

WHITE PINE PRESS

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

Robison Family Murder

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Halloween Event Calendar

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Photo by Breanne Russell

NORTHWESTERN MICHIGAN COLLEGE

WHITE PINE PRESS

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News-in-Brief

Food for Thought

Working with the Northwest Food Coalition, the business communications students at NMC are kicking off the 5th annual Food for Thought Food Drive this week (Oct. 18–Nov. 18).

For the first time, students will also collect food for a new NMC Food Bank. Staff and students created the pantry after noting an increase in food insecurity among students.

You can help by donating non-perishable food and personal hygiene items in collection barrels at Osterlin Library, West Hall, and the Health and Science Building on main campus. Collection barrels are also located at the Parsons-Stulen Building (Aero Park) and the University Center.

Tom's Food Markets will accept donations from 11am–4pm, Oct. 21–22 at its East Bay, West Bay, Interlochen, and 14th St. locations.

Be a Hawk Owl Hero

Is your student group looking for an opportunity to raise money?

Members of your group can volunteer to help the NMC Foundation at select events throughout the school year. In return, the NMC Foundation will reimburse your group for each of your members that volunteers. You will earn \$10/hour for your student group.

An upcoming activity includes manning the Hawk Owls Say Thanks booth, which involves explaining a thank you letter writing activity to NMC students and passing out t-shirts. The booth is open Nov. 7, 11am–1pm at the Hawk Owl Cafe, and Nov. 8, 11am–1pm at the Osterlin Library.

For more info, contact Katharine Zurek at kzurek@nmc.edu or 231-995-1030.

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Transitioning From Soldier to Civilian

Writers Series event to discuss challenges faced by veterans

James Robinson
Editor in Chief

Serving in the military is one of the most transformative experiences a person can have, yet very few Americans enlist. According to the Pew Research Center, there were around 1.3 million active-duty U.S. military personnel in 2016. This is only about 0.4 percent of the entire U.S. population. Of these 1.3 million personnel, 193,442 – or 15 percent – were deployed overseas.

For many veterans, it can be challenging to move on from those experiences once they return home to civilian life. A comprehensive analysis conducted by the Department of Veterans Affairs found veterans accounted for 18 percent of all deaths by suicide among U.S. adults in 2014. An average of 20 veterans died from suicide each day. This hit home for many in the NMC and greater Traverse City community last December, when student veteran Drew Kostic took his own life.

What stresses cause a veteran to take such a drastic action, and how can we help them overcome these stresses? That is the guiding question behind the Student Veterans in Transition Learning Community at NMC. Instructors Judy Chu and Ryan Wilson are co-facilitators of the group, which is composed of several NMC faculty and staff members. “This group is all about trying to understand the challenges student veterans face as they transition back into civilian life and how we can help support them in our classrooms,” says Chu.

In her own classroom, Chu recognizes student veterans as a great resource and appreciates their differing perspectives. She tries to incorporate veteran-oriented readings into her curriculum and shares essays written by student veterans as examples for class assignments. “While a number of people may have some connection to veterans and the military, we’re mostly a civilian population. We’re removed from the issues veterans face... It seems like students should see that connection every once in awhile.”

As serendipity would have it, a local event will focus on this very issue. The National Writers Series (NWS) will host a discussion with award-winning authors Sebastian Junger and Phil Caputo at the City Opera House. Jack Segal, co-chair of the International Affairs Forum, will

guest host the event on Nov. 15 at 7pm. NWS co-founder and executive director Anne Stanton explains, “We felt like having those two men onstage would really compliment each other. They are both profound writers.”

Junger’s latest book, *Tribe: On Homecoming and Belonging*, looks at veterans coming home to an alienating environment. He investigates the tribal instinct of humankind and how it relates to a sense of belonging among soldiers. “*Tribe* is a very compelling read,” says Chu. She and other faculty members are reading the book as part of the Learning Community. “[Veterans] have a tribal experience while in the military, full of camaraderie and intense purposeful unity. This is very different from our polarized, individualistic society. It’s no wonder people coming out of that kind of experience might feel lost!”

As a veteran himself, Caputo wrote *A Rumor of War* 40 years ago, recalling his experiences in Vietnam. His memoir is considered a classic among war literature, and was featured in *The Vietnam War*, the 10-part documentary series by Ken Burns and Lynn Novick that aired on PBS this September. A few copies of each book are available at the Osterlin Library, and a librarian can also assist with checking out additional copies via the interlibrary loan.

Both were selected as NWS Community Reads. “We believe in the power of storytelling,” says Stanton. “Our authors talk about a huge range of issues... and help people understand others who are different from them and are having different experiences. These books give [readers] a way of understanding the soldiers’ struggle.”

For student veterans interested in attending this event, the Learning Community has 20 free tickets available. If you are interested, contact Judy Chu at jchu@nmc.edu or Ryan Wilson at rwilson@nmc.edu. They’d like to prioritize student veterans for this event, but if tickets remain after Nov. 3 they will be available to other interested students. Student tickets can also be purchased for \$5.50 online at the City Opera House Box Office (cityoperahouse.org/national-writers-series) or by calling 941-8082.



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Get where the world is going

Alumni Spotlight: David Hosler

Deanna Luton
Staff Writer

From 2002 until 2008, David Hosler attended Northwestern Michigan College, majoring in Computer Information Systems with a certificate in Network Administration. Hosler continued his education, receiving his Bachelor's Degree from Ferris State University. Though he wishes he could have finished his Bachelor's through NMC, he remembers the years he spent here fondly.

Hosler says his time at NMC was fantastic. It introduced him to great people in his field of study, and the program connected him with individuals who were working in his future career. He met program developers as well as network administrators, who aided in laying the foundation for future successes. "One of the things, that at the time I didn't fully appreciate, is that all of the instructors took time to learn who I was, and really cared about my success," says Hosler. "They also each taught with different styles, proving time and again their excellence in their fields."

Though this statement is likely true for many professors at our community college, Hosler's experience with NMC's faculty was the best thing about his time here. "Throughout all the departments that I took classes in, [faculty was] consummately professional and brought fun to their classrooms. They made learning something that wasn't an onerous task." He believes that the compassionate and driven faculty is one of NMC's biggest assets.

Since graduation, Hosler's life has taken a few interesting turns. During his last semester completing his Bachelor's degree, he was hired as an adjunct Computer Information Technology instructor at NMC. Taking a combined 16 credits from NMC and Ferris State while also teaching 6 credits, he and his wife, Ann, juggled life with a six-month-old baby during this



Photo by Ann Hosler

transition. Since 2002, he has never really left NMC. NMC's philosophy of a lifetime of learning has interwoven itself deeply into his life, and Hosler has built both his career and family here. In 2015, he was honored to be brought on as a full-time instructor. In his spare time, he enjoys playing video games on his PC but also finds time for coding—a passion rekindled by taking classes from retired NMC instructor Jeff Straw.

When asked how NMC helped prepare Hosler for his career, he said, "In addition to teaching as an adjunct I kept other jobs to make ends meet. My education at NMC gave me the breadth of knowledge to get entry-level positions, and the depth of knowledge to move up within the companies." He even had his own company for a while, though with the state of the economy at the time it did not last as long as he would have liked. He continued, "The biggest thing that I took away from NMC that helps me with my job now is passion—for teaching, for helping students, and for being part of the [Traverse City and NMC] community."

When asked what advice he would give to NMC's current and prospective students, Hosler answered, "If I could reach every student, I would tell them to be passionate about what they do. It is horribly cliché, but if you enjoy what you are doing, you won't work a day in your life."

In the meantime, Hosler plans to continue taking classes at NMC in the near future to keep his skills in the IT field sharp. With the constant innovation of technology, it is necessary to stay up-to-date. He hopes to complete another degree—or two—and has ambitions to take some Extended Education classes to learn some new fun things.

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Gaijin Relaunches



London Rauch
Staff Writer

Owning a shop downtown is no easy feat for entrepreneurs in Traverse City. Limited space, a competitive (but seasonal) market, and high rent prices are some of the challenges that a small business owner faces. Nonetheless, with a sound business plan and proper execution, planting your roots on Front Street can blossom a rewarding operation. Or many.

Local resident and business owner Simon Joseph has successfully launched a multitude of enterprises downtown. Although he has no formal culinary education, Joseph got into the restaurant business when he was 12 years old, spending his summers washing dishes and bussing tables. After taking time off to travel, he ended up in Traverse City and started the Roaming Harvest food truck, one of his four companies downtown. Along with Roaming Harvest, he also owns Harvest, Alley's Market, and a new project he recently unveiled: what his staff affectionately dubs "Gaijin 2.0".

Gaijin has always been known for being a quirky Japanese ramen shop, but that was not necessarily Joseph's original plan. When the space became available in 2015, he jumped at the opportunity to bring a unique experience to Front Street. "We were on a mad dash to finish it and got it done in the

time we had to complete the project, but it was always sort of unfinished. We intended it all along to be a little more refined and certainly have more of a beverage program," Joseph said.

A little over a year later, he and his team brought the vision to life. "We're always trying to do things better. Whether it's the food or the service, we're always trying to better our offerings," Joseph said. "It's going to become more of a place to hangout. We have some fun ideas planned, hopefully some karaoke and other things to make a more lively atmosphere."

On Sept. 20, Gaijin officially reopened its doors with a whole new culinary experience for guests. Hungry patrons can expect to be immersed in an "East meets Midwest" take on a Japanese Izakaya pub, complete with a posh interior and upscale cocktails to match. An open kitchen invites guests to observe the chef creating an array of traditional Japanese dishes, ranging from sushi and skewers to motoyaki and even a Koji steak. (Die-hard ramen shop fans, fret not—there is still ramen on the menu.)

"We had a lot more to offer than what we were offering on the menu," Joseph said. "With a new chef, we certainly have to give him room to express himself." Head chef Gabe Lava, a well-seasoned traveller of Asia, Japan, and the Middle East, has worked hard with Joseph to create a menu that utilizes both local and sustainable ingredients.

For aspiring business owners and culinary students, Joseph offers some advice. "Don't be afraid to fail, don't be afraid to change, and don't think that you know everything. I don't; I'm still learning. Always be open to learn. Oh, and hire an accountant."



Photo by London Rauch



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Robison Family Murder

Mike Sims
Contributing Writer

A harrowing memory, pieced together over time, still resides within the small rural town of Good Hart, Michigan, just two hours north of Traverse City. Nearly 50 years have elapsed since the tragic murder of the Robison family, and to this day, the cold case still begs to be thawed. This is a tribute to honor the victims, whose story must be retold, for the horror that befell the family of six cannot be ignored. The past remembered here is grim.

On July 22, 1968, neighbors reported a foul odor spreading throughout the woods, and with each passing day, the smell worsened to greater heights of potency. Locals assumed nothing of the troubling sort, deducing the smell to be a rotten carcass of a dead animal. However, the pungent atmosphere proved too overbearing for the township folk, so much so it prompted an investigation into the source.

Two men noticed the smell permeating from a distant cabin, trailing off just a mile away. As the smell thickened, so did the shadows of the heavily wooded area. It didn't take long for the men to realize that something was horribly amiss. One noticed multiple holes on the glass window, and upon peering through the glass, was met with a nightmare manifested into reality.

The decomposed corpse of Richard Robison lay rotting on the floor, festering with the countless number of fleas that managed to find a way inside. For 27 days the bodies of the Robison family littered the cabin undisturbed. As soon as the men unlatched the door, the heartbreaking tragedy became apparent. A hardworking upper-class family of Detroit had all been ruthlessly murdered.

Police quickly became involved as news of the heinous act spread throughout the state. The investigation team noted that the family of six were enjoying a getaway in their comfortable summer cabin. Richard Robison and his wife, Shirley, were found dead alongside their four children: Richard Jr., age 19; Gary, age 17; Randy, age 12; and Susan, their youngest, age 8. It was noted that Shirley was repositioned in a way to make it appear as though she was sexually assaulted, although police believe this was an attempt to mislead the investigation.

Questions that arose only added to the myriad of further questions—with little answers.

All the police could ask was “How, why, and who?” For weeks they were daunted by these questions. Questions that still haunt the hearts of Good Hart’s residents to this very day.

Investigations determined that whomever committed the crime was equipped with a .22 caliber semi-auto rifle fired from outside the cabin window. Five consecutive shots aimed at Richard Robison, who was hit unsuspectingly, his life ending as he dropped to the wooden floor. The killer then moved to the cabin’s unlocked back door, opening it and proceeding to do the unthinkable. He gunned down the remaining Robison family with a Beretta pistol, one by one, until the cabin darkened into a tomb. The act was not concluded. Richard was then bludgeoned with a hammer multiple times, potentially indicating deep animosity toward the man. Eight-year-old Susan met a similar fate, her marrow and bones caved in with each abhorrent blow as the murderer struck her with the already blood-stained hammer, a demonstration of his monstrosity. The cruel deed finished, he vanished into the growing darkness, leaving behind a sinister echo still heard to this day.

Forty years later, published in 2008, author Mardi Link’s book “*When Evil Came to Good Hart*” traced the brutal events of 1968 through crime analysis. Joseph Raymond Scolaro, the prime suspect in the crime, was an employee of Richard Robison and was found to be embezzling from Robison’s businesses. In the late summer of 1968, police were anticipating Scolaro’s guilt, since there was strong evidence against him. It was noted he purchased two of the murder weapons that forensic tests confirmed. However, in Jan. 1970, prosecutors decided against bringing charges against him because the two murder weapons were missing and fingerprints could not be lifted from the crime scene.

Four years later, newly elected chief prosecutor, L. Brooks Patterson, reaffirmed Scolaro may have been responsible in plotting the Robison family murder. Learning of the potential charges, Scolaro committed suicide on March 8, 1973. With the prime suspect dead, the case became cold once again. At the edge of this tragic silence spills the remnants of a horrible memory, a memory from the heart of Good Hart, peacefully resting with the saddened thoughts of those who knew the Robison family.

Halloween Crossword

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AFRAID
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FUN
GHOSTLY

GHOULISH
HAUNTED
MACABRE
MASKED
MISCHEVIOUS
SCARED
SPOOKED
SPOOKY
SUPERNATURAL
SUPERSTITIOUS
TERRIFYING
UNEARTHLY
WEIRD
WICKED

What's Happening for Halloween?

Deanna Luton
Staff Writer

October 26

The "Lord of the Gourd" Pat Harrison will be at the Traverse Area District Library on Thursday, Oct. 26 from 5–7pm. This free event showcases Harrison's dazzling skills as a pumpkin sculptor. He has several other events scheduled on his tour throughout the area. Find out more about him and see photographs of some pumpkin creations at the "Lord of the Gourd" page on Facebook.

October 27

Boos and Brews Under the Water Tower is being hosted by The Village at Grand Traverse Commons and Earthen Ales from 7–11pm. The evening will consist of costume contests, a silent disco, outdoor games, and food trucks. Must be 21 or older to participate. Tickets are \$20 in advance and \$25 at the door. A commemorative cup and first beer are included in the ticket price.

The State Theatre is screening The Rocky Horror Picture Show from 11pm–1am. Tickets for this live interactive event are \$10 and include a prop bag. They can be purchased at the State Theatre box office or by visiting stateandbijou.org. "With thrilling props, the most outrageous callbacks, boisterous singing along, and stimulating pre-show entertainment, we invite all creatures of the night to dress up and come out for the State Theatre's second annual presentation of the cult classic to end all cult classics." They ask that the audience not bring rice or super soakers; they'll have everything you need to have a good time.

October 28

Jacob's Corn Maze is hosting a haunted event called Thriller Maze from 7–10pm. This fun family attraction will be transformed by special effects lighting in hopes of spooking spectators. Stop by to get your scare on and enjoy some cider and donuts. The event costs \$15 to the general public, but is discounted to \$12 for NMC students! You must show your student I.D. to receive the discount. Thanks to Student Life, in collaboration with the Student Government Association, an additional discount coupon can be picked up on the lower level of West Hall in the Student Life office. Transportation to the event will be provided from the Cherry Lot on NMC's main campus every half hour starting at 7pm. Contact Student Life at (231) 995-1118 for more information regarding the additional discount and transportation details.

The ninth annual T.C. Zombie Run, hosted by Right Brain Brewery, will be held at 9am. After the run, there will be a medal ceremony and prizes for best costumes. All event proceeds go to support TART. Tickets are \$30 for adults, \$20 for teens, and \$15 for children under 13 years old.

The Little Fleet is hosting a Halloween 90s Hip Hop Party from 7pm–1am. Dress in your retro best and come enjoy the 90s jams the DJ will be spinning all night long! They will also be serving special themed cocktails.

October 29

Hocus Pocus Sanderson Sister Soirée is being hosted by the State Theatre & Bijou by the Bay from 6–8pm. Come out to watch this Halloween classic about a triad of Salem witches searching for eternal youth. This \$5 Family Holiday Special includes a party favor and a chance to win prizes! Find the link to purchase tickets via the event page on Facebook or visit stateandbijou.org to learn more.

October 31

The Acoustic Mead Taproom is hosting a free Ghost Storytelling event from 7–9pm. Come share your spooky ghost stories with the group and feel free to dress in costume.



Graphic Design by Kayleigh Johnson

Campus Quotes

Kelsey Pease
Staff Writer

How do you feel about the road construction happening around Traverse City? How have you been working around this obstacle?



"I feel like it will benefit the city in the long run, but currently it is very monotonous. I live out in Suttons Bay and so I've had to wake up a lot earlier than normal so that I make it to class on time."
THOMAS HURSEY, BUSINESS



"It doesn't affect me that much, because it's a pretty straight shot for me to get here. It has affected a lot of my friends, though. I've gotten a lot of messages on Snapchat from people saying things like, 'Oh my gosh, Traverse has changed so much,' and 'I'm never going to make it on time.' The changes that the construction is causing are probably for the best, though."
ABBY LUYKE, PRE-MED



"I feel like they always leave the construction to the last minute. Every fall, it starts around September, once all the summer festivals and events are over, and it just makes me really mad. I'm leaving my home 15 minutes early every day and it's just really frustrating because there's construction in so many different places that there's really no way to avoid it. Plus, it's especially inconvenient for the people who live and work within the areas where the construction is happening."
AMARRA DINE, NURSING



"I live on Front Street, so I hit a lot of it and have taken the back route a couple times. The Parkway definitely needs to be redone, though, so I'm glad that they've started with the worst of it and I understand why they're working on it now. Plus, it's nice that it won't coincide with finals. As a student planning on working in construction, it's cool seeing people doing the jobs I'd like to do someday."
MADALYN POPP, CONSTRUCTION MANAGEMENT



"I'm all for improvement and I think patience is a good thing that all of us need to learn. I have less problems with construction than I do with road rage."
DEB GLAUCH, HEALTH SERVICES OFFICE MANAGER

"It's so annoying, especially since I'm also doing engineering at the [Manufacturing Technology Academy]. No matter what route I take, I end up getting stuck. I know it's needed on some of the roads, but it would have been nice if it had been completed before the semester began."
ALEX KROESING, ENGINEERING



"It's really setting me back. I leave my house much earlier to make it in time for work, otherwise I'm late. Usually, I take a different route, but most of the time I just end up hitting a different section of it anyways. It's everywhere and now is really not a good time. With so much traffic at 8am and 5pm, it would be nice if lanes were only shut down in-between those times or at night."
IRYNA NAROLSKA, BUSINESS ADMINISTRATION



"I avoid it if I can, but always have to leave 15 minutes early because I'm usually sitting in traffic for so long. The construction definitely needs to happen, though; the condition of the roads during the summer was embarrassing and now is the ideal time since only Color Tour is going on. It'll also make the roads easier to drive on in the winter time."
FRED HALL, COMMUNICATIONS



"Well I don't drive—I ride with other people—so it doesn't bother me at all. I mean the best thing that drivers can do is to take the backroads and try their best to avoid it."
RYAN ANDERSON, MARITIME

Zuckerberg for President?

Dylan Jewell
Staff Writer

Last April, in the thick of election coverage, Facebook founder Mark Zuckerberg did something peculiar, to say the least. Meeting with his board of directors, alterations were made to the company's charter which would explicitly allow him to retain executive power over the company in the event that he assume a governmental position. If that sounds dangerous, that's because it is.

What makes it particularly foreboding is how much power Facebook and its offspring hold in the current political climate—and how much corruption we see on these fronts. Social media is the dominant arena for contemporary politics, and its effects can be felt in several ways. While politicians are shakily attempting to convert their public platforms over to a digital audience, social media plays a more insidious role when it comes to shifting public opinion.

Recently, Facebook has come under fire for its shady advertising practices and failure to screen ads for flagrant, blatantly false, and inflammatory content. Thousands of these ads have been linked to bot accounts from Russia. In one instance, newsroom ProPublica demonstrated that potential ad buyers could target anti-semitic groups using Facebook's algorithm-generated demographic fields. In another, Pro Publica was able to block ads from being shown to certain racial groups.

Most worrying is how Zuckerberg continually plays coy. The extent that his social media platform can be used as a vehicle for the propagation of dangerous ideologies and false information, as well as a method to affect public opinion, has been dismissed by him as "crazy." But expecting that Zuckerberg would call out his own company's practices in any real way as harmful, when he's attempting to better his image, is far-fetched—let alone the idea that these practices would change.

Of course, Zuckerberg would have you believe he has no intentions to run for office; yet the evidence suggests otherwise. He already made some preemptive moves toward a presidential run. Apart from his prolific slew of philanthropic efforts, he also embarked on a nationwide tour of all 50 states dubbed "A Year of Travel"—all documented on social media. Though the trip was sold as some vague, strange attempt to get in touch with the "voices" he connects with through Facebook, more conspicuous is the fact that it was devised by a former presidential campaign strategist.

Yes, Zuckerberg has hired a campaign strategist. David Plouffe served as Barack Obama's campaign manager in the 2008 presidential election. He has additionally hired a slew of other Obama administration officials in addition to Hillary Clinton's former pollster and consultant Joel Benenson. Last December, Zuckerberg publicly retracted his previous stance on his religious beliefs on Facebook (he identified as an atheist), now claiming he believes religion is "very important." Very important for a presidential campaign, certainly.

With social media at the precipice of modern politics, false news and its role in shaping public opinion has proven very real. As the masses turn more and more to social media for political discourse, propagators of fake news are taking heed of this, and taking advantage of the loosely regulated advertising policies of companies like Facebook. Zuckerberg is showing that attributes like accountability and integrity in his company's practices take a backseat to his burgeoning political career. One can only imagine how this would translate should he come into office.

Diet vs. Regular

Macy Schwert
Staff Writer

Is diet soda really healthier than normal soda? What even makes soda “diet”? Yeah, it has zero calories, but what does that really mean? How is diet soda sweet without added sugar? Well, “diet”

soda is a clever marketing scheme used to manipulate consumers who may not research ingredients—who instead accept dieting advice at face value from huge corporations trying to sell products for profit.

Diet sodas are carbonated, sweetened artificially with sweeteners like aspartame, cyclamate, saccharin, acesulfame-k, and sucralose. These are used instead of cane sugar—or more likely high-fructose corn syrup—like in regular soda. Almost every popular brand of sugar-sweetened beverage on the market has a “light” or a “diet” version, including Diet Coke, Pepsi Max, Sprite Zero, etc.

These drinks are advertised as calorie-free, which often leads people to think that they are the healthier or harmless choice. In fact, artificial sweeteners can have lasting negative effects on the body.

Artificial sweeteners are 200% sweeter than natural sugar, and when consumed, they overload the sensory pleasure center in the brain and lead one to crave more sweetness. The flavor of artificial sweeteners is so intense it actually dulls our senses to naturally sweet foods like fruit. Also, when the brain senses that we are tasting something sweet, it sends a signal back to the body to expect a rush of calories, but artificial sweeteners like those in diet soda don't deliver, which leaves us craving even more calories and sugary foods. Our bodies get accustomed to this increased level of sweetness and become addicted to the artificial sweeteners themselves. Diet soda actually tricks our bodies. So, what is the alternative? Regular soda?

A normal 12oz can of soda has roughly 150 calories and around 10 teaspoons of sugar. These numbers are not that abnormal compared to other popular drinks. The average Snapple, advertised as made from “the best stuff on Earth,” contains around 200 calories and about 40 grams of sugar, or 10 teaspoons. A Starbucks Mocha Frappuccino has 280 calories per serving and 41 grams of sugar. One serving of Gatorade, a “sports drink,” has 150 calories and 35 grams of sugar. Although these high numbers are alarming, they explain the harmfulness of these drinks to a certain extent. It is extremely important to educate yourself and fully understand the effects of beverage ingredients.

High-fructose corn syrup is the second ingredient in most sweetened beverages including Coca-Cola, Sprite, and Pepsi. It is also the fourth ingredient in Gatorade. It's cheaper than

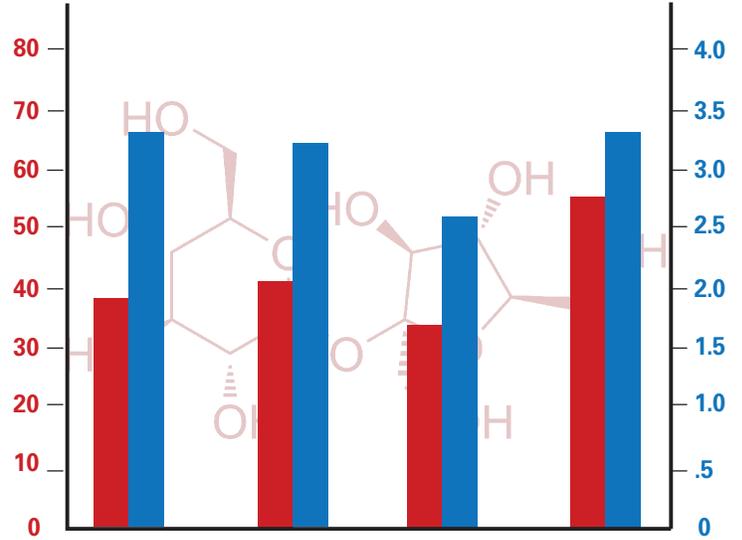
natural sugar and is also found in most processed foods. In fact, high-fructose corn syrup is the number one source of calories for a majority of people in the United States. Researchers estimate that most Americans consume 132 calories of high-fructose corn syrup per day. Consuming high-fructose corn increases your triglyceride levels and your LDL (bad) cholesterol levels and is linked to many serious diseases. It has been shown to drive inflammation, which is associated with obesity, diabetes, heart disease, and cancer. High-fructose corn syrup is also highly addictive; a few studies even suggest that it affects the brain in the same way that cocaine and heroin do.

So, which is better—diet or normal soda? The answer to this is simple: neither. The question we should be asking ourselves is: do we really know what is in our food and drinks, and are we aware of their effects?

It is important to understand exactly what it is we are consuming. Don't just look at a calorie count. Read ingredient lists. More often than not, if you don't know what something is, let alone how to pronounce it, it is probably something you don't want to put in your body. Information is at our fingertips, we only have to want to know. When craving something sweet, stick to high quality, homemade treats like cookies, brownies, or pie. Try to avoid soda and processed foods altogether, satisfying sugary cravings with whole foods containing few ingredients, rather than with processed foods that have long ingredient lists that read like a foreign language.

Sugar Content of Common Sugary Drinks

■ Grams per typical container
■ Grams per fluid ounce



Soda Pop



Coffee Drinks



Sports Drinks



Energy Drinks

Typical Container **12**
(in ounces)

13.7

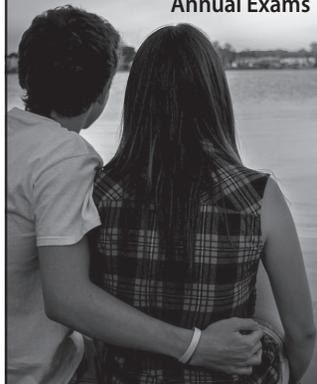
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source: www.caffeineinformer.com/sugar-in-drinks

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Book *Shady* Lady Reviews

DARK FANTASY

Ann Hosler
Staff Writer

Sometimes it's nice to enjoy something creepy and unexpected. The world is seen in shades of grey: not every hero is ideal, the antagonist might just win, and who needs that happily-ever-after, anyway? These uncanny gems will keep you company through the long, dark night.

Shadows for Silence in the Forests of Hell

by Brandon Sanderson



"It did not help to think of what the men had done... that would make her angry, and she couldn't afford to be angry. She needed to be cold, quiet, and efficient."

Silence Montane runs an inn beside a dark forest of deadly shades. There are rules to stay alive among the shades, and she's had experience with breaking them in the past. Silence is more than just an innkeeper, though, and as she pursues a dangerous gang into the forest in the dead of night she must make difficult choices to protect her family. This novella features a strong heroine who will have you on edge by the end of her tale.

Shadows for Silence in the Forests of Hell is a stand-alone ebook, or is available in the anthology *Arcanum Unbound: the Cosmere Collection*.

Darkness: ⚡⚡⚡⚡

It's the End of the World as We Know It

by A.C. Wise



"It's not every day I get asked to prom by a dead boy... He almost looks the same as when he was alive... only now his eyes are a color I don't have a name for..."

Our nameless protagonist's short story is told from his first-person point of view. This tale moves fast, from the offer of a date to awkward senior prom dancing to the obligatory after-prom retreat at a remote location with friends. Everyone is weirdly okay with his prom date being a dead guy (not a zombie type of dead... just... dead), which makes the story wickedly absurd. Some party-crashers near the end do seem to herald—perhaps not THE end—but *an* end.

It's the End of the World as We Know It is published in the anthology *The Kissing Booth Girl and Other Stories* (available in ebook and paperback formats).

Darkness: ⚡⚡⚡⚡

The Raven and the Reindeer

by T. Kingfisher



"Everybody should eat somebody once. Changes your mind about a lot of things."

This novella is a retelling of Hans Christian Andersen's *The Snow Queen*. If you haven't read that fairy tale yet, grab a copy from the Project Gutenberg website (gutenberg.org: *Stories from Hans Andersen*), just so you can marvel at how twisted this story is compared to the original while still giving a nod to its core elements.

Gerta, our heroine, is quite unlikeable for a good portion of the book. At first she only cares about pleasing Kay, who is an indifferent jerk, and is so loyal to him that she embarks on a year-long quest to save her "best friend" from the Snow Queen. But she grows, both physically and mentally, throughout her journey. Along the way she is betrayed, befriends a raven, sees someone die for the first time, wears the still-bloody skin of a reindeer, and eventually gains enough confidence to defeat an evil that has long-plagued the land.

The Raven and the Reindeer is available in ebook and paperback formats.

Darkness: ⚡⚡⚡⚡

Feyland: The Dark Realm

by Anthea Sharp



"The in-between places have always been the province of the faeries. Dusk and dawn. The cross-quarters of the year. Why not the space we call virtual reality?"

Imagine a virtual reality game so immersive, it bleeds over into real life—with dark faeries exploiting human advancement to bridge a gateway between worlds. Jennet Carter discovers this when, at the onset of the book, she loses the final battle in the alpha build of Feyland. *The Dark Queen* captures her life essence, and the only way to win it back is with a champion.

Enter Tam Linn, the hero of the hour. An expert gamer, he quickly understands the real danger imposed by the dark faeries. Torn between his precarious home life and helping the new girl in town defeat this evil, Tam must grow and overcome massive challenges blocking the way. Together he and Jennet will battle not just to save themselves, but the entire world.

Feyland: The Dark Realm is available in ebook and paperback formats. It is the first book of a trilogy, but can be read as a stand-alone.

Darkness: ⚡⚡

The Haiku Music Review

TJ Hall

Contributing Writer



The Blind Shake

"Celebrate Your Worth"

"He shot all the birds, watched all the bullets go out." Far out, man, far out.



Jesus Piece

"Self-Titled Ep"

I think they mean it. But I don't know what it means. Go to see them live.



Trapped Under Ice

"Heatwave"

Like self-awareness, power chords and grooving stuff. I hope you like it.



Three Trapped Tigers

"Numbers 1-13"

It's computer jazz, and that will make it a thing. Science musicians.



Glocca Morra

"Wussy Pillow b/w Secret Drinker"

We have no time now. But they love you so much, though that they did this thing.



Next Life

"Part Human"

Should you ever ask, your Amiga Five Hundred how it's feeling now.

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Warm Chicken Curry with Coconut Rice

Lindsay Schmandt
Staff Writer

The most wonderful time of year is approaching, with its beautiful changing colors, warm wool sweaters and festivals filled with apple picking, pumpkin carving, and the ever-loved cinnamon-spiced donuts. Before you start thinking of the traditional pumpkin pie or sweet potato casserole this year, consider a new way to use up your harvest vegetables. Chicken braised in a creamy curry sauce with root vegetables, served over coconut rice, is a sure way to spice up one of those cold nights we're bound to come across soon!

You will need:

For the Chicken:

- 3-5 chicken thighs or breast.
- 1 cup of plain Greek yogurt – divided in two
- 1 14 oz. can chicken stock or broth
- 1 small sweet potato, peeled and chopped
- 1 small white onion, cubed
- 1 carrot, peeled and chopped
- 2 cloves of garlic, minced
- 2 tsp. fresh parsley or cilantro, chopped
- 1 tsp. fresh ginger, chopped (optional)

Spice mix:

- 2 tbsp. curry powder
- 1 tsp. paprika
- ½ tsp. garlic powder
- 1 tsp. cumin powder
- 1 tsp. salt

Rice:

- 2 cups jasmine rice, rinsed until the water runs clear
- 1 cup water
- 1 tsp. oil or butter
- 1 14 oz. can coconut milk

Directions:

Begin by mixing half of the Greek yogurt in a sealable bowl or bag with half of the spice mix. Coat the chicken and marinate it in the refrigerator for at least 30 minutes – but no longer than overnight. Preheat the oven to 450 degrees Fahrenheit and place the chicken spread apart on a lined baking sheet. Bake for 30 minutes or until the outside of the chicken is well-browned.

While the chicken is baking, in a large, oven-safe saucepan over medium heat, sauté the onion, sweet potato, and carrot until soft, then add the garlic and ginger. Add the chicken stock, the rest of the spice mix, and parsley to the vegetable mix and bring to a boil. Place the chicken in the stock and vegetable mixture, and place the whole pan in the oven, reducing the heat to 300 degrees Fahrenheit.

While the chicken is in the oven, put your rinsed rice with a teaspoon of oil or butter into a medium pot and sauté for about three minutes, or until the rice is slightly tan in color. Add in the water and coconut milk; cover and cook for about 20 minutes.

Once the rice is done, check the chicken for an internal temperature of at least 165 degrees Fahrenheit – once this is reached, remove the chicken and vegetables, and stir in the last half of the Greek yogurt. Serve the chicken over coconut rice with some cilantro or parsley sprigs!

This recipe is highly adaptable; feel free to use any root vegetables or squashes, or any dairy-free options available. It can be transformed into a vegetarian (or even a vegan recipe) by substituting Tofu or garbanzo beans, vegetarian stock, and coconut yogurt.

EVENTS CALENDAR

October 20 – November 4

Kelsey Pease

Staff Writer

Friday, Oct. 20

- 8am to 8pm: DMC Dorset Print Sale at the Zimmerman Sculpture Court.
- 9:30am & 11:30am: Writing & Drawing with author-illustrator Brianne Farley at the Dennos Museum Center. Call (231) 995-1029 or email jdake@nmc.edu to reserve seats.
- 4pm to 5pm: Voices student group meetings in the Osterlin Building (O-204).
- 6pm to 10pm: Volleyball sponsored by Ratio Christi at the Public Education 100 Gym.

Saturday, Oct. 21

- 7:30am to Noon: Sara Hardy Farmers Market at Lot B, across from Clinch Park.
- 8pm: Musician Paul Brown to perform at the Dennos Museum Center.
- 8pm to Midnight: Ghost Walk — enjoy a leisurely stroll through Traverse City, in the dark, with Wood Smoke telling you ghost stories. Meet in front of the Bijou Theatre.

Tuesday, Oct. 24

- 10am to 2pm: Ferris State University-Traverse City open house in the Health and Science Building atrium.

Wednesday, Oct. 25

- 8am: Registration for Spring 2018 and Summer 2018 semesters begins.
- 6:30 pm - Screening of "The Age of Consequences" documentary about the national security

risks of climate change, followed by panel discussion at Milliken Auditorium.

- 8pm to 10:30pm: Musician May Erlewine live at Rare Bird Brewpub.
- 9pm to Midnight: NMC iDance club meeting in Physical Education 120.

Friday, Oct. 27

- 10am to 5pm: Holiday Art Fair featuring fine arts & crafts from Michigan artists, Christmas and Chanukah gifts, arts & crafts kits and more at the Dennos Museum.
- 4pm to 5pm: Voices student group meetings in the Osterlin Building (O-204).
- 6pm to 10pm: Volleyball sponsored by Ratio Christi at the Public Education 100 Gym.

Saturday, Oct. 28

- 7:30am to 12pm: Sara Hardy Farmers Market at Lot B, across from Clinch Park.
- 10am to 5pm: Holiday Art Fair at the Dennos Museum Center.

Sunday, Oct. 29

- 1pm to 5pm: Holiday Art Fair at the Dennos Museum Center.
- 7:30pm: Scott Bradlee's Postmodern Jukebox live at the City Opera House.

Wednesday, Nov. 1

- 3:30pm to 4:30pm: Students United for Gender Rights in Health & Science 100.
- 5:45pm to 6:45pm: Women in STEM meeting in Parsons Stulen 218.
- 9pm to Midnight: NMC iDance Club Meeting in Physical Education 120

Friday, Nov. 3

- 4pm to 5pm: Voices student group meeting in the Osterlin Building O204.
- 6pm to 10pm: Volleyball sponsored by Ratio Christi at the Public Education 100 Gym.

Saturday, Nov. 4

- 8:30am to 3:30pm: Immaculate Conception craft show, 308 N Cedar St, Traverse City.

Columbus Controversy Offers Chance to Educate

Breanne Russell
Editor in Chief

This past August, while the mayor of New York City contemplated removing the famous yet controversial

Christopher Columbus statue, erected in 1892 amongst Manhattan's Columbus Circle, two equally contentious relics docked on the shores of Grand Traverse Bay: Columbus' ships, the Niña and the Pinta.

According to The Columbus Foundation, which owns the historical monuments, The Niña and Pinta are the most accurate replicas ever built. The Niña's deck measures 65 feet with a sail area of 1919 sq. ft., surpassed only by the Pinta's 85ft. dock area and 3800 sq. ft. of sail area. Both ships are marketed as floating museums, but for many here in Traverse City and surrounding Michigan ports, the museum is lacking a fundamental resource: education.

As children we are taught the story of Christopher Columbus: he sailed from Spain in 1492 (sailed the ocean blue), in hopes of discovering India, instead stumbling upon the Bahamas (which he still believed was India). Over three voyages, Columbus sailed over 25,000 miles, establishing a permanent connection between Europe and the Americas. For many, including student Chelsea Cooper, this is where the story ended.



Columbus ship replicas drew curious crowds at Clinch Park in late August. photo by Jacob Wheeler

Cooper grew up in Gaylord with a strict religious foundation, attending a small Christian college before enrolling in NMC's Fresh Water Studies. She said she never understood the negative impact Columbus had on the lands he conquered until breaking away from her "very white," very Anglo-Saxon education. "When I left Christian college, I started to do my own research on historical events, and when I read about the real history of Columbus I really sided with the indigenous people. It was a whole aspect of history that I never even knew before, never been taught."

What Cooper had never been taught was the nefarious truth behind the colonization of the Americas: murder, rape, slavery, and the destruction of indigenous culture. This is the truth that Cooper, and fellow NMC Fresh Water Studies student Sierra Nadeau, were hoping to educate the public about when they opted to hand out information at the Niña and Pinta tours in Traverse City.

"You have these replica ships that are almost in a way celebrating the enslavement of indigenous people and the horrible things that Columbus did," said Nadeau. "It would

be the same going to a museum with gas chambers and talking about the engineering of the chambers and how awesome they were. But not giving the backstory of why they were used."

Nadeau, an Anishinaabekwe Native American who grew up in Peshawbestown, is no stranger to this type of historical ignorance, but was further embittered by lack of accurate information provided by The Columbus Foundation during the ships' tours. "They are leaving it up to the indigenous people to educate. Education should at least be included. They were bringing these ships but they weren't giving the whole side of history, until we spoke up. History is what happened. Period."

Angeline Antoine, a member of the Grand Traverse Band (GTB) of Ottawa and Chippewa Indians, co-author of the Traverse Indigenous Peoples' Day proposal, and Idle No More representative, first heard of the ships' arrival while scrolling through Facebook. Her initial reaction was to try and stop the ships from coming. "They symbolize the beginning of what would be, and still is, a very painful part of our peoples' history. Colonialism started with Columbus and the Doctrine of Discovery. The idea that anyone not of the Christian faith is lesser than those who are could be dominated and their lands and way of life stripped from them by any means necessary. People like to say that those things happened a long time ago, [and] the openly horrific things did, but that idea of domination is still here, alive and well."

After reaching out to the Traverse City Council and the GTB tribal council for support, Antoine and her group were contacted by Doug Roberts, president of the Maritime Heritage Alliance (MHA), who played a key role in arranging the Columbus ship event. "I was notified that he would like to speak to someone about what we were planning so I called him," said Antoine. "In that conversation he offered us a space to tell our perspective. MHA provided us with a table, chairs, and canopy. Our group got to work on informational materials that we could hand out to those visiting the ships and also rounding up volunteers to help out."

The group assembled three informational pamphlets. One was dedicated to the Doctrine of Discovery, one on Christopher Columbus and the other on the philosophy and history of the Northern Michigan Anishinaabek people. Nadeau and Cooper agreed that the reception from ship visitors was, for the most part, positive. "Most people were really receptive," said Cooper. "They said thank you and would bring their children up to the booth. There were only a few people who were not very nice about it. We're still catching up from that '50s mentality of 'white rules.'"

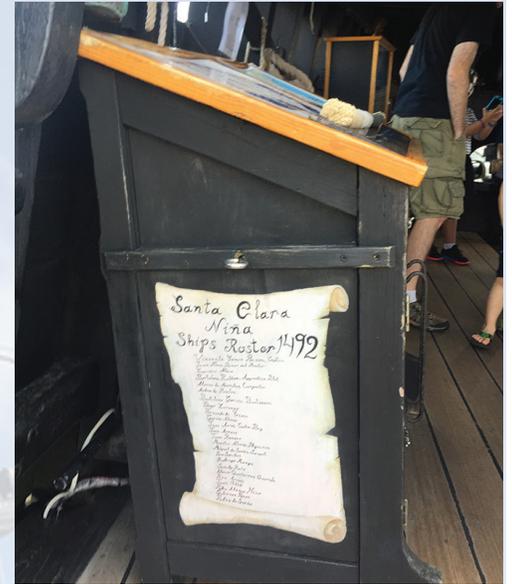
Antoine had a similar experience during her meeting with the ships' crew. "Everyone was respectful and receptive to what we had to say. The crew had no real knowledge of how the presence of the ships impacted our people and why. They appreciated us taking time to further educate them."

But it was the lack of foresight and planning that reeked of indifference to the indigenous peoples' cause. "One, they didn't talk to the [GTB Tribe], two, it was what [the ships] represented, and three, it happened during the same time as our sacred pow wow," said Nadeau. For her, education was at the heart of the issue. "The first step to getting things like this to change is voicing your opinion, and most of the time that is held in a peaceful protest. The second step is education: this is the truth, and it's not being told."

Mindy Moore, NMC adjunct instructor of US and Native-American History for the last 15 years, agrees there is a lack of comprehensive US history when it comes to indigenous people. "It's trite but true, the winners do write the history, and with the case of Native Americans the attitude has generally been they were savages, then victims, now dead. Most history books are written by Euro-Americans and they concentrate on Euro-

American history." She believes more teachers from different backgrounds need to be brought into the conversation. "For the most part, teachers know very little about native history unless they go search it out. How can we discuss US History and leave out an entire section of its people?"

Moore is currently working to bring more American



Tours of the Niña and Pinta were available from Aug. 18-23. photo by Jacob Wheeler

Indian history into the US history book through the Open Educational Resources at Osterlin Library. Slated to be finished by the end of 2017, the project has been a bit overwhelming for herself and her writing partner Ann Heutsche. "Much needs to be added and edited," said Moore. "There are theories and statistics that are out of date or have been disproved. Many authors don't bother to go back to the source and so they repeat what they've read in an old book."

Like Cooper, Nadeau, and Antoine, Moore understands firsthand the dangerous repercussions of this type of lazy education. "It really struck home when a friend and her daughters came to visit," said Moore. "The youngest, about 10, asked me about Indians. First, if they were still alive. I calmly replied 'yes.' Her older sister piped in that they had all been rounded up and put somewhere—like a zoo. I was appalled but didn't want to stop the conversation as it was an opportunity to educate. I asked if she meant a reservation and she replied 'yes.' As I was about to explain, the younger girl asked if we could go see them and did they still wear those funny clothes. I wasn't mad at them but I was angry with an educational system that made so little mention of native people that these girls would have such misconceptions."

Oct. 9 heralded yet another national federal observation of Columbus Day in the United States. Some states, and cities like Traverse City, have adopted another celebration: Indigenous People's Day. Introduced as a counter celebration, Indigenous People's Day sheds light on the diverse cultures of the native people who were directly impacted by the colonization of the Americas some 500 years ago, in hopes to encourage education and insight into a rich history wrought with both pain and suffering, but also hope and survival.

"Part of the Native American philosophy is not about how much you have, it's about how much can you give," said Nadeau. "There is this ideology that we are a dead culture, and we're not. We're still here."