to make an appointment or drop-in the Student Success Center in the Osterlin building.

How do I meet people?

College is a great opportunity to meet people. Come to campus events. Student Life works to create free events each month for students. Stop by our office (O152) or follow NMC Student Life on Facebook and Instagram to see what is coming up. We also have an information binder about the student groups on campus. Join one or start your own.

What should I do if my stress and anxiety become overwhelming?



Photo courtesy of Shannon Friedgen / Student Life

Students walk in front of East Hall following the 2017 Pine Palooza. This year, Pine Palooza is on Tuesday, Aug 28 from 11am to 2pm on the North Hall lawn.

About half of college students have felt overwhelmed with anxiety at least once in the last 12 months. You are not alone. NMC offers free personal counseling to students learning to manage stress or trying to navigate a difficult personal situation. Licensed professional counselors provide short-term counseling to assist with family and relationship concerns, depression, stress and anger management and grief. To schedule an appointment call 995-1118.

What should I do if I feel unsafe on campus?

You have the right to live and go to school without fear. If you find yourself or someone you know in a hostile environment, or just feel unsafe, let our trained faculty and staff at NMC know. Campus Security can offer escorts to your car and connect you to additional campus resources. The blue light emergency phones will contact them. You can also opt-in to receive text message alerts regarding safety

concerns on campus.

Where do I find food on campus?

The Hawk Owl Café, led by Chef David, is located in a cozy corner of campus in the Oleson. Let Chef David's team know if you have dietary restrictions or food allergies so they can keep you healthy.

There are grab-and-go items available in several locations on campus: East Hall, NMC Bookstore (HS101), and the Osterlin Library. The library location also houses Starbucks so you can study and stay caffeinated. Use your meal plan, or pay with cash or credit.

NMC also has the Minus 5 Food Pantry. If you are in a bind waiting for the next paycheck or have run out of money on your meal plan, email studentlife@nmc.edu and we can give you information on how to access NMC's Food Pantry.

I live on campus. How do I navigate the residence halls and get along with my roommate?

Living on campus is awesome. No need to commute or search daily for a parking spot. Your Resident Advisor can provide advice and recommend resources, as well as help with rooming relationships and helping you get to know others in the dorms. The Residence Hall council is your chance to plan hall activities, do community service projects, and get involved with social events.

How do I get help in my classes?

Visit your instructor's office hours. Instructors love what they teach and will take the time to make sure you understand the material. Find a distraction free spot on campus, such as the library, to dedicate a time and place each week to study.

You can also get a tutor. It's free. The Tutoring Office is located on the second floor of the Osterlin Library (O201). You can make an appointment to meet with a tutor each week for any class that you

are taking. There are specialized tutoring offices as well:

Math Center: Located in the basement of Tanis building (T53)

Science Center: Located in Health & Science (HS111A)

DISABILITY SUPPORT SERVICES

by Leanne Baumeler, Disability Support Services Specialist

What qualifies me for accommodations in my classes?

Any physical, mental health, emotional, medical, or learning disability that is interfering with access to your education. Not sure if you qualify? Make an appointment to review your situation.

Does my IEP or 504 plan from high school transfer to college?

No. All students who wish to be considered for accommodations in college must contact Disability Support Services (DSS) to begin the application process.

Continued on pg. 3



Photo courtesy of Ann Swaney / NMC Archives

Geographically isolated from other Michigan colleges and universities, the Grand Traverse region decided to establish its own. Located at the Traverse City Airport, Northwestern Michigan College’s first building opened to students in 1951, using borrowed facilities at the airport terminal building. At its opening, NMC had 65 students with a staff of six. The airport building remained in use until 1955, when the college moved to its current Front Street campus.

Since You Were Gone...

Weren’t on campus during the summer? Here’s what happened!

“Suspicious” Shopping List: A student checking into North Hall in May discovered a shopping list for bomb-making ingredients on a refrigerator. After the Traverse City police investigated, no credible safety threat was determined; the suspect told police that he has a “dark sense of humor.” The incident is a reminder that it’s important to report any suspicious situations so they can be properly investigated.

NMC Barbeque: The 63rd annual NMC Barbeque was held under sunny skies on May 20. Over 5,400 meals were served, with proceeds going toward projects such as the NMC Scholarship Open, a Media Center in the Dennos, a mascot costume, and a freezer for the NMC food pantry.

Monster Fish: Through Oct 7, the Dennos Museum Center is hosting the Monster Fish: in Search of the Last River Giants exhibit. Admission to the Dennos has increased for NMC students during this exhibit: it is \$5 with your student ID.

President Nelson Evaluated: The Board of Trustees praised NMC President Tim Nelson during his annual evaluation on June 25. Nelson received a score of 3.77 points out of a maximum 4. He scored perfectly in two areas: ethical behavior and ensuring that physical assets of the college meets its needs. Areas to improve include external communications, teamwork, and strategic planning. The full report is available online with the June 25 Board of Trustee meeting minutes.

Tuition Raised: The Board of Trustees approved a new budget, including an increase in tuition, for the 2018-19 school year. Tuition rates (per contact hour) has raised by the following—in-district students: \$2.25; out-of-district: \$4.70; out-of-state: \$6.20.

\$1 Million Gift: On Aug 8, the college announced that it received a gift of \$1 million from Casey and Dana Cowell. This gift provides assistance to several areas, including providing wellness opportunities and education for students, faculty and staff; expanding career training; attracting high-paying companies to the region; and extending the reach of NMC through technology.

New Library Checkouts: NMC’s librarians spent the summer tagging books, and the Osterlin Library has new self-checkout stations, just in time for the fall semester! Stop by and give them a *beep*!

NORTHWESTERN MICHIGAN COLLEGE

WHITE PINE PRESS

EDITOR-IN-CHIEF

Ann Hosler

WEB/SOCIAL MEDIA
PAGE DESIGNERS

Breanne Russell
Nick Moug

FACULTY ADVISER
DESIGN ADVISER

Jacob Wheeler
Kathy Schwartz

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

NEWSROOM

231.995.1173

DISTRIBUTION

231.995.1322

ADVERTISING

231.995.1996

FAX

231.995.2110

EMAIL

whitepinepress@gmail.com

Printed by Stafford Media Solutions and distributed free.

Printed on 100% recycled paper

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

Welcome to NMC continued from pg 1

DISABILITY SUPPORT SERVICES

What about wounded warriors/disabled vets or dual enrolled students?

Any student, no matter their student type, will not be granted disability-related accommodations until approved by the DSS specialist.

Do I have to prove my condition?

Yes. You need to provide documentation from a treating professional to qualify for services.

What if I don't have documentation?

No problem! Schedule a time to meet with DSS and look at all your options.

How do I make an appointment?

Contact Leanne Baumeler inside the Advising Center, Osterlin building room 115. To make an appointment call 995-1040 (ask for an appointment with Leanne). For questions, call Leanne directly at 995-1929.

OSTERLIN LIBRARY

by Tina Ulrich, Director of Library Services

How much does it cost to print or make copies at the library?

Nothing. All printing and copying at the library is free to NMC students.

Can I check out textbooks instead of buying them at the bookstore?

The library has ALL textbooks used in NMC courses available at the reference desk for two-hour in-library use.

My laptop crashed! I need something to use until it's fixed.

The library has Chromebooks and laptops that you can check out for three weeks.

I've never checked out a book before and I'm embarrassed to go up to the desk and talk to a librarian.

You're in luck! The library has two self-checkout kiosks where you can scan your library barcode and check out your own books. (It's nobody's business but your own that you are reading the Harry Potter series for the sixth time.)

I don't like old books. I want to read the latest Stephen King or that book by Amy Schumer.

The library has a rotating collection of 100 popular novels and other current bestsellers in a kiosk in the lobby which is updated monthly.

Food! I need food! And good coffee!.

The newly renovated "Simply to Go" cafe (now including Starbucks) in the library lobby is open 8am to 5:15pm Monday through Thursday.

Most of my classes are online or on another campus, and I don't want to go to main campus to check out books.

The library has 40,000 print books and about 200,000 ebooks that are available to NMC students anywhere, anytime (nmc.edu/library).

I don't even start working on my papers until after the library closes at 9 pm. What do I do if I need help with research?

There's a 24/7 chat reference box on the library's home page and in most of the

databases and research guides. The librarian who helps you is a professional reference librarian and has access to all of NMC's online resources.

But I'm scared of librarians!

NMC's librarians are normal people who like students and are always happy to be interrupted. Their primary goal in life is to help as many students as possible get good grades and graduate.

ACADEMIC ADVISING

by Lindsey Dickinson, Director of Advising

What are my degree requirements?

The most accessible place to find this information is My Academic Plan (MAP). MAP is a resource in myNMC that compares your completed and registered courses to what your degree requires. It is not a substitute for an advisor. Continue to meet with your academic advisor to ensure you make progress toward goals at NMC.

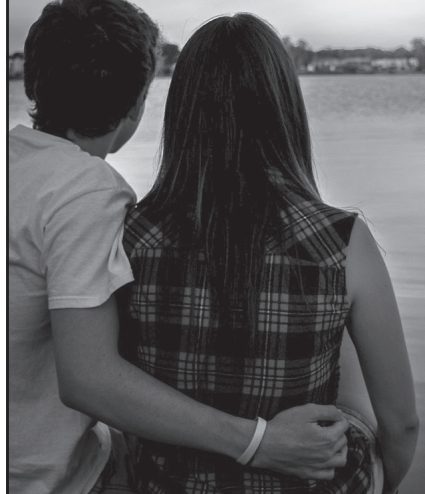
Can you help me decide on a major?

Definitely! There are many ways to approach this. A conversation about interests and values may give insight to start exploring specific careers. A personality assessment or interest inventory can be helpful. We can help you get to know yourself better. After that, we can help you seek majors/careers you think will be a good fit, and plan how to get there.

How do I find out who my advisor is?

COMPASSIONATE CONVENIENT CONFIDENTIAL

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



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

Medicaid Accepted/Uninsured Welcome

If this is your first semester, your assigned advisor will be listed on your study transcript. If you are past your first semester, you can find a list of program advisors on the ACAC webpage or in the ACAC office in Osterlin.

STUDENT HEALTH SERVICES

by Renee Walker, Director of Health Services

What kind of issues can I be seen for in Health Services?

Health Services provides preventive, acute, and chronic health care. We offer immunizations against vaccine preventable diseases such as Flu, Hep B, Hep A, Tetanus/Diphtheria/Pertussis (Tdap), and Typhoid. Other preventive services include STI testing, free pregnancy testing, contraception, weight loss counseling, allergy shots, TB screening, physical exams, and free condoms. We diagnose and treat illnesses and injuries and mental health issues including anxiety, depression, PTSD, ADHD, as well as chronic health issues such as diabetes, high blood pressure, etc. Health Services is a full-service medical clinic and our goal is to help you stay healthy so you can be successful at NMC.

Is it going to cost me anything?

If you take six or more credits, you paid a health fee with your tuition. If you take less than six credits, you can pay the \$40 health fee for access to Health Services. This allows you

to see a provider (doctor or nurse practitioner) as many times as you need during the semester for free. If you need labs or medication and do not have insurance there may be a small charge, but it is significantly discounted. If you do not have health insurance, in many cases we can assist you in this process.

Where is Health Services located and what are the hours?

Health Services is located at Biederman Building room 106 between the Health & Science and Tanis buildings. Our hours are 9am to 4pm Monday through Friday. Health Services is closed during the holiday breaks and in the summer.

Do I need an appointment?

We see students who make appointments or walk-in between classes. Walk-ins may have to wait a short period before being seen if the clinic is busy. To make an appointment, call 995-1255.

If I get sick, should I wait to see if I get better or come in immediately?

It is a good idea to come in as soon as you become sick. Some illnesses, like the flu, can be treated early in the disease and this reduces the severity and length you are sick. Some diseases, like meningitis, are deadly and need to be treated immediately. It's better to have a healthcare professional diagnose and treat your illness so you receive the appropriate care and prevent the spread to other students.

Come see us at Pine Palooza!



Bring this ad to the
TBA Credit Union booth
to receive a surprise!



Insured by NCUA.

West Hall Innovation Center Update

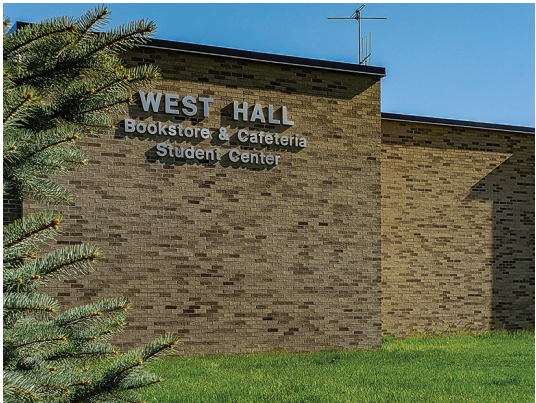
Ann Hosler
Editor-in-Chief

Northwestern Michigan College’s current project, the West Hall Innovation Center, was funded in June 2017. It had a projected construction start date of Summer 2018, but in order to begin construction, offices had to be relocated, and some preliminary work was found to be necessary, such as the asbestos removal reported during the July 10 Board of Trustees Building and Site Committee meeting. NMC’s Vice President of Finance and Administration, Vicki Cook, updated the *White Pine Press* on the status of the project:

“The West Hall Innovation Center is an exciting project for NMC. There’s been a lot of work already completed to get us to this point, and more to go before we can all see this 21st century learning facility come to life. Since the spring semester, all of the offices have been relocated and crews have been working on abatement and re-routing electrical power and fiber optics. All of these tasks must be completed before demolition, which will likely start in early September. The steering committee has also been meeting with the architect to finalize interior layout. We are targeting the completing to be Fall 2019. The actual dates and occupancy will be better known once the construction manager, general contract [sic], and city review the final timeline.”

The college has launched the nmc.edu/innovation website, including up-to-date information on the project. A groundbreaking ceremony is planned for September.

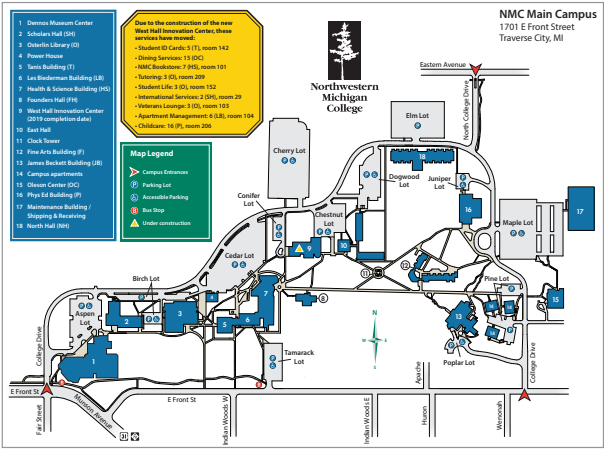
On Aug 9, Cook released a statement regarding the use of geothermal energy to support the Innovation Center. This renewable energy option will initially cost an additional \$400,000, with an expected payback period of 14.5 years, and will see continued savings for up to at least 30 years. The Board of Trustees Building and Site Committee voted unanimously in support of the project.



Courtesy of NMC Public Relations

Several departments and services relocated for the construction of the Innovation Center. Here’s where to find them!

- **ACADEMIC SCHEDULING:** JB 110
- **APARTMENT MANAGEMENT:** LB 104
- **BOOKSTORE:** HS 101
- **CENTRAL SCHEDULING:** JB 107
- **CHILDCARE:** P 206
- **DINING SERVICES:** OLESON CENTER
- **INTERNATIONAL SERVICES:** SH 29
- **STUDENT ID CARDS:** T 142
- **STUDENT LIFE:** O 152
- **TUTORING CENTER:** O 210
- **VETERANS LOUNGE:** O 103
- **WNMC:** SH 31 & 32



ACHIEVE MORE WITH A DEGREE IN ALLIED HEALTH SCIENCES

Demand for health care services in Northern Michigan is exploding! And you can take advantage of new career opportunities by earning a bachelor’s degree in allied health sciences from GVSU in Traverse City. It’s a great building block for careers in the health professions. Contact us today to learn more.

(231) 995-1785 gvsu.edu/tchealth

- **Convenient and flexible.** In person, online, and hybrid class options for working professionals
- **Interprofessional opportunities.** Gain exposure and experience for a diverse array of careers in health care or graduate studies
- **Advanced networking.** Create job connections by interacting with faculty who are experts in their field, student professionals, and industry leaders
- **Seamless transfer.** Your NMC credits will apply directly to your GVSU degree



Justin Sheehan
Allied Health Sciences major