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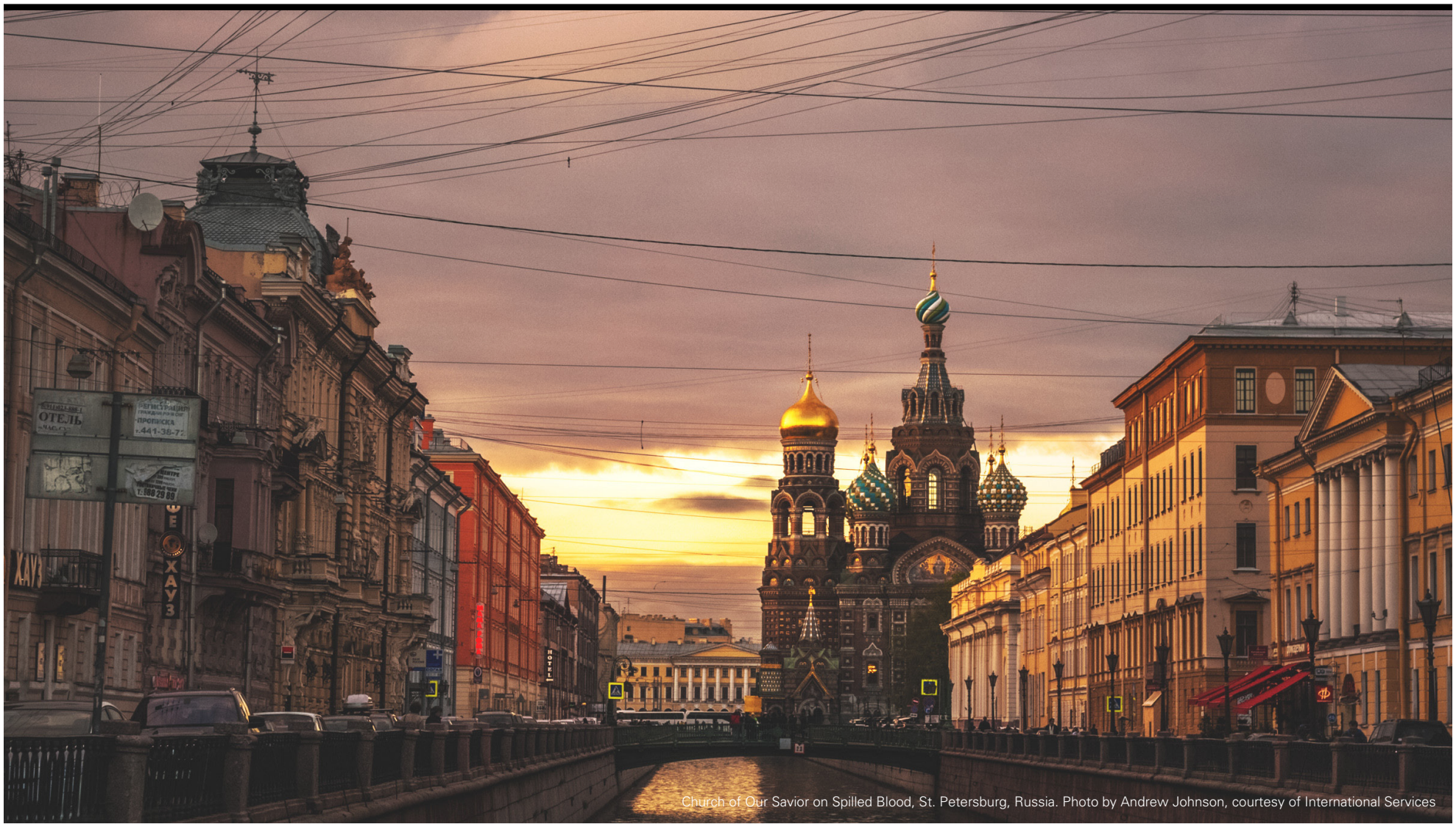
NORTHWESTERN MICHIGAN COLLEGE

WHITE PINE PRESS

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



Church of Our Savior on Spilled Blood, St. Petersburg, Russia. Photo by Andrew Johnson, courtesy of International Services

Exploring International Education at NMC

Zack Harrington
Staff Writer

Lina Barbosa and Julia Castilho are two Brazil natives who left their warm, exotic homeland for our frosty, cold, mitten, seeking an education in North America. They are considered international students, rather than exchange students, because all of their schooling is exclusively at Northewestern Michigan College (NMC). Though they left their family, friends, and culture behind, Barbosa and Castilho love to be involved on campus and in our community as a whole. Many international students choose to come here for various reasons, but domestic students also have a remarkable opportunity to expand both their travels and schooling simultaneously by attending school abroad. Though application deadlines are not typically until November, the summer before a trip is the perfect time for a student to save cash and plan financially.

For ages, students have left their homeland to experience the culture and teachings of other countries and incorporate them into their career skill-set or simply increase their world view. Daunting as this may seem, we can draw upon the experiences of fellow students, many who attend NMC, to help in the decision-making process.

Denny Nguyen and James Castillo both work with the International Club here at NMC as well. Nguyen mentioned the variety of students he's met, from "Japan, Afghanistan, Turkey, and all the students who welcome them here." Castillo pointed out, "Meshing between domestic and international students is quite easy because school and college are universally new experiences. At NMC, we have students here to greet and welcome international students, and if you were to go abroad yourself, there are students waiting there as well."

"Traveling abroad is a great opportunity that allows students to engage with other cultures. This experience not only is fun and exciting, but it also gives students a leg up on the competition when searching for a job later on. Get out there and do it; you won't regret it!"

Maddie White, a student employee in the International Services and Service Learning Office (ISSLO), reminisced about her trip to Brazil. "I regularly contact my friends and students to plan for my next visit. I got back from teaching English there and knew exactly what I wanted my major to be. I began to plan and take all the right steps so I can continue to try new things like that."

As with all travel, there are certain uncertainties and expenses involved. But working in tandem with your school can alleviate those fears, allowing you to travel as a group with guides and have help every step of the way. Those experiences have universal application, whether it is seeing the sights up close or hitting the books in a new way. Both of the views provide insight into your life and can help you find direction.

Still, meeting new people or traveling abroad yourself can seem daunting. The *White Pine Press* got a chance to sit down with Jim Bensley and Stephanie Prall, NMC faculty in the ISSLO, to get the lowdown on NMC's programs.

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Photo by Krystn Madrine

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WHITE PINE PRESS

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NEWS IN BRIEF
Compiled by Laureen Horan

"Poets Meet Musicians" in TC

Poets meet Musicians is a free, monthly event where the public is invited to share both poetry and music. Two events are hosted during National Poetry Month, April 25 and 26 at 7 p.m. Bring some poetry or some songs to perform. Mingle with other poets, musicians, and local performers. All levels of experience are welcome. Event is located at the Acoustic Mead Tap Room, 119 N. Maple, Traverse City.

6th Annual TEDx Comes to Milliken

Courage, Citizenship, Contribution, Community is the theme of the 6th TEDxTraverseCity event taking place on Wednesday, May 11. Tickets are currently on sale through the event website. Ticket pricing is $99/ticket and the event is likely to sell out, so get your ticket quickly! The event will also be simulcast at the State Theater where tickets are free; however, these need to be secured quickly. Another free simulcast will be avalable in Osterlin 203 for NMC faculty, staff and students. No ticket is needed to watch in Osterlin.

Face of $20 Bill to Change to Woman

A woman's face is likely to replace the face of Andrew Jackson on the $20 bill, but the possible change is not expected to happen until at least 2030. Treasury Secretary Jack Lew is expected to announce this week the decision to keep Alexander Hamilton's face on the $10 bill and add a woman's portrait on the $20 bill. Lew previously announced plans for the $10 note to include the portrait of a woman, but the less-popular Jackson was known for removing Indians from their lands and battling the bank of the United States and grew scrutiny for replacement.

Exploring International Education

Continued from pg.1

***WPP*: What countries have NMC students traveled to, and what'd they do?**

ISSLO: To name a few: Greece for Art History and Humanities, Russia for Russian Language, South Africa for Nursing, Aviation, and Biology, Italy for Culinary, Denmark for Alternative Energy, the UK for Archaeology, Guana for Criminal Justice and Social Work, Ecuador for Business and Culinary, Costa Rica for Freshwater Studies, and Brazil for English as a Second Language.

***WPP*: Any new trips coming up?**

ISSLO: We are hoping Mexico for Construction and China for Marine Tech. We'll have to check everything out first with our faculty, but if the programs can help our students, we'll try.

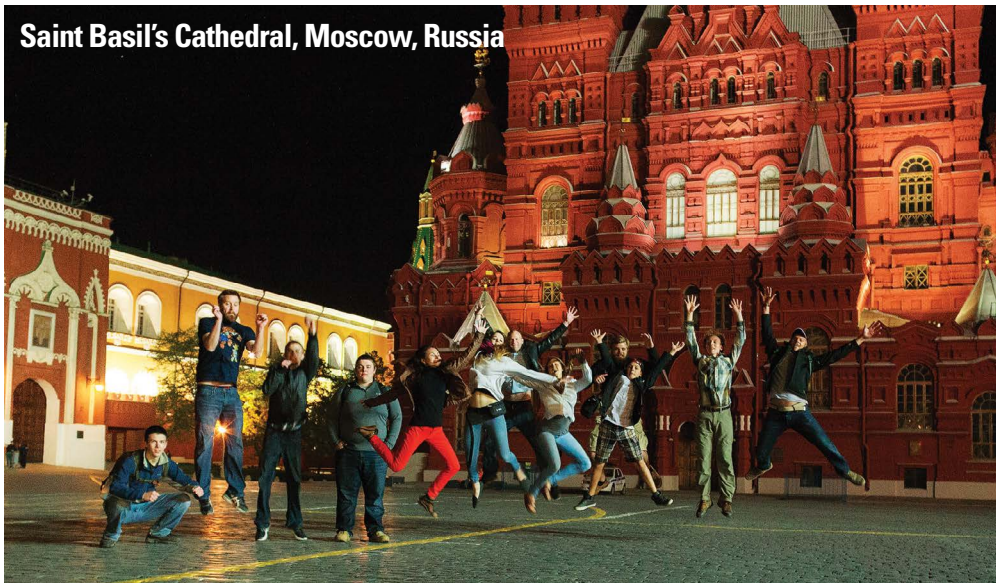
***WPP*: What are the benefits of studying abroad?**

ISSLO: Some of our trips are shorter, a week or two, but the benefits are forever. We have success stories from our students about how their experience was the factor that landed them their dream job. The program will contribute to your specific major and give you the upperhand professionally and academically. Just traveling, increasing your world view, and getting curious about how the world works is satisfying, and it is everything that teaching staff could hope to leave their student with.

***WPP*: How can interested students get started?**

ISSLO: Start saving portions of your paychecks and apply for the Global Opportunities Scholarship. Meet up with us so we can discuss what program or country would be the best fit for you. And start early! We like to have a set roster of around 10 students in December, so spaces are limited. If you have inquiries, we are available in the International Services and Services Learning Office in West Hall.

Opportunities are available based on certain courses, ranging from social work and humanities to math and science. Most application deadlines are in November, so use your summer to save some extra cash and study abroad for the Spring 2017 semester! For more information, join the Facebook group "NMC International Club" and check out the NMC International Services website at www.nmc.edu/student-services/international-services.



Saint Basil's Cathedral, Moscow, Russia

All photos and quotes provided by the International Services and Service Learning Office

Volgograd, Russia

"The Costa Rica trip was one of the best experiences of my life. In a way, it feels like it never happened, that I just dreamt the entire thing. But the memories, photos and stories all remain... the trip was surreal, being my first venture out of the U.S. and with the sheer amount of knowledge and perspective I've gained... I'm now totally convinced that traveling abroad is essential for everyone as an intergral part of growing up and establishing your place in the world."

Environmental Efforts in the Mitten

Deanna Luton
Staff Writer

In a world so filled with waste, taking time to lessen our impact on the environment is critical. Keeping the streets and shorelines of the Traverse Bay Area clean and pollution free requires community effort. There are many organizations that shoulder the burden of the excess environmental strain of urban life. Among the ranks are Bay Area Recycling for Charities, SCRAP TC, Carter's Compost, and Circle of Blue. Each organization has its own niche within the system of reuse, renew, and recycle.

BARC

www.mybarc.org

The vision statement of Bay Area Recycling for Charities (BARC) is as follows: "We envision zero-waste communities, where virtually everything is reused, repurposed, or recycled to better the environment and support local charities. Help us become a zero-waste community." This mission can only be accomplished through community involvement and the active participation of the average citizen. The first step in improvement is allowing the individual ability to hold themselves accountable for the waste they create.

BARC provides various programs designed to provide recycling relief to the local area. On top of offering their services to both residents and business owners alike, their eco-friendly products cater to community events around Traverse City as well. Their affordable prices start at just $20 a month and are offered across Northern Michigan in Grand Traverse, Leelanau, Kalkaska, Benzie, Antrim, and Manistee counties. BARC also offers specialized programs including mattress recycling, Xero Waste events, and Focus Green 2020. Additionally, eWaste Michigan facilitates the processing of electronic waste in the area.

SCRAP TC

www.scraptc.org

SCRAP TC focuses on "creative reuse." Creative reuse is defined as the repurposing of a previously manufactured possession in order to facilitate a new function. This could involve turning old CD cases into a photo cube or transforming old towels into a durable bath rug. SCRAP TC doubles as both a retail store and a donation center for waste material. Polishing one man's trash and turning it into another man's treasure is the name of the game. Their retail store is open Wednesday through Friday from 12-6 p.m. and Saturday from 10 a.m.-4 p.m.. The mission of this non-profit organization is as follows: "to inspire creative reuse and environmentally sustainable behavior by providing educational programs and affordable materials to the community."

SCRAP TC also offers reasonably affordable classes for the community to hone their creative reuse skills. In April they are hosting a variety of classes for adults and children alike. Upcycled Art for Children will take place Thursday, April 21st from 4-5 p.m. This class is for ages 3-6 and is $5/child. Also, Thursday, April 21, 4-6 p.m. Color, Canvas, & Cupcakes will be available for ages 10+ for $10/person. Paint an acrylic cupcake on 10x10 canvas (tasty treat included!). Join the Bay Area community in adopting these trendy techniques to recycle the waste we make.

Illustration by KayLeigh Johnson

CARTER'S COMPOST

www.carterscompost.com

Carter's Compost (C'sC) is a family-founded business that is working locally to turn kitchen scraps into fertile soil to facilitate more food production. Carter Schmidt started this bike-powered business with his father in April 2012. Composting since age two, Carter saw a greener future for his surrounding neighborhood. The company has grown from three customers at its origin to over 100 neighbors helped. C'sC continues to expand.

If you know any young boy or girl who would be interested in being a bucket slinger, apply for a Compost Boy (or Girl) position at C'sC's through their Neighborhood Expansion Program on their website. C'sC is exponentially growing, partnering with local businesses like Oryana in order to increase space for their neighborhood compost piles.

Interview with Carter Schmidt and Dad (Ty Schmidt), founders of Carter's Compost:

WPP: **How does composting help the environment?**

C'sC: Probably the most awesome form of recycling there is: less waste, reduced landfill space, less methane—a powerful greenhouse gas—a greener neighborhood as it allows you to 'complete the cycle' by turning nutrients from food scraps to the soil to then grow more food. And it's something you can do easily in your own backyard!

WPP: **What is the fee for Carter's Compost services?**

C'sC: $10/month for weekly bike-powered kitchen scrap pick-ups. A smokin' deal.

WPP: **What is the benefit of purchasing Jamo's Worms?**

C'sC: Vermicomposting is both easier and awesome'er than you think. Jamo's Worms delivers Traverse City worms to eat your Traverse City kitchen scraps by bicycle to your front door. Our goal is to get a worm bin into *every* Traverse City home. Because worms just might save the world."

CIRCLE OF BLUE

www.circleofblue.org

Circle of Blue is a collaboration of leaders in the world of science and journalism. Their primary goal is to provide reliable information to the masses regarding global resource crises. Their work has an intense focus on water and its direct connection to food, energy, and health. Circle of Blue publishes reports free to the public online in order to inform and "catalyze participation across disciplines, regions, and cultures." Water is a big deal. The surface of our planet is almost entirely submerged in water, covered 71percent. Our bodies contain 60 percent water. An overwhelming portion of what we all know and love is water.

Circle of Blue focuses on protecting the integrity of our waterways. Surrounded by so much aquatic life here in Northern Michigan, it's important to limit the human impact on wildlife areas. With Traverse City's abundant beachfront, human interaction with the environment is inevitable. We must work as a community to keep our crisp fresh water clean of debris and pollution. Circle of Blue has dispatched journalists across the globe to document the dire conditions of water in some climates. Facts are the basis of evolution. Spreading information is the first step in making a dynamic change in the world.

MICHIGAN COMMUNITY COLLEGE PRESS ASSOCIATION AWARDS

Awarded to **the *White Pine Press* Staff**

Front Page Design *February 4th, 2016 Edition*	**STAFF**	**1st**
Serious Column *Don't Wash Your Hands*	**KRYSTN MADRINE**	**1st**
Cartoon Editorial *Trump - Think "Big"*	**KENNA MARAR**	**1st**
Cartoon Entertainment *More Money, More Problems*	**KAT TRUMBULL**	**1st**
Serious Column *When Will We be Allowed to Defend Ourselves?*	**STAN BOCA**	**2nd**
News Photo *Stand Alone, March 26th, 2015 Edition*	**KEN HOUSEAL**	**2nd**
News Paper Design	**STAFF**	**3rd**
General Excellence	**STAFF**	**3rd**
Headline Writing *Don't Wash Your Hands*	**KRYSTN MADRINE**	**3rd**
Critical Review *Our Bloody Burden*	**BREANNE RUSSELL**	**Honorable Mention**
Photo Essay *Fall Colors*	**KEN HOUSEAL**	**Honorable Mention**
Feature Story *Maritime Academy Careers Ahoy!*	**REBECCA REYNOLDS**	**Honorable Mention**

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WRITE US A LETTER

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Letters to the Editor

At NMC, there's a new student group on campus. It's called Students United for Social and Environmental Justice (SUSEJ). Our mission is to work on the problems and challenges we all talk about in many of our classes—to learn more about them, to share what we've learned with others, and to take action.

We read the *White Pine Press* article from March, called "FLINT: What Now?" and we asked ourselves that question. We talked about the Flint water crisis that, according to Dr. Hanna-Attisha, who raised her voice and brought the world's attention to the high blood lead levels she was finding in Flint, could now have exposed 8,000 Flint kids to lead. We dug in deeper and learned what permanent effects lead can have on the developing nervous system of children, with lasting behavioral effects and intelligence deficits.

We also learned about the still-developing story of how the decision was made to switch Flint's water from Lake Huron to the Flint River. From the twin and intersecting perspectives of concern for environmental implications to the social injustice of the man-made disaster, we came to some conclusions. Those are:

The people of Flint were lied to. On several occasions, directly—by being told their water was safe to drink, in spite of evidence in the form of water quality tests and expert testimony that was ignored by the authorities. The people of Flint were ignored. From the first day the water was switched, residents complained of foul smells, discoloration, and sediment in the water, as well as rashes and illness whenever city water was used or consumed. The people of Flint are finally getting attention and they've started to get help, but for too long they have been lied to, used, and ignored. When we see the question "FLINT: What Now?"—that's a question we have to ask ourselves. Are we going to let this happen again to another majority-black community whose political voice has been rendered silent and whose actual voices are ignored? We believe it's a question for NMC and Traverse City, too. We're practically a state away from what goes on in much of the rest of the state; we're insulated. We've been enjoying our economic recovery and downtown comeback story.

It's time to ask ourselves a hard question.

The first question those of us with Students United for Social and Environmental Justice would like to ask is: will you join us in standing now with the people of Flint? Over the coming weeks, through May 26, we are allying ourselves with the Stop Snyder campaign, to call for accountability in Michigan. If you really love Governor Snyder, you can still sign—the signature triggers a recall election. If you don't love the governor, you can still sign—and then go vote in the recall election. No matter where you stand politically, the crisis in Flint cries out for all of us to send a message.

You will find us at the Traverse Area District Library on Woodmere, and we plan to be downtown on weekends and at live events. Some of us may soon be out knocking on doors. When you see us, be registered to vote, be ready to sign, and be ready to stand with the people of Flint.

Contact: Maya James or Richard Vegh
NMCStudentsUnited@gmail.com

Dear *WPP* Staff:

Brava on a semester filled with excellent editions of our college newspaper! The 2016 issues are cutting edge, informative, entertaining and valuable to all of us at NMC. The spring *Pickle* version was one of the best. A shout out to my student and *WPP* staff writer, Deanna Luton. Deanna is a real deal journalist and I look forward to watching her skills and career grow. Lastly, as the spring semester comes to an end, I'm completing my role as the adjunct faculty rep. to Faculty Council. It's been my honor to hold the first two-year adjunct faculty seat on Faculty Council. And humbling, to be re-elected to a second two-year term. Please wish our newly elected adjunct faculty rep., Brian Sweeney, the best. I began teaching at NMC in 1989 and issues impacting adjunct faculty have always been important to me. Retired, longtime Humanities adjunct faculty member, Susan Kopka and I worked hard and long to secure adjunct representation on FC. A first in the 60 years of the college.

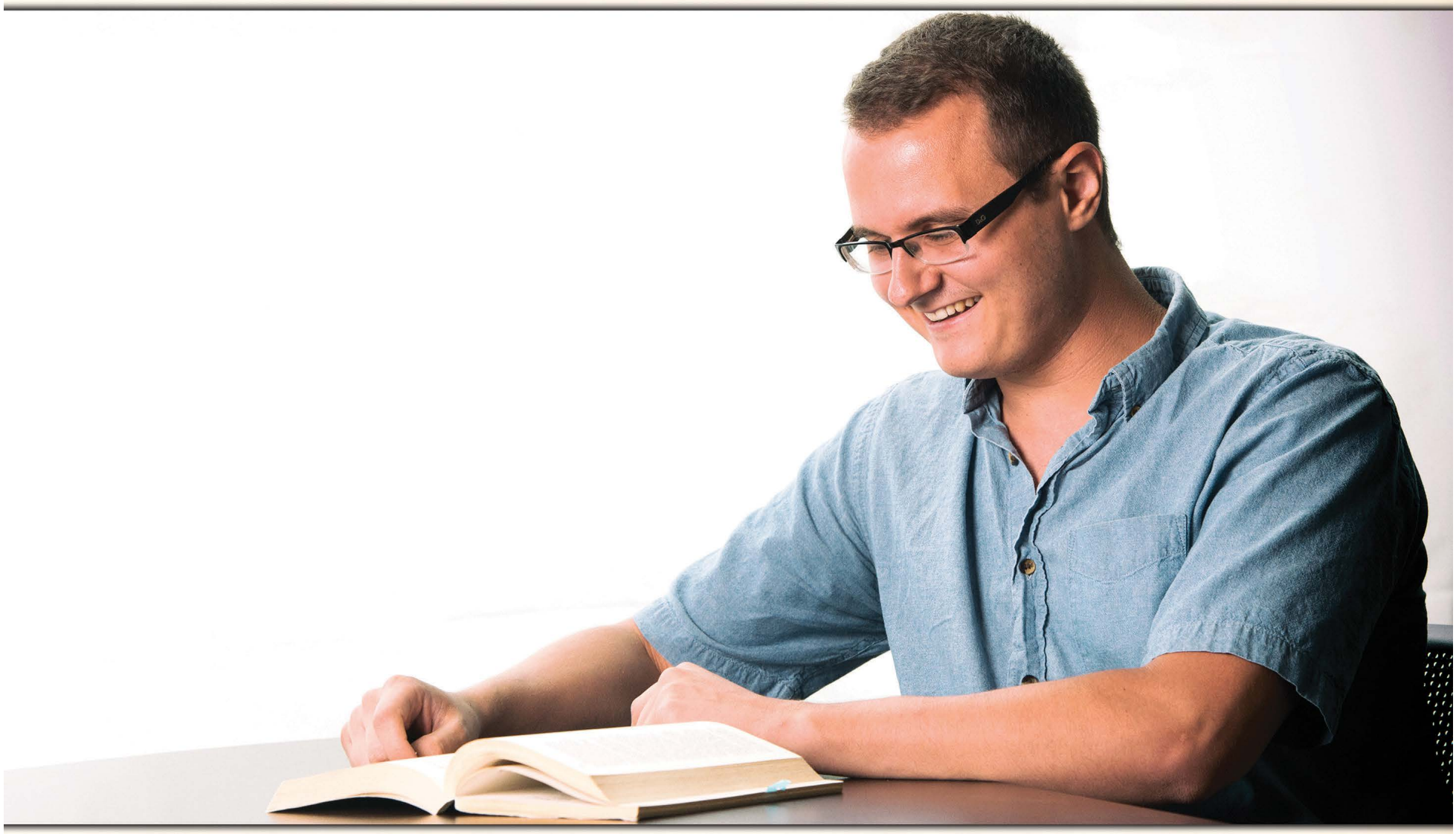
I'm passionate about advocating for adjunct faculty. NMC could not sustain itself without us.

We are vital to NMC. Vital.

I, for one, won't hesitate to let everyone in our community remember that fact. Thank you and happy summer!

Susan Odgers
Social Science Adjunct Faculty

FERRIS STATE UNIVERSITY TRAVERSE CITY



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ferris.edu/traversecity

NMC University Center

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Sunshine and Gaming

What to Watch for This Summer

Ann Hosler
Staff Writer

This summer's entertainment doesn't have to include starting new saves on *Fallout 4* or grinding raids in your favorite MMO. Releases over the next few months come from a wide array of genres and some titles aim to be among the best of the year. Here are some PC, PlayStation 4, and Xbox One highlights to enjoy between now and August.

Virtual Reality (PC - Steam): Now that the HTC Vive and Oculus Rift have been released, numerous Steam titles are available for both virtual reality headsets. Popular games include *Windlands* (adventure), *Euclidean* (action horror), and *Apollo 11 VR* (space simulation). Rift owners can spacewalk in the indie adventure *ADR1FT* or be immersed by psychological horror story *The Town of Light*. On the Vive, polish your accuracy with the action-packed *Zombie Training Simulator* and file away paperwork in *The Cubicle,* a free-to-play adventure.

Overwatch (May 24 - PC/PS4/XBO): Blizzard's 6v6 multiplayer first-person shooter is already wildly popular in beta, offering fast-paced action with a variety of heroes and game modes. Characters fill the roles of support, defense, offense, or tank while conquering assault, escort, or control tasks. Heroes have unique characteristics and abilities, and players optimize gameplay by swapping during matches while in a death counter.

Total War: Warhammer (May 24 - PC): Creative Assembly's turn-based strategy games have covered a variety of ancient historical conflicts. This marks the first time *Total War* steps into the realm of fantasy and introduces a new quest mode and flying units to the series. Players control one of four factions (Empire, Greenskins, Dwarfs, or Vampire Counts) and encounter well-known characters from the *Warhammer* universe. Combat unfolds over a campaign map where you dominate your enemies with magic and abilities.

Warcraft: A decade after it was originally announced, the *Warcraft* movie is hitting theatres June 10. In the film, humans defend their homes in Azeroth from invading orcs fleeing Draenor through the Dark Portal. Acting credits include Travis Fimmel (*Vikings*) and Toby Kebbell (*Dawn of the Planet of the Apes*), and it is directed by David Bowie's son, Duncan Jones.

The Elder Scrolls VI: It is speculated the next entry in Bethesda's *Elder Scrolls* series will be revealed during E3 2016. Or perhaps another *Fallout 4* DLC will be announced. Either way, RPG fans should get some information to feast on. The developer's press conference is scheduled to stream at 10 p.m. EST on June 12.

No Man's Sky (June 21 - PC/PS4): Hello Games' ambitious open world space adventure includes crafting and survival, but exploration is its key feature. The game's procedurally generated universe contains 18 quintillion planets; these are discovered by players, who can share information with the in-game database called The Atlas. Founder Sean Murray has been showing off gameplay in IGN videos this month and recently told *Time* that it would take five billion years for a single player to explore every planet.

We Happy Few (June TBA - PC/XBO): The first-person roguelike survival title by indie developer Compulsion Games features a dystopian 1960s city hooked on the drug Joy, allowing them to forget their troubles. You play as a Downer, someone not taking the drug, and other citizens quickly grow suspicious of your lucidity. Survive as long as possible and try to escape this dark world, but stay on Uncle Jack's good side—he's always watching!

Deus Ex: Mankind Divided (August 23 - PC/PS4/XBO): Set in 2029, two years after the conclusion to *Human Revolution*, the first-person action RPG promises in-depth story arcs and high replayability. Take on the persona of covert operative Adam Jensen and work with the Juggernaut Collective to challenge the Illuminati, who are controlling augmented humans. Use a variety of high-powered weapons and augmentations while customizing your character with abilities such as stealth, social, and hacking. Every gameplay choice made will have a consequence, influencing the game's outcome.

Taylor McLain
Staff Writer

Cool Reads for

The spring semester has come and gone at NMC, hopefully taking the rest of the snow with it, and the blazing sun of summer makes the perfect reading lamp. With our required readings out of the way, we students can kick back and read what we want to for a change without having to write a 1,000-word essay about it. But with so many books and so little summer, what's the local college student to do? Well, we here at the *White Pine Press* have complied a list of top books to read as a going away present for this last issue of the 2015-2016 news season. Fantasy, Sci-fi, Romance, and even a choice philosophy pick for all you knowledge lovers out there, so put on that sun screen, find a comfy chair and let's dive right in.

Top Romance Picks

The Fault in Our Stars

Written by John Green, this book is, in my opinion, one of the most gripping and well written love stories of the modern age. The story follows a teenage girl named Hazel who meets a boy named Augustus. She recommends her favorite book called *An Imperial Affliction*, and then together they seek its reclusive author. There is much more to the story than I'm letting on, but I feel as though it's best to come into this book knowing as little as possible.

This Lullaby

Written by Sarah Dessen, this lullaby focuses on Remy, an 18-year-old college girl, as she grapples with her doubt in the very existence of love when she meets a young man named Dexter and feels instantly connected. While a bit cliché, and truth be told somewhat cheesy, it's cheesy in a unique way and is described as "relatable" by many who read it. If romance or music is your thing, check it out.

Top Graphic Novel Pick

***Mrs. Marvel* (2014-2015)**

While technically not a book, it is a must-read for those who love the Marvel universe or are craving something with a strong and funny female lead. Created by editors Sana Amanat and Stephen Wacker, writer G. Willow Wilson and artist Adrian Alphona, Kamala Khan is Marvel's first Muslim character to headline her own comic book. Set within the Marvel Universe, Kamala is a teenage Pakistani American from New Jersey who discovers she has amazing powers after passing out in a mysterious fog that blanketed the city one night. She assumes the identity of Ms. Marvel from her idol Carol Danvers. The first volume of Ms. Marvel won the Hugo Award for best graphic story in 2015.

Top Philosophy Pick

The Four Loves

For those of you who love philosophy or want a little more insight into love in preparation for the summer, *The Four Loves* written by C.S. Lewis takes its time to break down and examine what it is we call love into four major groups and proceeds to examine them all, helping the reader to gain some very worthwhile insight into one of the most mysterious forces humanity has ever had the pleasure of struggling with.

a Hot Summer

Graphics by Kenna Marar

Top Fantasy Picks

Harry Potter

If you've never heard about J.K. Rowling's classic seven-book-long story about the boy who lived, then frankly I'd like to have a serious talk with you, because I'm worried about your mental health. But possible fugue states aside, an entire generation has grown up with Harry, Hermione, Ron and their many marvelous adventures in the secret wizarding world, and it's not hard to see why. While the books do start off aimed for a younger demographic, the characters grow from book to book, giving a nice sense of progression both in terms of character and thematic elements.

Percy Jackson and the Olympians/Heroes of Olympus

Authored by Rick Riordan, *Percy Jackson and the Olympians* is another series aimed for a middle school audience. A young boy named Percy Jackson discovers that the Olympian gods are still alive and well in modern day America and that his long-lost father is one of them. While the series is aimed for a middle school audience, along with its equally recommended follow up series *Heroes of Olympus,* the excellent use of humor, sarcasm, and exploration of classical ideas alongside the very figure that inspired them makes this a must-read for any fantasy lover.

Maximum Ride

Maximum Ride is a series of young adult fantasy novels by the author James Patterson and is centered on the adventures of Maximum "Max" Ride and five other characters after their escape from the lab facility known as The School. Their group is labeled the Flock, reminiscent of the fact that each of the main characters are avian-human hybrids (they have wings), a result of the Flock's past involvement with The School. It's a somewhat more mature read in that it's aimed at an older audience, but it is said to have a fun wit and page-turning action.

Top Sci-Fi Picks

Frankenstein

The horrifically unnatural father of all Sci-Fi written by Mary Shelley over 100 years ago still has a dark and foreboding theme as well as atmosphere that make it the perfect thing to get those goose-bumps going during those long summer nights. While the initial introduction of an arctic explorer can make the reader second-guess if they've got the right book, the questions raised by the monster as well as the near poetic eloquence of their words make this more than relevant and haunting today.

The Knife of Never Letting Go

This young-adult novel by Patrick Ness follows Todd Hewitt, the only boy left in Prentisstown, a small settlement on "New World" where all boys become men after 13 cycles of 13 months. He begins the novel having been told that all women and half the men have been killed by a germ released by the native species on his planet known as the Spackle. As a side effect of this germ, the remaining men in Prentisstown can hear each others' thoughts, described as an ever-present cascade of "Noise," as well as the thoughts of animals. The *Times* called it "a stunning debut" and "as compelling as it is original."

Jurassic Park

Yes, many of us know the original movie by heart, but what you may not know is that it was indeed based off of a book written by Michael Crichton, a bestseller and his signature novel. It also received largely favorable reviews by critics. In a review for the *New York Times*, Christopher Lehmann-Haupt described it as "a superior specimen of the [Frankenstein] myth" just going to show you that the more things change, the more we like to go read *Frankenstein*.

A Century of Service

Celebrating 100 Years of the National Park Service

James Robinson
Staff Writer

Nearly 100 years ago, on August 25, 1916, President Woodrow Wilson signed the Organic Act that established the National Park Service (NPS). This organization was created "to promote and regulate the use of the Federal areas known as national parks, monuments, and reservations… [and] to conserve the scenery and the natural and historic objects and the wild life therein… by such means as will leave them unimpaired for the enjoyment of future generations." Prior to the creation of the NPS, no single agency managed all of the various federal parklands. Today, the NPS supervises approximately 22,000 employees and 221,000 volunteers at 411 various national parks, battlefields, monuments, memorials, seashores, lakeshores, and other affiliated areas.

Michigan is home to several of these national treasures, including the Grand Traverse region's prized jewel—Sleeping Bear Dunes National Lakeshore. If you've ever had the pleasure of visiting this place, you'll understand why it was recognized by Good Morning America in 2011 as "The Most Beautiful Place in America." The lakeshore is rich in natural and cultural treasures including forests, inland lakes, sandy beaches, towering dunes, and charming coastal villages.

To celebrate the 100th anniversary of the NPS, the rangers at Sleeping Bear Dunes have compiled a list of 100 activities to do while visiting the lakeshore. The list can be viewed by visiting www.nps.gov/slbe/index.htm. Scroll down to the bottom of the page and click on "100 things to do at SBDNL." Visitors can view the list on the website or download and print the checklist to keep track of their adventures. Here are a few highlights from the list that visitors young and old are sure to enjoy!

Getting to Know the Park

One of the most popular activities in the park is, of course, climbing the dunes! Visitors can enjoy trekking up and down the face of the dunes at the Dune Climb. Those who are really adventurous can hike all the way to Lake Michigan—a distance of 3.5 miles. However, the trek can be strenuous and the round trip takes approximately 3-4 hours to complete. Make sure you know where you're going and always bring a buddy and a bottle of water with you—just in case.

After taking in the view from the top of the Dune Climb, visitors can continue to explore the park by biking the Sleeping Bear Heritage Trail. The trail currently spans 16 miles between Empire and Port Oneida and will eventually span 27 miles once construction is completed. This is a multi-use, handicapped-accessible trail, which means everyone can enjoy touring the park.

Starting from the Dune Climb, visitors can bike 2 miles to the historic Glen Haven Village. The village takes visitors on a trip back in time as they tour the shops, museums, blacksmith shop, and other renovated buildings. Take a moment to relax on the beach and take in the scenery before continuing on to the next adventure.

For those interested in a leisurely automobile ride, consider touring the Pierce Stocking Scenic Drive. This is a 7.4-mile self-guided tour, which provides visitors with a sampling of the plant life in the park and offers fantastic panoramas of the dunes, Big Glen and Little Glen Lakes, and Lake Michigan.

One of the great things about Sleeping Bear Dunes is that the beauty can be observed from both the land and water. Kayaking and canoeing are favorite pastimes of many summer residents and tourists. Taking a trip down the Platte or Crystal Rivers or along the shore of Lake Michigan is a relaxing and enjoyable way to experience the world of freshwater.

The islands of the park, North and South Manitou, offer a variety of opportunities for outdoor exploration. On South Manitou Island, take a trip to the Valley of the Giants, an old growth forest of 500-year-old cedar trees, or make the climb to the top of the lighthouse. North Manitou Island offers 15,000 acres of wilderness area to explore. Both islands are located within the Manitou Passage Underwater Preserve.

Share Your Love of the Park With Others

What could possibly make a trip to the Sleeping Bear Dunes even better? Try enjoying the lakeshore with friends and family. Spend a day playing outdoors with your family. Plan an evening of fun with friends. Get some exercise by hiking with your dog (or cat) along one of the many trails. The national parks are areas to connect with others and share experiences on common ground.

For artists, the natural and historic sites in the park may offer inspiration. Painting or drawing a picture of your favorite scenes, capturing a timeless photograph, creating a cinematic masterpiece, or pouring your thoughts into poetry—the works of artists are a great way to communicate the value of the Sleeping Bear Dunes and other national parks.

Social media is another great way to share experiences. Visitors can follow Sleeping Bear Dunes National Lakeshore on Facebook and Twitter. Share your favorite photographs, jot down memorable moments, and connect with staff and other visitors who share your interest in the park.

Support the Efforts Of the Park

With the pleasure of exploring Sleeping Bear Dunes National Lakeshore comes the responsibility of protecting the park for future generations. Visitors are a key component in preserving the natural and cultural objects and wildlife of the lakeshore. Planning and participating in a beach or trail cleanup is a great way to help. Other volunteer opportunities can be found by visiting the lakeshore's website and clicking on the "Get Involved" tab.

Visitors can also show support for the park by attending researchers' talks and other community events. Learning about issues facing the park is the first step in preserving the park for future generations. As summer approaches and the school year comes to a close, what better way to relax than to take a trip to the dunes!

Summer in the Pinky

Bryanne Gordon
Staff Writer

When the months—and months—of winter finally end in the Grand Traverse Area, the snow melts to leave blooming life and tons of activities waiting to be enjoyed by the bay. Whether indoor entertainment, outdoor adventures, or festivals, Traverse City and the surrounding towns have plenty to keep you busy this summer.

The weather throughout the late spring and summer of the Grand Traverse Area is usually irresistibly beautiful, but even for those few rainy and cloudy days, there's enough to keep you entertained.

Jer Photography 2012 Flickr

Some of the huge and now famous attractions in the area are the plethora of wineries along the peninsula, out in the vineyards, and up both sides of the bay. Wine tasting isn't just an experience to get you out of the rain; it can also be a relaxing pause in your crazy summer days to take a good look at the beautiful scenery surrounding over 40 wineries in the area.

Art is big deal in the Traverse area, and although this isn't unique to summer, it does pick up as the weather permits more shows and festivals outdoors. There are local artists who love to display their art and crafts at their shops, businesses, and local art fairs throughout the summer.

To move away from local arts and try a taste of the more acclaimed fine art and artists, find your way over to the Dennos Museum Center on the campus of Northwestern Michigan College to view one, or several, of the always-changing exhibits throughout the months. The museum has a mix of history and modern art to display, as well as its permanent exhibit of Inuit Art.

Fine Arts aren't the only arts that keep people busy all summer; musicians flock to Traverse City for all the festivals, bringing life and laughter to events throughout the summer months.

Some of these musicians play in the City Opera House downtown, sharing the space with at least one performance from The Traverse Symphony Orchestra as well as plenty of speakers and events all year long. For music, art, and, of course, plays and performances, don't forget about the Interlochen Center for the Arts, Old Town Playhouse, and the Milliken Auditorium.

But honestly, after a winter of school and work, who wants to stay indoors? As much as the indoors and scheduled, sophisticated events have to offer, the outdoors in the Grand Traverse Area has far more.

The beautiful Grand Traverse Bay alone has enough to offer to keep you busy all summer in its waters! Why not just go swimming? Although that is always a fun, free activity, once you get sick of that, there's still options in the water. Waterskiing, tubing, boating, fishing, parasailing, paddle boarding, kayaking, and so much more are all fantastic activities to try in the bay this summer.

To stay on the water but get away from the town bustle surrounding the bay, rent some tubes or canoes and head for one of the beautiful rivers or small lakes in the surrounding areas. The Boardman is an obvious choice, but try a lake or river you haven't been on before, like Crystal River, Torch Lake, Lake Leelanau, Elk Lake, or Platte River.

Anyone can get a little waterlogged, so lace up your hiking boots and hit one of the beautiful hiking trails of Northern Michigan. The Old Mission Light House Trail, Sleeping Bear Dunes, and the TART trail are some of the tourist's favorites, but if you want to hike in nature, away from the hubbub of Traverse City tourism, find the not-so-well-known trails. Get out of town and go to Sand Lakes Quiet Area in Williamsburg for miles of open hiking around several small lakes. Other less-traveled trails around the area will get you into the beautiful woods and away from the crowds of summer in Grand Traverse. If you love the dunes but are a little sick of Sleeping Bear, head for Pyramid Point for a good mix of sand, water, and wooded trails.

If hiking isn't your cup of tea, try biking, horseback riding, roller blading, or even going on a hot air balloon ride—yes, that's a thing here!

If you're ready to come back to society, go watch a Beach Bums game! If not that, go back to the '50s and take a trip out to Honor to attend the Cherry Bowl Drive-in Theater! The Cherry Bowl offers an authentic drive-in experience with a two-movie feature for an affordable price.

Last, but certainly never least, summer in the Grand Traverse Area is riddled with festivals, many of which are less known then the National Cherry Festival. Everyone attends the Film Fest and the Microbrew and Music Fest, but Festivals like the Empire Asparagus Festival, Mesick Mushroom Festival, Petoskey Stone Festival, Traverse City Wine and Art Festival, Cedar Polka Fest, Bellaire Rubber Ducky Festival, and the Spring Fairy Fling are lesser-known events that are sure to be unique in their own kind of entertainment!

Of course, the National Cherry Festival is still always an option. It's the biggest revenue that Traverse City gets from a single event all year, and it brings in millions to the celebration. There is plenty to do over the eight-day-long festival. Concerts, parades, wine, beer, and food tasting, carnival rides, air shows, contests, art shows, and so much more make up over 130 attractions that are tied to the Cherry Fest.

Whether you are looking for a quiet, outdoor summer or events and attractions to keep you busy for three months, Traverse City and all its neighboring towns have tons to offer as the days get longer. You don't have to go on a long vacation in order to relax and enjoy some top-notch entertainment. The beautiful area of the bay has the potential to keep you and your friends busy with whatever kind of amusement you choose to find.

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Headphones and Homework

Does Music Help with Multitasking?

Zach Harrington
Staff Writer

Cramming for finals can be hectic. You're looking for a quiet, comfy part of the library, but so is everyone else. All the whispering, keyboard clacking, and paper rustling noise is making it impossible to concentrate! So you reach into your bag and pull out your headphones to cancel out all that background noise in exchange for your favorite tunes. Shuffling through your various tracks and genres, you wonder what to play. Scrolling from Adele to ZZ Top and back, you can't decide what will help keep you focused on your homework. Is listening to music while studying beneficial at all?

Many people find that having music on distracts them from focused tasks, like homework or studying. But several studies have shown that listening to music *before* starting a task can provide focus. Maybe on the way to the library you can play "Eye of the Tiger" so you can psyche yourself up for a study session with your classmates. With that boost of attention and focus, the background noise may not bother you so much.

If you really insist on listening to music while studying, consider what homework you are doing to correlate with the music you are listening to. While working with English or writing assignments, having music with a lot of vocals may prove distracting. Some studies say that the language area of the brain is receiving too much stimuli; it can't hear and write words very well at the same time. Instrumental music would counter this. "The Mozart Effect" is a well-documented field, pertaining to how orchestral or acoustic music has intelligence -increasing properties to it. Why not take advantage of that fact and listen to something along those lines?

This is not to say that lyrics and vocals don't help in certain areas. Surprisingly, rap music may help with your math homework! As different areas of the brain are activated, they react to music differently. The intricate patterns found in rap or the consistent bass in house music may adjust the thoughts you have to sync with your math problems.

However, balance is needed. Playing your music unnecessarily loud may indeed drown out unwanted background noise, but it will also create mental fatigue, cause memorization issues, or distract yourself and others. Uptempo or "hard" music may command your attention, so picking something more relaxing will help you focus on the paper in front of you. Pick songs you enjoy as well. Studies show little to no difference between memorization impairment while listening to "liked" songs and "neutral" songs. Just be aware these same studies do show across the board that listening to music will have minute impairments to studying.

We all know that music is incredibly beneficial to learning. We learned the alphabet with the "My ABCs" song and passed on history quips like "Ring Around the Rosie" or "London Bridge is Falling Down." Americans learned how to count with rhymes like "Monkeys Jumping on the Bed" or "One Hundred Bottles of Beer." As college students though, the great deal of information we are expected to learn cannot easily translate to simple songs. So when we study and desire music, we can accidentally be doing so with the intent of isolating and entertaining ourselves. Our study time is important, and it should exist for the sole purpose of furthering ourselves academically. Music should be a tool to improve our study experience and a way to play when we aren't hitting the books.

If you like to listen to music while studying, share it with us! Has it helped you study? What songs are best for studying? "Like" the *White Pine Press* on FB and send us a message! Next fall, we will kick off the semester with students' favorite study playlists. Here are some staff picks.

Zack Harrington: "I like to listen to alt-rock, but I get carried away with lyrics. Instrumental rock band "If These Trees Could Talk" is my go-to for keeping me going while doing anything focused!"

Laureen Horan: "I love to listen to anything when I'm working on something, but if I especially need to focus, I like slow electronic/dubstep sort of music that just keeps me feeling relaxed and concentrated. I have Spotify (which offers a 50 percent student discount!) and they have literally hundreds of different playlists. There are some that are different playlists specifically for working or studying. It's really cool, and I've discovered a lot of new music that way."

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Hooked on Hooping

How to Start Spinning

London Rauch
Staff Writer

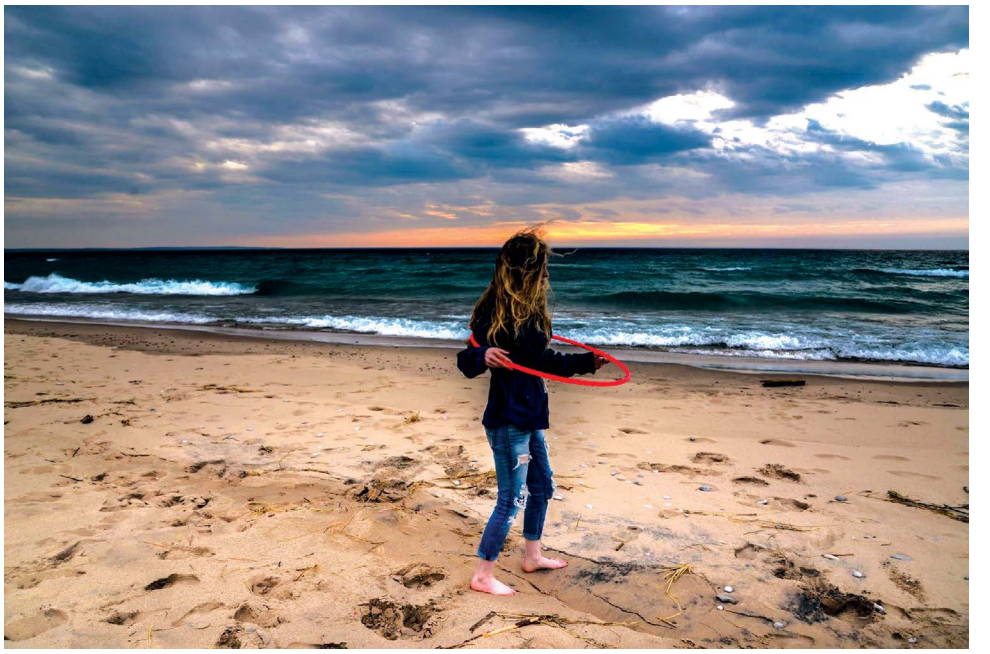
Summer is slowly approaching, and what better way to embrace the carefree vibe of the season than taking up an intriguing new hobby: hooping. "Hooping" is the term for a form of modern hula-hooping that incorporates elements of dance and tricks using customized hoops. It is slightly different than the traditional activity we all know and love from childhood, as the variety of differently-sized hoops allow for various styles and techniques. Hula-hooping has been reinvented to be whatever one desires it to be: a dance, a performance art, a form of mediation, or simply a fun way to exercise and let loose.

The hooping craze began in the '50s, when toy company Wham-O marketed and sold the first children's hoop still found in stores today. By the '90s, hooping was heavily influenced by music culture and prominent in both the jam band and booming underground rave scenes. In present day, hoopers can be found all around the world, dancing and performing everywhere from music festivals to clubs to the comfort of one's home. Hooping has appealed to many because of the sense of empowerment it gives, balancing grace and sensuality in a way that allows for a spectrum of self expression. The beauty of hooping is that it's an art form that can be possessed by anyone; no matter your age or size, there is a hoop out there for everybody.

The first step to beginning hooping is finding that perfectly-sized hoop. If you purchase a children's hoop from the toy section, odds are that it will be too small and will make learning to hoop very frustrating. The smaller the hoop, the faster around your body it will spin, and vice versa. Beginners should look for larger hoops that spin slowly and steadily, making it easier to learn the movements and muscle memory required to keep the hoop up around the waist. Adult hoops can be purchased online, and they are usually measured by their diameter. A good rule of thumb for those just starting out is to measure from the floor to your belly button and select a hoop with a diameter that size. Those looking to hula-hoop for fitness should also select a larger hoop, as the heavier hoop will work to strengthen core muscles.

As you become more comfortable and learn the flow of the hoop, you may wish to size down. Smaller hoops are ideal for quick movements and performing precise off-body tricks and provide a bit more of a challenge for those looking to fine-tune their skills. There are hundreds of tutorials on YouTube that will guide you through the basic tips and tricks of your new hobby. If you really enjoy the performance aspect, you may wish to explore the exhilarating art of fire-hooping or invest in one of many light up LED hoops. Whatever your heart desires, there is a hoop out there to suit your needs.

The hula-hoop community is rapidly growing and advancing every day, and thanks to all the customizable options available, anyone can pick up a hoop and start spinning. Whether you're looking for a new way to dance, work out, or just have fun... it's never too late to join the craze that has hoopers everywhere head-over-hoop in love.



Photos courtesy of **London Rauch**

Home-Brewed Apps

Local Phone Apps are Growing in Popularity

Laureen Horan
Editor-in-Chief

Need to check the weather or the news? There's an app for that. Are you hungry? Do you need to find a hotel? Is your GPS broken? There's an app for all of that. When you wake up in the morning, it's likely you're using the alarm clock app. Apps can start your car, hold all of your credit card information like a mobile wallet, and are also a very common way for people to connect with one another and socialize. There's an app for damn near everything, ranging from pointless entertainment to educational apps. Nearly two-thirds of the American population owns a smartphone and are constantly relying on mobile apps to give them the information they need on a daily basis. In such a large market, it makes sense that many companies have relied on apps to gain attention and profit. There are apps for stores like Home Depot, Target, Meijer, Victoria's Secret, Panera Bread… and more.

It's logical that these national, multimillion dollar companies have their own mobile apps, but it also makes a lot of sense for smaller, local business to get into the app game as well. The average number of apps a person has on their phone is 26. It seems like a lot, but when you compare this number to the millions of websites people can find online, it's far less competition when you think about it.

Erik Akerley is the President and CEO of Chompler, a food delivery service that got its start here in the Grand Traverse region. He explains how and why he decided to pursue the app market. "I work with Beta Batch, an app development company/start-up accelerator. Chompler delivers food from local restaurants in the area, making it another great way for locals and tourists to experience the great food Traverse City has to offer. During this summer start-up accelerator, designed by Beta Batch, we will be creating an app for Chompler with the help of interns through Beta Batch's internship program. This gives programmers, graphic designers, and creative minds a chance to develop an app and a start-up as a whole."

Jonathan Campbell is the Principal of Lake Effect Digital, which is the app developer, content manager, marketing firm and promoter of the Experience 231 app. Campbell describes the use of Experience 231 and why it's useful and necessary for residents and tourists of the Grand Traverse region. "Experience 231 is an app that offers a database of non-motorized outdoor recreation opportunities throughout Northern Michigan," he says. "The app allows users to choose an activity, period of time they would like to recreate, whether or not they need an accessible trail or activity and whether or not they can take a dog and it returns a list of potential activities closest to them. All activities have been vetted by the managing organization and are all very accessible by the public."

Campbell explains that even though Northern Michigan has tons of recreation opportunities, most people tend to travel to the same places over and over again. "Experience 231 was developed to help inventory all of the available trails, walkways, waterways and beaches throughout the region and put them in an easy-to-use app that would allow the interested the opportunity to discover potentially new trails and recreation opportunities. The collaboration between all of the partner organizations allowed this project to be successful and created an amazing asset for locals as well as visitors to our area." Currently they have about 13,000 downloads and plan on re-designing and updating the app in the fall of 2016.

The population of Traverse City is just over 14,000, which means Experience 231 is literally in the hands of a huge portion of people who visit or live here. Small businesses would likely see similar success with their mobile apps.

Akerley says, "Having an app for a business, whether it be for selling a product or service, is an effective and necessary step that should be taken in order to reach a wider market. In today's world, we are seeing an obvious shift on how people shop; that is, everyone has a smart phone, and everyone who has a smartphone has a plethora of apps. It is getting to the point where a business does not even need storefront, as they can easily sell their products or services through a website or an app, decreasing their overhead significantly. There are around 1.6 million apps on Apple's Play Store, and for a good reason. People love their phones and the applications that they offer."

If you attend and apply to this program by May 6, we will pay your application fee. (Submit a stamped application received at the event.)

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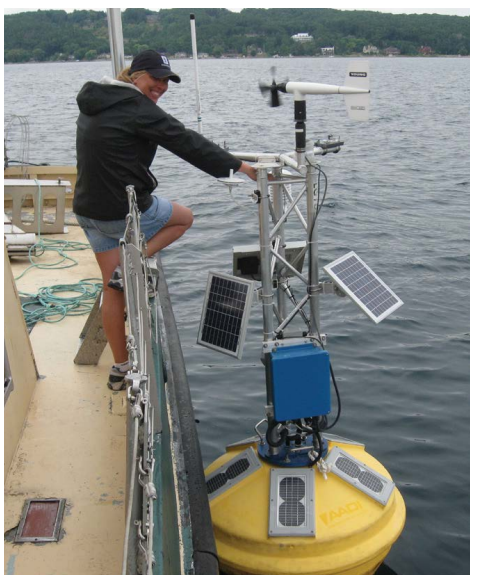

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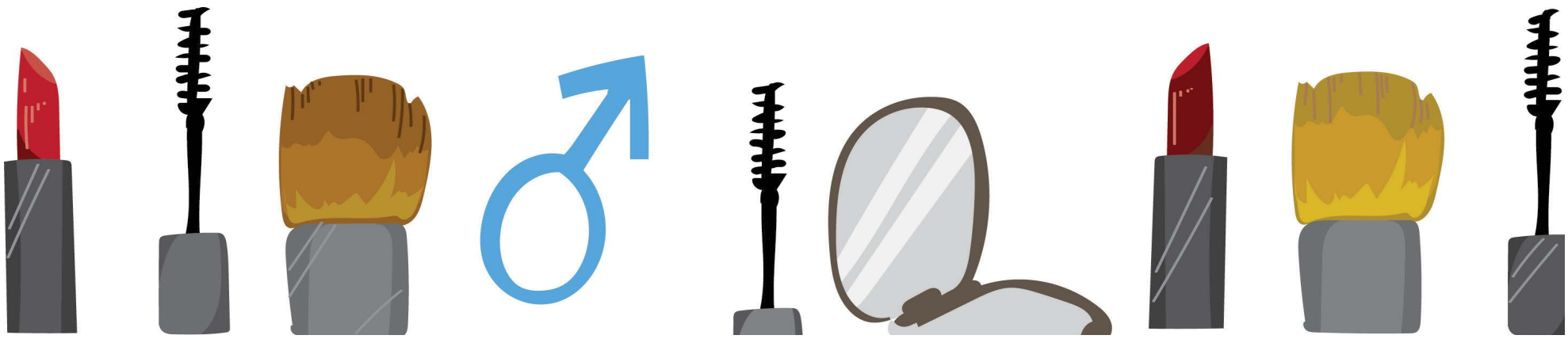
Men and Makeup



Dyana Allen
Staff Writer

From the Egyptians to Jefree Star, cosmetics have had a diverse range of uses throughout cultures, and its user base is growing. Recently, the makeup world has opened its arms to men, while the culture surrounding it stands a few steps back. Makeup can make you feel confident and sexy, it can be a creative outlet, a form of self-expression, or all three! The sentiment of cosmetics is unique to every individual and shouldn't be restricted by gender.

The culture surrounding makeup can be condescending. If you're wearing "too much" makeup, you're labeled as fake, a slut, gay, etc, while if you choose not to wear makeup, you're considered a slob or lazy for not putting effort into your appearance. The idea that men should *not* be allowed to wear makeup is one of brainwashing and sexism. Men shouldn't be able to even out their skin tone, moisturize, conceal blemishes, or make their eyes pop with some color? Since when was looking and feeling confident only for women? If a man enjoys the art and skill that goes into makeup, then practice on, my bro. From birth, we're taught makeup is "feminine," but that implies not for boys. The truth is, men have been wearing makeup for years! Actor Benedict Cumberbatch stated, "Makeup is a wonderful thing for men as well as women," commenting on his use of concealer. In fact, most men wear makeup at red carpet events or on camera. And why wouldn't they? Their skin looks flawless, and their confidence is 100.

YouTube tutorials featuring male makeup artists such as Manny Mua, Jefree Star, Wayne Goss, and Patrick Starr have become increasingly popular and kill the ignorance in the idea that "men can't do makeup." Jake Jamie, also known as The Beauty Boy, wrote in his article "I'm a Man and I Wear Makeup (You Can, Too!)," "I started experimenting with makeup around the age of 19 when I began having terrible acne breakouts. Prior to this, I had skin that would give Angelina Jolie a run for her money. When unsightly spots started popping up, it came as a huge shock. It seriously knocked my confidence, so I turned to cosmetics and have never looked back." Jake's story is something we can all relate to: insecurity. Cosmetics were his tool to make himself feel more confident about his appearance, the same way clothes do for others. There's nothing wrong with wanting to look and feel good, and if makeup helps your confidence, have at it! The beauty industry has been embracing it; companies such as Marc Jacobs and Tom Ford have released lines with products oriented towards men such as beard oils, tinted moisturizers, and male polish.

The problem isn't just men being told they shouldn't wear makeup, but the fear of liking makeup. Shawn Binder says in his article "Why Men Shouldn't be Afraid to Wear Makeup," "When we say it isn't OK for men to wear makeup, we're saying that only women can do external things to make themselves feel more beautiful. When we judge men for wearing makeup because it is too 'girly' or 'gay,' we are contributing to a society that says it's OK to dictate what you're allowed to do based on your gender. It's antiquated and frankly, boring as hell." The fear of being judged or labeled deters men from even trying makeup. He later touches on the fact that it doesn't have to be "extreme" makeup; some concealer and a light powder can do wonders for your skin!

"Since when was looking and feeling confident only for women? If a man enjoys the art and skill that goes into makeup, then practice on, my bro."

BuzzFeed's Isaac Fitzgerald participated in a social experiment; he wore makeup for one week. On day one, he wore only mascara and a concealer. He was surprised when no one said anything, if they noticed at all. Day two people noticed his foundation, which he later discovered was too light. His response: "But my feelings are genuinely hurt when people point it out. Makeup isn't a silly hat or an ill-chosen shirt… it's your face." Day three, people noticed more, and so did Fitzgerald. "I even notice which men could maybe benefit from a little makeup themselves." Day four brought lipstick; he noticed other men avoided his gaze, while women complimented his makeup. With day five came blue eye shadow, cat eyes, a bold lippie, and confidence. He received support as well as stares, even the comment "faggot" from a boy he bumped into at the subway station. While deciding makeup wasn't an everyday thing for him, Fitzgerald concluded with, "For many, makeup is comfort. Makeup is fitting in, it's feeling attractive, it's standing out in ways you choose to stand out. On the last day, despite all the strange vibes and awkwardness of the week, I finally felt that too." He touched on how men aren't always presented with options in self-presentation and how makeup opened that door.

Makeup is a tool, and while concealer can hide your blemishes, it's not going to hide who you are, so get that brainwashed nonsense out of your head. The only thing it changes is your appearance and your confidence. The choice is yours; let the negative opinions be the fire that fuels your passion and continue creating and expressing. Abolish gender norms simply by being yourself.