

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

WHITE PINE PRESS

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



# NMC Voices

Getting Real About  
Sexual Harrassment





Photo by Breanne Russell

NORTHWESTERN MICHIGAN COLLEGE

# WHITE PINE PRESS

EDITORS-IN-CHIEF

Breanne Russell  
James Robinson

COPY EDITOR  
STAFF WRITERS

Ann Hosler  
Lyric Belle  
Ann Hosler  
Maya James  
Dylan Jewell  
Megan King  
Deanna Luton  
Kelsey Pease  
London Rauch  
Lindsay Schmandt  
Macy Schwert

WEB/PAGE DESIGNER  
PAGE DESIGNER

KayLeigh Johnson  
Adam Crocker  
Nick Moug  
Eli Watts

FACULTY ADVISER  
DESIGN ADVISER

Jacob Wheeler  
Kathy Schwartz

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**NEWSROOM** 231.995.1173  
**DISTRIBUTION** 231.995.1322  
**ADVERTISING** 231.995.1996  
**FAX** 231.995.2110  
**EMAIL** [whitepinepress@gmail.com](mailto:whitepinepress@gmail.com)

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## News-in-Brief

### Long Night Against Procrastination

Once again, the NMC library will help you combat those finals blues this semester with its pizza, coffee and snack infused Long Night Against Procrastination. The event will be held from 7pm to 2am on Thurs. Nov. 30. Writing and Reading Center readers, librarians, and tutors will be available to assist students with their scholarly needs.

### NMC Giving Tree

Is your heart and wallet aching to do good this holiday? Join the NMC Foundation and NMC Food Pantry for the seventh annual Giving Tree. Adopt an NMC or University Center student and family through Dec. 1 and help fill their gift needs. The Giving Tree is located in Founder's Hall, and is decorated with wish-list ornaments. If you don't live nearby you can visit the virtual Giving Tree at [nmc.edu/giving-tree](http://nmc.edu/giving-tree).

### Used Textbooks, Fresh Cash

Ready to rid your shelves of binded memories from classes you'd rather forget? You can sell back your textbooks at the NMC bookstore Dec. 11–15. Get some cold hard cash for your cold hard books.

### Mortarboard Ready

Did you know you have to apply to graduate? If you are planning to graduate in Spring 2018, submit a graduation application to the Records Office now! The application is due at least one semester before the semester you plan on completing your degree or certificate.

Forms are available in the Records & Registration office or online at:  
[nmc.edu/student-services/records-registration/forms/application-for-degree.pdf](http://nmc.edu/student-services/records-registration/forms/application-for-degree.pdf)

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# NEWS

## The Minus 5 Project: Combating food insecurity on campus

**Deanna Luton**  
Staff Writer

Imagine how hard it would be to focus on furthering your education if you were struggling to feed yourself and your family. Learning is impossible with hunger gnawing at your stomach. As college students, we are under enough stress as it is without the added worry of getting enough food to sustain a healthy, balanced diet.

According to the Northwest Food Coalition (NFC), this struggle of food insecurity is defined as “a lack of dependable access to enough food for an active, healthy lifestyle and limited or uncertain availability of nutritionally adequate foods.” An estimated 22 percent of northern Michigan families are considered food insecure.

On Nov. 1, NMC held a soft opening for its new food pantry, operating out of the Student Life office. This service is meant to help supplement the needs of students and their families suffering from food insecurity. Students can fill out an online form to request items that will be available, usually within 24 hours, to pick up discreetly at the Student Success Center in the Osterlin Library. There is a link to this form on the student MyNMC webpage, under ‘Other Services’. It’s a quick,

easy to fill out form where students can identify their needs—anywhere from personal hygiene products to non-perishable foods.

In a typical classroom of 40 students, research has shown that an average of five students are suffering from food insecurity, according to Dean of Students Lisa Thomas. As an acknowledgment of this shocking statistic, efforts surrounding the food pantry on campus have been dubbed the Minus 5 Project. Paul Kolak, a driving force behind the food pantry, says he got involved with the food pantry because he wants to see students succeed. “There are many definitions of success. Feeling like one’s basic needs are being met is an emotional success. That paves the way for other successes at NMC and beyond.”

Director of Library Services Tina Ulrich is also a member of the committee. She says the job of NMC staff members is “to remove obstacles that prevent students from learning and make sure they have the things they need to get their degree or certificate. I do this every day as a librarian. It was just a natural extension to be involved in the food pantry. Hungry people have a hard time concentrating in class and studying. Knowing there is food waiting for you at home allows

you to focus on other things, like grades and assignments.”

This year, NMC faculty and staff instituted an ‘entry fee’ of one non-perishable food item per person in order to get into Professional Development day to kickstart donations for the food pantry. Students at NMC are also aiming to fill local food pantries with the fifth annual Food for Thought food drive (held Oct. 18 – Nov. 18). This food drive is a semester-long experiential learning project, collecting donations on behalf of the Northwest Food Coalition and enhancing the professional communication skills of business students involved with the project. The food drive will be able to help fill NMC’s own food pantry, as well as many other pantries in the region.

The efforts of the Minus 5 Project are already helping students on our campus. An anonymous student says having the pantry available “has felt like a 10 pound weight had been lifted off my shoulders. I live in the dorms on campus and my financial aid can only cover so much. Plus, without having a car at the moment or a job because of the amount of classes I’m taking... It makes it difficult to make ends meet. I’ve been eating two packets of ramen and toast every day

since the semester started... I’m so glad I can actually have a meal now! I don’t think the college really understands how much of a help this is going to be. I’m beyond thankful.”

Those interested in volunteering for the food pantry can call the Student Life office at 231-995-1118 or visit:

[signup.com/go/tLdZBkA](http://signup.com/go/tLdZBkA)

### Suggested Donation Items:

Boxed cereal  
Canned fruit  
Mac ‘n’ Cheese/boxed meal  
Canned tuna/chicken/beans  
Pasta/pasta sauce  
Peanut butter  
Instant potatoes or rice/rice packets  
Raisins  
Canned soups  
Canned vegetables

Deodorant  
Feminine hygiene products  
Shampoo  
Soap  
Toothbrushes  
Toothpaste

## Tiny Homes: Living Small in TC

**London Rauch**  
Staff Writer

If you’ve driven down Eighth Street recently, there’s a chance you noticed an unusual dwelling on a vacant lot near the 400 block. Roost DIY, a business founded by two northern Michigan natives, is a new building development company that specializes in eco-friendly “accessory dwellings” and small housing.

Sustainable tiny homes could be the solution to the growing need for housing in Traverse City. With the regional population steadily increasing each year, it’s no secret that the demand for housing is greater than ever. A lively summer economy, beautiful geography, and a renowned community college are a few examples of things attracting people to plant their roots in the area. But for many students and young people, “affordable” and “living” seem to be mutually exclusive terms. Fewer millennials are buying homes, and rent prices are climbing.

Sakura Raferty, director of housing at Goodwill Industries, has noticed the toll of expensive housing on students. “We have young people who live here who are frustrated with how far they have to live outside of the city just to be up here. They might be working at the Brew Cafe to use the WiFi, because they’re working remotely, and they’re trying to figure out how to afford to stay here.”

Roost is hoping to appeal to the younger generation. Their units start around 300 square feet and are built with environmentally friendly materials. The small sizes of the homes account for fewer building materials needed to construct them, reducing their eco footprint. Buyers also have the option to build the interiors themselves, or contract outside help to reduce costs.

The tiny house movement is growing in popularity among students. In 2015, a University of Michigan student made headlines for building his own tiny home. Christopher Cerk was only 21 years old and a junior when he officially moved into his quaint 170 square-foot house. He spent two summers building it, inspired to do so after reviewing his living expenses for sophomore year.

“I’ve always loved simplicity; I don’t need much.” Cerk said. While most students will not be reimbursed for their college living expenses,

Cerk will be able to rent or sell the home if he wishes.

Smaller homes also appeal to those pushing to conserve the “small town feel” of the Grand Traverse area. Save Our Downtown, a nonprofit group, recently proposed a restriction on buildings over 50 feet tall. Member Brenda Quick acknowledges the need for more housing properties, but feels the small town charm is what attracts people to the area.

“Traverse City is doing a phenomenal amount of building, but a lot of what they’re building are high-end condominiums, and that’s not affordable.” Quick stated. “We want to make sure that when affordable housing is built, it has to be built responsibly.”

Both economical and minimal in size, tiny house neighborhoods might be a foreseeable future in the community. The founders of Roost believe these “pocket neighborhoods” will take off with older generations and millennials alike.

“Those populations have similar desires in that they want something smaller and more efficient, easy to maintain, and close to town or to walkable trails,” Geoffrey Nelson of Roost said in an interview with the *Ticker*.

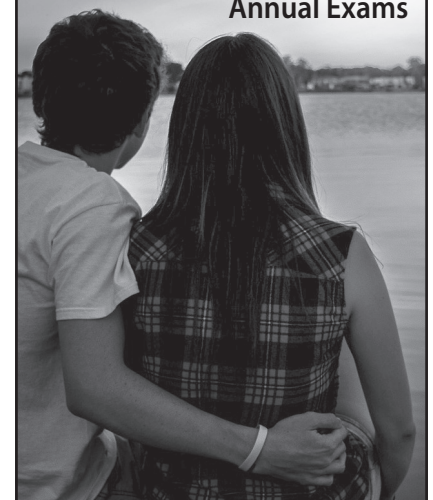
NMC student Quianah Cooper favors the idea, but worries that Traverse City is far from affordable. “It would be a great idea if they could find a way to make the homes truly affordable,” Cooper said. “I love tiny homes. Traverse City could be the perfect culture for a tiny home community, but it’s something that’s going to be hit or miss.”

Pocket neighborhoods have already begun popping up downstate, with Detroit leading the movement. Last year, Cass Community Social Services built six tiny homes to benefit low income families and veterans. “Tiny Homes Detroit” is unique from other tiny home neighborhoods because it is the only rent-to-own community in the nation. The neighborhood is beneficial to all parties: disadvantaged citizens have the opportunity to become homeowners, and the city takes another step toward rejuvenation.

With advantages outweighing the cons, future and current Traverse City residents might trade their ritzy condos and overpriced apartments for tiny pieces of sustainable homeownership.

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**231-995-6113**

Medicaid Accepted/Uninsured Welcome

# Alumni Spotlight: Lindsey Dickinson

**Deanna Luton**  
Staff Writer

Lindsey Dickinson has spent a lifetime of learning at NMC. Starting with College for Kids courses in elementary school, she continued to jumpstart her education as a dual-enrolled student at Traverse City Central High School. Dickinson didn't always plan to stay in Traverse

City for college. "I was a Presidential Scholar at NMC after I graduated high school. Even though I thought for sure I'd leave Traverse City as soon as I graduated, I just couldn't pass up the opportunity to save money and spend some time really figuring out what I wanted to do for my college major."

She took courses at NMC in a wide range of subjects from Fall 2000 to Spring 2002. She was very connected to the campus community, thanks to a great piece of advice she received from a fellow student: "never say 'no' to any new experience on campus." She joined the Student Government Association and attended many Student Life events.

Her time at NMC overlapped with a pivotal moment in our country's history. As Dickinson explains, "I was in the Tanis Building lobby when the attack on the World Trade Center happened in 2001. My history professor Jim Press (now retired) told us that day, 'You just watched your country go to war.' He was right. He also gave us an open platform to discuss what happened, encouraged us to seek better understanding, and really focused on how important our education was in helping to prevent these types of things from happening in the future." This passion shown by her instructors is the thing she loved most about her time as an NMC student.

Dickinson was able to connect one-on-one with her professors in a wide variety of courses. This was a very important factor in helping her find her educational direction. "I so appreciated the dedicated faculty and staff who took a vested interest in my success and provided me with so many opportunities to experience new things and learn both in and outside the classroom."

After graduating, she went on to finish her Bachelor's degree at the University of Virginia (UVA). She stayed connected to NMC through the Upward Bound program as a summer resident assistant. After graduation from UVA, she joined the Teach for America program and taught at a school in Phoenix for four years. She also worked for an international nonprofit in London. After living out-of-state and out of the country for a while, she returned to Traverse City.

She started working at the college in 2011, where she was given the opportunity to serve in the

Admissions Office and Advising Center as the recruiter and advisor for international students. She is now Director of Advising. "I get to work with an amazing team of professional academic and career advisors," she says. "I love working in the Advising Center. It's so rewarding to meet a student at orientation, work with them to plan out their program, and then see them complete their goal at NMC and graduate."

When asked how NMC helped prepare her for her future career, Dickinson responded, "NMC gave me the opportunity to take a wide range of courses and really hone in on what I liked to do. I was able to work on developing my leadership skills as an officer in Student Government, and also learned some important self-advocacy skills in my first two years as a college student."

Her classes at NMC helped her "develop stronger critical thinking and analytical skills. So much of what you learn in high school is knowledge-based, so to go beyond that to develop my higher level thinking skills was really refreshing. I also learned some important interpersonal skills—whether it was participating in a group project and learning how to evenly distribute tasks, or planning an event with Student Government and liaising with community members. I gained some really useful skills in how to work with people from diverse backgrounds and a better understanding of how important positive working relationships can be to eventual success."

As a former student-turned-staff member, Dickinson knows "When you hear people at NMC say 'we're here to help and we all want you to succeed', it's true!"



Photo by Deanna Luton

## NMC Magazine Witnesses 40 Exciting Changes

**Compiled by Alissia Lingaur**  
NMC Magazine literary advisor

1. NMC offered 350 credit courses to students in 1970; in 2017, it offers 895.
2. Between 1977–1979, the Concentrated Employment Training Act helped the college gain sidewalks and pavement as students learned these trades.
3. In 1978, the Great Lakes Maritime Academy's ship, the Allegheny, tipped over at the pier after a particularly bad blizzard.
4. The Olsen Center was completed in 1978.
5. WNMC had their 10-watt FM debut in 1979, and in 2003, hit 8600 weekly listeners. In 2017, WNMC turned 50, broadcasting at 600 watts.
6. In the early '80s, NMC's Math and Science Department was instrumental in introducing computers to local schools via a traveling "computer van".
7. The Rogers Observatory was built in 1981; in 1996 it captured the comet Hyakutake, and the photo became NASA's official picture of the comet. By 2010 a high-tech telescope, once belonging to NASA, was installed at the observatory.
8. In 1984, the *White Pine Press* was resurrected from obscurity and became an award-winning paper.
9. By 1984, the whole of NMC became computerized and the Computer Services department was born.

10. In the late '80s, the Aviation program acquired a former drug runner plane from the Drug Enforcement Agency.
11. After nearly 10 years of planning and fundraising, the clock tower was finished in 1985.
12. In 1987, NMC opened a Cadillac branch campus, which offered classes until 2004.
13. In the late '80s, the Student Services Department was created, the Writing Center was born, and the Honors Program began.
14. In the '70s and '80s, head librarian Bernie Rink kept the library silent by handing loud students cards with the word "goodbye" written on them.
15. In 1989, NMC bought the Sara Lee Property, titled the Boardman Lake Campus; in 1995, this became the University Center.
16. The Dennon Museum and Milliken Auditorium opened in 1991.
17. A state-of-the-art, fiber-optic cable was installed to connect all the campuses in 1993.
18. In 1994, NMC switched from four 10-week terms to two 16-week semesters with a shortened summer semester.
19. Ilse Burke was NMC's first female president, serving from 1995–2000.
20. NMC's "Front Door Project" began in 1996 to create a campus entrance with a sign made from the same stone as those used in the Dennon construction, and to truly create an academic atmosphere that lifted NMC to a more cohesive institution of higher learning.
21. In 1997, an NMC pennant launched

- into space with local astronaut Jerry Linenger.
22. East Hall was set afire by a student in 1998.
23. In 1998, NMC offers its first online classes, and by 2000, was the first community college in Michigan to offer online registration.
24. In 2001, the white cement freezer building was demolished to make way for the Great Lakes Campus, which opened in 2003.
25. Scholars Hall was built in 2003.
26. In 2001, the Michigan Technical Education Center (M-TEC) on the Aero Park Campus opened. It was named for Traverse City inventors John T. Parsons and Frank L. Stulen.
27. NMC campus buildings were redesigned to include "student commons" areas for more out-of-classroom learning and to foster students gathering in meaningful ways.
28. In the early 2000s, the Aviation program began international partnerships with universities abroad.
29. GLMA acquired the State of Michigan as a floating teaching vessel in 2002.
30. Culinary students participated in Traverse City's Epicurean Classic from 2004–08.
31. In 2004, M-TEC went green and incorporated renewable energy programs into the technical curriculum.
32. Vis-Com students worked to develop new marketing and promotional materials for the NMC BBQ, which celebrated its 50th year in 2006.
33. Women on the Water (WOW)

- professional development organization was founded at the Great Lakes Maritime Academy in 2007.
34. In 2009, the Water Studies students mapped the bottom of Grand Traverse Bay, a map that hadn't been updated in 80 years. In 2010, students mapped the bottom of West Bay, where they discover the shipwreck of B West, a barge that sank near Northport in 1957.
35. NMC developed a drone program around 2010.
36. NMC created the first Viticulture Certification Program for growing and cultivating grapes into wine in 2010.
37. On Aug. 30, 2010, NMC went smoke-free.
38. In 2011, the Aero Park Labs were built to Leadership in Energy and Environmental Design (LEED) standards and housed the green technology programs.
39. Faculty joined the Michigan Educators Association Union in 2015, though they'd resisted suggestions to unionize since the 1970s.
40. North Hall opens in 2017, and the Dennon Museum is expanded; state funding is established for construction of the West Hall Innovation Center.

Look for *NMC Magazine* Volume 40, Issue 1: "Memento" around campus during finals week!



# Campus Quotes

**Kelsey Pease**  
Staff Writer

**How will you be celebrating Thanksgiving, if at all? What do you like or dislike about this holiday?**



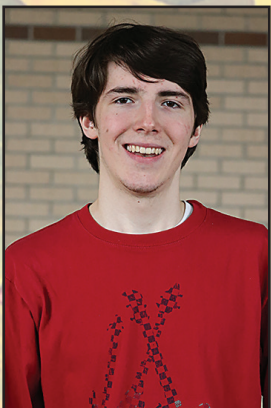
"My family will be going to my grandma's house for dinner and we always have tons of food. My favorite part is getting to spend time with my family and going out with the girls for Black Friday shopping later that night."

**ALAYNA TORREY, BIOMEDICAL ENGINEERING**



"I will be having dinner at my house with my husband's family, and my favorite part of the holiday is the food."

**CHERI GARVIN, STUDENT SERVICES VOLUNTEER**



"I'll be going to my grandparents' house with my family, and I expect other people will join us as well. What I like most about the holiday is the time we're able to spend with one another despite the distance that separates us. Plus, the food is always good—especially when it's made by grandparents."

**GABE HANNA, CIT DEVELOPER**

"My whole family will be going to my cousin's house for food and then my sister, cousin, and I are doing the Turkey Trot for the fourth year in a row. We run so that we can eat more food later that day."

**GRACE KEYSER, UNDECIDED**



"I'll be in Fort Myers with my family, as we like to go there for visits as often as possible. Since my dad was a chef for much of his life, we'll have all the works for Thanksgiving dinner. For us, it's a celebration of our history."

**ZACH WATSON, HUMANITIES**



"My brother and I will be spending Thanksgiving downstate with our family. I'd say that the food is easily the best part, but it's also a great holiday because its arrival means Christmas is coming soon."

**ETHAN GLEASON, UNDECIDED**



"We do lunch as a family at my grandma's house, and then watch the Lions play while looking over Black Friday ads to prep for shopping. The extended weekend is what I like the most because once it's over everyone can start preparing for Christmas—although I already started doing that."

**CHEYENNE TIFFANY, RADIOLOGY TECHNOLOGY**





# NMC Voices: Roar in the Right Direction

**Lyric Belle** The issue of sexual assault is an ever-present and prevalent issue in the United States. The Harvey Weinstein sexual misconduct allegations, spanning over 30 years, have dominated recent media coverage the past few weeks, and once again shine a spotlight on this issue. From a college perspective, the commonly cited statistic from the National Sexual Violence Resource Center states 1 in 4 women and 1 in 16 men will experience sexual assault while at college.

What is being done to combat this issue on our campus? Thankfully, we have the NMC Voices student group. This student group brings together sexual assault survivors and allies to end sexual violence in the local Traverse City community. You might have noticed their presence by reading the 'survivor love letters' pinned to bulletin boards around main campus. One such letter in Scholars Hall reads, "We don't know you, but we believe you. You are so valuable and loved. You are more than your history. You are you and that is your power. Never doubt yourself. Love, NMC Voices."

Jordyn Marsh, one of the original founders of the group, is continuing to take classes post-graduation just to keep the group going. There is no student group quite like it on campus, and Marsh is unwilling to let it die. "I'm a survivor too. I've actually been assaulted twice and just closed my second criminal case about one month ago," says Marsh. "I started Voices in the Fall 2015 semester because I discovered that our campus didn't have a group dedicated to bringing support to survivors of any form of sexual violence." She had a "really amazing mentor" who showed her that her story and voice could be used to make a difference, so that's exactly what she decided to do.

Marsh says Voices works to "create that safe community for survivors to feel valued and supported in coming forward with their stories and not blamed like we too often see. Ultimately, we want everyone to know that they're not alone and empower people to take a stand." Voices meetings are a safe place where members often play Jenga, modified with recovery discussion questions. Jordyn used

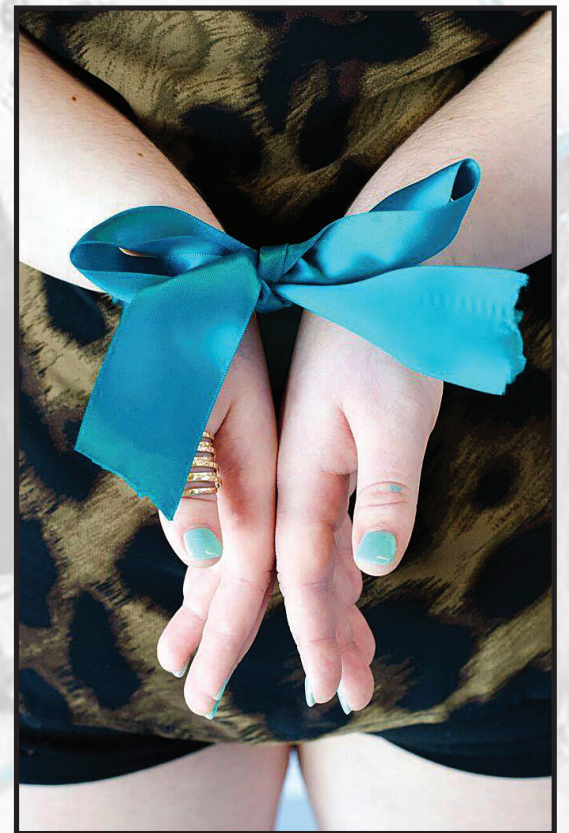
a similar activity in her job working as a social worker with addicts. "We have many voices that can be combined into one giant one." A roar in the right direction.

What is important to note is the 'chill' environment. Women and men alike take comfort in knowing whether they speak or stay silent, it is their choice. It is empowering to know you can just play a game and not have to do anything but listen to people expressing their experiences similar to your own. Meetings just switched to Fridays from 5:30 to 6:30pm in Room 100 of the Health and Science Building. They are confidential and open for those who need them.

"Along with empowering survivors, we also do a lot of activism with allies, raising awareness throughout the community, and have done tons of networking," says Marsh. Last semester, the group brought Natasha Alexenko and Olivia Gatwood, two prominent sexual assault awareness advocates, to campus to speak during Sexual Assault Awareness Week. During that same week, Voices hosted their second annual Take Back the Night rally and march.

Members of Voices also participated in the #MyVoice photo campaign, from which all the pictures accompanying this article were taken. In collaboration with the NMC International Club, Voices produced the video "Sexual Violence: A Global Issue", which features interviews of people on campus talking about the issue of sexual assault. You can watch the video at [bit.ly/2yKdJkI](http://bit.ly/2yKdJkI). I teared up near the end of the video; the love and support was overwhelming.

"I want people to know the rape culture epidemic is not a problem for just the victims," says Marsh. This means not only spreading awareness, but also bringing about more acceptance of the victims with less of a stigma attached. "Regardless of the statistics, we have a problem no matter how many people experience sexual violence. No one should experience it... I am very proud to be a part of this school and part of the team that continuously works to always improve our policies, practices, and culture surrounding sexual violence."







## “Did You?": Human Sexuality and the Female Orgasm

**Maya James**  
Staff Writer

Even my parents, who were incredibly open about the “sex talk” in my developing years, hit a wall when it came to talking about sexuality. Usually, like most parents do, they would shrug it off, laugh and say, “there’s a time for everything—and it’s called college.” Well, college is here, but when it comes to ‘doing the deed,’ college aged, cis-gender, heterosexual individuals—yes, even the older ones—have a near crisis when asked three simple words:

“Did you come?”

Did you cringe yet? It turns out that’s actually normal. After interviewing a number of fellow sexually active females, I have noticed a few key patterns. When asking five different young women the same questions about their sexual encounters, besides their age and basic information about their partner’s gender identities—which all happened to be cis-gender heterosexual males—I learned a few social realities about the female orgasm.

Four out of the five women I interviewed put their male partner’s needs ahead of their own in order for the male partner to climax first. In most cases, the women I interviewed believed sex was over after their partner climaxed.

Is there was any evidence to back this idea that heteronormative sex

was over when the male component, in a sense, “finishes”? The study from Western Michigan University (WMU) “Did You Come? A Qualitative Exploration of Gender Differences in Beliefs, Experiences, and Concerns Regarding Female Orgasm Occurrence during Heterosexual Sexual Interactions” published in the Journal of Sex Research Volume 51, states that “men tend to experience orgasm more consistently than do women during sexual acts with a partner”. Not only did the study find that men orgasm more often than women during sex, they found that “While the majority (over 90%) of men indicate they usually or always orgasm during heterosexual intercourse, the majority (up to 70%) of women indicate that they usually do not orgasm during intercourse.” This means that only 30 percent of the women they surveyed actually have “coital orgasms”.

This study—and most scientific facts—suggest the female orgasm is most often triggered by the clitoris. Did you cringe again? It’s ok, that’s kind of the problem. Obstacles to reaching “coital orgasm” are often because the male partner in the sexual act is unsure if vaginal-penile sex actually initiates an orgasm in women. According to the study, which surveyed more than 800 undergraduate men and women, “women were more knowledgeable

than men about the role of the clitoris in the occurrence of female orgasm during intercourse. Interestingly, female knowledge of the clitoris correlated significantly with the frequency of female orgasm during masturbation (i.e., more clitoral knowledge was associated with greater orgasm consistency during masturbation) but not during intercourse. Thus, female knowledge alone was not useful in maximizing female coital orgasm occurrence.”

While this has a lot to do with lack of healthy early sex education, this may all come down to a simple communication problem. The misunderstanding of what causes the female orgasm seems to start at a very young age—and often it goes uncorrected. Often ego plays a part. “There is currently a lack of agreement in regard to exactly how important orgasm is for a women’s sexual satisfaction”, the study by WMU explains, which might be because, according to them, “Experiencing one’s own orgasm in a sexual encounter appears to be somewhat more important for men in comparison to women.”

If you, the reader, has a partner to engage in safe sex with, remember that gender shouldn’t play a part in enjoying yourself—so long as both sides communicate. Don’t be afraid to ask each other where your boundaries are and what you consent to. Consent and

**Alex, age 21**

WPP: Are you sexually active?  
Alex: Yes  
WPP: The last time you had sex, did you orgasm??  
Alex: No.  
WPP: Did your partner?  
Alex: Yes.  
WPP: And how did you know the sex was over?  
Alex: He came.

**KT, age 22**

WPP: Are you sexually active?  
KT: Yes.  
WPP: The last time you had sex did you orgasm?  
KT: Yes. Multiple times.  
WPP: Did your partner?  
KT: Yes.  
WPP: So how did you know the sex was over?

KT: The sex was over when he climaxed. Typically, if I have not climaxed during sex, he spends extra time afterwards to make sure I am satisfied, though usually I come at least once during sex, often more.

**Keen, 24**

WPP: Are you sexually active?  
Keen: Yes.  
WPP: What is your partner’s gender identity?  
Keen: Heterosexual male.  
WPP: When’s the last time you had sex?  
Keen: Yesterday.  
WPP: Did you orgasm?  
Keen: Yes.  
WPP: Did your partner orgasm?  
Keen: Yes  
WPP: How did you know the sex was over?

Keen: I said it was starting to hurt. But usually it’s over when he comes. But usually he tries to wait until I’ve had an orgasm first.

WPP: Would you call this ordinary behavior?

Keen: Yes. I think in female-male sexual relationships it’s usually over when the man is finished, regardless of whether a woman had an orgasm or not.

**Coral, 29**

WPP: Are you sexually active?  
Coral: Yes.  
WPP: When was the last time you had sex?  
Coral: Two weeks ago.  
WPP: Did you orgasm?  
Coral: No.  
WPP: Did your partner orgasm?  
Coral: Yes.  
WPP: How did you know the sex was over?

Coral: My partner ejaculated.  
WPP: What’s your partner’s gender identity?

Coral: Male.  
WPP: Would you call this dynamic ordinary?

Coral: Our sex life has been a little out of whack the last few years. I was pregnant with my daughter and we weren’t having sex as often as we usually do during that time because it’s uncomfortable for me and even painful the further along I got. After Olive was born it took some time to heal, so sex was off limits for the first six weeks postpartum but then once I had the go ahead from my doctor to have sex and once I felt comfortable, we were doing it all the time and it was good, really good, especially after months of infrequent sexual activity and there were times that we both orgasmed, so that was great. When my daughter was nine months old, I became pregnant with my second child (I’m still pregnant) and sex has once again become painful and uncomfortable. Sex during pregnancy isn’t exactly the most pleasurable experience for me

**Becca, age 20**

WPP: Are you sexually active?  
Becca: Yes  
WPP: The last time you had sex did you orgasm?  
Becca: Yes.  
WPP: Did your partner orgasm?  
Becca: No.  
WPP: How did you know that the sex was over?

Becca: When I told him I was done..

communication do work hand-in-hand. Consent is more than what you agree to do sexually—it’s what you are comfortable with and what expectations you both agree to as partners in any relationship. If you are going to be physical with someone, sexually or otherwise, consent allows you to express your intentions. Opening up a healthy dialogue can remove the “weirdness” from any sexual

situation, whether it is a committed relationship, or a singular sexual event. Ask your partner, are you ok with having sex? What kind of sex would you like to have? When and how do we know the sex is over? Are you comfortable? Do you consent? Being upfront with your sexual needs and expectations can only benefit your sexual experiences, and leave everyone more satisfied.



# How's Your Flow?

**Macy Schwert**  
Staff Writer  
Contributing photographer

Yin yoga is a slow-paced style of yoga with postures, or asanas, that are held for longer periods of time. These specific postures target the connective tissues, ligaments, and smaller muscle groups that usually get ignored. Holding intense stretches is both relaxing and a wonderful stress reliever.



**Pigeon Pose**

- 1. Start on your hands and knees and bring your right knee forward, placing it behind your right wrist.
- 2. Place your right ankle in front of your left hip. The more your lower right leg is parallel with the front of the mat, the more intense the hip opener.
- 3. Slide your left leg back, straighten the knee and point the toes. Make sure your leg is behind your body, and not drawing outward, and your heel is pointing up to the ceiling.
- 4. Draw your legs in towards each other to help keep your hips square.
- 5. Gently lower yourself down, using some support under your right buttock if needed to keep your hips level. You should feel an intense stretch in the left hip flexor and also in the right outer thigh/hip.
- 6. Hold for several rounds of deep breaths. It should feel really good, never painful. If you experience pain, or numbness, back out a bit.



**Seated Twist**

- 1. From shoelace pose, lift your upper body.
- 2. Elongate your spine, and as you inhale, place your right hand flat on the floor behind you and your left hand on your right knee.
- 3. On the exhale, move deeper into the twist while looking over your right shoulder. Hold for five breaths, then switch sides.



**King Pigeon**

- 1. King pigeon is a deep backbend, as well as an intense stretch for the left thigh. It's great for flexibility and mobility of the spine.
- 2. Once you're settled into pigeon pose, come up onto your fingertips and bend your back knee. Reach back with your left hand and grab your left foot.
- 3. Continue to draw the foot up toward your head as your left elbow spins toward the ceiling.
- 4. Lock your hands together to really maximize the stretch.
- 5. If you can't grab your foot with your hands without straining, just try and bend the knee and keep your leg up in the air without the support of the hand.



**Butterfly Pose**

- 1. A nice way to stretch the lower back without requiring loose hamstrings.
- 2. From a seated position, bring the soles of your feet together and then slide them away from you.
- 3. Allowing your back to round, fold forward, slightly resting your hands on your feet or on the floor in front of you.
- 4. Your head should hang down toward your heels.
- 5. If the legs are straighter and the feet are further away from the groin, the hamstrings will get more of a stretch.
- 6. If the feet are in closer to the groin, the adductor muscles get stretched more.



**Shoelace Pose**

- 1. There are several options for coming into this pose.
- 2. One way is to begin by kneeling on all fours, then place one knee behind the other and sit back between the heels.
- 3. A second approach is to begin by sitting on your heels and then slide onto one buttock, bringing the outside foot over toward the opposite hip.
- 4. A third approach is to begin by sitting cross-legged and then draw one foot under the opposite thigh and the other foot over toward the opposite hip.
- 5. Try not to sit on the feet but slide them as far forward as they can go. Anchor both sitting bones to the ground.



**Child's Pose**

- 1. From a kneeling position, touch your big toes together.
- 2. Separate your knees about as wide as your hips, and then sit back on your heels.
- 3. Your arms will be overhead with palms on the floor.
- 4. If you have difficulty sitting on your heels in this pose, place a thickly folded blanket between your back thighs and calves.
- 5. Breathe deeply.

In times of high stress, a few simple yin poses a day paired with deep breathing can be extremely therapeutic. A yin practice can help the body release both physical, emotional, and mental tension, as well as become more resilient to stress, and tune into our inner sense of awareness.



## Hell No GMOs: Part Two

**Macy Schwert**  
Staff Writer

Genetically Modified Organisms (GMOs) are defined as organisms in which the genetic material (DNA) has been altered in a way that does not occur naturally. This biotechnology allows for selected individual genes to be transferred to different organisms to produce a certain characteristic in the new gene. How much do we really know about the effects of GMOs on our bodies and the environment? And is genetically modifying (GM) crops really the correct way to solve issues such as world hunger?

Proponents of GMOs argue that with the population rising and amount of farmable land shrinking, biotechnology is the only way to meet the global food demand—specifically, in countries that lack access to nutrient-rich foods. For example: golden rice. Golden rice is produced through genetic engineering to biosynthesize beta-carotene, a precursor of Vitamin A, in the edible parts of rice, and this fortified food is intended to be grown and consumed in areas with a shortage of dietary Vitamin A. Rice is a staple food for over half of the world's population, making it the perfect crop for targeting vitamin deficiencies. In theory, GMOs could be a realistic solution to reducing world hunger. However, we are missing another key factor in decreasing global hunger: food waste.

Roughly one-third of the food produced in the world for human consumption every year — approximately 1.3 billion tons — gets thrown away or wasted. Worldwide, enough food is produced to feed the population, it just doesn't get to the people that need it. The world actually has a surplus of food, but still people go hungry. Does genetic engineering direct focus away from public policy solutions and societal changes that could end world hunger?

GMOs are more than a distraction from solutions to food waste: they are designed for profit. Much of the purpose of the biotech industry is to capture and monopolize wealth within

the food industry, mainly through patents. GM technology permits companies to ensure that much of what we eat is “owned” by them. For example, “terminator technology” is the genetic modification of plants to make them produce sterile seeds that are fertile for only one growing season. This prevents growers from using the previous year's seeds to plant new crops, forcing them to keep buying from the GMO companies who set the prices. The companies also ensure crops can't be grown without their patented chemicals.

Farmers who use biotech crops are controlled by the companies owning patents on GM seeds. These companies buy up competing seed companies and close them down. Small or organic farmers have a hard time competing with farmers who use GM crops that have been engineered to increase a crop's resistance to insects, tolerance to herbicides and pesticides, tolerance to climate changes and to increase yield. GM foods are also engineered to have stronger colors, a longer shelf life, to be seedless, and to have higher levels of specific nutrients such as protein, calcium, or folate—more reasons smaller farmers are switching to GMO seeds. It is quickly becoming an industry which favors big business over small farmers, and encourages a trend toward industrial-scale “monoculture” growing that's bad for the environment, farmers and consumers.

GMOs are a serious risk to the environment. The latest science suggests that genetically engineered plant cultivation may seriously disrupt soil ecology by reducing microbial diversity, which decreases soil fertility over time. Also, GM seeds travel well beyond fields where they are grown, and this cross-pollination creates herbicide-resistant “super weeds” that threaten other crops and wild plants. Some scientists say GMOs have decimated butterfly populations in the United States, or led to birth defects among animals. With little research being done in the field, other questions arise about

the safety of GM crops.

Biotechnology research is carried out predominantly by the private sector, often by the companies who produced the GMOs themselves. We have been consuming GMOs in an untraceable manner in America for over 20 years. Nobody knows the long-term effects they have in the body. America's general health has taken an overall decline within the last decade. Could this be related to the increase in GMO use?

Studies have found that GMOs could increase resistance to antibiotics, making medicines less effective, and fears have been raised over possible links to cancer, reproductive malfunction, and digestive disorders. Altering crop genes have, however, been proven to threaten allergy sufferers. In 1996, soybeans were genetically engineered to have the same protein components as Brazil nuts. The problem researchers found was that the soybeans also contained the allergenic properties of the nuts. Thankfully, this was discovered before they were released to the public. There is no conclusive data on whether artificial insertion of genes could destabilize in a plant, encouraging mutations upon consumption, or whether the inserted gene itself will keep stable in the body over generations. By the time we find out the long-term impact, it could be too late.

Despite the industry's claims, there is no scientific consensus regarding the safety of these foods, and the weak approval process for new GM crops relies solely on testing by the companies that want to sell these new crops. If you are unsure about GMOs, and would rather not take the health risk, or want to economically support small, usually local farmers, there is a way to track GMO intake. Anything with the label “Certified Organic,” or “Certified Non-GMO Project” does not contain GMOs.



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# Book <sup>Shady</sup><sub>Lady</sub> Reviews

## Poetic Meowness

**Ann Hosler**  
Staff Writer

“Sure, I’ll review some poetry collections!” I emailed two weeks ago, naively underestimating how long it takes to read through multiple collections, especially as someone who gets distracted by other shiny books. And so here we are, with one wonderful Sandra Beasley collection finished, and three absolutely non-poetic cat books stacked up beneath it. I hope Ms. Beasley (and our *White Pine Press* editors-in-chief) won’t take too much offense to the cacophony in this issue’s column.

### “i was the jukebox”

by Sandra Beasley

I had the pleasure of hearing Beasley read several of her poems aloud at a writer’s conference in 2016. She is a witty poet who delves into several layers of emotions, playing with both the animate and inanimate, human and beast. With Beasley’s language, any object is brought to life. Her imagery is vivid, and some lines are so magical (“The monuments play dead. / They are fleshy with granite.”) you’ll want to just read them over and over. The standout poems in this collection are “You Were You”, “Vocation”, and “Unit of Measure”. Listen to “Unit of Measure” being read by Beasley: [bit.ly/2zvXgUZ](http://bit.ly/2zvXgUZ)

Paws:    

### “Stink Outside the Box”

by Jeremy Greenberg

Interested in some cat counselling? Then this is the book for you. Greenberg’s book features 30 cats offering precious bits of advice for living a stress-free life. Anko is a Russian Blue feline who encourages us to “maintain a low profile”, while Flea is a piebald cat certain that “having unique facial hair will definitely make you seem more hip.” Learn the lessons these felines did and you’re on the path to relaxing in a square of sunshine.

Paws:  

### “How to Tell if Your Cat is Plotting to Kill You”

by The Oatmeal

You may (or may not) know The Oatmeal from his webcomics or the Exploding Kittens card game. He is well-versed in detecting the many ways felines are secretly plotting their revenge against humanity. Enjoy 130 pages of full-color, cat vs human comedic action, then change the lock on the pet door.

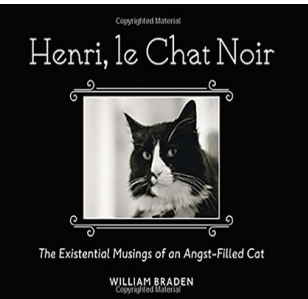
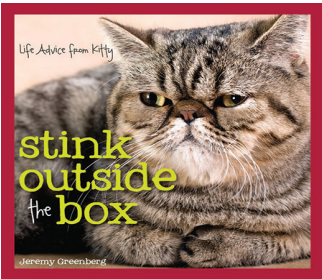
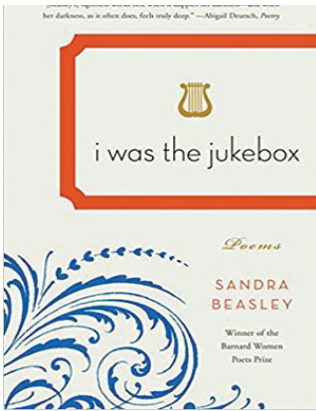
Paws:    

### “Henri, le Chat Noir”

by William Braden

Henri is an angsty, philosophical cat who muses on life and the fabric of reality itself. He is not impressed by anything, is certain that his tail has ulterior motives that are beyond his control, and is often appalled by the foolishness of his humans. Each flip of the page features a noir-like black and white photo of Henri, accompanied by his existential musing of the moment. I read this book aloud to my angsty 13-year-old child while we were in a waiting room. Like Henri, she was also not impressed by my humanistic efforts (but that could be related to the weird looks everyone gave us since I read it as if she was in Kindergarten).

Paws:   



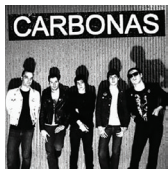
# The Haiku

## Music Review

**TJ Hall**  
Contributing Writer



**Huevos Rancheros**  
“Get outta Dodge”  
Our old rear wheel drive,  
done started some shit one day.  
Trying to break free.



**Carbonas**  
“Carbonas”  
They were your best shoes,  
and they helped you skank so well  
in your living room



**Flat Duo Jets**  
“Two Headed Cow”  
If you need some fun,  
this is a safe bet, get it.  
Two man tsunami.



**Parquet Courts**  
“Sunbathing Animal”  
Like television,  
breaks up real fascinating,  
up close dots and lines.



**The Sabres**  
“The Red Hot Sounds of Sabres”  
Like Dick Dale’s buddies,  
check this out on Spotify.  
Google can’t help you.



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# Beet Wellington

**Lindsay Schmandt**  
Staff Writer

As a vegetarian, I receive the same question every time November rolls around: “So... what do you eat for Thanksgiving?” Huge meals consisting of hearty, flavorful combinations of potatoes and bread soaked in chicken broth, surrounded by a lovely meat centerpiece is part of the holiday tradition—one I could never partake in. Although there are some side dishes that veggies can indulge in, I was increasingly disappointed year after year with a plate full of side dishes and a hearty serving of salad greens, hoping to supplement a filling serving of turkey or ham. After some research and a quick dismissal of Tofurkey (tofu has never been my cup of tea), I found a dish that is beautiful, easy to make, and should end up on every vegetarian’s or vegan’s plate during the holidays: Beet Wellington. This combination of earthy vegetables, spices, nuts, and buttery pastry is sure to satisfy.

## You will need:

4 red beets – approx. the same size  
2 / 8oz. packages mushrooms (any kind will work; I use portabella)  
5oz. fresh or 1 package frozen spinach, drained well  
1 cup walnuts or pecans, chopped finely  
4 cloves of garlic  
2 sprigs of thyme  
Olive oil (enough to coat beets)  
4 tbsp. butter (substitute olive oil for vegan)  
1 sheet of puff pastry (substitute store bought vegan or make your own!)  
1 tsp. fresh rosemary, chopped finely (optional)

## Directions:

1. Preheat the oven to 450° Fahrenheit.
2. Rinse any dirt from the beets and coat them in olive oil.
3. Place beets in a roasting pan that has a lid and put them on the top shelf of the oven.
4. Roast beets about 45 minutes or until a fork slides through them easily.
5. Slice the mushrooms into pieces about an inch long and mince the garlic.
6. Place a medium-sized pan on medium heat and add the mushrooms.
7. Cook mushrooms until tender. Add half of the garlic for about a minute, and then remove from the heat.

**Tips:** If you don’t have a roasting pan with a lid, you can wrap each beet in tin foil and roast them in any oven-safe pan.

You can virtually add anything to the mixtures around the beets – goat cheese pairs well. Balsamic glaze pairs well as a serving sauce for this dish.

8. In the same pan, cook the rest of the garlic for about a minute, making sure not to overcook it, then add the chopped nuts and spinach, cooking until the spinach is soft and wilted.
9. Remove from heat. Let both of these mixtures cool while the beets finish roasting. When the beets are soft, remove them from the oven and let them cool until you can handle them.
10. Take the puff pastry from the freezer to thaw. It needs to stay cold, so thaw just enough to handle it. It shouldn’t be sticky.
11. Remove the skin from each beet by peeling it back with a knife, but leave the beets whole.
12. Roll out your puff pastry slightly on a floured surface. The areas where it was folded should be pressed down slightly so it won’t crack.
13. Layer your spinach along the middle and line your beets on top of the spinach.
14. Layer the mushroom mixture around the rest of the puff pastry.
15. Roll one end up and attach the two ends together, pressing any sides together to seal the pastry tightly shut.
16. Brush the pastry with butter (or vegan alternative) and sprinkle with thyme and rosemary (optional) on top.
17. Bake at 375° for around 35 minutes or until golden brown on the outside. Let cool 15 minutes before cutting.
18. Enjoy your beautiful Beet Wellington!

## EVENTS CALENDAR

November 17 - December 9

**Kelsey Pease**  
Staff Writer

### Friday, Nov. 17

9:45am to 2:30pm: NMC Lifelong Learning Campus Day at the University Center, 2200 Dendrinos Dr, Traverse City. Check-in begins at 9:20am.  
1pm: NMC Music Student Convocation in Fine Arts 115.  
5:30 to 6:30pm: Voices student group meeting in Health & Science 100.  
6 to 10pm: Volleyball sponsored by Ratio Christi at the Physical Education 100 Gym.  
4:20pm to Midnight: Dank Night featuring dank beers, games, and all sorts of fun paraphernalia at Little Feet, 448 E. Front St., Traverse City.

### Saturday Nov. 18

10am to 4pm: Merry Makers Marketplace - a holiday art fair held indoors at Crooked Tree Arts Center, 322 6th St, Traverse City. Browse and buy special, one-of-a-kind gifts created by Michigan artists and craftspeople.  
8pm: Concert featuring The Brubeck Brothers Quartet at the Milliken Auditorium.

### Monday, Nov. 20

6 to 8pm: Soup & Bread benefit for Safe Harbor at the Little Fleet, 448 E. Front St.

### Wednesday, Nov. 22

Thanksgiving Break begins—No classes after 5pm.  
3:30 to 4:30pm: Students United for Gender Rights in Health & Science 100.

### Thursday, Nov. 23

Thanksgiving Day—No classes.  
9am: Turkey Trot 5K and 5 mile races in downtown Traverse City.

### Friday, Nov. 24

Thanksgiving Break—No classes.  
7:30 to 9:45pm: Annie at Old Town Playhouse, 148 E. Eighth St., Traverse City.

### Monday, Nov. 26

7 to 8:30pm: Christmas songs and stories with country music singer John Berry at the City Opera House, 106 E. Front St., Traverse City.

### Wednesday, Nov. 29

10am to 5pm: Great Macaroni & Cheese Bake-Off at Wineries of Old Mission Peninsula, Traverse City.  
9pm to Midnight: NMC iDance club meeting in Physical Education 120.  
5:45 to 6:45pm: Women in STEM meeting in Parsons Stulen 218.

### Thursday, Nov. 30

6:30pm: The Art of: Craig Tandy - Lines of Light and discussion with artist at the Denmos.  
7pm to 2am: The Long Night Against Procrastination in the Osterlin Library.

### Friday, Dec. 1

1pm: NMC Music Student Convocation in Fine Arts 115.  
5:30 to 6:30pm: Voices student group meeting in Health & Science 100.  
6 to 10pm: Volleyball sponsored by Ratio Christi at the Physical Education 100 Gym.  
6:30 to 9pm: Downtown TC Light Parade - Santa’s arrival and community tree lighting.  
9 to 11pm: Public viewing night at Rogers Observatory, 1753 Birmley Rd.

### Saturday, Dec. 2

10am: Farmland 5k European Style XC Challenge running and biking event at the Lew Rasha Centennial Farm, 1154 Rasha Rd, Traverse City.  
7:30pm: NMC Jazz Bands and Vocal Jazz Ensemble perform at Milliken Auditorium.

### Wednesday, Dec 6

9pm to Midnight: NMC iDance club meeting in Physical Education 120.  
5:45 to 6:45pm: Women in STEM meeting in Parsons Stulen 218.

### Thursday, Dec. 7

5pm: Ladies’ Night Holiday Shopping in downtown Traverse City featuring specials, food, and refreshments to conquer some holiday shopping.

### Friday, Dec. 8

5:30 to 6:30pm: Voices student group meeting in Health & Science 100.  
6 to 10pm: Volleyball sponsored by Ratio Christi at the Physical Education 100 Gym.

### Saturday, Dec. 9

2pm and 7:30pm: The Nutcracker ballet in Corson Auditorium at Interlochen Arts Academy, 4000 Highway M-137, Interlochen.  
7:30 to 9:45pm: Annie at Old Town Playhouse, 148 E. Eighth St., Traverse City.



# The Art of: Exploring

## Dennos Museum event discusses Great Lakes Exploration

**James Robinson**  
Staff Writer

For many, the Great Lakes are remarkable natural features that serve as points of contemplation, inspiration, and relaxation. What compels us to explore them and protect them for future generations? The Dennos Museum Center recently held an event—The Art of: Exploring—to answer this very question.

“The Art Of” is an ongoing series of programs intended to help connect the visual arts to broader topics in our busy lives. “We’re a community-oriented museum, so it’s important for us to connect with adults, children and families in the community as well as with faculty, students, and staff at the college,” says curator of education Jason Dake. “We’re always trying to be mindful of this and offer programming that will attract that broad range of audiences.”

This particular event was inspired by the exhibit “Into the Arctic,” currently on display at the Dennos Museum Center. “I wanted to find a way to connect artist Cory Trépanier’s exploration of the arctic with our own local ecosystem, so the Great Lakes just made sense,” says Dake. On Friday, Nov. 2, representatives from various northern Michigan water-related organizations were invited to discuss the topic of Great Lakes exploration. They each shared their personal connections to the water and what compels them to explore and protect the Great Lakes.

Among the panelists was Hans VanSumeren, director of the Great Lakes Water Studies Institute. “I’m very connected to this area. I grew up in Traverse City... on Grand Traverse Bay,” he says. His time spent on the bay was a key factor in his decision to pursue a degree in marine engineering. VanSumeren came to NMC in 2008 to build up the fledgling Water Studies Institute. Since then, the Institute has participated in several different projects in Lakes Superior, Huron and Michigan, as well as international projects in China and Costa Rica. “Passion [for protecting the Great Lakes] is great, and passion with output is even better,” says VanSumeren. “You have to have a skill or competency that allows you to work in an area that does these things to protect and preserve.” That is the mission behind the Water Studies Institute, to provide these competencies to students passionate about protecting the Great Lakes.

Also among the panelist for this event was Chris Doyal, president of Grand Traverse Bay Underwater Preserve. Doyal says he and his wife moved to the Traverse City area from downstate “precisely to be around the water. We fish. We boat. We dive. We are definitely connected to the

water.” Doyal first became involved with the preserve in 2007 as a photographer documenting the wrecks. He is a professional photographer and a trained scuba diver, so blending the two skills into underwater photography was what he calls a “natural fit.” Now, he continues to help document the shipwrecks and other cultural sites in Grand Traverse Bay, and promote responsible recreational scuba diving in the area.

Jason’s brother, James Dake, works as the education director at Grass River Natural Area in Bellaire. With a background in science education, James Dake is passionate about sharing his scientific knowledge and appreciation of nature with the public, as he mentioned at this event. He’s even written a “Field Guide to Northwest Michigan” to share his scientific interest. “I’m proud and happy to call this region home,” he says.

Unlike the other panelists, Stephanie Gandulla grew up far away from the sights and sounds of the Great Lakes in her hometown of Bozeman, Montana. However, her career path led her toward a graduate degree in underwater archaeology. “I always thought I would be studying the oceans, but was very impressed to learn about the amazing cultural resources available in the Great Lakes.” During the last semester of her graduate program, Gandulla obtained a fellowship working in Thunder Bay National Marine Sanctuary.

She loved it so much, she’s stayed there for the past 6–7 years working as a maritime archaeologist and as the media/volunteer coordinator. She has also taken part in some pretty great adventures, such as the Sedna Epic Expedition (a snorkel relay of the Northwest Passage meant to bring attention to climate change) and the Big 5 Dive (a challenge to dive in all five Great Lakes within 24 hours). “I’ve always loved to explore, whether it’s diving on the wrecks in Thunder Bay or snorkeling in the Arctic. I really love living somewhere where you’re only five minutes away from being immersed in nature.”

While each of their stories are different, all of these individuals have developed a strong, personal connection to the Great Lakes. “I think the more you can relate it to people’s personal experiences and their daily life, the better,” says Jason Dake. “This promotes a much more positive view of the Great Lakes and greater understanding of why we should protect them.”

Jason Dake invites community members and organizations to propose ideas for future “The Art Of” programs. If you have any ideas, you can contact him at [jdake@nmc.edu](mailto:jdake@nmc.edu).

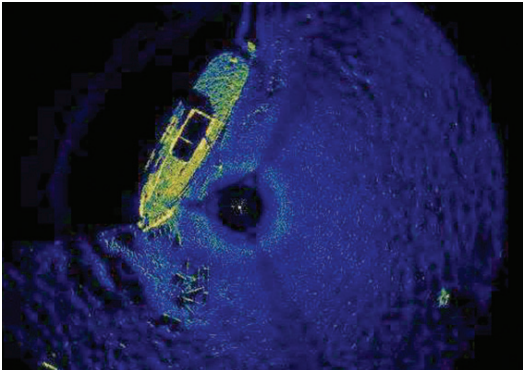


Photo courtesy of Chris Doyal



Photo courtesy of Stephanie Gandulla



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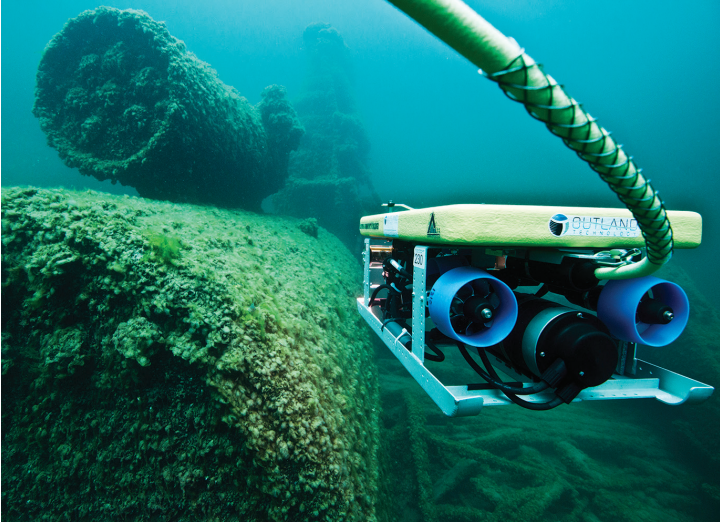


Photo courtesy of Stephanie Gandulla