

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

WHITE PINE PRESS

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



Photo by Annie Hindle

Refugee Lives on Display

Annie Hindle The tsunami of refugees fleeing war and famine and upending international politics has arrived at the Dennon Museum.

Stroll through the exhibit space and you'll see a forlorn woman sitting against a concrete wall and holding a bag of framed photos, a parade of people walking along an irrigation canal, bundled and bracing for a long journey by foot, a child clutching a doll in her tiny hands, a pair of tiny shoes protruding from the bottom of a simple box.

These are the works of Israeli sculptor Orna Ben-Ami whose exhibit, "Entire Life in a Package," is showing at the Traverse City museum until May 5. One of her country's only female welders, Ben-Ami sculpts packages carried by refugees shown in photos into iron and then mounts them to the photo in place of the photographic image of the package. She chose her subjects from 73,000 photos of refugees taken by Reuters photographers over the past 20 years.

"Entire Life in a Package" is the story of millions of refugees with millions of packages, suitcases and sacks. They carry their "life packages" with a desire to survive. In them they pack both hopes and pain. Behind every package is someone looking for a place. The objects that people take represent their identity and sense of belonging, their memories and hopes for the future.

"These refugees have to put their entire life in a box—it can be a backpack, a suitcase or a box," Ben-Ami told the *White*

Pine Press. "They have to take their past, their memories, their hopes for the future, their identity and belonging, and put everything in a box and go. It made me feel so sad, and I knew I had to do something with it."

Ben-Ami uses iron to express the will to hold on strongly to the identity which the objects symbolize. It renders them eternal and meaningful, like metal monuments. Iron brings out the physical and emotional weight of the journey.

"Entire Life in a Package" premiered in 2017 at the United Nations headquarters in New York and has traveled through Germany, Italy and Switzerland before coming to the Dennon Museum. The exhibit will head to the Kalamazoo Institute of Art this summer and the DeVos Art Museum at Northern Michigan University this fall.

The subject of refugees and migrants fleeing war and political unrest currently commands headlines around the world. People escaping bloody conflicts in Syria, Yemen and Afghanistan comprise the largest wave of refugees since World War II. They have upended world politics and provoked a resurgence of nationalist and right-wing leaders, from Donald Trump, to Viktor Orban in Hungary, to Rodrigo Duterte in the Philippines, to anti-immigrant movements in Germany and France.

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NMC Policy Meets the Polar Vortex

Ann Hosler Michigan, along with many other Editor in Chief Midwest states, suffered from the extremely cold temperatures and whiteout conditions of January's polar vortex. On Monday, Jan. 28, a predicted storm roared into the Grand Traverse area with heavy snow, high winds, and plunging mercury. On Tuesday, Jan. 29, governor Gretchen Whitmer declared a state of emergency. At 10:38pm on Wednesday, Jan. 30, the state severe weather alert system requested that Consumers Energy customers "lower their heart to 65 or less through Friday," as fears rose that there would be a shortage of natural gas following a storage facility fire near Detroit. The post office determined that weather conditions were intense enough to suspended all deliveries in the state on both Wednesday and Thursday.

The sub-zero wind chill was only one hazard for those who left their homes during the vortex. Despite the Grand Traverse County Road Commission's best efforts, neither salt nor sand had any effect on the compacted, frozen roads. These slick surfaces, combined with occasional whiteout conditions, led to vehicles landing in ditches, semi-trucks being stuck on roads, and numerous accidents. Grand Traverse 911's Facebook page was filled with post after post with delay and road closure cautions based on these incidents, including a 10-car accident that occurred Jan. 30 on 3 Mile Road near the airport fencing.

Winter in Michigan is nothing new, and neither is the cold, ice, or snow. The extreme conditions of the polar vortex hit cities such as Minneapolis, Detroit, and Chicago harder than what Traverse City experienced.

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Photo courtesy of Nichole Hartley



Photo courtesy of Ann Swaney / NMC Archives

In 1960, Northwestern Michigan College students enjoyed the Hearts of Gold dance, sponsored by the College Council, at the Gilbert Lodge in Twin Lakes Park. Dressed in formal wear, attendees danced beneath heart and cupid decorations to the live music provided by the Northland Dixie Stompers.

NORTHWESTERN MICHIGAN COLLEGE
WHITE PINE PRESS

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What's Up on Campus

NMC scholarship applications are now open for the 2019-2020 school year! Login at nmc.academicworks.com to fill out the general application and apply for scholarships.

Stop by the Osterlin Library in February for Transfer Tuesdays! Talk to university advisors about programs and other transfer questions. The next sessions will be held 11am to 2pm on Feb. 12, 19, and 26.

Oryana and NMC Student Life will present an interactive cooking demonstration on Tuesday, Feb. 12. Learn some knife skills and sample healthy ingredients at 5:30pm in the Hawk Owl Café.

The Financial Aid Fair will be held in the Osterlin Library from 4pm to 7pm on Wednesday, Feb. 13. Sessions include Counting the Cost of College, Waivers and Scholarships for Native American Students, Types of Financial Aid, and How to Find and Apply for Scholarships. Walk-ins welcome, or sign up for sessions at nmc.edu/financial-aid.

2018 Electronic IRS 1098-T tuition statement forms are now available. Print your statement from the Student Billing menu in NMC Self-Service. Students who are a non-resident alien, did not have any charges in 2018, or had all charges covered by scholarships or third parties may not receive this statement.

Non-Discrimination Policy Notice

Northwestern Michigan College is committed to a policy of equal opportunity for all persons and does not unlawfully discriminate on the basis of race, color, national origin, religion, disability, genetic information, height, weight, marital status or veteran status in employment, educational programs and activities, and admissions. nmc.edu/nondiscrimination

Alumni Spotlight: Delphine Welch

Emily Slater Staff Writer A life has many acts, little stories that create a bigger narrative, and no one knows that better than NMC alumna Delphine Welch. She started her career as an elementary school teacher and ended it as a professional opera singer, performing both locally and around the state.

Welch first moved to Traverse City in 1959 with her husband, Paul (who would later go on to teach at NMC and start the school's art department). She taught elementary school full-time for a few years before switching to preschool a few days a week to allow her more time at home with her own children. As her children grew older and her job at the pre-school came to an end, Welch was ready to try something new. She was ready to get back into school, but this time as a student.

Though she sang in her church choir and the Traverse City Chorale, aside from a few voice and piano lessons Welch had no formal training in music. So at the age of 48 she enrolled in NMC and spent a year learning music theory, honing her musical and theater skills, and performing in the college's production of "No Exit," a play by Jean-Paul Sartre.

Going back to school in her late 40s wasn't a difficult choice for Welch, and in fact says that older or returning students are at an advantage in some ways. "You're a little more comfortable with who you are. It's easier to talk to the professors. All the other stuff that gets in the way when you're younger...it's not there anymore," Welch says.

In addition to expanding and sharpening her musical knowledge and skills, her time at NMC gave her the extra boost of confidence Welch needed to pursue more intense musical interests. Her voice had been well-prepared during her year at NMC, and at a time when most opera singers are coming to the end of their singing careers, Welch was just beginning hers. She started first with the Lyric Opera Company, performing as Marcellina in "The Marriage of Figaro" and Berta in "The Barber of Seville," before moving on to tour the state with the Michigan Opera Theater. She also performed regularly at Traverse City's Old Town Playhouse, scoring lead roles in "On Golden Pond" and Sondheim's "A Little Night Music."

Though technically retired, Welch continues to find opportunities with each new act life brings her. She joined the South Baldwin Community Theater in Alabama when she and Paul wintered in the Gulf Shores, and is still active in the Traverse City theater community. She is a part of the Old Town Playhouse performing group, Aged to Perfection, putting on shows both in the Playhouse studio theater and giving performances in the community, such as at senior living facilities.

For Welch, there's always some way to learn, to be involved, to add to the narrative of your life, especially if you're willing to look in new or unfamiliar places. Students should venture outside of their field of study, to explore and broaden their scope of interests, she says. "The school [NMC] provides all



Photo courtesy of Delphine Welch

sorts of lectures and concerts that you can go to. You should reach out to whatever opportunities you can, broaden your education. Education is education, and there's so much out there to take in."

ATTEND OUR SCHOLARSHIP WORKSHOP!

Reduce your reliance on student loans to finance your college education!

Scholarship Success Workshop

Tuesday, February 12

5:30 – 6:30 PM

NMC University Center, Upstairs UC 204

Traverse City MI

Grand Valley State University in Traverse City is offering an insightful one-hour workshop on local scholarships that could potentially save you thousands in tuition costs while reducing your reliance on student loans. Join us at this interactive presentation to learn more about local scholarships, application deadlines, and tips for funding your college education.

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Festival of Foods



People line up at the buffet line for a lunch break, prepared by NMC culinary students, during an intermission between presentations.



Jill and Aaron Grenchik are outdoor enthusiasts giving a hands-on educational journey featuring local and wild-foraged mushrooms. In their demonstration titled More than Morsels, the couple teaches the basics for identifying the 20 species of mushrooms in Michigan. The audience watches as they prepare a wild mushroom stuffing.



"I am a foodie, and have taken numerous culinary classes through NMC," said attendee Fred Goldenberg. "This place is nirvana for anyone who loves food."



Photo courtesy of Nicco Pandolfi

Meeting NMC's New Librarian

Steven Tucker Infinite knowledge is held within the walls of libraries, compartmentalized between the covers of books—a labyrinth of information made navigable by librarians. This semester, the Osterlin Library added a new member to its team: Nicco Pandolfi.

Originally from Pittsburgh, Pandolfi has had family in Michigan for generations. He lived in Traverse City for a few years prior to attending graduate school. Now, he holds a Master's degree in Library Sciences from the University of Michigan (U of M). Before he and his wife returned to Traverse City, Pandolfi worked in U of M's undergraduate library.

Pandolfi's interests steered him toward a career as a librarian. "I think I saw [librarianship] as the last refuge of the generalist. A lot of career paths put a lot of pressure on you to specialize, and I feel like I've always had a lot of different interests," he explained. "But, never one that was so strong that it made me want to give the other ones up."

When he's not at NMC, many of Pandolfi's interests are outdoors. He is a member of a local ultimate frisbee league, and you may find him at Hickory Hills playing disc golf, or canoeing the Pine or Manistee rivers. He also plays jazz piano.

Pandolfi, like every Osterlin librarian, can be found behind the reference desk at various times of day. He also oversees the information literacy curriculum in the library, which means that one of his main roles is to help

people learn how to effectively use a library. He teaches students—often from ENG111 and ENG112 classes—how to find and evaluate sources for their work. Additionally, each librarian is also in charge of ensuring that every section of library is complete and up-to-date. Pandolfi oversees six sections: music, geography, environmental science, sociology, language and literature, and education.

Pandolfi has enjoyed his time at the Osterlin Library. "The library is open to community members so I like being a part of something that's integrated into the community it's in, and not sort of set apart from it, as some academic libraries can be. That's something I've been looking forward to and I've enjoyed so far about being here," he said.

"Similar to listening to music, I like to listen to a lot of genres," Pandolfi said, describing his diverse reading interests. "I feel like there's a lot of good stuff out there, and working as a librarian you're never sure what someone's interests are going to be when they come up looking for help. Having a broad sense of what's out there is really helpful." Some of his favorite authors include Irish novelist and storyteller Colum McCann, and American poet and essayist Mary Oliver. Pandolfi is also a fan of Jim Harrison, the late poet and novelist from the Grayling area.

As we were all recently reminded, living in northern Michigan sometimes means making the most of snowy weather. "If it's going to be cold, I'd rather have the snow and be able to get out in it," Pandolfi said.

NMC Policy Meets the Polar Vortex



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Photo courtesy of Nichole Hartley

Ann Hosler
Editor in Chief

Determining whether or not to close due to inclement weather is not a simple decision—especially for a college. NMC is primarily a commuter college, with some students driving over an hour in good weather conditions to reach the main campus. Michigan news sites announced in surprise on Jan. 29 when University of Michigan announced it would close its campus for extreme weather, for only the third time in the past 40 years, on both Jan. 30 and Jan. 31. Michigan State University followed suit, closing for the seventh time in the university's history. Combined with the governor's declaration of a state of emergency, the closure of state governmental offices, and the Post Office halting deliveries, not to mention closures on various local levels, a shockwave of college cancellations rippled across the lower peninsula in response.

Except for Northwestern Michigan College.

While NMC was surely not the only outlier that week, the decision to not close in the morning on Jan. 30 was felt by many commuter students and staff. Prior to the 9:28am decision to close the college starting at noon on Wednesday, more than 90 individual classes had been cancelled. Instructors were left to determine exactly what NMC's inclement weather policy describes: "It is further the policy of NMC to expect that each staff member and student will make his or her own determination concerning attendance on unfavorable travel days, based on personal judgments and the conditions of each unique situation."

"You don't want to close the college frivolously," said English instructor Bronwyn Jones. "It's clear the policy says it's up to individuals to determine whether they feel safe driving or not. But in this case, they could not have been using the available evidence, because it was clear by very early Wednesday morning all the heavy snow, high winds, and sub-zero wind chills met the criteria for an extreme weather event and everything was closed the night before. That included North Central Michigan College, Mid-Michigan, Kirtland, West Shore... everything that was in our area."

NMC's inclement weather policy maintains that given unfavorable conditions, the college may take various actions, ranging from remaining open, to delaying the opening, to closing the college for everything except required personnel for essential services. Factors in determining closure include whether or not parking lots can be kept plowed, whether or not law enforcement officials are requesting that travel be limited, whether or not area businesses are closing, and what the current weather conditions and forecasts for the area are.

"College leaders are dedicated to helping students achieve their educational goals and do

not take the decision to close the college lightly. The college has worked hard over the years to develop policies and procedures for inclement weather which have served our learners and employees well," executive director of public relations Diana Fairbanks wrote to the *White Pine Press* on Feb. 1. "This particular weather system was a once in a generation event and presented some unique challenges. Ultimately, the college leaders made the decision to close Wednesday and seeing that conditions were going to remain the same the following day, made the decision to close Thursday also."

Though the phrase "polar vortex" wasn't popularized until the 2010s, the weather event occurred in this area as recently as five years ago, leaving behind ice boulders on the shores of Lake Michigan. The National Oceanic and Atmospheric Administration (NOAA) describes the polar vortex as something that has occurred before, and will again. It is a weather event that happens each winter, but the affected area shifts. NOAA cites similar extreme polar vortex events affecting the United States in 1977, 1982, 1985, 1989, and 2014.

At least half of NMC's inclement weather factors were met by Tuesday evening. Weather reports only indicated that conditions would get worse. None of this prompted the college to make its 5:30am decision (in accordance with the inclement weather policy) to close for the entire day on Jan. 30, leaving the decision to its students and employees who were expected to be on campus in the morning.

According to an NMC memo dated Sept. 24, 2018, a small number of people are involved in determining campus closures. The mantle of decision primarily lands on the Director of Campus Services, who ultimately contacts the Vice President for Educational Services, to determine a final recommendation. Information factoring into this process is said to include "checking on" weather conditions the evening before and in early morning of the day in question and the Grand Traverse Sheriff Department's assessment of road conditions in the county. Other considerations may include information from weather sources and whether or not area schools and businesses are closing. The memo does not detail whether the individuals making these decisions personally drive on the roads before coming to a decision.

"I think that it has to be a really evidence-based decision," said Jones. "I want to know that somebody was out there driving the roads, and looking at how impossible it is for people. I'm not going to ask my students to drive if I'm not comfortable with it."



Photo courtesy of Kristy Tompkins

Polar Vortex: A Sign of Global "Warming"?

Emma Moulton
Staff Writer

As half the country faced brutally cold temps and record-breaking wind chills, climate change skeptics were all too quick to chime in with "I-told-you-so," including President Trump. "In the beautiful Midwest, windchill temperatures are reaching minus 60 degrees, the coldest ever recorded," Trump tweeted on Jan. 28. "In coming days, expected to get even colder. People can't last outside even for minutes. What the hell is going on with Global Warming? Please come back fast, we need you!"

Overlooking this now infamous spelling error, is there any weight to this claim? If Earth really is experiencing climate

change, then how do scientists explain the polar vortex that is causing mass chaos across the Midwest?

According to Inside Climate News, northern regions of the earth have been getting hit with extreme cold temperatures at an increasing rate for the past four decades and it could be directly connected to global warming. Scientists suggest that since the Arctic has been warming quicker than the rest of the planet, it is obvious that Arctic sea ice is melting quickly which allows more heat to escape from the ocean. They believe that this weakens the polar vortex above, causing it to break and travel south.

However, not all scientists are convinced that melting ice is the sole cause. Some think it may have more to do with long-term changes in rising sea surface temperatures. This includes El Niño, which the National Oceanic and Atmospheric Administration describes as a warming of the ocean surface, or above-average sea surface temperatures, in the central and eastern tropical Pacific Ocean.

Scientists agree that winter storms are not a sign that global warming isn't happening. The frigid temperatures and Arctic winds are most likely an unfortunate sign of the exact opposite.



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Refugee Lives on Display



Photo courtesy of Dennon Museum

The plight of refugees is deeply woven into the fabric of Israel. The nation was founded, in part, by Jews fleeing persecution and genocide. Israel was born in 1948, just three years after the end of World War II and the liberation of the death camps in Europe. But Israel's expansion in subsequent decades has also created a wave of stateless Palestinian refugees.

Orna Ben-Ami chose to focus "Entire Life in a Package" on refugees from the past two

decades, people fleeing conflicts in Yugoslavia, Sudan, Somalia, Myanmar, Afghanistan, and Syria. Their struggles and determination to survive and retain their humanity mirror those of Israeli Jews, Palestinians, and any refugees through history.

Ben-Ami's parents immigrated to Israel from Poland and Russia before World War II. They survived, but their families were murdered in the Holocaust. Born in 1953, five years after the nation was founded, she moved frequently. Ben-Ami described her childhood as full of packing up and moving every couple of months, traversing Israel. She felt lonely, living out of boxes made of her memories and belongings. She felt as if she were hiding herself in those moving boxes. Her family was permanently temporary.

"This exhibition connects to me as a child that had to move a

lot, and to my family that came from Europe and my husband's family," she said. "My husband's father's entire family is gone from the Holocaust. So for me the moving from one place to another, it belongs to the family, it belongs to the history of Israel."

She drew inspiration for her artwork from old family photos. Ben-Ami took those photos and faded out the people in them and highlighted their belongings, such as a sweater or a necklace—the things they carried, the things that hold memories in our hearts. After spending so much time pouring through family photos she began to think about applying the art to refugees.

Out of 73,000 photos of refugees that *Reuters* shared, Ben-Ami chose the ones that spoke most artistically to her, and began telling the story of these people on the move. She took the powerful, borrowed photos of strangers with their boxes or bags of belongings, and turned them into black and white images. Ben-Ami then created three-dimensional sculptures onto the two dimensional photos, to exemplify the refugees' lives.

Prior to becoming a sculptor, Ben-Ami served in the Israeli army in 1971, becoming the first female military correspondent for the army radio station. Service in the Israeli Defense Forces is compulsory for all citizens. Following her service she worked as a reporter and news editor for the Israeli Broadcasting Authority and studied International Relations and History at the Hebrew University of Jerusalem.

Her transition from working with words to working with materials began when she started to learn gold and silversmith methods at the Jerusalem Technological Center. Between 1990 and 1992 she studied sculpture at the Corcoran School of Art in Washington, DC, and from there continued her studies in art history at Tel Aviv University.

One of the few female welders in Israel, Ben-Ami "softens" the iron by cutting and welding it in her own hands. She says she is able to take the softened iron to feminine and emotional places.

The late Israeli prime minister Shimon Peres said about Ben-Ami: "Orna, you prove that there is nothing softer than iron, and nothing stronger than a woman."

Orna Ben-Ami's husband, Oded, is one of Israel's most well-known television journalists and broadcasters who once worked for the late prime minister Yitzhak Rabin, who was assassinated in 1995. So she's always been close to her nation's politics.

Nevertheless, Ben-Ami hopes that "Entire Life in a Package" rises above the quicksand of politics. Her hope is to affect people with her artwork and to show people that these refugees are more than just numbers—they are people. Individuals who have lives, hopes, and dreams.

"In my [exhibit], we are bringing up those important questions," Ben-Ami told the *White Pine Press*. "It means that my art does the right thing, because it brings up the subject in my own artistic way. It's actually coming from my stomach, I don't think about political issues, I just create from my heart."

"When people see my [exhibit] I hope they think about the human side of what's going on. It's more human than political is the idea."

White Pine Press faculty adviser Jacob Wheeler contributed to this story.



Orna Ben-Ami's exhibition "Entire Life in a Package" is the story of millions of refugees with millions of packages, suitcases...sacks. "Life packages" that hold the desire to survive. In it, they pack both hopes and pains. Behind every package there is someone looking for a place.

The objects that people take, in one package, represent their identity and sense of belonging, their memories and hopes for the future.

"Entire Life in a Package" is at the Dennon Museum until May 5.



Photos by Annie Hindle & Jacob Wheeler



A Source of Pride

Liam Strong Northwestern Michigan is a place where, due to its growing size and economy, is also experiencing growth in its communities. On NMC’s campus, the NMC Pride Group offers support for the LGBTQ+ community, allowing for anyone to take the time to explore queer topics. “I hope it’s (the group) a place where they feel they can connect to others in a way that maybe they can’t to their non-LGBT+ peers,” says Tamara Wiget, current co-head of NMC Pride—along with myself.

Though the Pride group on campus is now thriving in its second semester, it had laid dormant for a time before it was revitalized last year. The original NMC Pride Group had been around for nearly 10 years prior to 2016, until no one could maintain it.

While NMC is a place with a large turnover of members for student groups, the LGBTQ+ community in the surrounding areas is taking greater hold, as indicated by the Women’s and PRIDE marches in recent years. Though northwest Michigan is more rural than it is urban, there is an expanding population

of students, beginning in middle and high school, who need a sanctuary for safety and learning about themselves. “Young adulthood is often where identity is solidified through those important supportive relationships and community,” says NMC Pride faculty advisor and dean of students Lisa Thomas. “Our Pride group is one of those resources, and can lead students to other resources and connections in the area.”

The NMC Pride Group acts as a fundamental place for students and non-students to educate themselves on LGBTQ+ topics they aren’t familiar with. Additionally, the group is open not only for LGBTQ+ individuals, but also non-LGBTQ+ members of the community, so it is focused on inclusive learning and support. It is a group for anyone and everyone.

For students who need a place to open up about personal problems surrounding gender, sexuality, and identity, it is a non-discriminatory environment devoted to friendly, rational discussion. For those who need it as a support group, it will function as such. It is committed to building a strong

community between members and being active outside of the group. This is where connections and resources are gained. Education in gender and sexuality studies, as it is in all other areas of study, is necessary, and will only continue to proliferate.

Not all LGBTQ+ students receive support at home, so having a group such as this can attend to their comfortability with themselves and their identity. Though the group primarily functions as a safe place, it is planning to show LGBTQ+ related films on campus, volunteer at the State Theatre, and host as chaperones for the third annual Queer Prom in Traverse City.

The group hopes to grow with each passing semester, and for new students to get involved in the community. Pride is more than just the acceptance and self-love for one’s identity; it’s a necessary component in the progress for embracing all individuals from all walks of life. If there’s anything this group wants more, it’s to help make people proud of who they are.

Keeping Up with the Times: A Pride Glossary

Tamara Wiget It seems like the terminology for sexuality and gender has grown in recent years; it used to just be gay or straight, male or female. Now, there are so many categories and subcategories that it can be hard to understand them all. Here are some definitions that are necessary to understand a very important topic: sex and gender.

Sex: The anatomy (i.e. sexual characteristics) with which an individual is born.

Gender: The way in which an individually personally identifies themselves. Gender and sex do not always match. For example, someone with a penis may identify themselves as female, or someone with a vagina may identify as male.

Cisgender: When a person’s gender matches the sex they were assigned at birth.

Transgender: When a person’s gender identity doesn’t match the sex they were assigned at birth.

Nonbinary: Not identifying with the binary genders, which are male and female.

Pronouns: the words by which a person prefers to be referred to. Common pronouns are she/her/hers and he/his, but some people may prefer neutral terms such as they/theirs or even zhe/hir or zir.

Deadnaming: Using the name someone was given based on their sex at birth instead of the one they’ve chosen to match their gender identity. Deadnaming is *never* okay.

Dysphoria: A feeling of dissatisfaction, anxiety and restlessness. A type of dysphoria called gender dysphoria is sometimes experienced by transgender and nonbinary people when their identity and their physical characteristics don’t match.

Keep in mind when using these terms that respect is key. If you’re unsure of someone’s pronouns, it’s okay to respectfully ask. Be careful asking someone their sexuality or gender identity; they may not be comfortable sharing that information just yet, and should never be pressured to.



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Fighting the College Blues

Miranda Felty
Staff Writer

College. You've no doubt heard it referred to as, "the best time in your life," but for many, it's a time filled with loneliness and feelings of not belonging. In an American College Health Association 2016 survey of 28,000 students, more than 60 percent said they had "felt very lonely" in the previous 12 months, with nearly 30 percent experiencing loneliness in the previous two weeks. More than ever, students are withdrawing from university for mental health reasons. If you're feeling lonely and disconnected, you're certainly not alone, and there are steps you can take to make this transition easier.

1.) Take time away from social media. Limit yourself to no more than 15 minutes on social media a day, and if you can, cut out the social media that provoke feelings of loneliness completely (the main targets being: Facebook, Instagram, Snapchat). People often present an idealized version of their life on social media and you might experience FOMO, or feel depressed that your life is not as "exciting" as everyone else's. Remember: what you see is not reality.

2.) Realize there is nothing wrong with a period of loneliness, and most people go through it at some point in their lives. This is not a reflection on you, and if you feel like social anxiety or mental illness perpetuates your loneliness, treatment and therapy should become your priority. Take this time and turn it into a self-care solitude. Work on compassion for yourself, delve into your studies, look into new hobbies and passions, read, exercise, draw, and journal. This is the perfect time to focus on your inner life. If you find yourself with a lot of alone time, allow yourself the space to grow.

3.) Put yourself out there, but without expectations. Give yourself a pat on the back for going to that club meeting, or going to open gym or a school event. Do not take these efforts as failures if you don't meet someone you immediately click with. Good friendships take time.

4.) Rekindle old connections over the phone. Call up or message someone you haven't talked to in a while, friend or family, ask them how they are doing. This is a perfect opportunity to catch up with the people you might not talk to because you don't see them regularly.

5.) Make your dorm feel like home—or at least a second home. Decorate your walls with pictures, letters, tapestries, posters, quotes. Invest in a quality speaker so you can play your favorite music while organizing your room. Bring your favorite items, books, blankets, etc... Buy nourishing food and cook for yourself (if you can).

6.) Use your school's counseling services. Counselors can connect you with campus activities and resources you may not have heard about, and also help you develop healthy coping strategies to deal with stress and loneliness.

7.) Do not compare yourself to other people! It can be easy to look around campus and see groups of people walking around and having a good time that you're not a part of. You might think, "Why not me? What am I doing wrong?" But your circumstances are different than everyone else's. Everyone is dealt a different set of cards when they come to college, and comparing your life to other people is doing a disservice to them, and to you. It can be easy to focus on other people's highlights, and compare them your feelings of loneliness, but you cannot possibly be seeing the whole picture!

8.) Most importantly, don't be so hard on yourself. If you're feeling stuck or lonely, have patience and self-compassion. I know you can make it through.



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Music that is Sometimes Good but also Sometimes Not Good

Liam Strong
Staff Writer

Krallice - "Wolf" EP

When I was probably eight years old, I remember tearing out the grass in a corner of my parents' backyard. The roots didn't fight me, but the gossamer of green nail files were difficult to grasp fully. A handful retched from the earth looked like a rat with spikes of vines. Though as I culled one cluster, another would beg to be dredged. For an hour, I unstitched a quilt of unending threads. I could have made my mother and sister a dress from the fibres. I could have skinned the earth. But being yelled at is much easier.

This week's record, "Wolf," by New York black metal band Krallice, makes me think of how raw life really is. In fact, it's as if I was more human as a child. Krallice breaks away from their conventions of experimental black metal to just be, well, experimental. Though this isn't a black metal record, that's not its downfall. Nor is it that it's a sludge record. The problem is that it's a mess.

As a piece of raw, earthy production, "Wolf" fits the bill. On paper, I should love this EP. But in practice the music doesn't remain consistent even within a single song. Though technicality and atmosphere is Krallice's niche, the EP begins to appeal to all of its predecessors. There are too many influences from the backlog of Krallice's discography here that it becomes an amorphous hivemind of ideas. Passages of a song will fly by spastically, which makes the ideas feel random at best, with no second thought or revision in the recording process. Krallice is notorious anyway for incredibly short recording times, but for "Wolf," this is an experiment in not being good. And Krallice succeeded.



Book *Shady Lady* Reviews

Tamara Wiget
Staff Writer

Monster: an animal or plant of abnormal form or structure; one who deviates from normal or acceptable behavior or character; a threatening force.

"Monster" by Walter Dean Myers

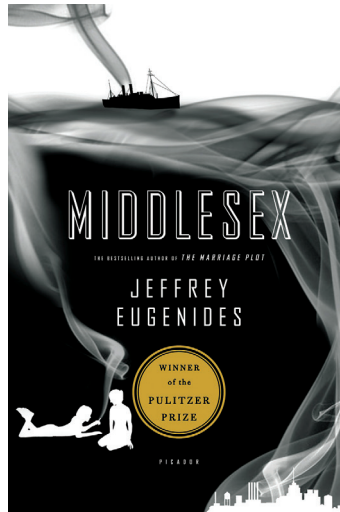
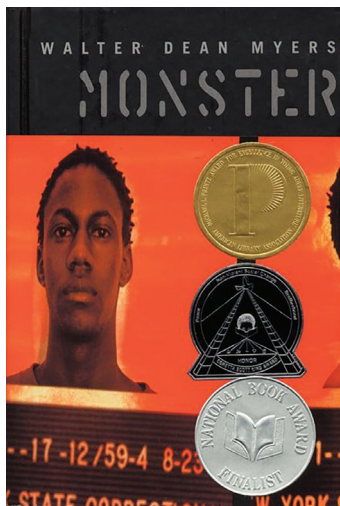
In Walter Dean Myers' Y.A. novel "Monster," Harlem teen Steve Harmon is on trial and possibly facing life in prison over the allegation that he was an accessory to a robbery gone wrong.

Myers tells the story through the pages of the spiral notebook where Steve writes his thoughts and the screenplay that details his experiences in court and prison. The format of the book switches back and forth between the two, which I found to be distracting from the story itself. Even so, this issue does not distract from the very real emotions of Steve and his family as they all try to adjust to his new life as an inmate, potential convict, and well, a monster.

"Middlesex" by Jeffrey Eugenides

"Middlesex" is the story of a different type of monster, the kind that is determined not through a person's actions, but their genetics. Callie Stephanides is seemingly a regular albeit awkward girl—until puberty, that is. Strange things happen to her body, but not in the ways one would expect of a teenage girl. She grows abnormally tall, her shoulders wide. The curves girls usually develop are, like her period, non-existent. Had she let it grow, her brother may have envied her mustache.

Through the tale of her ancestry, Callie explores the decisions that led to her abnormal fifth chromosome, unlocking the key to her true identity.



Radio Plays into a New Generation

Kyle Jasper
Staff Writer

We live in a time of unprecedented access to information and entertainment. In response, classic media is forced to evolve to retain its relevance in the Internet age. Although it was predicted long ago that phenomena, like music videos, would change how we chose to be entertained (1979's hit "Video Killed the Radio Star," anyone?), radio is among the traditional media outlets that have adapted to change. The radio industry might not be the same as it was back in the 1950s, but radio broadcasting has survived—even thrived—despite the options consumers have today.

Music lovers now get their fix in a number of different ways. Some choose to create a station or two on Pandora, some hit shuffle on their iPod, and others may access YouTube to watch music videos. What sets old-fashioned local music radio apart for some people? It may be the human element of creating playlists. "There's a flow to music... there is a sound to it," says Mike Sinclair, program director and morning show host on northern Michigan's WTCM. "There's something missing when you (press) shuffle and go."

Of course, music isn't the only reason listeners tune into radio stations. People want to know about the weather and sports, and they want to feel included in the community—a sentiment Sinclair stresses about local radio. "If you can do something to make them (the listener) feel like they're part of what you're doing, and you're part of what they're doing, then that makes a huge difference." Sinclair says that listeners will sometimes call radio stations just to comment on the show's content, something that is welcomed on local radio.

With the popularization of other technologies, radio has been forced to change in some ways. Corporations have bought up some local radio stations and syndicated shows to keep costs down, stations have included social media in their show content, and some companies have made their local shows stream-able online.

Sinclair reflects on the biggest changes to radio since he started in the industry, noting that the weather was the focus 30 years ago. "The Weather Channel wasn't around... there obviously weren't smart phones," he explains. "In radio, specifically, that was a big thing." The lack of emphasis on weather is a symptom of how radio has changed. People have more access to information, and local radio can't compete with the availability of information on smartphones.

Competing with modern technology is not the goal of radio stations, however, and stations like WTCM are still staples of the community because they've kept their focus on what's important—the listener.

Local radio no longer has 10-minute weather forecasts every hour. Some stations have invested in broadcasting their product online (I even have a WTCM app on my phone!). Radio has changed in many ways, yet, in some ways it is still the same as it ever was. Time-tested radio is live and local, and such is the theme of stations like WTCM.

EVENTS CALENDAR

February 8 - February 21

Rachel Lynn Moore
Staff Writer

Friday, February 8

6-8pm: The Great Lakes Children's Museum in Traverse City will host a Daddy Daughter Sweetheart Dance. Tickets for one father and daughter pair are \$50, plus \$10 for each additional daughter. See greatlakeskids.org for more information.

Saturday, February 9

1-6pm: Brengman Brothers in Traverse City hosts Fun in the Snow, a fundraiser for Tart Trails. Snowshoe, fat tire bike, and cross-country ski across the Brengman Brothers' property and warm up with chili and soup after. Donations for the chili and soup will be given to Tart Trails, and portion of wine and tasting sales. Snowshoe and fat tire bike rentals available. See brengmanbrothers.com/events/fun-in-the-snow for more information.

3-5pm: Community members have organized a Mary Oliver Tribute Reading to celebrate the late poet's life and art at Horizon Books in Traverse City. See facebook.com/events/2124399854274623 for more information.

5:30pm: Tucker's of Northport will hold a dinner theatre event, showing "Last of the Red Hot Lovers." Tickets are \$60 and include dinner. See northportcac.org/events/the-last-of-the-red-hot-lovers for menu choices, then call 231-386-5001 to reserve your seats.

7pm: The Bayside Travellers Contra Dance features a basic skills workshop from 7-7:30pm and dancing from 7:30-10:30pm. The band Harbor Hoedown will play for this event. Tickets range from \$7 to \$11. See dancetc.com for more information.

Tuesday, February 12

6:15pm: Detox Yoga Flow is a weekly one-hour class at Press On Juice Café in Traverse City. Donations appreciated. Bring your own yoga mat. See eventbrite.com/e/detox-yoga-flow-at-press-on-juice-tuesday-nights-tickets-55370857726 for more information.

7pm: The Leland Lodge hosts a free event: Small Business Workshop: New Tax Law, Explained, featuring Jason P. Tank, a local CFA. Call 231-256-9152 for more information.

7pm: The National Writers Series: An Evening with Tommy Tomlinson will be held at the City Opera House in Traverse City. Tickets range from \$5 to \$27. See nationalwritersseries.org for more information and ticket purchase.

Wednesday, February 13

4-7pm: NMC hosts a Financial Aid Fair in the Osterlin Library consisting of half-hour workshops and individual meetings with financial aid representatives. See nmc.edu/news/2019/02/financial-aid-fair.html for more information.

Thursday, February 14

6pm: The Art of: Brewing (Valentine Edition) will be an hour-long event at the Dennon Museum, observing 5 pieces of art and pairing them with the beer of their dreams. Tickets range from \$12-\$25. See dennosmuseum.org for purchase and more information.

Friday, February 15

7:30pm: Laith Al-Saadi, a finalist in NBC's "The Voice," presents Cure for the Winter Blues at the City Opera House in Traverse City. Tickets range from \$25 to \$49.50. See cityoperahouse.org for more details and ticket purchase.

Saturday, February 16

10am-3pm: Winterlochen, Interlochen's annual family-friendly outdoor winter festival will this year feature a performance by brotha James in the Corson Auditorium at the Interlochen Center for the Arts. The festival also includes a full day of activities, workshops, and other performances. The festival and performances are free. See tickets.interlochen.org for more information.

7-9pm: The Rock of Kingsley Youth Center will host a Valentine Dance for teens in grades 6 through 12. Admission is \$3.

Sunday, February 17

8am-5pm: Today, NMC Students can get a free cup of coffee from Espresso Bay in Traverse City. The cafe is giving back in the month of February and offering free coffee to different groups every day. Check out their Facebook page to see groups featured on other days.

12pm: Silver Spruce Brewing Co. in Traverse City will host a one-hour yoga flow class and be open for beers afterward. Yoga mats not provided. Donations appreciated.

Monday, February 18

7pm: Here:Say Storytelling returns with a new theme: In Sickness and In Health. The event will be held at Workshop Brewing in Traverse City. \$5 donation requested at the door. See heresaystorytelling.com for more information.

Tuesday, February 19

12:30-5pm: In the Shibori & Salt Silk Scarves Workshop, Terry Tarnow will teach participants how to make their own scarves. Class registration is \$40 for non-members, and \$35 for members, as well as a \$12 material fee due to the instructor on the day of the class. Participants should bring an apron, rubber gloves, and a pair of scissors. Call the Dennon Museum at 995-1055 to register.

Thursday, February 21

6:15pm: Detox Yoga Flow is a weekly one-hour class at Press On Juice Café in Traverse City. Donations appreciated. Bring your own yoga mat. See eventbrite.com/e/detox-yoga-flow-at-press-on-juice-tuesday-nights-tickets-55370857726 for more information.

7:30-8:30pm: Oryana Community Co-op Café in Traverse City will hold Free Demonstration Cooking Classes, this week focusing on beans, grains, and bone broth. See eventbrite.com/e/cooking-basics-3-beans-grains-bone-broth-tickets-53735657799 for more details.



The Women’s March Perseveres

Emma Moulton Below freezing temperatures didn’t sway Traverse City residents of all ages and backgrounds from attending the 2019 Women’s March on Jan. 19. While the turnout was lower than the previous two years, spirits remained high.

The annual event was first organized in 2017, a day after President Trump’s inauguration. It was a demonstration of disapproval toward the new administration’s harmful and discriminatory rhetoric. Women’s March co-founder



Photos by Emma Moulton

Locals march through downtown Traverse City

Tamika Mallory stated that the intention of this protest is to “ensure that this country knows women are not happy.”

Protests around the country had a peaceful and respectful atmosphere, yet some were met with controversy and backlash. Here in Traverse City, the crowds only ran into one counter-protester from TC Family, an organization designated as a nationwide anti-LGBT hate group by the Southern Poverty Law Center (SPLC). However, some of these controversies resulted in protest cancellations and lower participant turnout.

According to *The Washington Post*, a Women’s March group in Humboldt County, California ended up canceling their planned march over concerns that its participants would be “overwhelmingly white.” This seems to be a reoccurring matter as Women’s March has been scrutinized multiple times for displaying an imbalance of white women and women of color, leaving the movement lacking crucial, underrepresented voices that offer a different perspective on topics related to women and equality. In addition, Women’s March leaders have been accused of alleged anti-Semitism because of their association with the leader of the Nation of Islam, an organization categorized as a hate group by the SPLC. While these accusations were denied, it cost the March’s organization quite a few followers as well as over 300 affiliated organizations, including the Democratic National Committee, who have distanced themselves from this year’s protest.

Regardless of controversy, activists, political figures, and concerned citizens flooded the streets to make their voices heard. They demonstrated the power of democracy adorned with iconic pink hats and carrying posters. This January, chants calling for everything from equality and reproductive rights to inclusivity and more open immigration echoed across the country.



White Pine Press writer Emma Moulton and her friend Autumn Anderson show off their signs during the 2019 TC Women’s March

Practicing Safety in Dating and Sex

Randi Upton On many campuses across the country, sexual assault is a real problem. People ages 18–24 are more likely to be raped than any other age demographic. This has been an issue on college campuses for a very long time, and in 2012 there was some progress with new laws and bills passed to protect victims of assault and domestic violence.

The Secretary of Education, Betsy DeVos, started what is described as an overhaul on reporting rape and domestic violence for college students in 2017. Her proposals were amendments to Title IX of the Education Amendment. The proposed changes mean that fewer actions will be considered sexual harassment, and that accusers must have “clear and convincing evidence” in order to report an assault to the college. Additionally, colleges would only have to investigate if the assault or harassment happened during campus programs and activities.

Because of all of the changes that have happened over the past few years, statistics show that the numbers of reported assaults have gone down in general. But have the reports and investigations gone down because of the new reporting laws? Or have campuses actually become safer? The numbers in Michigan are difficult to examine. Michigan State University’s numbers have actually gone up, but that is because of the reports of assault against Larry Nassar, a now convicted sex offender who worked as a team physician for MSU’s gymnastics team.

NMC has policies regarding sexual assault and violence. An assault can be reported to whoever the victim wishes to report it to, and they can also go to the local police if they wish instead of Student Life or a Title

IX Coordinator. NMC maintains their zero-tolerance policy for sexual harassment and assault.

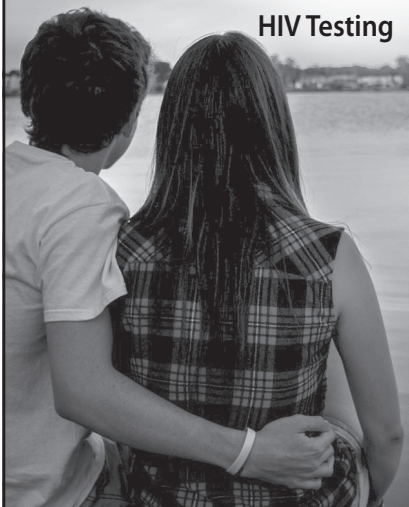
With the semester in full swing and many students settling into their schedules, they may decide that they want to date or go out with new friends. Many students turn to online dating sites and apps, like Tinder. There is nothing wrong with this but everyone should be safe when meeting up and going out with new people. Anyone who wants to meet up with someone that they barely know should always:

- 1.) Meet in a public place. Every time. Somewhere public, well lit, and that both parties know and are familiar with.
- 2.) Have their own transportation. Do not let someone else pick you up. If something happens, you do not want to be stuck or worse, have the person know where you live. Drive, ride the bus, or use Uber or Lyft.
- 3.) Never leave food or drinks unattended with the other person.
- 4.) Follow your instinct. If something just does not feel or seem right, you have every right to leave and you should.

If anyone is sexually assaulted, besides going to the police, a victim can also talk to Student Health, Student Life, or the Crisis Hotline. If an assault has happened and the victim wishes to report to the police, they should not shower and save all clothes and underwear in a plastic bag. Report as soon as possible and be prepared for having to answer many questions in great detail. The Sexual Assault hotline is 1-800-656-4673.

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