

# WHITE PINE PRESS

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



## Dispensary Deadline Looms

Waiting for Legislative Smoke to Clear



NORTHWESTERN MICHIGAN COLLEGE

# WHITE PINE PRESS

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## News-in-Brief

### Textbooks on Reserve

NMC's Osterlin Library has all textbooks on reserve. Most are available for a 2-hour checkout within the library, but a few have a longer limit. Talk with a librarian at the front desk for more information.

The bookstore also offers hourly book rentals. For more information, visit the NMC Bookstore in the the lower level of West Hall.

### Fall Transfer Fair

On Thursday, Oct. 12, over 20 university representatives will be on campus to talk about their programs and the transfer process. The event will take place from 9:30am-1:00pm in the Health & Science Building and West Hall lobbies. Bring your questions and explore the options!

### Submission Deadline Approaching

The Oct. 16 deadline for NMC Magazine submissions is quickly approaching.

The theme "Memento" invites students, staff, faculty, and alumni to reflect on those special moments in life through artwork or writing. More details at [nmc.edu/nmcmagazine](http://nmc.edu/nmcmagazine).

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## How to Help: Hurricane and Earthquake Relief Efforts

### Ann Hosler Staff Writer

Over the past month, natural disasters have devastated parts of Texas, Mexico, Puerto Rico, and many other areas. Millions of people are now homeless, without power or water, hungry, and simply lacking basic necessities. Even if you can only give a few dollars, help our global community by donating to one of the organizations below.

**Mi Gente:** Proceeds from digital sales of this J Balvin & Willy William remix featuring Beyoncé will go toward relief efforts in Mexico, Puerto Rico, and other Caribbean islands.

iTunes: [apple.co/2fDBMxz](http://apple.co/2fDBMxz)

Amazon: [a.co/3ifzffa](http://a.co/3ifzffa)

Google Play: [goo.gl/gFjLFh](http://goo.gl/gFjLFh)

**UNICEF:** Donates 90% of every dollar toward helping children in Puerto Rico, Mexico, and more. [unicefusa.org](http://unicefusa.org)

**Tidal X Brooklyn:** Donates all net proceeds across several organizations in Florida, Texas, Puerto Rico, Mexico, and other Caribbean islands. [go.tidal.com/us/donation](http://go.tidal.com/us/donation)

**One America Appeal:** Donates everything toward recovery efforts in Texas, Florida, and Puerto Rico. [oneamericaappeal.org](http://oneamericaappeal.org)

**Global Giving:** All donations go toward relief and recovery efforts in Mexico and the Caribbean.

Mexico: [globalgiving.org/projects/mexico-earthquake-and-hurricane-relief-fund](http://globalgiving.org/projects/mexico-earthquake-and-hurricane-relief-fund)

Caribbean: [globalgiving.org/projects/hurricane-maria-caribbean-relief-fund](http://globalgiving.org/projects/hurricane-maria-caribbean-relief-fund)

**Project Paz:** 100% of donations go toward earthquake victims in Mexico. [epcf.org/mxquake](http://epcf.org/mxquake)

**Team Rubicon:** Donate toward any of the hurricane relief funds, or volunteer to help: [teamrubiconusa.org](http://teamrubiconusa.org)

**Save the Children:** 86% of donations currently go toward Hurricane Maria efforts. [savethechildren.org](http://savethechildren.org)

**Unidos por Puerto Rico:** donations provide aid for hurricane recovery efforts. [unidosporpuertorico.com/en](http://unidosporpuertorico.com/en)

**Texas Diaper Bank:** accepting monetary and hygiene item donations for babies, toddlers, and adults; 100% of donations go toward Hurricane Harvey impacted areas.

[texasdiaperbank.org](http://texasdiaperbank.org)

**Houston Humane Society:** donations go toward helping animals affected by Hurricane Harvey. [houstonhumane.org](http://houstonhumane.org)

**Bread of Life:** donations assist homeless and displaced families from Hurricane Harvey. [breadoflifeinc.org/hurricane-harvey](http://breadoflifeinc.org/hurricane-harvey)

**Ricky Martin Foundation for Puerto Rico:** accepting monetary donations to provide food, water, clothes, and medical supplies to the island.

[youcaring.com/people/puertorico-957793](http://youcaring.com/people/puertorico-957793)

**Somos Una Voz:** donations go toward food, shelter, medicine, and more in all areas affected by the recent natural disasters. [somosunavoz.com](http://somosunavoz.com)

## Alumni Spotlight: Claude Hoarau



### Deanna Luton Staff Writer

Flying was always a dream of Claude Hoarau, an NMC aviation alumnus from England who graduated in 2014. Growing up, the stark white interior walls of the aircraft cabin were nearly a second home to Hoarau. "My father, who travelled a lot for work, would bring me back model airplanes and had made a substantial collection for me. I'm almost certain there hasn't been a year in my life that I haven't flown on a commercial aircraft." He started out his flying career as a teen enrolled in the Royal Air Force Air Cadet program. However, his dreams of flight were not fulfilled by these fun but short stints in aerobatic aircrafts.

Thanks to NMC's International Aviation Partnership program, this dream became a reality for him. "I was in my first year of an Aerospace Engineering degree at the University of the West of England when the opportunity to enroll in NMC's international aviation program came up. It was the moment I got back from getting my private pilot license that I took the idea of becoming an airline pilot seriously. I'd only taken a very small step in my training, but it was big enough to motivate me to pursue something I never thought was possible." From that moment on, engineering became secondary to flying.

The realization that his dream could become his profession convinced Hoarau to spend his summers training at NMC's flight school. "I moved to the U.S. on a more permanent basis in the summer of 2014 to complete my commercial pilot license, and for the opportunity to work as a flight instructor for a year on a temporary work visa."

Hoarau remembers NMC fondly. In many ways, the college helped him cultivate a life abroad. Uprooting everything to live in a foreign country was made less chaotic by streamlined support and direction from the NMC staff and faculty. He was fortunate to have a single flight instructor for most of his training, Cameron Kent, whose professional demeanor and respectability motivated Hoarau to achieve more. From the moment he handed in his application, head of the International Aviation Program Steve Ursell also played a huge part in Hoarau's aviation career. Ursell went above and beyond the expectations of a college recruiter. As Hoarau recalls, "[Steve] prepared us for when we arrived and worked hard to put on special events such as a trip to the Sleeping Bear Dunes, a BBQ, and other social events. [He] made it more than just a flight program; it was a life event that I think many will remember for such special things."

When asked what words of wisdom he would bestow upon current aviation students, Hoarau advised, "Don't forget [your] long-term goals. Flight training can be stressful and seem never ending, but the end result will always be there for you. Expose yourself to more than the flying; get involved with the Aviation Society, ask for a line crew job, visit maintenance and ask them questions. You will only ever be increasing your knowledge. Lastly, while it may not seem like it, the aviation community is small and the moment you step inside the door at NMC you are representing yourself as a future professional pilot, so make sure you leave a positive lasting impact."

Hoarau says coming to the U.S. on his own every summer slowly but surely prepared him for a life away from home in a different country. In England, flying was very expensive and wasn't available to everyone. NMC gave Hoarau an affordable opportunity to start his aviation career with the added bonus of seeing a corner of the world he had never been to before. Hoarau is currently a first officer for Piedmont Airlines on an ERJ 145, based in Philadelphia, Pa. He lives in Philadelphia with his wife, Stephanie, who has a year remaining before completing a Physician Assistant program. They plan to stay in the area until Hoarau transitions into the American Airlines mainline within the next four to five years.



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# A Taste of Their Own Medicine

Chefs teach doctors at Culinary Medicine Conference

**James Robinson**  
Editor in Chief

"It's an old saying: an apple a day keeps the doctor away. What if doctors actually wrote prescriptions for patients to eat fruits and vegetables? Imagine hospitals routinely purchasing locally grown food, or using local food as an opportunity to inspire their communities and patients to eat delicious, simple meals for vibrant health." This is how Diane Conners, senior policy specialist with the Groundwork Center for Resilient Communities, describes the concept of culinary medicine. This concept provides doctors and healthcare professionals with a solid knowledge base of nutrition and local food supplies, and encourages them to use healthy food as a way to address the chronic health conditions in their patients.

With this goal in mind, the Groundwork Center, Munson Healthcare, the Great Lakes Culinary Institute, and the Grand Traverse Foodshed Alliance co-hosted a culinary medicine workshop, Sept. 22-24, at the Culinary Institute in NMC's Great Lakes campus. As Groundwork food and farming consultant Paula Martin explains, "Medical schools are not adequately preparing students in this area of [knowledge], so we joined a growing effort across the country to teach these culinary nutrition concepts." Approximately 40 to 60 healthcare professionals attended various presentations by local nutritionists, dietitians, clinicians, and NMC culinary instructors. A special keynote was delivered by Dr. David Eisenberg, an associate professor at the Harvard School of Medicine and culinary medicine advocate. Eisenberg founded "Healthy Kitchens, Healthy Lives," an annual culinary medicine conference offered by Harvard in Napa Valley, Calif. This program served as a model for the NMC workshop.

Along with formal presentations, hands-on kitchen sessions allowed participants to learn and practice food preparation techniques and cook simple, healthy recipes (the majority were prepared with local foods grown, processed, or sourced in northwest Michigan). For each hands-on session, a chef was paired with a dietitian to demonstrate the food preparation and cooking techniques, while the dietitian explained the nutritional science behind the cooking. Food system field trips also highlighted local agricultural and community resources, including trips to the Sara Hardy Farmers Market, Loma Farm, and the Oryana Food Cooperative. Physicians earn continuing medical education credit for each session they attended.

"What we were basically doing was enhancing doctors' and

healthcare providers' confidence to discuss and guide patients in nutritional food selections to improve their health and prevent diseases," says Fred Laughlin, director of the Great Lakes Culinary Institute. Laughlin was one of the key players in bringing this event to NMC. "[Culinary medicine] is something I've been really interested in for a number of years. It's been a personal goal of mine to bring this type of event to the area, and I was very happy to have the Culinary Institute involved."

Laura McCain, a clinical dietitian at Munson Medical Center and graduate of the NMC Culinary Institute, says "Everyone was really excited at the end of the conference. They learned things that were good for their patients, but they also learned things that were good for themselves." McCain and Laughlin agree that this event is about way more than just cooking great food—it's about developing a healthier, happier lifestyle where we value our quality of life. "Eating great food was meant to be one of the joys of a good life," says McCain. "When people relegate eating to something they simply check off their list for the day I think, 'Ugh! Your life is a lot less than it could be.' It should be something you're really thankful for. When we relegate eating to a chore, we're not valuing the quality of life we should be wanting." While this may not seem easy in today's fast-paced world of processed foods, if we take a little time to slow down and enjoy a real, home-cooked meal with our friends and family, many health and social benefits will surely follow.

#### Resources

Groundwork Center:

[groundworkcenter.org](http://groundworkcenter.org)

Taste the Local Difference:

[localdifference.org](http://localdifference.org)

Grand Traverse Foodshed Alliance:

[gtrfoodshedalliance.wordpress.com](http://gtrfoodshedalliance.wordpress.com)

Sara Hardy Farmers Market:

[downtownmc.com/events-attractions/sara-hardy-farmers-market](http://downtownmc.com/events-attractions/sara-hardy-farmers-market)

Oryana Natural Food Market:

[oryana.coop](http://oryana.coop)

The Old Ways—Cultural Food Traditions:

[oldwayspt.org](http://oldwayspt.org)

GT Commons Farmers Market:

[thevillageetc.com/farmers-market](http://thevillageetc.com/farmers-market)



Photos courtesy of Gary Howe





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# Medical Marijuana

## New Licensing Causes Concern for Dispensaries

**London Rauch**  
Staff Writer

On Sept. 12, Michigan's Department of Licensing and Regulation (LARA) held a meeting to decide whether or not it would immediately shut down all operating medical marijuana dispensaries in the state.

LARA determined that any existing medical marijuana dispensary operating after Dec. 15 would be in direct violation of the law, subject to legal penalty, and risk the right to receive future licensing. LARA hopes a "gradual shutdown" of dispensaries will provide time for issuing new dispensary licenses, but patients worry they will be temporarily cut off from their medicine. This is not the first time the threat of shutdown has happened.

Michigan's initial medical marijuana bill went into effect in 2008, but didn't explicitly specify the legality of dispensaries. In 2013, the state ruled that dispensaries were not included under the medical marijuana program and law enforcement began to shutter shops across the state. Patients without access to legal caregivers were stripped of medicinal access they depended on. This was devastating for those suffering with cancer, chronic pain, nausea, and many other serious ailments covered under the program.

In 2016, a bill passed that rewrote the state's medical marijuana program. Five types of new licenses will be available in 2018: growing, processing, transporting, testing, and dispensary operating. It is unclear how many licenses will be given out. Until then, current dispensaries remain in limbo. Stay open and provide care to desperate patients, or cease operation entirely due to what advocates call a legislative witch hunt?

Heading the war against medical marijuana are two members of Michigan's marijuana licensing board: Rick Johnson, former member of the state House of Representatives, along with Don Bailey, retired Michigan State Police officer. These two are the only members on the five person licensing board in favor of shutting down dispensaries, and are leading the offensive.

In an interview with the *Detroit Free Press*,

Bailey said he believed dispensaries should shut down immediately. "LARA thinks that Dec. 15 is the appropriate date, but my date is Sept. 15. Operating a dispensary is a violation of the law, it has been. I'm not going to support [dispensaries] staying open." Other members of the board disagreed, stating that it is their job to issue licenses, not shut down facilities.

Traverse City has directly felt the impact of recent licensing crackdowns. One student, who asked to remain anonymous out of fear of persecution,

government are focused on rewriting laws about medicinal pot."

Under the upcoming law, local communities will be given the right to decide if they will allow medical marijuana within city limits. Several counties downstate have already decided to opt-in to the new program and have begun drafting ordinances for the soon-to-be reissued licenses. Officials in Traverse City are uncertain whether or not they will adopt the new licensing laws, and are waiting for more direction from the state.

"Until we see their rules, we're kind of hamstrung to do anything," Traverse City Commissioner Richard Lewis said. Other commissioners agreed that "rushing ahead" was not their priority.

For the seven dispensaries currently operating in the area, this news comes with unease. If city officials wait to make their decision, dispensary owners and patients hang in limbo until December. Andrew Brisbo of the Bureau of Medical Marijuana Regulation claims three months is long enough for patients to find alternative access to medicine.

"We wanted to make sure we were considering the patient access, the ability of patients to get their medicine, and give them time to determine alternative means if they're currently using a dispensary and establish caregiver relationships," Brisbo said.

Caregivers and patients do not agree. Under the current law, licensed caregivers are allowed to grow six marijuana plants for each of six patients, plus themselves. Patients without caregivers are allowed to grow six plants for themselves only, or seek medicine from dispensaries if they choose not to grow. However, setting up a marijuana grow is extremely expensive and time consuming. Patients who rent or live in apartments may be denied the ability to grow marijuana on premises. For those without access to a caregiver or the means to run their own marijuana grow, even the temporary shuttering of dispensaries will be critical. Local residents under the medical marijuana program can only hope Traverse City officials have their best interests in mind and make a decision in a timely matter.



expressed concerns over the future of local marijuana clinics. "I walk into my usual dispensary in town and the budtender tells me about the LARA meeting that was happening. He didn't know if they would be open for business the next day. It's like there's always someone coming after the medical marijuana program.

Flint still doesn't have clean water, there's a statewide prescription pill epidemic...People are dying from these things while members of our

# Campus Quotes

**Kelsey Pease**  
Staff Writer

## Do you think that recreational marijuana should be legalized?



"Yes, because it causes less damage to the human body than alcohol and has actually been proven to benefit certain health conditions."

-Drexel Noecker, Biochemical Engineering



"I think it should be because there are actual benefits to it. However, I do think that it would need to be diligently regulated."

-Natasha Willson, Communications



"Absolutely, because it would take black market drugs off the streets. If it's regulated, it's one step closer to kids being safe with it, as we all know that kids are going to do it anyways. If it becomes legal, it will have to meet certain regulations so that you know what you're getting."

-Briana Dones, Freshwater Studies



"Yes. Even if it were the most dangerous drug in the world, I don't think the government has the right to tell its citizens what is should or should not ingest. That's just fascist."

-Ben Vander Ark, English



"Yes! Marijuana has never killed anyone and has numerous proven benefits for anxiety, depression, and other physical ailments, such as muscle spasms and growth of cancer cells. It's so much better than alcohol, so how can it not be legal? Additionally, many people charged with marijuana possession would be freed from prisons; it's ridiculous how people who arrested for it are treated, and how long their sentences are. The police force views this drug as dangerous as cocaine and meth - narcotics that actually kill people."

-Taea Alandt, Psychology



"I don't think so, for the same reasons why I'm not a big fan of over-usage of alcohol. It's a dangerous substance that alters your mind."

-Anonymous



"No. A majority of people just want to smoke it for the fun of it, but there are better alternatives than marijuana. Legalizing it would cause its usage to increase dramatically."

-Alex Pyshnyuk, Business

# Something Wicked This Way Comes

Maya James  
Staff Writer

It's March 2016, in San Francisco, Calif. After receiving an email from *White Pine Press* adviser

Jacob Wheeler, I was given an opportunity to travel and learn more about journalism. Why not? I didn't have anything else planned for spring break. Little did I know, this venture would help me realize how seriously I take the trade, and how badly I wanted to make it a career.

On the first day after landing west, I sat in the front row of a presentation entitled "Pitch Perfect: Going from Local to National", brought to us by NPR's Youth Radio. This workshop broke down how to pitch stories to a news syndicate, presenting it clearly and instilling an impact that not only reaches the heart of the reader, but also the journalist doing the reporting. Directors of Youth Radio Teresa Chin and Rebecca Martin began listing what types of stories were currently "hot". Most of them regarded political division and denial of social equality in small towns—like Traverse City.

As Martin and Chin spoke, I was reminded of NMC in 2015. I was a dual-enrolled high school student walking from my car on the far lot to my class at Scholars Hall. It was late afternoon and there was, as usual, limited parking. In my vision I pictured a nice fall day; birds chirping, the smell of grass and flowers in the air—and Confederate flags hung from cars. This was and is a very ugly reality at NMC.

While the presentation was wrapping up, I jotted down some other memories:

The time my brother was called a nigger-lover by my bully's parents in sixth grade after asking for an apology when I received constant abuse from the boy every day on the bus. The rocks other students used to throw at me in first grade while kids demanded I wash the black off of me. The first time I was called a nigger—at only five years old.

This was my story, this was my pitch. But Martin's voice spoke up again. "We wanted to have you all pitch today, but unfortunately we're pretty much out of time."

No.

Clear as day I blurted: I live in a wonderful city in Northern Michigan, but it's a great place for hate!

Needless to say, she was intrigued. With her help and the help of Youth Radio I went on to tell my story to *USA Today College* and the *New York Times Race/Related* newsletter, detailing the frequent use of Confederate flags on campus and the ways northern Michigan attracts hate groups—for example, TCFamily has been identified as a registered hate group by the Southern Poverty Law Center. You may have seen their main representative on campus with a sign, handing out wacky and uncited flyers on the dangers of homosexuality: I thought contributing to these national media platforms would pose as a request for waves of open-minded and culturally diverse people to come to Traverse City—I could not have been more wrong.

Some people thought I was crazy and said they never experienced what I was talking about. So I gave them some examples.

Around town, posters like the image above have been strung up downtown asking viewers to go to their website. This is a recruitment ad for Vanguard America, an alt-right group that hides the identities of their members. Vanguard America is the group James Alex Fields, Jr., was demonstrating with the same day he brutally murdered 32-year-old paralegal Heather Heyer with a car at the Charlottesville 'Unite the Right' rally. Could members be hiding within our campus, local businesses, public school system, clergy, health departments, and local government?

Also seen in Traverse City are posters idolizing Hitler as the face of "racial pride" and declaring the Aryan "right to exist" (a right not threatened in our town containing a predominantly white population). Confederate flags hang from pickup trucks steered by reckless drivers to frighten and intimidate those around them, including a former cop who made national news for his hateful behavior at a resistance for peace rally last year, and who continues to drive around our campus with his flag.

My article for *USA Today College*, "Voices: I'm Compromising Myself and my Blackness to Push Social Change," specified on how racism is still very much an issue at NMC. "During one campus forum on race issues, when black students raised objections to the Confederate flag and its associations with slavery, it seemed to offend a majority of the students there." I was recalling



one of the International Club's "What's Up, World?" forums on racism. At the beginning of the forum we were asked to respect everyone's opinion, whether or not they contained racist schools of thought. Which brought me to wonder: at what point will NMC stop condoning hate speech under the guise of free speech? Can we listen to the voices of our history instructors teaching how tolerating intolerance for the sake of tolerance leads us to atrocities like slavery and the Holocaust? Will we have to repeat history because we are incapable of learning en masse?

As I explained in my contribution to the *New York Times* piece "First Encounters with Racism," "It's complicated living in a place so idyllic... and susceptible to hate and polarization. I'm mixed—my dad is black and my mom is white. So I stick out."

If there is one thing I regret from all this work, it would be a section from my article "Voices: I'm Compromising Myself and my Blackness to Push Social Change." "Most of the people I know in Traverse City are not hateful racists. They are people who have known me my whole life—my friends, my teachers, my coworkers. So I try my best to appease the white people around me. That's the only way I know how to deal with it...until more people who look and think like me live here."

I no longer feel like I am required to appease people, but due to the environment around me that means that I am no longer able to live peacefully: Speaking out for anti-racism is a social death sentence in Traverse City on both political sides. No one wants to feel guilty for problems they may be subconsciously and systematically contributing to, and even liberal white people in this area feel as though they are required to dictate how brown people can combat racism from within their own cultural sphere.

Even today I don't feel completely safe reporting on this subject as a woman of color on campus. Part of me is almost sure that half the people reading this will consider this the special pleading of a sophomore snowflake, and the other half will deny it based on their limited experiences.

I am not writing this with those people in mind.

If you are truly interested in understanding how to combat racism and have not put this paper down in a guilt-ridden fit of rage, here are four steps to take:

Find five people of color that you know (who did not grow up in Traverse City). If that's not possible, try finding some written perspectives online (that do not just say things you want to hear) and LISTEN. Don't talk. Research, and take in the words of people who you usually talk over to assert your own perspective. Understand that brown people raised by a white parent or parents (such as myself) may not completely know their own culture until they receive more exposure to urban areas, so they may not be the best authority on what it's like to be racially profiled or completely know the statistics of how people of color are systematically exploited. Reach out far and wide to very educated people. If you listen, they will tell you how you can help them as a white ally.

Racism is not a joke, so racist jokes need to stop. Those who perpetuate truly racist ideals take racist humor as fuel, especially when it comes out of the mouths of educated individuals.

Don't ever take authority on race if you are not a person of color. You have never been a person of color, period. End of story. I don't care where you have been or what you have done, you do not have the credentials to invalidate the experiences of another person of color if you have never been a person of color. Period.

And most importantly, love thy neighbor. If you do not understand that there is no old South without slavery or that there is no such thing as a white genocide (over 40 million people have been killed by racial disparities such as the transatlantic slave trade, police shootings, mutilation and lynchings throughout the history of our country, and millions more have not been capable of being recorded), just take the flag down because it might be a sign of hate. If you really did support love and freedom, would you hold a symbol that reminds someone else of when their country refused that from them?

Something wicked this way comes. And with all the love I have for the place I grew up, I'm not sure I really want to be here when it does.



## Would You Like a Side of Plastic With That?

**Macy Schwert**  
Staff Writer

While shopping, I often observe at least one person mindlessly take a plastic bag for something they could have easily carried in their hand. How many plastic bags have you used over the course of your lifetime that are now in a landfill? Every year, around 500 billion plastic bags are used worldwide. 500,000,000,000. That's a lot of bags. Over one million bags are used every minute, and the average person uses 83 plastic bags each year. Of those 500 billion bags, 100 billion are consumed in the United States alone. Though plastic bags can be recycled, only one in every 200 ever finds its way to a recycling unit.

Alone, the statistics on plastic bag waste are extremely alarming, but now consider how much plastic we accumulate and eventually throw away. Takeout food containers, packaging, straws, lids, plastic utensils, styrofoam cups. It's almost impossible to try and visualize the amount of trash we produce over a lifetime. Styrofoam products are not only non-recyclable, they also fill up 30 percent of landfill space.

Unfortunately the NMC cafeteria uses styrofoam plates, bowls, and plastic utensils—although they do offer washable wares to students eating in the cafeteria. Most of us are accustomed to getting takeout/to-go food or other things with plastic packaging. Though convenient, are they absolutely necessary? And at what price? Unfortunately, our society is a culture of consumerism and caters to an “on-the-go” lifestyle. It is up to the individual to make conscious decisions and lead a less wasteful lifestyle.

San Francisco became the first city to institute a plastic bag ban, and California became the first state. Many other cities around the country have bans or fees in place, including Austin, Seattle, and Chicago. Unfortunately, a new law in Michigan prohibits local governments from banning, regulating, or imposing fees on the use of plastics. You read that correctly: it's not a ban on plastic—it's a ban on banning plastics. And it is not alone. Idaho, Arizona, and Missouri all have similar laws. In these cases, proponents defend these laws as a way of protecting businesses from having to comply with additional regulations. The Michigan law was praised by the Michigan Restaurant Association. Shouldn't laws be geared toward efforts to reduce pollution by requiring businesses to upgrade to environmentally sustainable models?

We have been conditioned to some degree not to think twice about our high amount of plastic usage and waste. Small adjustments can go a long way in reducing our impact. For example, I always keep a few reusable grocery bags in my car. It takes such a small amount of planning and money to decide to never use a plastic bag again, but it is worth it. Next time when you get a drink to-go, skip the plastic lid and straw. Even better, opt for a washable coffee mug or reusable bottle over a disposable cup. Simple mindfulness can go a long way in reducing waste and helping the environment.



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# Book <sup>shady</sup> <sub>lady</sub> Reviews

## DO NOT READ

**Ann Hosler**  
Staff Writer

*"I keep three kinds of books: those I want to read, those I want to reread, and those I want to reopen just to confirm how bad they are."*—Sarah Manguso

If I rated the books I've read throughout my life, most of them would fall into the "OK" category—meaning they were entertaining, yet not creating the amazement horizon. Next are the books that were excellent, many favorites worthy of recommendations and rereads. Finally there's the stinkers—the books you either finish simply through willpower alone, or throw across the room in disgust, never knowing what lies on its final pages.

Out of over 600 books I've marked as read on the Goodreads website, only 50 made my list of 2-stars and lower. These are the worst fantasy, romance, and sci-fi books I've had the pleasure of reading.

### The Silmarillion

by J.R.R. Tolkien

I was riding a *Lord of the Rings* high when I bought this book. I had recently watched the first film in the theatre, followed by consuming both *The Hobbit* and the book trilogy. Everything published with Tolkien's name on it must be golden, right?



Described by actual fans of *The Silmarillion* as "only for serious fans of Middle-earth", "this is not the most exciting fantasy book you'll find", and "not for everyone", this is the worst fantasy-world background book I've encountered. You'll learn a lot about Middle-earth—in the most verbose and dry way imaginable—and unless your surname is Tolkien, the majority of the information isn't worth your time. At one point, the book spends several pages describing every rock formation, nook, and cranny that a certain river winds through.

Stinkiness: ★★★★★

(If you're interested in reading a good fantasy-world background book, check out *The World of Ice and Fire* by George R.R. Martin.)

### The Sweet Life (e-series)

by Francine Pascal

I got caught in 4th grade reading a *Sweet Valley High* book during class. It was on Grandparents Day, and my grandmother sat in the back of the room, watching as I "covertly" read inside my desk cubby. She proceeded to call me out on it the moment we stepped outside the school. Needless to say, Jessica, Elizabeth, and I go way back.

Imagine my surprise when, nearly 20 years later, Francine Pascal suddenly drops an all-grown-up version of this world: *Sweet Valley Confidential*. This ranked between 'meh' and 'OK' in my ratings scale. Pascal followed it up later that year with a 6-book e-series, stating these would be her final *Sweet Valley* books. These serials started out well, showing a realistic look at how complex life can be. By the last two serials, the plot got messy, and the final book ends with a cliffhanger.



Five years later, and I'm still pissed off.  
Stinkiness: ★★★★★

### The Three-Body Problem

by Cixin Liu

This book was an assigned read for NMC's 2016 Science Fiction & Fantasy class. Some of my friends have agreed with me regarding its flaws, while others love it and went on to read later books in the series. For this one, instead of *do not read* I say to *proceed with caution*.

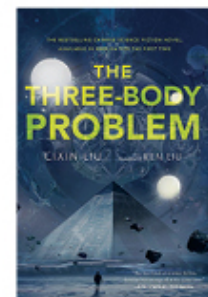
My opinion of this book has nothing to do with the fact that it's part of a trilogy (it wraps up just well-enough to be a stand-alone), nor the fact that it was translated (that was done quite well, actually), nor the fact that it was hard science fiction (outside my norms for reading). There were two main factors contributing to my disdain: poorly written characters and horrible plot delivery.

*Three-Body Problem* fails to engender any emotional attachment to its characters. The entire cast could die at any point, be completely

replaced, and it would not affect anything. I've been told that the plot is what matters, not the characters in this book—but without characters to care about, plot is meaningless. The plot wasn't much better, anyway. Constant verbose flashbacks pull you out of the action throughout the entire story. Just as you start to get invested in the current-day plot, you're yanked backward, listening to Ye Wenjie whine about what happened 40 years ago, *yet again*.

Stinkiness: ★★★★★

Stinkiness: ★★★★★



# Haiku Music Review

**TJ Hall**  
Contributing Writer

### Peeping Tom

"File Under: Bebop"

I popped a goose once,  
it was filled with small balloons.  
I didn't mean it.



### Tomahawk

"Tomahawk"

Mike hates a coward.  
These are all Mike Patton bands.  
Just so you know that.



### Dead Cross

"Dead Cross"

Real Angus, man,  
awesome like a nipple dip.  
Or *Mad Max* villains.



### Fantomas

"Fantomas"

Boom! It's King Buzzo.  
And that makes this thing special.  
Easy Listening!



### Nevermen

"Nevermen"

I am not a fan.  
Lost me at "man hands on fire."  
So you're on your own.



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# Carrot Cake!

**Lindsay Schmandt**  
Staff Writer

As the weather is finally starting to cool down, the need for warm, seasonally spiced baked goods arises. Subsequently, our recent harvests or bulk purchases need to be put to good use. Almost immediately we think about our good friend, the pumpkin-spiced-everything, but I'm here to sell you on a long-lost loved one that needs to make a comeback: carrot cake.

Carrot cake gets a bad rap. It seems strange to throw something we usually use in soups and turkey dinners into a birthday cake, but not only is it incredibly moist and most often coated in cream cheese goodness, this version will use up most of those leftover carrots in your refrigerator's crisper drawer.

This recipe will give you just enough to feed a house of hungry roommates and is perfect for the one-and-only tiny cake pan you own. And don't fret! After you fall in love, you can easily double this recipe to impress your family for all of your future holiday dessert needs.

## You will need:

### For the cake:

1 cup all-purpose flour  
1 teaspoon baking soda  
1 teaspoon cinnamon  
½ teaspoon salt  
¾ cup vegetable oil  
½ cup granulated sugar  
½ cup brown sugar  
1 teaspoon vanilla extract  
2 eggs  
2 cups carrots, peeled and grated  
½ cup pecan or walnut pieces (optional)  
For the frosting:

8 ounces plain cream cheese, softened  
2 cups powdered sugar  
1 teaspoon vanilla  
1 teaspoon milk

## Directions:

Preheat the oven to 350°F. Grease and flour a small baking pan; muffin tins work great for carrot cake cupcakes, too! In one small bowl whisk together the dry mixture: flour, baking soda, salt and cinnamon. In another small bowl whisk together the wet mixture: oil, sugars, vanilla and eggs. Stir the grated carrot into the wet mixture until combined, then fold the dry mix into the wet. If you're adding nuts, fold them in near the end so they don't sink to one area of the cake batter. Pour the batter into the prepared pans and bake for 35–45 minutes or until a toothpick comes out clean when inserted in the middle of the cake.

Whisk together the softened cream cheese with milk and vanilla until smooth. Begin whisking in the powdered sugar, adding in ½ cup at a time until it is thick and creamy, and frost your cake.

Refrigerate or freeze any leftover cake—but there won't be any leftover cake.

## Tips & Tricks:

- This cake doesn't require you to wait until it's cooled to frost it. In fact, if you're going to eat it immediately, treat it like cinnamon rolls and frost it straight from the oven.
- Throwing the carrots into a food processor or blender can cut the cake time preparation down and make life a bit easier. This will work with the nuts, too!
- Keeping staple ingredients in glass jars makes it easy to know how much you have and keeps them dry and safe from the elements like moisture. This is also great for cutting down on waste and gives you the opportunity to learn how to buy in bulk—which makes for buying ingredients like pecan pieces exponentially cheaper.
- Carrots are cheap at the store, but even cheaper at the farm. If you don't already have them at home, consider visiting the outskirts of town and pick some up by the pound that you know were grown close to home. Supporting your local farmers keeps them going and growing!

## EVENTS CALENDAR

October 6 – 21

**Kelsey Pease**  
Staff Writer

### Friday, Oct. 6

4pm to 5pm: Voices student group meeting in the Osterlin Building O204.  
6pm: Paul Livingston live at Rove Estate Vineyard and Tasting Room.  
6pm to 10pm: Volleyball sponsored by Ratio Christi at the Public Education 100 Gym.

### Saturday, Oct. 7

7am to Midnight: Fall Sale and Happy Apple Day in Downtown Traverse City.  
7:30am to Noon: Sara Hardy Downtown Farmers Market at Lot B, across from Clinch Park.  
8am to Noon: 24th TCTC Annual Remembrance Run for breast cancer awareness.  
Noon to 4pm: Linda O'Meara Day of the Arts to inspire your work, whether it's a drawing, painting, dance, or performance at the Dennon Museum Center.  
Noon to 10pm: MSU vs. U of M Tailgate at Little Fleet on Front Street.

### Sunday, Oct. 8

Noon to 4pm: Pumpkin Fest at the Jolly Pumpkin Restaurant, Brewery, & Distillery, featuring live music, sack races, apple bobbing, a harvest buffet, and more.  
Noon to 5pm: Drawing Wall: Draw your favorite animated superhero on the cityscape wall or accompanying buildings in the Traverse Area District Library's Youth Services Department. Event continues through Oct. 31 during regular library hours.

### Tuesday, Oct. 10

No classes: Faculty Professional Development Day

### Wednesday, Oct. 11

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

### Thursday, Oct. 12

9:30am to 1pm: College Transfer Fair on the first floor of the Health/Science Building and in West Hall.  
7:15pm: The Art of Chasing Trane - The John Coltrane Documentary by John Scheinfeld at the Dennon Museum Center.  
7:30pm to 9pm: LIV ON album performance by Olivia Newton-John, Beth Nielsen Chapman, and Amy Sky at the City Opera House.  
7:30pm: Artists from Interlochen at Kildebride Hall: Faculty Chamber Music - Constellations.

### Friday, Oct. 13

4pm to 5pm: Voices student group meetings in the Osterlin Building O204.  
5:30pm to Midnight: Bras for a Cause at Streeters in Traverse City.  
6pm to 10pm: Volleyball sponsored by Ratio Christi at the Public Education 100 Gym.

### Wednesday, Oct. 18

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

### Friday, Oct. 20

8am to 8pm: DMC Dorset Print Sale at the Zimmerman Sculpture Court.  
9:30am & 11:30am: Writing & Drawing with author-illustrator Brianna Farley at the Dennon Museum Center. Call 231.995.1029 or email jdake@nmc.edu to reserve your seats.  
4pm to 5pm: Voices student group meetings in the Osterlin Building O204.  
6pm to 10pm: Volleyball sponsored by Ratio Christi at the Public Education 100 Gym.

### Saturday, Oct. 21

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

# How's Your Flow?

**Macy Schwert**  
Staff Writer

## Tadasana (Mountain Pose) – Set a Positive Intention

To begin, start with your feet slightly apart, eyes closed, with your palms facing forward and your shoulders down your back. Close your eyes, take a moment to find balance, and plant a positive seed of intention for the rest of your day. Choose to focus on words that uplift and inspire you. I like to use intentions that help me get ready for the day ahead, such as "I always accomplish everything I need to," or "I am content in the present moment."



## Anjaneyasana (Low Lunge)

From Downward Dog, step your left foot forward to the inside of your right hand and place your right knee on the ground. Draw the belly and lower ribs in as you lift your heart up toward the sky and mindfully raise your arms overhead. You should feel a great stretch in the right hip. Return your focus to your intention and stay for five breaths.



## Tadasana (Mountain Pose) with Side Stretch

Ground both feet and raise your arms overhead. Take your left wrist with your right hand and lean to the right. Find a depth that allows you to feel a stretch on the left side of your body without causing strain. Stay for a few breaths, then repeat on the other side.



## Crescent Lunge

Place your hands on either side of the right foot while in Low Lunge, tuck the back toes and raise the back knee, coming up to High Lunge. Reach your arms overhead, palms facing each other. The right knee should be directly over the right ankle, and the back leg should be strong. Keep the abdominal muscles engaged. Stay for 3–5 breaths.

## Adho Mukha Svanasana (Downward Facing Dog)

Place your hands on the mat shoulder distance apart and walk your feet back so your body is in an upside down V. Find whatever movements feel good that stretches the back of the legs. I like to alternate bending each knee.



## Uttanasana (Standing Forward Fold)

Raise your arms overhead and with your core muscles engaged, hinge from the hips, and allow your upper body to fold forward. Take hold of each elbow and find a steady breath.

Bend the knees as much as you need to. Find some free movement here. It may feel good to sway a bit from side to side, or release tension from the neck by moving the head from side to side.

## Crescent Lunge with Twist

While in Crescent Lunge, place your arms out wide at shoulder height. From the navel, twist the upper body toward the right, keeping the arms open wide.

After you complete this Twist on both sides, return to Downward Dog.

After any final stretches in Downward Dog, return to your Mountain Pose with your palms together at the heart space. Close your eyes and spend a few moments cultivating gratitude for yourself. Return your mind to your positive intention you set at the beginning.



Photos by Macy Schwert