

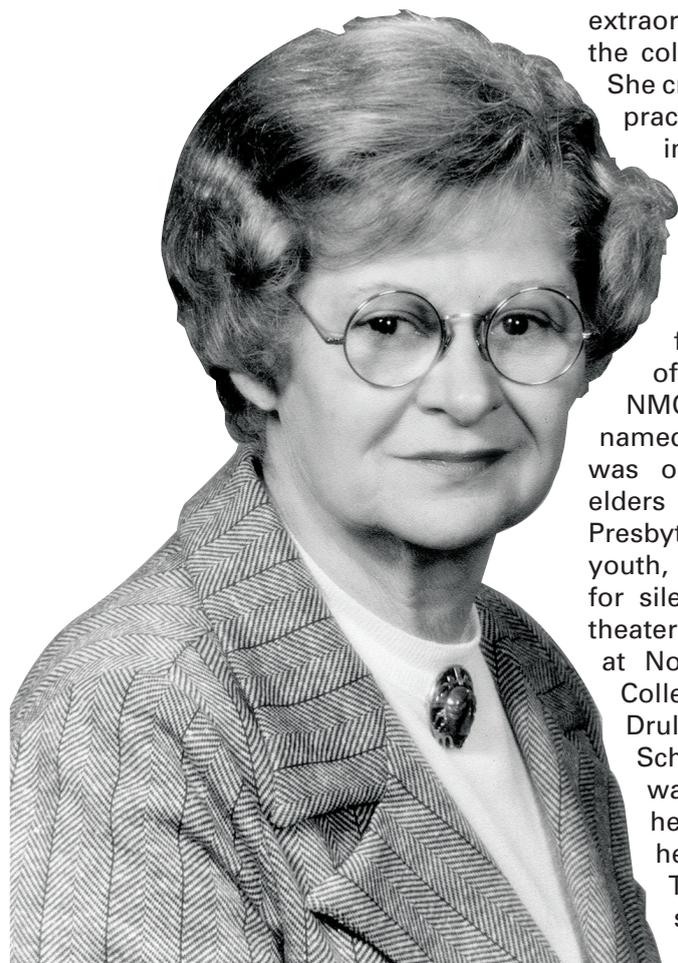
# WHITE PINE PRESS

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

# Can I Kiss



# You?



Former faculty member and trustee Alice Drulard made an extraordinary impact on both the college and community. She created NMC's licensed practical nursing program in 1955, and served as its director until her retirement in 1974. Following her retirement, Drulard became the first female Board of Trustee member at NMC, and in 1984, was named an NMC Fellow. She was one of the founding elders of Traverse City's Presbyterian Church. In her youth, she played the piano for silent movies at Detroit theaters. Her memory lives on at Northwestern Michigan College through the Alice Drulard Memorial Nursing Scholarship, which was established by her children following her death in 1993. The scholarship aids students committed to a career in nursing.

## News Around Town

**Munson Medical Center and the Munson Nurses Association have reached a tentative three-year agreement after 15 months of negotiations.** The agreement goes into effect after the nurses vote to ratify the contract. Specifics about the agreement have not been released, but registered nurse (RN) Carolyn Moss told The Ticker that it "includes provisions to safeguard staffing levels, limits to mandatory overtime, and raises to recruit and retain quality RNs."

**The third annual Queer Prom will be held at The Cathedral Barn at Historic Barns Park on Saturday, April 13, from 7-11pm.** Prom goers must be high school students between the ages of 14 and 18, and must reside in Northwest Lower Michigan. Visit [tcooleststar.org/queer-prom](http://tcooleststar.org/queer-prom) for further information and to purchase tickets.

## Corrections

In our Feb. 22 issue, the article "Resilience, Job Success in Face of Disability" incorrectly identified Bailey Kivell as a current student at NMC. Kivell is a former student of NMC.

In our March 8 issue, the article "Paying a Living Wage" incorrectly stated that NMC faculty currently works "without protections" offered by a collective bargaining agreement due to their previous contract expiring. According to the National Labor Relations Board, "if a contract expires before the next contract is in place, almost all the terms of the expired contract continue while the parties bargain (the exceptions being union security, management rights, no-strike/no-lockout, and arbitration provisions)."

NORTHWESTERN MICHIGAN COLLEGE

# WHITE PINE PRESS

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**DISTRIBUTION** 231.995.1322  
**ADVERTISING** 231.995.1996  
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Printed by Stafford Media Solutions and distributed free.  
**Printed on 100% recycled paper**

## What's Up on Campus

**Registration is open for the Fall 2019 semester.** Don't wait to enroll—classes fill quickly. Tuition is due on July 30.

**Get your superhero costume ready and register for the Big Little Hero Race!** The race takes place on Saturday, April 13, starting at the Health & Science building on main campus. The fun run starts at 9am and participation is free. The 5K/10K begins at 9:30am; registration is \$20 for students (bring your ID) or \$30 for adults. Register online at [biglittleherorace.com](http://biglittleherorace.com) or in-person on race day between 7-9am at the Health & Science building. All proceeds of the event benefit Big Brothers Big Sisters of Northwestern Michigan.

**Aaron Draplin, a 1993 visual communications program alumnus, has designed the Star Ribbon commemorative postage stamp.** It releases March 22 and can be purchased from the U.S. Postal Service in sheets of 20 or coils of 10,000.

**Enjoy spring break from March 25 through March 31!**

**Student Life will host NMC's Sexual Assault Awareness Week from April 8-11.** See pages 6 & 7 for event profiles and other information.

**Mark your calendars—the Long Night Against Procrastination is April 25!** Do some research, get tutor and writing assistance, and knock out those final projects while enjoying free coffee and snacks. The event will be held in the Osterlin Library from 6pm-2am.

### 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](http://nmc.edu/nondiscrimination)

# Raising Community Awareness with Music

**Miranda Felty** Almost everyone knows someone struggling, or have personally lived, with mental illness. It leaves you feeling isolated, disconnected, and helpless. The Centers for Disease Control (CDC) report that death by suicide has increased more than one-third in Michigan since 1999. Traverse City has its own share of mental health issues, as well as homelessness and substance abuse.

The Concert for Community Awareness, conceived by NMC's second-year Audio Tech students, will be a live music event on April 6 to raise awareness about community issues. The event will be a combination of learning and jamming. Students hope it helps those who might be struggling to realize they're not alone. They have worked on this event since the beginning of last semester and were responsible for creating posters, press releases, booking talent, and reaching out to other student groups, such as Spoonful of Foodies and the Black Student Union. During the event they will work behind-the-scenes on production and running live sound, as well as videotaping and recording the performances. For the students involved in fostering this event, it is a great opportunity for them to get the hands-on experience about what it takes to bring a live event together.

The Audio Tech students chose issues that were important to them and prevalent in the Traverse City community and on campus, such as suicide prevention, mental health, substance abuse, and homelessness. Many college students feel lonely and disconnected, and NMC also has homeless students who live out of their cars and struggle to eat every day. These issues are personal to many in the community. "A lot of these topics are ones people don't want to talk about," says John Michalski, an Audio Tech student and the drummer of Deadlight Holiday. "Don't be afraid to talk about it; a lot of people struggle with this in the community, and we want to let people know that they are supported."

Between performances there will be speakers from the community, including mental health professionals from Third Level Crisis Center, Michael's Place, and other organizations to raise awareness. There will also be information tables set up to help those who attend to become familiar with the resources offered in the area. As for the bands that are playing, you can expect some local favorites such as Little Graves, Joy Decision, Hail Your Highness, Deadlight Holiday, Lofteez, and Seth Bernard—and possibly some performances from NMC music students.

Audio Tech instructor Patrick Niemisto, along with David Chown who gave the second-year students guidance, stresses the importance of having the initiative come from students.

This opportunity gets students involved and encourages others to connect with the music while coming together as a community. "There are people who think about suicide every day. It is our hope through this concert they may see opportunities to be involved in their community and where to find help. Music is a great way to bring these communities together."

Through music and outreach, the Audio Tech department wants to make a positive impact. "We want to tie good music in with the resources to help people who might be struggling with these issues," Michalski says. He mentioned that all of the students have a mutual feeling when it comes to music, and it's important to them because a lot of musicians struggle with depression, just like students.

This is the first of what NMC's Audio Tech department plans to be annual sponsored events to spread music, raise awareness, and bring the community together. To keep up with future events put on by the Audio Tech students follow "NMC Audio Tech" on Facebook.

Doors open at 3pm on Saturday, April 6 in the Milliken Auditorium at the Dennon Museum. The concert starts at 5pm, wrapping up around 10pm. This event is free of charge and geared toward students, but whether you're a student, staff member, or just part of the Traverse City community, all are encouraged to come. Even if you can only stay for a short while, drop in to show your support and enjoy the music.

NORTHWESTERN MICHIGAN COLLEGE  
PRESENTS:



**MISSION:** A FREE EVENT TO SPREAD AWARENESS FOR SUBSTANCE ABUSE, SUICIDE PREVENTION, MENTAL HEALTH, AND HOMELESSNESS IN THE COMMUNITY.

**WHERE:** MILLIKEN AUDITORIUM

**IN COLLABORATION WITH:**  
NMC AUDIO TECH  
NMC STUDENT LIFE  
NMC STUDENT GROUPS

**FEATURING:**  
SETH BERNARD  
LITTLE GRAVES  
JOY DECISION  
HAIL YOUR HIGHNESS  
DEADLIGHT HOLIDAY  
LOFTEEZ

**APRIL 6, 2019 3:00PM-10:00PM**

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Occupational Therapy M.S.O.T.



Irish band The Outside Track performs celtic music inside NMC's Health and Science building on Wednesday, March 13.

Photos by Logan Schweizer

# Medical Marijuana Returns to Traverse City

**Steven Tucker** Recreational marijuana officially became Staff Writer legal on Dec. 6, 2018, but Traverse City residents won't see retailers opening just yet.

Because of the lack of regulation from the state, Traverse City and its surrounding areas, as well as most Michigan townships, are opting out of allowing recreational marijuana dispensaries right away. According to the minutes from a Dec. 3 city commissioner meeting, the decision was made to "provide time for the State of Michigan to establish the

regulatory framework, with the City to consider opting in at a later date."

The *White Pine Press* spoke to Dave Martin and Charles Orns, founders and creators of HRBN Meds, a caregiving and consulting service for Michigan medical marijuana patients. "If they don't opt out, we could just open up," says Martin. Dispensaries opened before regulations were in place would have to be grandfathered in. "I think they're just waiting around for the state to figure out how they're gonna lay out

the rules, the fees, and regulations."

Medical marijuana dispensaries, however, may soon return to the area. While they were once prevalent in Traverse City, regulatory changes forced them to close. Governor Gretchen Whitmer aims to streamline marijuana regulations. She recently ordered an overhaul of Michigan's medical marijuana regulations and created the Marijuana Regulatory Agency, effective April 30. Martin and Orns hope the new board will speed up the licensing process and make it easier. "The original board was pretty biased," says Orns.

Traverse City has allowed prospective businesses to apply for a license for a \$5,000 fee until May 3. Recipients will be chosen via lottery. Thirteen permits will be given out within the city limits, but medical dispensaries are banned downtown.

The medical dispensaries will be treated much like common pharmacies. Marijuana businesses and facilities of all kinds are required to be at least 1,000 feet from school zones.

This new market has attracted both prospective and veteran business owners, locally and nationwide, looking to buy property. Business are required to have a location in order to apply for a license. As businesses scramble to get a jump on the new market, property values have been affected in certain areas.

*The Ticker* reports that this is prompting potential buyers to make high offers on properties that, sometimes, are not even on the market. They also found some sellers are looking to profit off the new demand, asking unusually high prices for property.

Dan Stiebel of Coldwell Banker Commercial attributed the high demand and low supply of potential properties to the inflation in property value in a January blog post. Because the value lies in the business potential, and receiving a permit is not assured, prospective buyers may be forced to gamble on these inflated prices.

While we may not be seeing recreational marijuana dispensaries in Traverse City in the coming weeks—or maybe even months—the ending of marijuana prohibition in Michigan already has affected our area. "The same thing happened in Colorado," says Martin. "The majority opted out in the beginning." The Michigan marijuana industry has growing pains to endure, but the process is moving forward.

*Think you might be*

## PREGNANT?

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- ✓ **Get the facts!** We'll explain all your options & help you plan your next steps in a safe, caring, judgment-free space.

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PREGNANCY CARE CENTER



# Campus Quotes

**Annie Hindle**  
Staff Writer

## What are your plans for spring break?



“I’ll be going on a family trip out of the States, somewhere tropical.”  
**NATHAN TAFELSKY, GENERAL ENGINEERING**



“I will be working.”  
**BAILEY LAPEN, SOCIAL WORK**



“I think I will be going to Chicago.”  
**IAN GABRIEL**



“Going to Punta Cana!”  
**EDDIE PLEVA**



“Staying at home working!”  
**HARLEY ROGERS, SURGICAL TECH**



“Staying at home, hanging out with friends.”  
**NEVAEH DAVIS, PSYCHOLOGY**

## What is the WPP staff doing for spring break?



“Avoiding technology and spending time with my dog, Riley.”  
**NICK MOUG, PAGE DESIGNER,  
VISUAL COMMUNICATIONS**



“Going with the *NMC Magazine* literary staff to the Association of Writers & Writers Programs (AWP) conference in Portland. I’m staying a few extra days after the conference to enjoy the city more, too.”  
**ANN HOSLER, EDITOR-IN-CHIEF,  
BUSINESS ADMINISTRATION**



“I will be mowing down on some donuts in Portland. I might take a break to also mow down on some sushi.”  
**RACHEL LYNN MOORE, COPY EDITOR,  
ENGLISH & CREATIVE WRITING**

# Learning to Talk About Sex

**Emily Slater** Staff Writer Think about your last intimate encounter. Were you comfortable with the situation? Did you talk with your partner or hope that things would just work out? Did you ask them what they were comfortable with, or did you both rely on shoddy body language to be the prevailing guide?

Now think what it would be like to know how to express your needs and desires to your partner, and know how to ask them what theirs are, too, leading to a more fulfilling experience for both of you.

Mike Domitrz, national speaker and author of “Can I Kiss You?,” travels around the country giving college students the skills to talk about sexual intimacy, an area of education he thinks is sorely lacking. “We fail to give people sexual decision making skills and skills on how to verbally communicate what they want, what they don’t want...it’s almost unheard of that people learn those skills,” he says, going on to elaborate on why teaching young people how to talk about sex is such a taboo subject in our culture. “Society isn’t teaching these skills at a younger age because they have a misled fear that if you talk about sexual intimacy it leads to people engaging in more high-risk sexual activity. But that’s completely inaccurate. The more you gain skills and knowledge around sexual intimacy the better choices you make, the more



**Mike Domitrz**

wonderful experiences you have. Gaining knowledge is a good thing, gaining skills is fantastic.”

Domitrz explains that having the skills and confidence to talk about sexual intimacy breaks down the myths and stereotypes that lead to all of the confusion, fear, and problems people can experience when it comes to sex. The lack of conversation and teaching around the subject gives off the idea that somehow it’s a shameful or guilt-ridden topic, further pushing it under the table and leaving people floundering for guidance and answers. “Guilt is ‘I did something wrong, that was a bad choice.’ Shame is ‘I’m a bad person, or I’m not as good of a person because I didn’t have this knowledge.’ And that can lead to lack of self-confidence or lack of self-value. That’s really unhealthy,” Domitrz comments.

Also unhealthy? Where people are often turning to fill the gaps left by a lack of proper education and help concerning sex: pornography. The distorted reality of sex presented by porn coupled with the graphic video imagery on the internet now versus its predecessor of print images gives an inaccurate and damaging picture of what sex really is, Domitrz says. “Pornography is an extremely jaded view of sexual decision making. It’s not realistic, and it’s not about pleasure and connection.” He emphasizes the importance of mutuality when it comes to sexual intimacy; being able to talk and gain an understanding of what is comfortable and desired by both parties involved, leading to a more enjoyable experience all around.

Domitrz’s program, which he emphasizes is not a lecture but a time of fun and realistic conversation between himself and the audience, extends beyond giving people the skills they need to talk about sexual intimacy and decision making. He will also teach students how to intervene in a situation where a friend is being coerced with alcohol or drugs to leave a party with someone or engage in sexual activities they may not be able to consent to, and how to be a safe person who is able to support someone who has been sexually harassed or assaulted. The evening is inclusive to all genders and sexual orientations.

*“Can I Kiss You” will be held on Wednesday, April 10 at 6:30pm in the Milliken Auditorium.*

FREE

## CAN I KISS YOU?

Join Mike Domitrz

for an interactive presentation on communication & dating.

.....

Wednesday, April 10

Milliken Auditorium

6:30pm

For more information contact Student Life @ 231-995-1118

Sponsored by the Michigan DHHS Campus Sexual Assault Grant Program

## NMC SEXUAL ASSAULT AWARENESS WEEK

APRIL 8TH- APRIL 11TH, 2019

FREE

Monday, April 8:

Nacho Macho Man: Men’s Perspective in the Me Too Movement

East Hall Basement 6pm

FREE

Tuesday, April 9:

Take Back The Night

Hagerty Center 5:00pm  
March 5:30pm  
Speakout 6:45pm

FREE

Wednesday, April 10:

Can I Kiss You?

an interactive presentation on communication & dating w/

Mike Domitrz

Milliken Auditorium 6:30pm

Limited free student tickets @ [mynorthtickets.com](http://mynorthtickets.com)

Thursday, April 11:

Women’s Resource Center Presents:

Solace & Solidarity: Supporting Survivors of Sexual Violence

Emily Sioma, Miss Michigan 2018  
Milliken Auditorium 6:00pm

For more information, contact Student Life at 231-995-1118

Can I Kiss You? is brought to you by the State of Michigan Campus Sexual Assault Grant Program



# Nacho Macho Man

## Men's Perspective of the #MeToo Movement

**Liam Strong** In October 2017, the #MeToo movement put front and center the harsh reality of widespread sexual assault in our world. At the center of the issue is toxic masculinity and the way it contributes to the systemic problem of sexual harassment and assault. But while the #MeToo movement has certainly shone a light on the problem, the prevalence of misogyny and sexual violence is an issue as old as humanity itself.

During NMC's Sexual Assault Awareness Week from April 8–11, various events will be available for students to educate themselves through conversation and resources devoted to preventing sexual violence. On April 8, the Student Life Office will host "Nacho Macho Man: Men's Perspective in the #MeToo Movement" in the East Hall basement at 6pm.

The Nacho Macho Man event will have free food, including a nacho bar, chicken wings, and a root beer keg. A panel of six men from NMC's staff, including counselors, will discuss the effects of sexual assaults on the larger population of men. The event is intended to show how to have positive, healthy relationships and open dialogue with topics that are often not approached by men. Counselors will attend the event for students to speak with throughout the night.

Additionally, the event is open to students of all gender identities—not just men. In the weeks prior to the Nacho Macho Man, Student Life gathered student questions at pop-up events to be addressed during the panel. "We want attendees to feel open enough to ask questions of some male leaders on NMC's campus," counselor Paul Kolak says. "Openly discussing any issue appropriately is a healthy outlet for any tension or confusion that has arisen."

Topics being discussed include consent, dating, and healthy relationships. Likewise, the panel aims to demonstrate how bystanders can recognize, aid, and report suspicious and illegal behaviors so sexual assaults can be prevented in the future. "[W]e want to raise awareness that most men are allies and are strongly opposed to sexual assault in all of its forms," Kolak says.

Rather than opening the discussion to an "us vs. them" mentality, Scott Herzberg, military and veteran services advisor at NMC, suggests that the event is an opportunity to

recognize how society impacts everyone. "Nacho Macho Man' infers that masculinity in-and-of-itself is not toxic," Herzberg explains. "It's an individual's actions, values, attitude, opinions, etc. that can be toxic."

Having an open, honest dialogue about toxic masculinity isn't to antagonize men, boys, or the characteristics of being masculine, that are constructed by society. The purpose

of Nacho Macho Man is to re-develop a more positive construct of masculinity that is less harmful and less limiting. To be secure and comfortable with one's identity, we need to be open to revising what we typically call "masculinity."

"Respect for both oneself and others is a key characteristic of healthy relationships," Herzberg says. "Maintaining open lines

of communication may help form healthy relationships and recognize the signs of unhealthy relationships/individuals."

If you want to submit questions to the Nacho Macho Man panel prior to the event, stop by the Student Life office to fill out anonymous question slips, or email questions to [studentlife@nmc.edu](mailto:studentlife@nmc.edu).

### Nacho Macho Man Panelists

Marcus Bennett,  
Associate Dean  
of Campus and  
Residence Life

Jeremy Bilderback,  
Counseling Intern

Steve Dixon, Health/  
Fitness Instructor

Scott Herzberg,  
Military and Veterans  
Services Advisor

Jaquane Johnson,  
Residence Hall  
Manager

Todd Neibauer,  
Vice President for  
Student Services and  
Technologies

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MARCH - 5:30PM

SPEAK OUT- 6:45PM

For more information:  
NMC Student Life Office (231) 995-1118

# NMC SAAW2019

# Unplugging for Spring Break

**Andrew Veith** How many times have you regretted a late night of watching YouTube vine compilations or endlessly scrolling through social media? How often do you feel distracted, unable to track your own thoughts, lost in a deluge of information and images? Do you ever get a feeling of terrible waste, like you're merely a spectator of other people's lives and adventures?

You might get mad enough to try and break free, yet you feel trapped. You can't just throw away the devices that connect you with distant friends and family, work, and education. For all the time that you've wasted, you can't deny the incredible usefulness of technology.

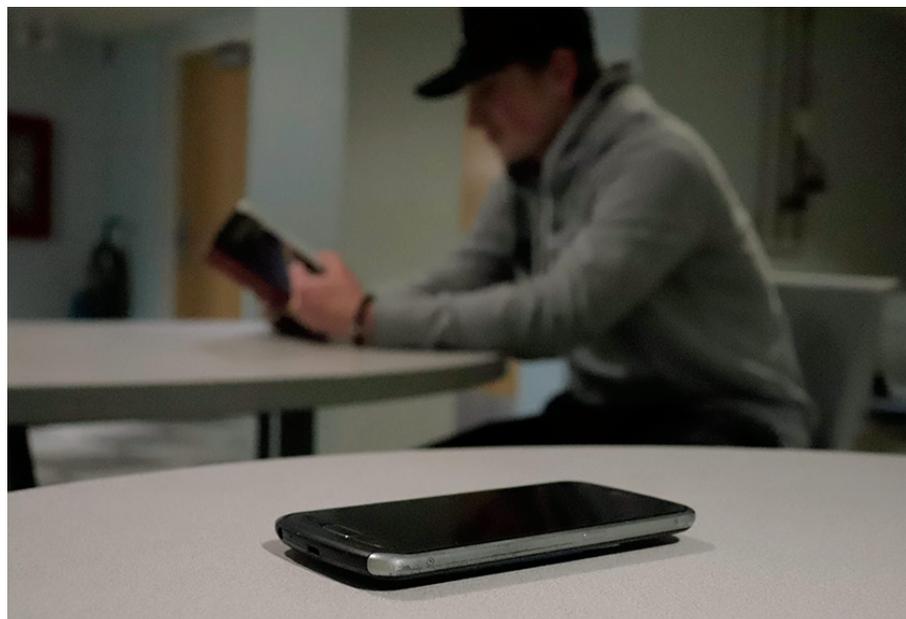


Photo by Logan Schweitzer

Technology is a modern reality, and while not impossible, it's rather impractical to try eliminating it entirely. It makes our lives easier in so many ways and can provide genuine enjoyment. The best we can do is try to strike a healthy balance.

Take an honest evaluation of how media affects your life. Does watching YouTube vlogs and scrolling through Instagram feeds inspire you, or does it make you feel envious and dissatisfied? Do video games provide a relaxing hobby that helps you to deal with stress, or is it an unhealthy escape from a reality you are repeatedly refusing to face? Escape is a healthy way to relieve stress when used in moderation, but it only provides temporary relief from problems, rather than solutions.

Take a look at the real world around you. The more we go outside and balance our tech with healthy real-life activities, the better for our health and joy. Rather than only accomplishing tasks and feats in a virtual world, challenge yourself with real world goals.

Reality may seem boring at first, but boredom helps us to be creative and to generate new ideas to keep us busy. Go for a hike, or make a mission out of accomplishing household tasks and errands. Find sports and hobbies that enrich your life, improve your health, and provide you with genuine enjoyment. You might discover a skill or talent in yourself you weren't aware of before.

The video game enthusiast might find great reward in cosplaying their favorite characters or feeling the adrenaline rush of airsoft or paintball. Maybe you'll learn how to play an instrument, a martial art, or a niche sport like snorkeling or mountain biking. Don't satisfy yourself with a virtual reality when you've got a whole real life to live and a great big world brimming with opportunity and endless potential.

At the end of the day, tech is great, but make it serve you—don't serve it. As a friend of mine once said, "Computers are in our lives, but our lives are not in our computers." With a glorious spring just around the corner, there's no better time to start taking control of the tech in your life.

## Alcohol Awareness Month

**Liam Strong** While college is a time when many students are open to the freedom of consuming alcohol, there are many drawbacks to drinking recreationally. Whether you are old enough to drink or not, or have friends or family who drink, being aware of alcohol and the problems it causes is the first step to creating a healthy environment.

Alcohol Awareness Month, held every April since 1987, was established by the National Council on Alcoholism and Drug Dependence (now referred to as Facing Addiction with NCADD). The purpose of the month is to encourage opportunities for communities across America to provide the public with information on alcohol, addiction, and recovery. According to Facing Addiction with NCADD, "It is an opportunity to decrease stigma and misunderstandings in order to dismantle the barriers to treatment and recovery, and thus make seeking help more readily available to those who suffer from this disease."

Even if you're a conscientious drinker, low-risk drinking does not mean no-risk drinking. Be careful knowing how much you've drank. Eating before you drink is important so that the alcohol doesn't immediately take effect in your bloodstream. Ideally, according to the Centers for Disease Control and Prevention (CDC), to drink a healthy, moderate amount, women should only have one drink per day, and for men two drinks a day.

This year's theme for Alcohol Awareness Month, "Help For Today, Hope For Tomorrow," is geared toward local, state, and national events educating the treatment and prevention of alcohol addiction. Events like Alcohol-Free Weekend, April 5-7, are aimed to raise public awareness of the effects of alcohol on individuals by encouraging individuals to refrain from alcohol consumption for three days. Just because others are drinking doesn't mean you need to as well; don't ever feel pressured to drink if you aren't comfortable with it.

If someone you know suffers from an alcohol addiction, the best thing you can do is talk honestly and simply. You're not there to bring the person suffering down, but to offer support. Expressing love and acknowledging that recovery is an ongoing process is important. Finally, offer to help the individual by searching for treatment from a medically supervised detox and a rehabilitation program.

## Avoiding Spring Sickness

**Liam Strong** Spring is (slowly) approaching, and with it is the season when it seems that everyone is prone to sickness. The changing weather can cause this, as well as exposure to locations where germs lay in hiding. College campuses are the perfect place for sickness and disease to spread, but there are ways to prevent yourself and others from falling ill.

### Sleep. Rest. Lots.

If you stay up late watching Netflix or pull all-nighters on homework, think again. Lack of sleep weakens your immune system.

### Wash your hands. Wash everything.

This should go without saying. If you wash your hands enough, you might be the only one of your friends not sick. Additionally, cleaning the doorknobs and practically anything else you touch in your home is a good habit to prevent germs from spreading.

### Hydrate or Die-drate

If you don't drink enough liquids, you'll fall victim to a weak immune system. You might want to avoid coffee, as it will diminish the effectiveness of your immune system. Tea is a better alternative—especially green tea. Taking a daily multi-vitamin, and adding in an extra daily boost of vitamin C, is never a bad idea.

### Personal hygiene is a must

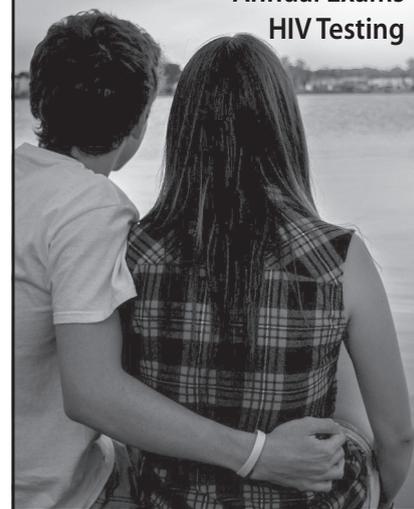
Double down on taking a bath/shower, washing your hands before meals and after you use the bathroom, and using hand sanitizer frequently (especially after you sneeze or cough).

### Utilize campus health services

Become familiar with where you can go to get quick medical help. Not all services will allow drop-in appointments, so make appointments. On NMC's campus, Student Health Services is located in the Biederman Building, room 106, and can be contacted at 995-1255. They will help you with diagnoses, treatments, referrals, and resources.

## COMPASSIONATE CONVENIENT CONFIDENTIAL

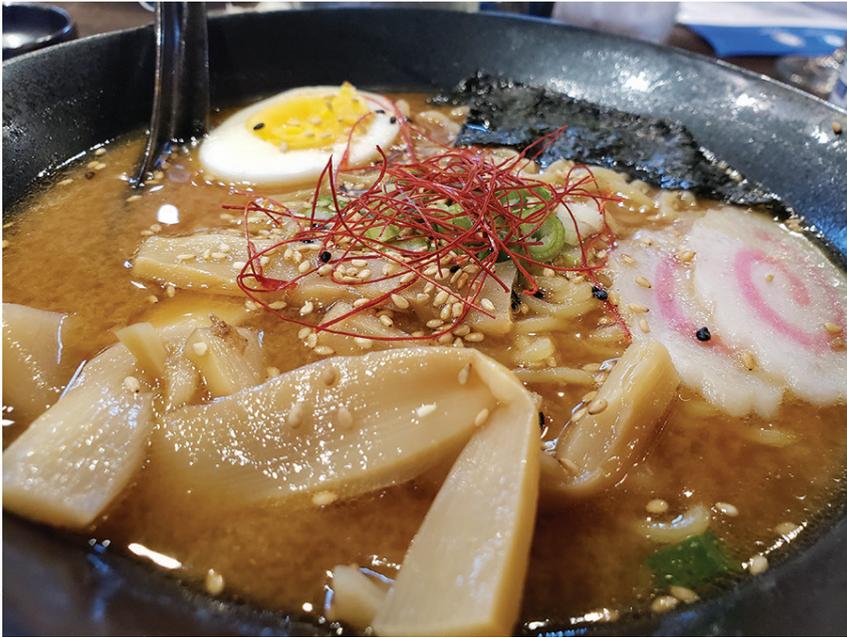
Birth Control  
Pregnancy Tests  
STI/STD Testing & Treatments  
Breast & Cervical Cancer  
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HIV Testing



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Medicaid Accepted/Uninsured Welcome

# Sushi Train



What can be better than food brought to you via a conveyor belt? That food being freshly prepared, awesome sushi! The *White Pine Press* enjoyed sushi, ramen, and more at Sushi Train in Minneapolis on Feb. 16. Our staff hopes to one day enjoy conveyor belt goodness at home in Traverse City.



Photos by Ann Hosler



# FREAK YEAR™

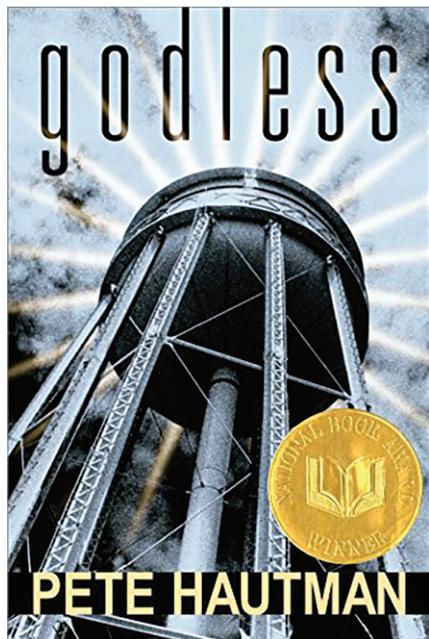
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# Book *Shady Lady* Reviews

## "Godless"



**Tamara Wiget** Staff Writer Peter Hautman's Y.A. novel "Godless" follows bored teenager Jason Bock as he struggles against the Roman Catholicism pushed upon him by his parents. Jason is too intelligent to be swayed by dogma, so in all his young adult wisdom, he decides to make up his own religion: Chutengodianism.

The Chutengodians worship the town's local water tower—using the logic that water is the source of all life. For Jason, creating the rituals and regulations of Chutengodianism is a game, but for his weird, socially awkward best friend Shin, it becomes an unhealthy fixation. Shin takes his role as author and First Keeper of the Sacred Text seriously—so much that he neglects all his other interests to the point that he has a bit of a psychotic break.

As an atheist I had high hopes for a novel called "Godless." While I appreciate Hautman's nod to the irrational zeal that often possesses

the faithful, something about the novel is lacking. The story follows Jason because he's the founder of the Chutengodians, but of the handful of members he's the least interesting. Perhaps this is because he is the least changed by the events that transpire after the founding of his new religion.

Narrating the story and establishing a religion are the only valuable things Jason does in "Godless"—which makes me wonder how and why Hautman won a National Book Award with this questionable piece of literature. The novel feels like it isn't written for teens at all, but for the adults who want to impose their own beliefs upon the young and impressionable.

# Music that is Sometimes Good but also Sometimes Not Good

## FIDLAR - "Almost Free"

**Liam Strong** Staff Writer I never quite took to nostalgia the way most Millennials glorify it. I can't change the fact I watched certain television shows or listened to bands that are probably "guilty pleasures" now. The era of popular music the early 2000s brought was an odd time, and most of it is now converted into memes. The concept of alternative rock was bludgeoned so much that it discredited its own origins.

Now, even "indie" bands suffer from its moniker. In the case of reviving old sounds or creative authenticity, there's no other place better where those ideas don't translate well than the recording studio.

This week's record, "Almost Free," by garage-rock/punk band FIDLAR, disenfranchises the meaning of songs/songwriting meant to be an art form. In fact, more often than not, it's hard to argue that mainstream music really stands the test as art, but rather acts as merely a competitive product. FIDLAR, by dint of trying to embody various sounds, created a record where every song could have been taken from other bands' albums. You have ska, surf rock, and The Black Keys masturbatory tracks.

The problem ends up being that the songs stand out so much that the band has entirely lost its identity. Perhaps that's the motive of FIDLAR. Since the band doesn't care enough about its lyrics, FIDLAR might as well let the music down, too.

For the world of music, when lyricism is given a greater emphasis, we end up with poets with guitars in their hands, or what have you. Alternative held its own once, but the sound it compromised opened the world to a strict template for rock music where toxic masculinity and glossy production remain at the forefront. FIDLAR exceeds well at this and reminds us that the band is in fact nice guys who complain about women and their alcoholism all the time. Likewise, it reminds us that there are alternatives—which is anything but "Almost Free" in its entirety.



# Spring Break at the State

Enjoy seven days of movies at the State Theatre this spring break. Reserve your free tickets online at [stateandbijou.org](http://stateandbijou.org) or by calling 231-947-3446. Limit of four tickets per person, per screening. Seating is first come, first serve.

### FRIDAY, MARCH 22

- 10am: "Smallfoot" (PG)
- 1pm: "The Wife" (R)
- 3:30pm: "Hearts Beat Loud" (PG-13)
- 6pm: "Crazy Rich Asians" (PG-13)
- 8:45pm: "A Quiet Place" (PG-13)
- 11pm: "Edward Scissorhands" (PG-13)

### SATURDAY, MARCH 23

- 10am: "Incredibles 2" (PG)
- 1pm: "RBG" (PG)
- 3:15pm: "BlacKkKlansman" (R)
- 6:15pm: "Avengers: Infinity War" (PG-13)
- 9:30pm: "Deadpool 2" (R)

### SUNDAY, MARCH 24

- 10am: "Christopher Robin" (PG)
- 12:30pm: "Mary Poppins Returns" (PG)
- 3:30pm: "Fantastic Beasts: The Crimes of Grindelwald" (PG-13)
- 6:30pm: "Spider-Man: Into the Spider-Verse" (PG-13)
- 9:15pm: "Creed II" (PG-13)

### MONDAY, MARCH 25

- 10am: "Ralph Breaks the Internet" (PG)
- 12:45pm: "Clue" (PG)
- 3pm: "Ready Player One" (PG-13)
- 6:15pm: "Free Solo" (PG-13)
- 8:45pm: "Mission: Impossible – Fallout" (PG-13)

### TUESDAY, MARCH 26

- 10am: "The Nutcracker and the Four Realms" (PG)
- 12:30pm: "Bumblebee" (PG-13)
- 3:15pm: "Ghostbusters" – 1984 film (PG)
- 6pm: "Jurassic World: Fallen Kingdom" (PG-13)
- 9pm: "The Shining" (R)

### WEDNESDAY, MARCH 27

- 10am: "Singin' in the Rain" (G)
- 12:30pm: "The Greatest Showman" – Sing-Along (PG)
- 3:15pm: "Mamma Mia! Here We Go Again" (PG-13)
- 6pm: "A Star is Born" – Encore Edition (R)
- 9:15pm: "Bohemian Rhapsody" – Sing-Along (PG-13)

### THURSDAY, MARCH 28

- 10am: "The Grinch" (PG)
- 12:15pm: "Love, Simon" (PG-13)
- 3pm: "Instant Family" (PG-13)
- 6pm: "Aquaman" (PG-13)
- 9:15pm: "Halloween" (2018) (R)

### FRIDAY, MARCH 29

- 10am: "Finding Nemo" (G)

### ALSO PLAYING

"Captain Marvel" (PG-13) at the Bijou (Regular admission rates apply.)

# EVENTS CALENDAR

March 22 to April 5

**Rachel Lynn Moore**  
Staff Writer

## Friday, March 22

11am-5pm: The 27th Annual Northwest Michigan RV & Camping Show will be held at the Grand Traverse County Civic Center and run through Sunday. Admission is \$6 for adults, \$5 for seniors, and free for children 12 and under. See [marvac.org](http://marvac.org) for more.

## Friday, March 22 - Sunday, March 31

Kids rule spring break at the Dennos Museum! Admission is free for children aged 17 and under (with a minimum of one paid adult admission per family). NMC students (with ID) and Dennos members also enjoy their regular free admission. Visit [dennosmuseum.org](http://dennosmuseum.org) for more.

Saturday, March 23

1-3pm: Learn all about the maple sugaring process at Maple Sugaring Day at Maple Bay Farm. Staff and volunteers will be stationed across the property to teach different aspects of the collection and production processes. See [gtrlc.org/recreation-events/events/](http://gtrlc.org/recreation-events/events/) for more.

8pm: Musician Albert Cummings to perform at the Dennos Museum Center. Tickets range from \$24-\$30. See [mynorthtickets.com/events/albert-cummings](http://mynorthtickets.com/events/albert-cummings) for more.

## Monday, March 25 - Sunday, March 31

NMC Spring Break! Enjoy your time off.

## Tuesday, March 26

5:30pm: Learn to make pamphlets and hand-sewn notebooks at Artist After Hours: Saving Spring Inspiration at the Twisted Fish Gallery in Elk Rapids. Bring art supplies to break in your new journal. See [crosshatch.org/events](http://crosshatch.org/events) for more.

6-7:30pm: Join Harm Reduction MI for their monthly free OD Clinic, teaching overdose recognition and response, the use of Naloxone,

and more. Participants may receive their own rescue kit. See [harmreductionmi.org](http://harmreductionmi.org) for more.

## Wednesday, March 27

1-4pm: Children 17 and under can join the "Colorful Characters - Portrait Drawing for All Ages" activity to create a simple portrait of their favorite person or imaginary friend. Visit [dennosmuseum.org/events/draw-nomi](http://dennosmuseum.org/events/draw-nomi) for more.

## Thursday, March 28

7pm: The Dennos Museum Center presents a free screening of "Won't You Be My Neighbor?" a critically acclaimed film on Fred Rogers' legacy. See [dennosmuseum.org/events](http://dennosmuseum.org/events) for more.

## Friday, March 29

8pm: Miriam Pico plays live at The Parlor in Traverse City.

## Monday, April 1

2pm: Learn more about a well-known but scarcely understood disease at the Leland Township Library during the free Know the 10 Signs of Alzheimer's workshop. See [lelandlibrary.org](http://lelandlibrary.org) for more.

## Wednesday, April 3

6pm: Former astronaut and retired U.S. Marine Corps Major General Charles Frank Bolden Jr. will present "NASA's Journey of Discovery: The Future of Space Exploration" at the Dennos Museum. Bolden will tell his personal story and his vision of the future of space. Tickets are \$15 at the door; the event is free to students.

## Thursday, April 4

7pm: Believe is a live storytelling event inspired by the Traverse Bay Children's Advocacy Center,

sharing true stories of children and adults wanting to believe and be believed. Tickets are \$15. See [cityoperahouse.org/believe](http://cityoperahouse.org/believe) for more.

7pm: Here:Say Storytelling Open Mic Night is a perfect chance to step onto the stage and tell your story. Performers submit their names and are randomly selected throughout the show. See [facebook.com/events/2324979641057159/](https://facebook.com/events/2324979641057159/) for more.

## Friday, April 5

6:30pm: The City Opera House is to host the 2019 Banff Mountain Film Festival, featuring short films and documentaries about mountain culture, outdoor sports, and the environment. Tickets are \$15. See [cityoperahouse.org/Banff-2019](http://cityoperahouse.org/Banff-2019) for more.

8pm: Latin jazz septet Aguankó will perform at the Dennos Museum Center. Tickets range from \$24-\$30. See [dennosmuseum.org/events](http://dennosmuseum.org/events) for more.

## Ongoing Events at the Dennos

These exhibits run through May 5 at the Dennos Museum Center. Museum hours are 10am-5pm Monday through Saturday, 10am-8pm on Thursdays, and 1pm-5pm on Sundays. Admission for adults is \$6, children are \$4 (free during spring break week), and NMC students and faculty are free with ID.

2019 Northwest Michigan Regional Juried Exhibition: This exhibition features 95 artworks by 92 artists from 13 counties throughout northwest Michigan.

Orna Ben-Ami: Entire Life in a Package: Israeli welder Ben-Ami shares the stories of millions of refugees with millions of "life packages" through her artwork.

## Baked Apples

**Annie Hindle**  
Staff Writer

### Ingredients

- \* 4 apples
- \* 2 tablespoons of butter
- \* ¼ cup of brown sugar
- \* 1 teaspoon of cinnamon
- \* ½ teaspoon of allspice
- \* 1 teaspoon of cardamom (optional)
- \* ¼ cup of finely chopped walnuts or pecans

### Directions

Preheat oven to 350 degrees. In a mixing bowl, mix together butter, sugar and spices. Wash the apples, cut out the core and seeds to make a deep hole for filling. Fill the apples to the top and place in baking dish with a small amount of water on the bottom (you can add brown sugar to water so it makes a yummy sauce). Place in oven and bake for 45 minutes or until apples are tender and you can poke a fork through them easily. Let cool for five minutes or so before enjoying!

# United Methodist Church Divided Over LGBTQ+ Ban

**Randi Upton**  
Staff Writer

In a Feb. 26 Facebook photo, Lead Pastor Daile Ostema of the Central United Methodist Church (CUMC) in Traverse City stands in front of a rainbow LGBTQ+ flag with a simple caption: “You are still welcome here.”

The United Methodist General Conference met the day prior, voting 438-384 in favor of a motion called the “Traditional Plan.” The plan strengthens prohibitions against gay marriage and openly gay pastors in its churches. Its success is attributed to an overseas alliance of conservatives, who made

up 43 percent of the delegates, according to *TIME*.

Had the proposed One Church Plan succeeded instead, new rules would have allowed for local churches to implement their own rules regarding same sex marriages and homosexual clergy.

The Methodist church historically has been one of the more progressive of the denominations, so this news surprised many members of the church and the people in its communities. It is the second largest of the Protestant denominations in the United States.

Now, a small civil dispute has broken out. In some parts of the United States, openly gay clergy members worry about losing their jobs because of the ban. In some locations, Methodist churches have been defying the ban in solidarity with the LGBTQ+ community.

CUMC is fighting its own battle. Pastor Ostema preaches from a position of love and believes that being inclusive is the true way to go. At a time when the gay community feels unwelcome at many churches, it is important to CUMC that the doors remain open to everyone. But what does this mean for the small church itself?

Pastor Ostema does not foresee CUMC defecting. At this moment, it does not have any openly gay clergy and has never officiated a gay wedding on church property. Some of its pastors have presided over same sex marriages, but those were outside of the church.

CUMC will continue to practice with the Methodist motto of “Open minds, Open hearts, Open doors.” The Methodist church in Traverse City has always flown a rainbow flag or banner to show support. All of the pastors and clergy wear name tags with the rainbow printed on them.

Kindness and compassion is reflected in CUMC. It has an outreach program that feeds the homeless and hungry seven days a week, and offers a place for them to hang out and shower during the day when Safe Harbor is closed. Many homeless use the church as their address to receive mail, as most important mail cannot go to a P.O. Box. The outreach program pays for the memorial services and funerals of the homeless who pass away, particularly those with no families or funds to take care of things on their own.

The Traditional Plan has been sent to the Judicial Council—the Methodists’ version of a Supreme Court—to review it for its legality in accordance to church law. Parts of the plan were already found unconstitutional, and the Judicial Council is now reviewing an amended version of the plan.

The next General Conference will be held in 2020, where the topic of sexuality in the church is expected to be broached again.



Photo by Logan Schweizer

## Celebrating Passover

**Valerie Reeves**  
Staff Writer

“All those who are oppressed will someday find freedom,” says Pami Sprague, the Behavior Interventionist at Mancelona Middle School. Sprague practices Judaism, and replied with devotion when asked about what Passover means for Jews. “It is a time when we celebrate our freedom from slavery in Egypt.”

Passover is one of the most important Jewish holidays. This year, it begins on the evening of April 19. The story of Passover goes back to biblical times, when the Jewish people were enslaved under the rule of Pharaoh Ramses. It is said that God sent three plagues to Egypt, the last of which killed the Egyptians’ firstborn male children. As a signal to God, the Jews put lamb’s blood over their door so he would know to spare them. Because God spared the Jews by passing over their houses, the event became known as “Passover,” and is a major part of the story of the Jewish exodus from Egypt.

“Telling the story and knowing Jews all over the world are doing the same is my favorite part of Passover,” Sprague explains. “It is not only a story of freedom from Egypt, but helps us to remember our past and to not repeat the same mistakes in the future.”

When it comes to celebrating Passover, tradition and order are of utmost importance. First, all leavened products—such as bread, bagels and rolls—are removed from the home. This is because when the Jews left Egypt, they didn’t have time to let their bread rise. Instead, the Jews eat a type of flatbread called Matzo, which is similar to a soda cracker. Next, on the day of Passover, the table is decorated with the family’s best china and linen.

During Passover, Jews celebrate Seder, which means “order” in Hebrew. Everything from the telling of the story to the eating of the food must be done in a specific way. For example, the Seder food is put on a special plate and each in its correct place. Each piece of the Seder food represents a different aspect of the Jews’ journey out of Egypt. These foods include salt water (Melahkh) for the tears of the slaves, horseradish (Maror) for the bitterness of being a slave, Parsley (Karpas) for the initial flourishing of the Israelites, and a sweet, apple-cinnamon mixture called Haroset, representing the sweetness of freedom.

“Although all the foods are equally important, my favorite thing to eat during Seder would be a Matzo bread sandwich with horseradish,” Sprague says. After the Seder ritual, a big meal is held along with the wine drinking ritual. “My sons and I sing songs to celebrate and be happy.”

Passover combines somber remembrance with joy and happiness, bringing together Jews from all over the world.

