

# WHITE PINE PRESS

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

# Saving Lives

*Battling the Local  
Opioid Crisis  
pg. 6&7*





Cover photo by Adam Crocker

Photo by Emily Clements

NORTHWESTERN MICHIGAN COLLEGE

# WHITE PINE PRESS

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## News-in-Brief

### NMC Food Pantry

Help the NMC Student Food Pantry committee fill orders and stock its shelves. The group is also looking for volunteers to assist through May. Volunteer shifts are Monday through Friday from 9–10am and 3:30–4:30pm. Visit [signup.com/go/tLdZBkA](http://signup.com/go/tLdZBkA) or contact Paul Kolak at [pkolak@nmc.edu](mailto:pkolak@nmc.edu) or 995-1042.

### 12th Annual Career Fair

NMC's Career Fair is scheduled for March 1 at the Hagerty Center from 4-6pm. Employers are recruiting for seasonal and entry level positions, as well as internships and service learning. The career fair is open to the public. An alumni reception follows the event from 6–8pm at Lobdell's: A Teaching Restaurant. Visit [nmc.edu/career-fair](http://nmc.edu/career-fair) for more information.

### TC Restaurant Week

Traverse City Restaurant Week is your chance to experience the culinary delights of Traverse City! Restaurants will offer three-course meals for \$25 to \$35 per person during the week-long event (Feb. 25 to March 3). Reservations are strongly encouraged. A list of participating restaurants and menus is available at: [downtowntc.com/events-attractions/tcrw](http://downtowntc.com/events-attractions/tcrw).

### BATA Transit App

Bay Area Transportation Authority's (BATA) City and Village Loop route and schedule information is now available in Google Transit, available on iOS and Android. City and Village Loop route info is also found online at [bata.net](http://bata.net).

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# Alumni Spotlight: Stephanie Wiitala

**Deanna Luton** Staff Writer Stephanie Lee Wiitala first attended NMC after graduating high school in 1996, but paused her education after two years to raise her young family. She returned in 2006 to work on her Associate's degree, focusing on nutrition, with the goal of becoming a dietician.

"The major theme in my career ambitions at the time was being able to help people. The thing that I was not being honest with myself about was how much I loved the culinary world," Wiitala says. "When the GLCI (Great Lakes Culinary Institute) opened up at the Hagerty Center, I realized that my real dream was to become a professional chef." In the fall of 2009, Wiitala altered her goals and began attending culinary school, which she feels was the best decision she's ever made. "It has led to a career experience that has so far been tremendously fulfilling, and helped me reach so many of my professional and personal goals!"

Attending NMC the first time was a big change of pace for Wiitala. "It was difficult because I learned that the dynamics

of teaching and learning were very different," she recalls. At NMC, she felt a considerable degree of more responsibility and control. These early years demonstrated that procrastination and bare-minimum studying wouldn't maintain a good grade point average.

After returning to her studies, Wiitala reflects on her gained maturity and strengthened mindset. As an older student, she found herself more engaged in class. She remembers that the best discovery in her lifetime of learning was to not be afraid to ask for help from her teachers and tutors, as well as family and friends. Wiitala feels incredibly thankful for her professors, whose knowledge and encouragement supported her educational journey. They were truly committed to her success, especially when she was so committed herself.

When Wiitala finally started culinary school, she was "truly seeking to create a professional career out of what she loved most: serving and helping others by creating delicious and healthy dishes." She stands by the saying 'choose a job you love and you will never work a day in your life.'

"NMC helped me learn how to take control of my learning experience," Wiitala said. "If I wanted to succeed, I would need to apply a focused approach and pay attention to the details." NMC taught her there was no quick fix for learning—it required hard work, seeking guidance, and contemplating solutions instead of just problems. Wiitala found education a rewarding experience that gave her a new-found appreciation for learning institutionally. NMC not only added to her professional credentials, but gave her the ability to recognize future issues long before they became problematic.

Wiitala stresses that, when looking forward during your

college education, it is important to constantly change and reassess your career goals. She suggests trying to discover a common theme that interests or excites you in jobs you have had. It took her almost a decade to realize that a career in culinary and event management would fulfill this desire for her. The more enthusiastic and excited she was to learn, the more teachers and staff were open to helping achieve her goals.

Wiitala is now living her dream: she is the owner and proprietor of an event management company, S2S (Sunrise 2 Sunset) Events, and co-owner of S2S (Sugar 2 Salt) at the Village at Grand Traverse Commons. She also teaches Extended Education courses in cooking, and serves on the culinary school board for The Taste of Success event. She truly loves everything she is a part of on a daily basis.



Photos courtesy of Stephanie Wiitala



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# Chinese Community on Campus

**Deanna Luton** Staff Writer Jeff Zhao, leader of the new Chinese Student Society group on campus, is from Shenzhen, China. Feeling homesick and bored in a country so different from his own, he saw a void that needed to be filled in our community. Zhao wanted to craft activities that incorporated the rich culture he and his fellow international students crave, such as the Spring Festival that Zhao and his friends organized last year in coordination with the Weiming program and TCAPS.

Zhao observed that many international students have a group of two or three friends, and often do not stray from those groups, talking with them in their first language. The group will encourage Chinese international students to be more socially involved, forming new connections on campus. One plan is to launch a "League of Legends" tournament to coax the more reserved students out of their shell while remaining in their comfort zone: video games. Hosted in the East Hall basement, Zhao plans team matches, game commentary, and, ideally, enough space for an audience as well.

Before coming to NMC, Zhao attended Traverse City West Senior High School. As the closest community college, he wanted to try dual enrollment at NMC. He is currently a Liberal Arts major, but later plans to focus on business management and psychology.

Zhao experienced cultural shock at his first high school Homecoming dance. China is more conservative than the United States, so the atmosphere surprised him. "America is just so open-minded," he said.

"It has been a priority at NMC to create global experiences for students," explained Todd Neibauer, NMC's Vice President for Student Services and Technologies. "This is important

because our students need to be prepared to work in a global economy. Companies right here in Traverse City do business around the world, so it is important that our graduates are prepared, in this respect. Global opportunities for our students include study abroad programs and the ability to get a global endorsement on their diploma. It also includes bringing international students to our campus." The Global Endorsement program tracks cultural learning at NMC, and encourages students to venture outside their cultural comfort zones. For more information or questions about how to obtain a Global Endorsement, contact the Office of International Services & Service Learning at 995-2524.

In the Preston Tanis building's Flag Lobby, a flag represents each country from which students have attended NMC. Neibauer elaborated on the program bringing Chinese international students to our campus in such large numbers. "We have students on campus from 29 different countries—about 2.5% of our student population. This includes a group of students from China who came via a partnership between NMC, TCAPS, and the Weiming Education Group," Neibauer said. "These students are enrolled as Early College students, and spend their junior year of high school living with host families and attending TCAPS. In their senior year, they complete their remaining TCAPS classes while taking classes at NMC as well. The partnership has been in place for several years, but this is the first year that the senior students have lived on campus at NMC."

The Chinese Student Society is still working on a meeting time and location. Any Chinese exchange students are welcome to join by emailing Zhao at: [zhaob@mail.nmc.edu](mailto:zhaob@mail.nmc.edu)

## A Helping Hand

### Applying for Scholarships

**Leilani DeFoe** Staff Writer Many scholarships are available for students at NMC, with application deadlines for the 2018-19 school year looming less than a month away. Here are some techniques to increase your chance of earning a scholarship.

First, apply for the scholarships that require more work. The scholarships that include a video, photography, an essay, poetry, or creating a sign are the type that not many people are motivated enough to apply for.

Other types of overlooked scholarships are the ones with lesser monetary awards. Your chances of winning a \$250 scholarship is far greater than winning a \$1,000 scholarship, because more students vie for the greater amount. The next time you see a scholarship worth \$200 or \$300, don't pass up the opportunity!

There is always scholarship competition, and the best way to stand out is to have a well-written essay. Write as if you want to be graded at an A+; your essay is more likely to be discarded if it's written at a C or D level. Have friends or peers review your writing—it's important to receive constructive criticism, and your essay should be free of grammatical errors.

When writing an essay for a scholarship, don't repeat the prompt in your essay. It's a mistake that may get your writing tossed out because its reviewers already know the prompt. If the essay question is asking for information about yourself and your good deeds, do not hold back. Write every honorable, amazing thing that you have done. Mention your successes, and definitely talk about your strengths.

Finally, apply for community scholarships. You can find these scholarships from an advisor, the radio, local websites, and NMC's scholarship page ([nmc.edu/scholarships](http://nmc.edu/scholarships)). Some employers may offer scholarship or similar opportunities, so check with your place of work as well.

**The Communications and Humanities academic area merit scholarship deadline has been extended to Wednesday, Feb. 28. The minimum award amount is \$500, divided between fall and spring semesters. Qualifying continuing NMC students must have completed 20 or more NMC credits by the end of spring semester, with a 3.25 cumulative GPA.**

**Visit the area offices in Fine Arts or Scholars Hall (2nd Floor) to pick up an application.**



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# Teaching Trump

**William Walton-Case**  
Staff Writer

From the earliest days of political theory, there has been an overwhelming consensus among both philosophers and political scientists that the foundation of a healthy society is education. More than 2,000 years ago, Plato and Aristotle saw education and wisdom as prime virtues in both political leadership and in the citizenry.

Despite disagreement in the past millennia about what represents good education, there has yet to be a major philosophical movement that rejects it. John Adams, an educated man himself, saw education as a pillar of American society. In today's political climate, this tradition of education and wisdom has been challenged, and many wonder what education means in the age of Donald Trump.

English professor Ryan Wilson believes that, while the role of education is more important than ever, existing methods remain the best tools in crafting educated citizens. "Theories and practices are rather eternal," he says. "I personally see the need to study rhetoric a bit more pressing these days, so I think that composition classes are the best settings for that."

Political scientist and professor John Zachman shares

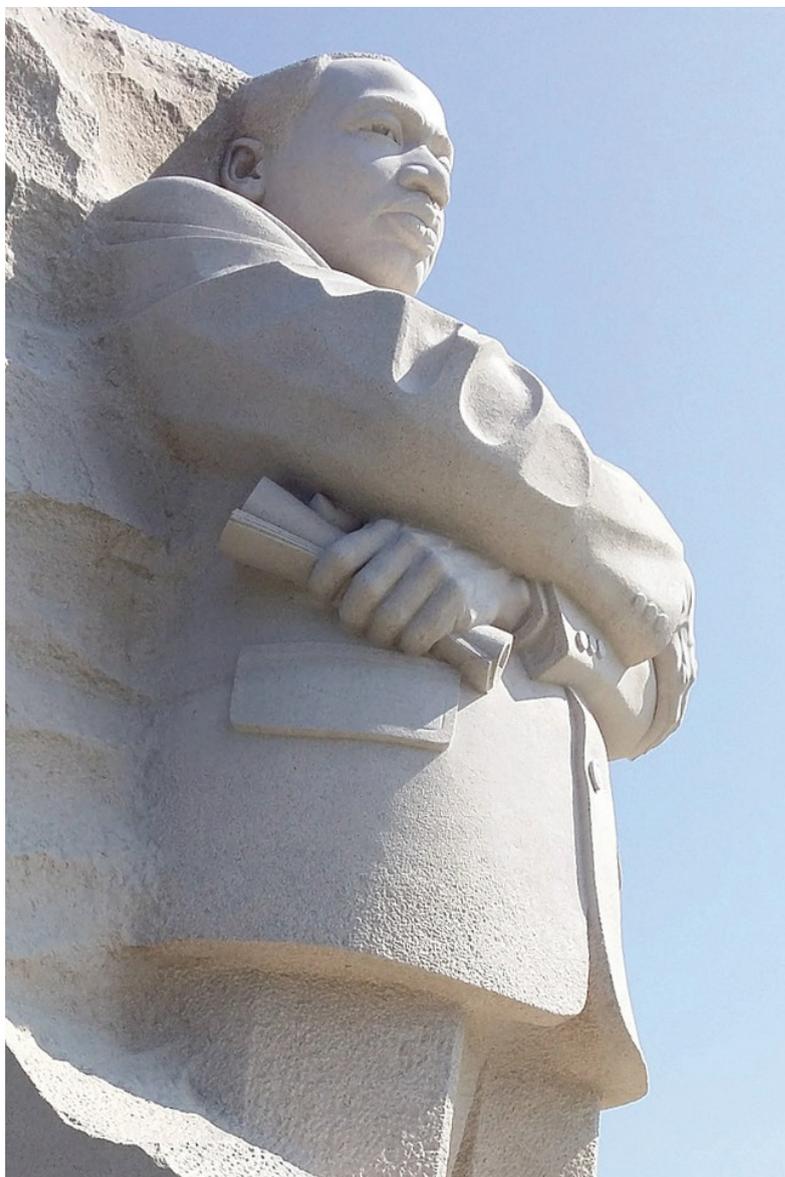
Wilson's view on the importance of education. For Zachman, however, the effect that the Trump administration has on the content and methods of education is impossible to ignore. He finds himself spending more time with students discussing what constitutes reliable news sources.

"I use newspapers of record in class usually—*The Washington Post*, *The New York Times*, stuff like that. It was never seen as controversial in the past, and now it is seen as partisan politics." He worries that unreliable sources are becoming normalized. "I have students coming to me citing [Infowars'] Alex Jones... and they bring up that the president has endorsed him." He finds this troubling, but sees opportunity. "Despite the division in politics today, I find that my students genuinely want to be understood and to understand each other."

Zachman is concerned that, as a side effect of the Trump presidency, foreign students studying in America may return home with a skewed vision of our country. "Typically, the United States doesn't look like such a reality TV show. I think there is a depth and thoughtfulness that is hiding under the surface right now, and visitors who leave before it returns will see us as more superficial than we are." For Zachman,

the biggest fear is that America will begin to see the current climate as normal. "The thing that worries me the most is that the Republicans in office have stopped being offended by the lack of dignity in Washington." He then talked about the trend of trying to politicize truth, saying that "it is very disheartening." Although he is worried about the political future, he remains hopeful that education can return our country to dignified politics. "In the classroom, everything needs to be problematized and analyzed," he says, noting that it may help to remind the next generation of citizens that the climate of today is not normal.

Regardless of whether one is conservative or liberal, Republican or Democrat, there is no reason to limit education. As Socrates said, "the unexamined life is not worth living," and unexamined thought is baseless. It is everyone's duty as citizens to seek out new and truthful information, as well as ideas and people who challenge their way of thinking, and to ensure that their arguments—whatever they may be—are based in reason and wisdom. That is the only path to the deep and thoughtful American political spirit to which Zachman hopes to return.



## The Bells of History

Remembering Martin Luther King, Jr.

**Mike Sims**  
Staff Writer

*"A man dies when he refuses to stand up for that which is right. A man dies when he refuses to stand up for justice. A man dies when he refuses to take a stand for that which is true."*

—Martin Luther King Jr.

Nearly 55 years have passed since the indelible memory of a single movement, since the resonating voice of one African American man was not afraid to stare into the face of cruel adversity. In his "I Have a Dream" speech, King addressed a crowd of more than 250,000 people, calling for not only love and tolerance to be passed on, but setting in motion what some folks, black or white, at the time considered fantasy. King dreamt of a world where blacks and whites can act as brothers and sisters, where all race is blurred into one definition: being human. King's words became a symbol cemented in the hearts of anyone combating discrimination.

"When I think of Black History Month, I think of passion, drive, and freedom," said NMC student Jeff Adams. He further expressed how the harshness of racism and discrimination can't be "escaped" in a sense, as we also can't "escape the responsibility to overcome and make an astonishing life around it." Others like art instructor Rufus James viewed it from a different angle. "Black History Month always takes me to a place of measured ambivalence. I see myself first and foremost as a member of the human species, living on planet Earth, generally no more significant or insignificant than any other human being."

Though some view African-American history to be woven into the fabric of American history as a whole, others see it as a necessity that everyone should remember. "My primary instincts preclude the social construct of race," James said. "I try to live my life this way, but the reality of living in a race-conscious society is often at odds with my idealism."

"Here at NMC, we all know the demographics," Adams commented. "We know that Caucasian is majority, but that luckily does not stop any of us from joining hands, connecting brains, and working together. Black History Month is not just about the history of African Americans, but the history of all. It is the true testament that America can always come together in the time of need, care, and responsibility."

"The sacrifices of my ancestors and those black heroes like Martin Luther King, Jr, who fought for making sure all our citizens have equal rights, instill in me a civic duty to support efforts to spotlight their contributions," James said. "These contributions were important in our development as a nation, and have added to the very fiber of our human values and the spirit of our Constitution."

# Battling Addiction

## A closer look at the local opioid crisis

**William Walton-Case** A somber tone  
Staff Writer

lay over Centre Ice on Saturday, Feb. 10. The ice rink hosted a memorial hockey game for Alex Grizzel, the 23-year-old who passed away on Oct. 14, 2017, from an overdose of fentanyl laced heroin. Proceeds from the match benefitted Addiction Treatment Services in Traverse City.

The game opened with a solemn speech from pastor Christopher Cox of Long Lake Church, who presided over Alex's funeral. He discussed both Alex and the greater opioid crisis in the region. A 10-minute documentary screened between game periods showed the effect addiction has on a community. The theme was a simple yet important message, delivered by Pastor Cox: "addiction is a disease."

This disease has greatly affected Michigan. According to the Michigan Department of Health and Human Services (MDHHS), the number of deaths by overdose in the state has increased by nearly 17 times the number since 1999. In 2015, MDHHS found 115 opioid prescriptions per 100 persons. In 2016 alone, 2,356 deaths were attributed to overdose.

The scale of this crisis has prompted the need for new methods of treating it at the societal level. One solution is Naloxone, a potential life-saving medication used to block the effects of opioids during overdose when administered in time.

First established in 2008, Harm Reduction Michigan ([harmreductionmi.org](http://harmreductionmi.org)), distributes Naloxone, encourages open and stigma-free discussion about



the opioid crisis, and works to educate community members on how to prevent and treat overdoses. Its website states "Our charge involves reframing and changing the field of drug treatment and mental health, and related social services to address stigma driven trauma, and its effects."

Pam Lynch, co-director of Harm Reduction Michigan, is certain the opioid crisis is seeing a genuine upswing in usage, not just reporting. "There's no question that this is a real epidemic," Lynch said. "64,000 plus people died last year in this country of an opiate overdose." The organization is leading the charge against the crisis through the hard work of volunteers. "We do not receive government funding for anything we do."

Lynch encourages everyone to educate themselves, believing that the solution to the crisis will not come from the traditional "War on Drugs" mentality. "We need to medicalize, rather than criminalize the disease of addiction, so we need a lot of help, and people." Community members wanting to support Harm Reduction Michigan can attend its trainings, events, or advocacy groups, or assist in volunteer effort by doing tasks such as making Naloxone kits.

Harm Reduction Michigan provides a valuable service, but is not alone in the fight against the opioid crisis. Police departments carry Naloxone in an effort to be prepared for the overwhelming number of overdose calls. This shift from the traditional method of enforcement has saved lives. In July 2017, an 11-month-old girl in East Bay Township accidentally ingested an opioid pill, and was saved with an injection of Naloxone by the Grand Traverse County sheriff's deputies. Earlier this month, a Ludington man who overdosed on heroin was saved when Oceana County deputies responded with the reversal drug. Saving people from overdosing is one thing, keeping them from overdosing in the first place is another.

One of the great tragedies of addiction comes from the social stigma surrounding it. Addiction is a disease, but society doesn't treat it like one. For example, the reactions to news that someone has an addiction is different than being diagnosed with cancer. This even extends to common phrasing: you can "have" cancer, but you "are" an addict.

Treating addiction as a character flaw as opposed to a disease doesn't help anyone—it gives an excuse to ignore the problem rather than solve it. Addicts aren't junkies, violent criminals, or delinquents. They are regular people with lives and dreams. They are good

people in our communities and families. No one illustrates this better than Alex Grizzel.

"He was an incredibly loving person, and he loved to have fun and make his friends and family laugh," said Alex's sister, Katie Hanson. "His life motto was [to] have a purpose." Alex had goals and was studying to get his builder's permit before his death. He enjoyed sports, especially hockey. "He played hockey for years, and that was definitely his passion. In recent years he had also taken up dirt biking and golf, and you could find him on the golf course almost every evening in the summer. He just loved to have fun, and spend time with friends and family."



Alex had much to live for, but like many he suffered from addiction—and like many addiction sufferers, he was able to hide it, for a time. "Our family knew that he was in trouble with drugs, but we did not know initially that it was heroin he was using," Hanson explained. "Alex knew that, no matter what, he was unconditionally loved and supported. He wanted so badly to be in recovery, and we were there to help him

in any way that we could. No one wants to be an addict; addiction is just extremely powerful."

Hanson has an important message for anyone who knows a person suffering from addiction. "Don't isolate them, because isolation just creates more space, and less opportunity to ask for help when they are ready."

Alex's story is one of many, and it illustrates the error in the way many of us view addiction. Addiction doesn't only affect the poor or the uneducated. It affects everyone. It is in our neighborhoods. It affects our friends, our family members. We can't solve this crisis by ignoring it, by

pretending that it doesn't affect good people, by pretending that addicts, not addiction, is the problem. When someone comes to us with news of cancer, our response is sympathy. The same needs to be said of addiction.

Unless we work to craft a community where those who suffer from addiction are treated with dignity when they come forward, the crisis will continue.

# Stages of Opioid Addiction

**Nick Moug**  
Staff Writer

There is no designated roadmap to addiction, but knowing the physiological mechanism of using opioids can help us understand how and why these powerful medications are so appealing while tragically creating a state of dependence that too often leads to overdose:

When the body feels pain, the brain and nervous system naturally secrete hormones called endorphins, creating an analgesic effect. Imagine the common phenomenon of the “runner’s high”. Opioids circumvent this natural process by binding to opioid receptors throughout the body, reducing the transmission of pain messages to the brain while simultaneously releasing dopamine – a neurotransmitter that manages the brain’s reward and pleasure center. This culminates in an intense feeling of euphoria.

Using these medications causes the brain to stop creating its own endorphins, creating a vicious cycle where a user feels sick and depressed when no longer using, while tolerance builds up and provokes an addict to use stronger and more fatal doses.

## Naloxone: A Potential Lifesaver

Naloxone is a fast-acting medication that can be administered by injection, autoinjector, or nasal spray. In overdose, Naloxone could mean the difference between life and death by blocking the opioid receptors in the brain. If the individual is opioid-dependent, Naloxone may induce withdrawal symptoms so it’s important to call 911 or make sure the person administering the medication has had training.

On the last Tuesday of every month, Harm Reduction Michigan hosts a Naloxone administration course at the Woodmere Branch of the Traverse City District Library to anyone interested in learning how to reverse an overdose.

## SIGNS OF OPIOID OVERDOSE

Even if you’re not sure, don’t leave the person, and call 911 immediately. You can save a life.

Loss of consciousness

Limp body

Unresponsive to outside stimulus

Awake but unable to speak

Slow, shallow, erratic, or cessation of breathing

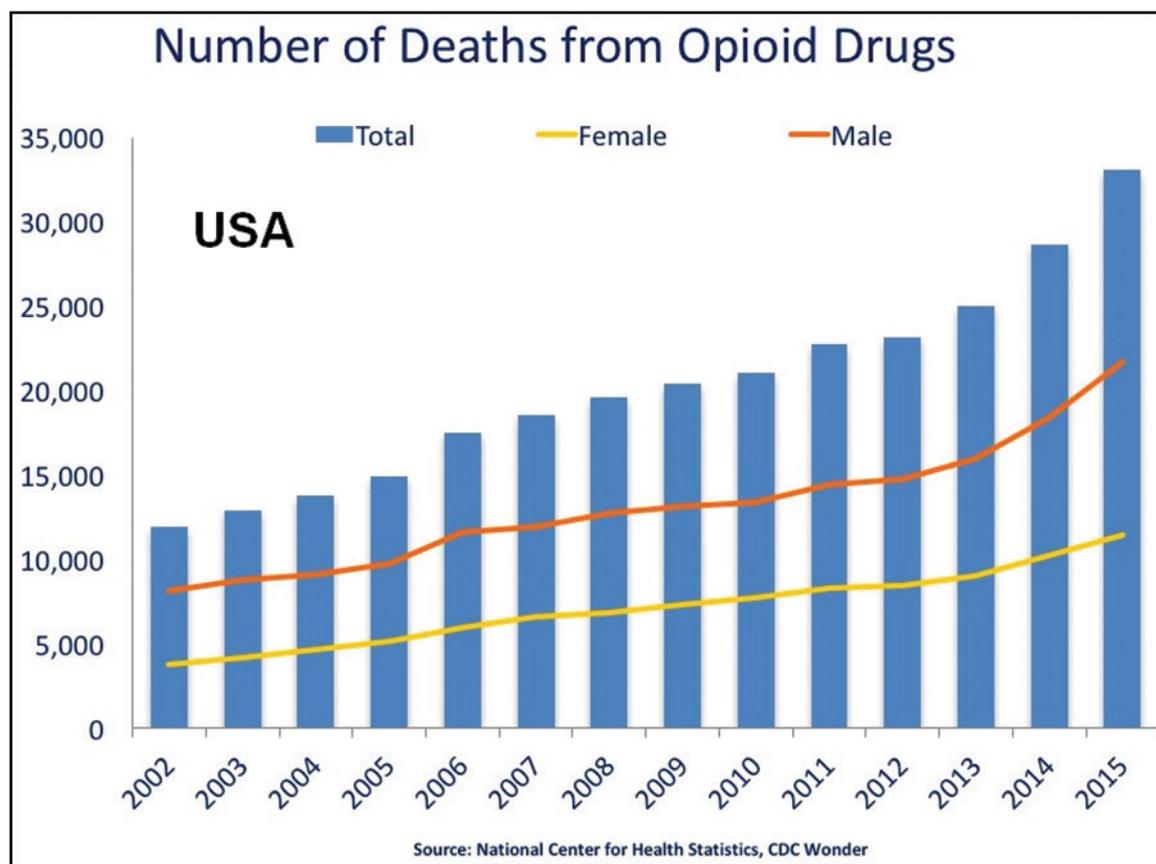
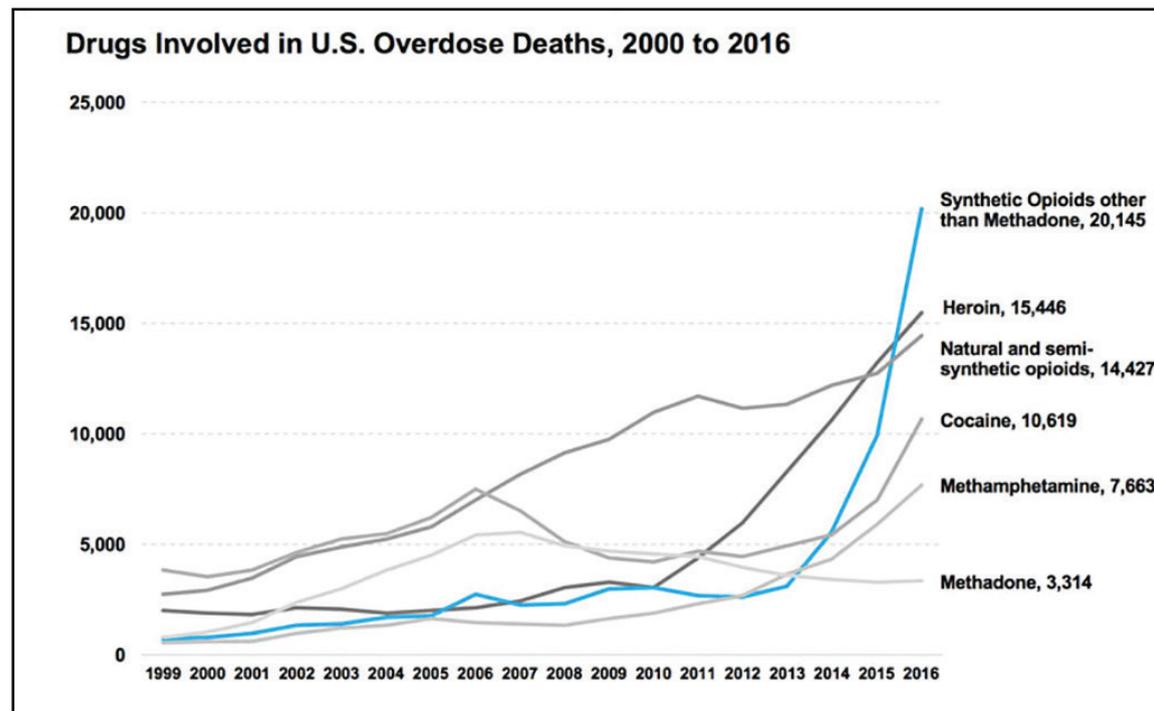
Choking or gurgling noises

Vomiting

Pale, blue, clammy, or cold skin

Slow, erratic, or no pulse

List compiled from the Centers for Disease Control (CDC) and Addiction Treatment Services of Traverse City.



## Opioids

- codeine
- fentanyl
- hydrocodone
- hydrocodone/acetaminophen
- hydromorphone
- meperidine
- methadone
- morphine
- oxycodone

# Campus Quotes

**Kelsey Pease**  
Staff Writer

**Have you been following the 2018 Winter Olympics?  
Is there a specific event you like to watch?**



“Absolutely. The events I watch the most are the half-pipe, slopestyle, the biathlon, and luge. Shaun White has always been my favorite athlete; after all, he’s earned three Olympic gold medals and has been snowboarding his whole life. Personally, I prefer to go skiing, though.”

**Jared Selby,**  
**Undecided**

“I follow it quite a bit on Instagram through pictures and videos that are posted. I especially enjoy snowboarding; there’s a resort near my hometown that I like to go out on pretty often.”

**Zach Bunn,**  
**Aviation**



“No, but I have already been seeing a lot of memes and YouTube videos inspired by different parts of it. Watching someone snowboard isn’t as fun as doing it yourself.”

**Yuliya Narolska,**  
**Business Administration**



“I do quite a lot of skiing so I’ve been following it occasionally, especially since they have it playing on the projector in West Hall all the time. All this warm weather that we’ve had lately, though, has just made me ready for spring.”

**Rafi Flores,**  
**Aviation**



“No, but I have been watching more Netflix than usual. I guess the ice skaters are fun to watch every once in a while, though.”

**Leilani DeFoe,**  
**Business Administration**



“I watch it occasionally, especially if Shaun White is snowboarding or if ice skating is on. I went skating once but I did a lot more falling than anything else.”

**Savannah Allen,**  
**Liberal Arts & Sciences**



“Honestly, I’m totally disinterested in the whole thing. I’ve never really been into sports entertainment, and I guess I don’t feel like watching it adds anything of value to my life.”

**Nathan Kroom,**  
**Maritime Technology**



# The Stigma of Fat

## Good or Bad?

**Macy Schwert**  
Staff Writer

The word “fat” has an incredibly negative connotation in today’s modern society. Many people think the way to weight loss is to eliminate all fat from their diet. Unfortunately, it’s not that simple. Eating a low-fat diet can actually make you gain weight. Just like carbohydrates, proteins, vitamins, minerals, and water, fat is a nutrient and a very important part of a healthy diet.

Our bodies require a variety of nutrients, some of which are water-soluble, and some that are fat-soluble. The fat-soluble nutrients do not mix with water. Our bodies absorb and use fat-soluble nutrients by consuming something they do mix with—fat. Even though American society has trained us to be fearful of anything that contains fat, our bodies need it!

It’s important to remember that there are good fats and bad fats. The good ones come in whole real foods, such as avocados. Bad fats come from factories and in highly processed foods, like potato chips. Most foods contain a mixture of fats, but are categorized according to its most dominant type. When choosing food, it’s not about selecting only low-fat—it’s about balancing the right amounts of the right types of fat.

There are four major types of fats which include: saturated fats, trans fats, monounsaturated fats, and polyunsaturated

fats. The four types have different chemical/molecular structures and physical properties.

Fats have different effects on the cholesterol levels in your body. The bad fats—saturated and trans fats—raise bad cholesterol (low-density lipoprotein, or LDL) levels in your blood. Monounsaturated fats and polyunsaturated fats can lower bad cholesterol levels, and are beneficial when consumed as part of a healthy dietary pattern.

Trans-unsaturated fatty acids, or trans fat, is the unhealthiest type of fat. Through a process called hydrogenation, liquid oils, such as soybean or cottonseed, are chemically treated in order to make them solid at room temperature. Hydrogenated fats, or “trans fats,” are often used to keep processed foods fresh for a long time. They can raise LDL cholesterol levels in your blood while simultaneously lowering your good cholesterol (high-density lipoprotein, or HDL) levels. Though trans fat occurs naturally in very small amounts in meat and dairy products, it is also created by altering unsaturated fats during processing to increase shelf life.

Saturated fats are generally solid at room temperature. These fats are linked to increasing both levels of bad cholesterol in the blood and the risk of heart disease. Most commonly—but not exclusively—significant amounts are found in animal

products such as fatty meat, processed meat, ice cream, whole milk, fried foods, and baked goods such as cakes and pastries. It is best to eat these foods in moderation.

Polyunsaturated fats tend to be liquid at room temperature and help to lower total and LDL cholesterol. They can be divided into two groups: omega-3 and omega-6. Both are important for heart health, but omega-3s also reduce inflammation and are important for cognitive function. Although our bodies make omega-3 fats from plant foods such as seeds, nuts, and vegetable oils, the best ‘readymade’ source is oil-rich fish, such as fresh salmon, trout, and tuna. You can also find polyunsaturated fats in walnuts, pumpkin seeds, sesame seeds and sesame oil, pine nuts, flaxseed and flaxseed oil, and also sunflower oil, seeds, and spreads.

Monounsaturated fats are also usually liquid at room temperature. Health experts agree they’re the healthiest type, as they lower total and LDL cholesterol, as well as maintain levels of HDL or good cholesterol, making them a great choice for a healthy heart. Foods containing Monounsaturated fats include: olives, olive oil and olive-based spread, grapeseed oil and spread, avocados and avocado oil, peanuts, peanut oil and peanut butter.



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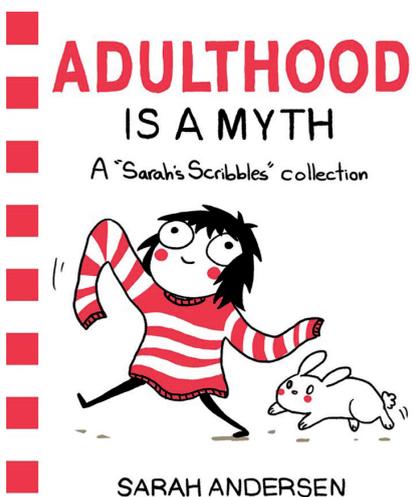
# Book *Shady Lady* Reviews

Humor Me This

**Ann Hosler** Copy Editor  
 Sometimes, it's important to remember that we should all take a few moments to appreciate the funny things in life. I don't mean the meme-of-the-week, or the latest burn-tweet; I'm talking about actual comedy. Professional or amateur, comedians, writers, and artists have a knack for identifying the absurd banalities of life, and reminding us that it's OK to laugh.

**"Adulthood is a Myth"**  
 by Sarah Anderson

Do you life? Good, so does Sarah Anderson! Over 100 pages of comics encapsulate the reality of life as a student, introvert, and bookworm, all while noting that it's totally normal to procrastinate and be far from perfect. Anderson reflects mostly on the present—in comics showing the exasperation of women's clothing, the stress of new relationships, and the anxiety of a college student—with occasional imaginings of the future, such as showing hundreds of teenage selfie photos in an album book to her grandchild. More of Anderson's comics can be enjoyed on her website, [gocomics.com/sarabs-scribbles](http://gocomics.com/sarabs-scribbles).

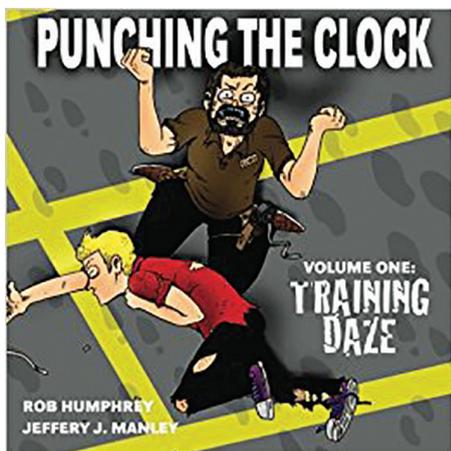


**"Punching the Clock"**  
 by Rob Humphrey and Jeff Manley

This is my local shout-out, and though Humphrey and I are former co-workers, if his comics sucked, I would totally admit it. However, he's in luck: they don't! "Punching the Clock" was a long-running web comic series by Humphrey (writing) and Manley (art), which ceased development a few years ago.

That hasn't stopped the duo from releasing several hilarious volumes that bring to life the escapades of big box retail employees Jeff and Ryan. If you've ever worked a day in retail, these comics will resonate deeply.

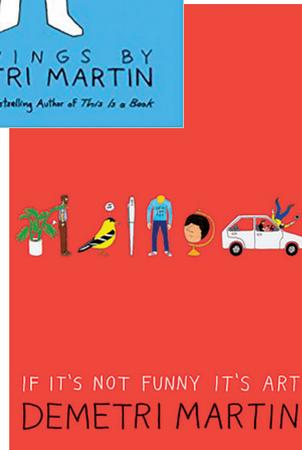
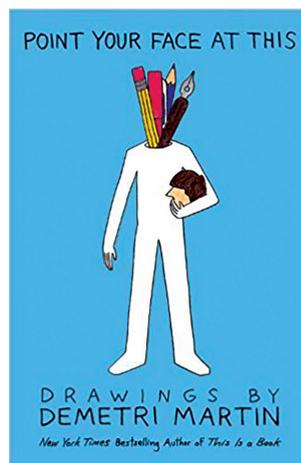
Volumes 1, 2, and 4 are available, with Volume 2 covering a whole chapter of Buy Lots never seen before. As for Volume 3... if you attend Humphrey's Cherry Capital Comic Con (C4) in May, stop by his table and ask him about it.



**"Point Your Face at This" and "If It's Not Funny It's Art"**  
 by Demetri Martin

Martin's comedic art is what I would consider minimalism, though I'm sure a true art critic would scoff at that. Most of his drawings are quite simplistic, yet are either ridiculous or poignant enough to be funny.

Just a few of his witty words will have you seeing life in a new light. As Martin so sagely recently stated, "If the walls in my house could talk, they would probably be screaming a lot, because I just put up some shelves."



## Haiku Winter Games Review

**Ann Hosler**  
 Copy Editor

**Pipe Dreams**

Chloe Kim got gold  
 Rocking the snowboard halfpipe  
 At age seventeen

**Pita Taufatofua**

Tonga guy is back  
 Carrying his nation's flag  
 Not a great skier

**In Pita's (Paraphrased) Words**

"If I could do this  
 anyone following could  
 achieve anything."

**Shibutani x2**

Shib Sibs are "local"  
 Their home base is Ann Arbor  
 They're twizzle rockstars

**Ode to Johnny Weir('s Clothing)**

Sparkle, shimmer, glint  
 Packed in thirteen suitcases  
 Sequins, leather, lace

**They're Not Sorry**

T. Virtue and Moir  
 Had flawless execution  
 Eyeing a new gold

**Goodbye, Pyeongchang**

Closing day is near  
 Sure to be a spectacle  
 And #NBCfail

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# Spice, Spice, Baby

**Lindsay Schmandt**  
Staff Writer

At some point we've all found ourselves standing in the spice aisle, wondering if a handful of saffron priced at \$13 is worth the culinary experiment that we've discovered within our winter boredom. Spices are an intriguing, and sometimes discouraging, subject. Beyond salt and pepper, knowing when and how to use spices can give a dish its own identity.

For example, plain rice is one of the cheapest foods to buy in any form (white, brown, wild, you name it). Besides the steps taken to prepare it, the only difference between Greek lemon rice, chicken fried rice and cinnamon vanilla rice pudding are the spices you add.

One of the first steps to learning about spices is suppressing the urge to grab the salt whenever your recipes feel lacking. The second step is to be vulnerable and uncomfortable. You might hate curry, but I've met a lot of people that hated curry before they learned how to make it in a way that suited them.

Try this: Start with a curry. There really isn't a right way to make curry—in fact, there are plenty of different types of curry spice to start with. Find a bulk food store near you. Most co-ops or health food stores will have a bulk spice section; this gives you the opportunity to smell the spices and buy only a small amount before you fully commit. "Curry Spice" is generally a mix of different chilies, cumin, turmeric, cinnamon, coriander, and fenugreek, and has the ability to flavor a dish without any salt at all.

This opens the door to trying those spices individually in different dishes. Cumin is essential in chili, tacos, and many Mediterranean dishes, and also has the ability to give a smoky flavor to vegetarian dishes. Turmeric is a cousin to saffron, adding a wonderful yellow/orange color to any dish, such as paella! Cinnamon is most commonly used in baking, but you might be surprised if you ever try a Greek rice pilaf with red sauce to know cinnamon is a main spice.

Whether you're unsure about spices or you're already searching new ideas, remember that you do not have to pay a fortune for spices. Buy them in bulk, and start off with only as much as you need. Store spices in airtight containers, usually glass or plastic, and they will last for several months. Most importantly, keep experimenting with new recipes!

## Taco Seasoning by Ann Hosler

Make some tasty tacos with these great spices! Use two tablespoons of seasoning, plus 1/3 cup water, per one pound of hamburger.

- 2 tsp cumin
- 1/2 tsp garlic powder
- 1.5 tsp onion powder
- 2 tbsp chili powder
- 2 tsp oregano
- 1/4 tsp black pepper
- 1/2 tsp red pepper flakes
- 1 tsp paprika
- 1 tsp kosher salt
- 2 tsp corn starch

## EVENTS CALENDAR

February 23 - March 11

**Kelsey Pease**  
Staff Writer

### Friday, Feb. 23

5:30 to 6:30pm: Voices student group meeting in Health & Science 100.

6 to 10pm: Volleyball sponsored by Ratio Christi in Physical Education 100.

7:30 to 9pm: Romance Guaranteed performances at the Old Town Playhouse.

### Saturday, Feb. 24

9am to 1pm: ICE CUBE - Winter Sports Team Relay at Timber Ridge Resort.

10am to 2pm: Indoor Farmers Market at the Village at Grand Traverse Commons inside the Mercato.

1 to 4pm: Sips, Soups, and Shoes benefit for Bay Area Recycling for Charities at the Village at Grand Traverse Commons.

7 to 10pm: TC Swing Club meeting in Physical Education 100.

### Sunday, Feb. 25

9am to 1pm: ICEBERG - First Winter Sports Triathlon at Timber Ridge RV Resort.

Noon to 5pm: 10th Annual Great Indoor Folk Festival, featuring seven stages at the Village at Grand Traverse Commons.

**Feb. 25 – March 3:** Traverse City Restaurant Week!  
[downtowntc.com/events-attractions/trcw](http://downtowntc.com/events-attractions/trcw)

### Wednesday, Feb. 28

7:15 to 9pm: His House student group meeting in Osterlin 205.

9:30pm to Midnight: NMC iDance club meeting in Physical Education 120.

### Thursday, March 1

4 to 6pm: NMC Career Fair at the Hagerty Center, featuring 70+ employers with over 200 openings to fill.

### Friday, March 2

5:30 to 6:30pm: Voices student group meeting in Health & Science 100.

6 to 10pm: Volleyball sponsored by Ratio Christi in Physical Education 100.

### Saturday, March 3

9am to 4pm: Slush Cup, featuring skiers and riders attempting to cross an icy 40' pond at Shanty Creek Resort.

10am to 2pm: Indoor Farmers Market at the Village at Grand Traverse Commons inside the Mercato.

1 to 6pm: 12th Annual Suds and Snow featuring beer, wine & cider, food sampling, and snowshoeing at Timber Ridge RV Resort.

7 to 10pm: TC Swing Club meeting in Physical Education 100.

### Sunday, March 4

1:30pm & 4pm: Parallel 45 Theatre Presents "Go Dog, Go!" at the City Opera House.

### Monday, March 5

5 to 10pm: Cookbook Dinner Series presents Red Rooster by Marcus Samuelsson at Amical, 229 E. Front St. Event continues through Sunday, March 11.

### Wednesday, March 7

7:15 to 9pm: His House student group meeting in Osterlin 205.

9:30pm to Midnight: NMC iDance club meeting in Physical Education 120.

### Thursday, March 8

7 to 9pm: The Art of: Inspiring Change – free screening of "Dolores" by Peter Bratt at the Dennon Museum Center.

### Friday, March 9

5:30 to 6:30pm: Voices student group meeting in Health & Science 100.

6 to 10pm: Volleyball sponsored by Ratio Christi in Physical Education 100.

7pm: "The Lion King on Ice" presented by the TC Figure Skating Club at Centre Ice Arena

7pm: "Legally Blonde the Musical" at Traverse City West Senior High

### Saturday, March 10

10am to 2pm: Indoor Farmers Market at the Village at Grand Traverse Commons inside the Mercato.

11:30am & 4:30pm: "The Lion King on Ice" presented by the TC Figure Skating Club at Centre Ice Arena

7pm: "Legally Blonde the Musical" at Traverse City West Senior High

7 to 10pm: TC Swing Club meeting in Physical Education 100.

### Sunday, March 11

2pm: "Legally Blonde the Musical" at Traverse City West Senior High

### Ongoing Events at the Dennon Museum Center

**Through March 8:** Visitors to the Sea: Masterpieces from the Detroit Institute of Art

**Through April 29:** Lines of Light: Craig Tandy Monofilament Sculpture

**Through May 6:** Tutankhamun: "Wonderful Things" from the Pharaoh's Tomb

**Hours:** Monday to Saturday 10am to 5pm, Thursday 10am to 8pm, and Sunday 1 to 5pm.

# A Culture of Makers

**Steven Tucker** In 2005, Dale Dougherty founded “Maker” magazine, igniting a community of creatives spanning 45 countries and including more than 135 million people. Members of the Maker movement, or Makers, have access to a creative environment and shared resources that allow people to bring their ideas to life. Maker culture offers anyone with a desire to create the tools to do so.

There are three phases a Maker goes through. Zero to Maker is the first. All you need is the idea and the desire to learn, and a Makerspace will give you the means to make it happen. Second is Maker to Maker. In this phase, one shares his or her idea with other Makers. This collaboration allows one to borrow from the skills and expertise of other Makers to improve upon their idea. Finally, there’s Maker to entrepreneur, where one can make practical use out of their creation. This phase allows Makers to network with potential investors and teaches the skills needed to put their idea on the market.

Thanks to the Makerspace at NMC, graduates can leave with the necessary skills to make a living out of their own ideas. Interactive Aerial is a company based in Traverse City that got its start in the NMC drone program. It built its first prototype in NMC’s Makerspace, with taped outlines of the drone still stuck to one of many workbenches. The company now uses its drone, called Legacy 1, to inspect industrial infrastructure in confined and hazardous spaces. This is a perfect example of a maker turned entrepreneur.

The NMC Makerspace is at the Aero Park campus in room 227 of the Parsons-Stulen building. It’s used primarily by NMC’s engineering technology students, who get the tools and

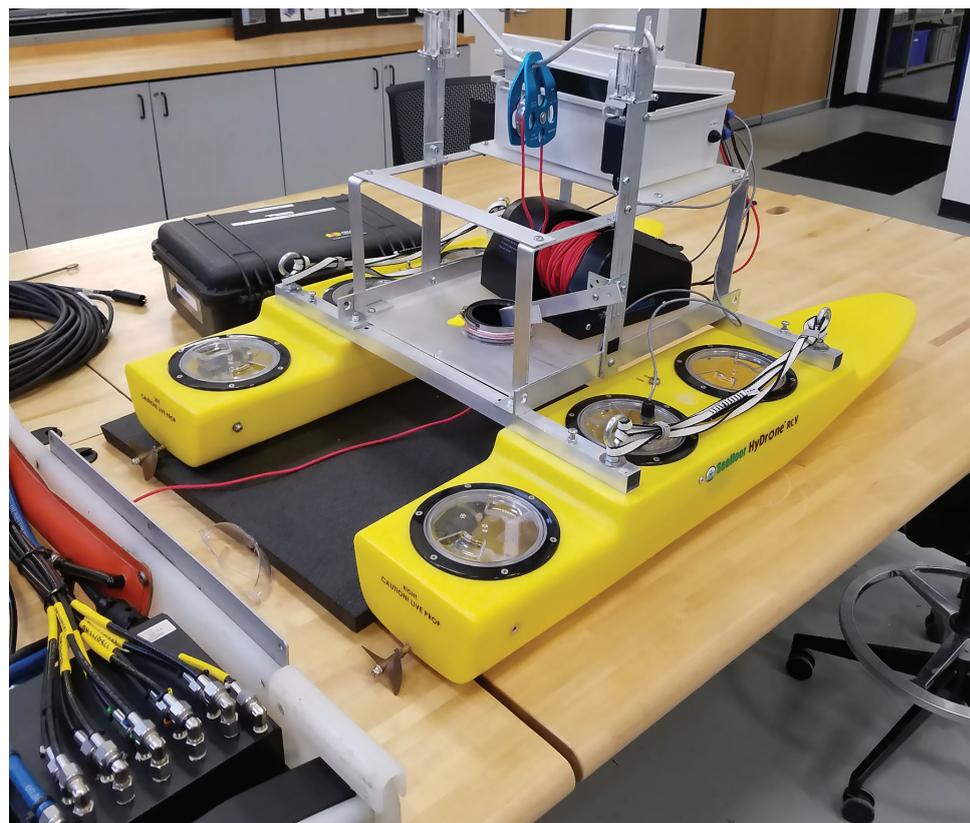
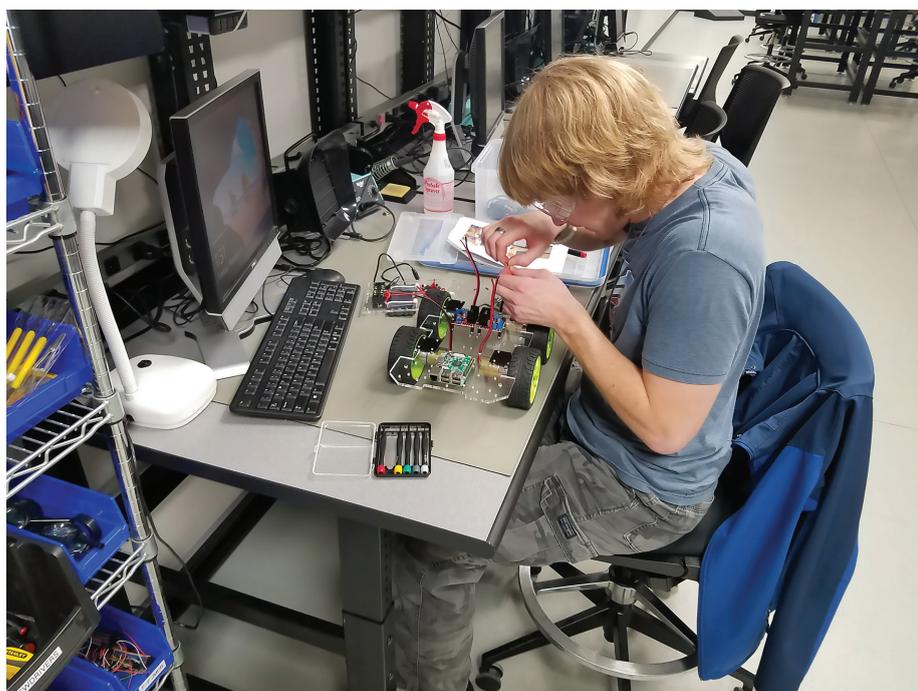
resources they need to stay competitive in a world of rapidly advancing tech. Inside is a massive workspace complete with a CNC laser cutter, 3D printers, electrical equipment, hand tools, hardware, and raw materials. Having access to all the material and tools you need makes any idea possible.

Many communities have a Makerspace open 24/7. The closest public Makerspace to Traverse City is GR Makers in Grand Rapids. Anyone interested in learning more about Maker culture would benefit from a visit.

Even without a local public Makerspace, we could all be Makers. All it takes is some tools and the willingness to share knowledge with others. “The Maker Movement Manifesto” by Mark Hatch is good place to start, while makezine.com has many fun ideas from the Maker community, such as an LED-powered broom, a duct tape hammock, and even carbonated fruit.

Maker culture has taken the world by storm, growing every year for over a decade. Engineering tech students can benefit greatly from the resources at the NMC Makerspace, and we could all benefit from the Maker mindset.

Students who have an idea they would like to market may be interested in TC New Tech, a local technology-enthusiast group that holds events every month and allows the public to present ideas to potential area investors. Visit [tcnewtech.org](http://tcnewtech.org) for more information.



Photos by Steven Tucker