

WHITE PINE PRESS

We hew to the line, *and* fall where they may.

Traveling Treasures

Tut's Trove in TC
pg. 16



Photo by Emily Clements

NORTHWESTERN MICHIGAN COLLEGE

WHITE PINE PRESS

EDITOR-IN-CHIEF
MANAGING EDITOR
PRODUCTION MANAGER

James Robinson
Ann Hosler
Adam Crocker

STAFF WRITERS

Manise Berg
Lyric Belle
Jaime Boerema
Leilani DeFoe
Dylan Jewell
Megan King
Deanna Luton
Kelsey Pease
London Rauch
Lindsay Schmandt
Macy Schwert
Mike Sims
Steven Tucker
William Walton-Case
Breanne Russell
Nick Moug
Eli Watts
Emily Clements

WEB/SOCIAL MEDIA
PAGE DESIGNERS

PHOTOGRAPHER

FACULTY ADVISER
DESIGN ADVISER

Jacob Wheeler
Kathy Schwartz

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welcomes comments,
suggestions, ideas for news
stories and calendar items.

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News-in-Brief

The WRC Needs You!

Student employee positions are open in the Writing and Reading Center for the 2018-19 school year. Candidates must be enrolled at least part-time and complete ENG 112 by the start of the Fall 2018 semester. Contact WRC Coordinator Megan Ward at 995-1186 or mward@nmc.edu to learn more. Applications are due Friday, April 6.

Saving Students Money

As reported in President Tim Nelson’s March 19 update to the NMC Board of Trustees, 39 faculty saved students \$149,500 this semester by choosing to teach with free or low-cost textbooks. This brings the total saved since Fall 2015 to \$809,600. A list of Open Education Resource courses can be found at nmc.libguides.com/freeandopen/textbookheroes.

Introducing BATA’s Bayline

A new high-frequency Bay Area Transportation Authority (BATA) line is set to launch this summer. Busses will run 6am–1am seven days a week, stopping every 12–15 minutes at locations including Meijer, the GT Commons, Munson Medical Center, and NMC, among others. The loop has a total end-to-end time of 28 minutes. Visit bata.net to learn more.

New Local Travel Guide

Local travel writer Kim Schneider has written a new book titled “100 Things To Do in Traverse City Before You Die”. The book details popular destinations for residents and tourists in Traverse City and the five-county region. It is scheduled for release on April 15 at bookstores and other outlets in the area.

Cover photo by Adam Crocker

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: Mac Beeker

Deanna Luton
Staff Writer

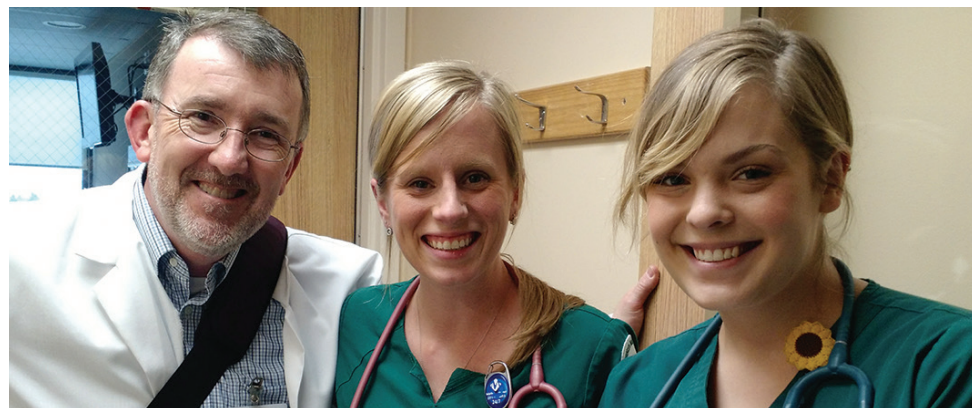
Mac Beeker found a habitat for knowledge at NMC. “This isn’t just a campus for the traditional college student. It’s a great mix of people of different ages and various experiences,” said Beeker. “We all come together at the college to explore our interests and goals.”

Along the way, he found people who shared his passion and ambition for healthcare. “I’ve never been able to turn off that desire to learn or do something meaningful. Knowing we’ve this tremendous resource right here in Traverse City that can make that happen, well, it’s an under-appreciated gift to our community.” Even as a second-career student, NMC’s community was welcoming. “It was wonderful. I was nervous jumping back into the academic work, and horrible—I thought—at math. I wanted to get into nursing, but lacked any background in that field and needed a lot of support to get [where I am today].” Beeker found assistance throughout the program, such as instructor Mark Nelson, who guided him over the hurdle that mathematics imposed.

Nelson wasn’t the only faculty member that helped Beeker during his time as a student. “The nursing faculty did a great job of combining the support wanted with the push needed.” Beeker also credits his classmates for giving him a great group of peers to struggle with through the rigorous material. Three individuals from his nursing graduating class are current faculty members at NMC, and even more teach as adjuncts.

Beeker studied a non-nursing program at Michigan State University prior to NMC. Transferring was a contrasting experience compared to the Big 10 university. Beeker relished the one-on-one opportunities at NMC that were harder to come by in East Lansing. “I loved MSU and the freedom of a bigger school, but I was a number. That was good at the time, but what I needed coming back to school in an entirely different field was quite different. Faculty and staff know you here and they’re invested in your success. I felt that as a student.” Now, Beeker invests in the success of his own students as the sole male faculty member in the nursing program.

Beeker went on to complete his Master of Science in Nursing (MSN) from Gonzaga University while working on a trauma unit at Munson Medical Center. “I taught some at



Left to right: Mac Beeker with nursing students Ashley Gillespie and Rebecca Meyer

Photo courtesy of Mac Beeker

NMC while working on that degree, and then joined the faculty full-time in 2015. I still work at Munson Medical Center as an ethics consultant who steps in to help providers and families when decision-making isn’t binary.”

Beeker says prerequisites classes to the program laid a strong foundation for his career. “The nursing program taught me not just the skill of nursing, but connected me to a very patient-centric approach to the profession.” Beeker credits where he is today because of NMC.

“Be curious,” Beeker advises current students. “Intellectual curiosity is the best trait to have as a student. Ask questions, explore the reasoning behind thoughts, ideas, and knowledge. Connect to the biggest world of academic study that goes beyond the class you’re in right now. Study more, work less, and take notes.”

Mac Beeker is a 2010 alumni of NMC. In 2015, he was hired as a member of the Nursing faculty. Last year, he was the recipient of the Imogene Wise Faculty Excellence award.

DEMAND FOR HEALTH PROFESSIONALS IS GROWING.

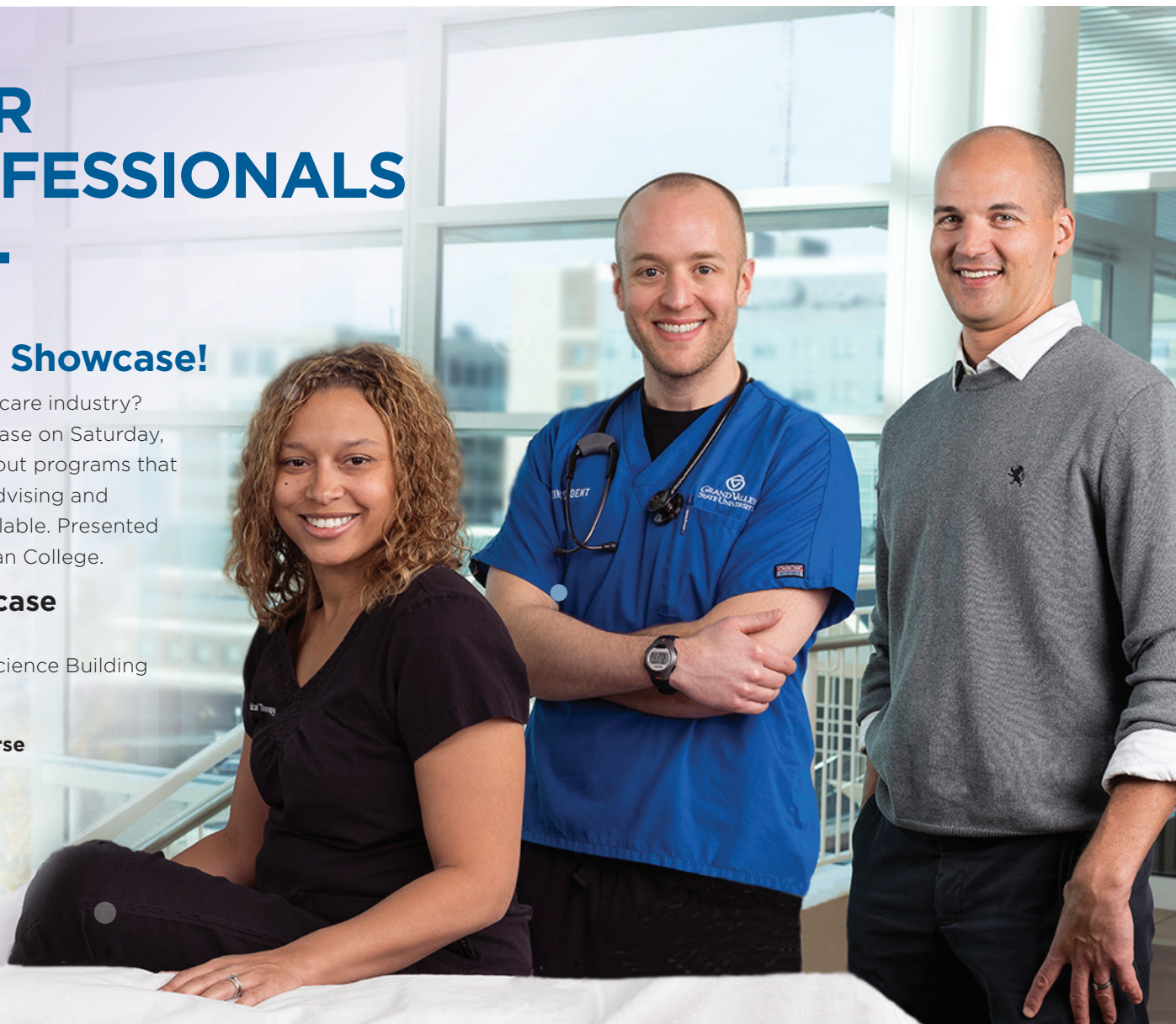
Learn more at our Health Care Programs Showcase!

Looking for your dream job in the health care industry? Attend our Health Care Programs Showcase on Saturday, April 21 in Traverse City to learn more about programs that can help you achieve your goal! Onsite advising and financial aid/scholarship information available. Presented in partnership with Northwestern Michigan College.

Health Care Programs Showcase

Saturday, April 21 - 10 a.m. to noon
Northwestern Michigan College Health Science Building
1705 E. Front St, Traverse City

RSVP: (231) 995-1785 gvsu.edu/traverse





Photos courtesy of Kristy McDonald

Students Take the Lead: Experiential Learning at NMC

Steven Tucker Learning doesn't just happen in the classroom, and years of experience often compete with a four-year college education in the job market. Experiential learning, as the names suggests, enhances traditional education with industry experience.

With this style of learning, students are much more engaged than they would be in a typical lecture-style learning experience. "You don't read a book to learn how to tie your shoes," says social science instructor Brandon Everest, who, along with business instructor Kristy McDonald, works to ensure that NMC incorporates the benefits of experiential learning.

NMC students from many disciplines have had the opportunity to work with different organizations in the community, including Goodwill, Third Level Crisis Center, and Father Fred. In February, nearly 20 students in the audio technology program were responsible for the set up and tear down, changing the stage, and mixing audio for the weekly Picnics at the Opera House, a public access variety show performed at the City Opera House and aired on UpNorthTV channel 189. This experience is mutually beneficial to both students and the community. Students gain

invaluable knowledge while the community receives a high-quality product made with their time and effort.

One popular upcoming experiential learning event is the annual superhero-themed Big Little Heroes Race. For the past four years, professional communications students, under the guidance of McDonald, have organized this race to raise money and awareness for the nonprofit organization Big Brothers Big Sisters of Northwestern Michigan. More than \$70,000 has been raised, helping the organization while promoting awareness of academic programs at NMC. Last year, the event was voted favorite local race by the Traverse City Track Club.

The fourth annual Big Little Hero's Race will be held on Saturday, April 14. Participants are encouraged to dress up in their best superhero costumes. The event starts with a 1-mile Fun Run at 9am. Children are given a free cape, and prizes are given to top male and female finishers. Awards are also given for best costume on pets, men, women, girls, boys, and team. Officially timed 5K and 10K races follow at 9:30am. Registration is open until the morning of the event.



Runners participate in a previous Big Little Hero Race

4th Annual Big Little Heroes Race Saturday, April 14

Fun Run at 9:00am
5K/10K at 9:30am
Start location: NMC Main Campus - West Hall
5K Run/Walk and 10K: \$30 for adults, \$20 for students (must show ID)
Fun-run is FREE
Online registration through April 4: nmc.edu/hero-race
In-person registration: April 13, 5:30–7:30pm and April 14, 7:30–9:00am
Visit biglittleherorace.com for more information

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Student Conservationists

A Look at the GT Freshwater Society

Manise Berg The Grand Traverse Staff Writer (GT) Freshwater Society is an NMC student group founded in 2012. Students, such as current group president Chelsea Cooper, care about the stability of freshwater. Cooper has been involved since 2015 and has served as president for about one year. At the end of the spring semester, Cooper will complete her Associate degree in Freshwater Studies, and next year will also complete her Associate degree in Marine Technology.

The GT Freshwater Society's has monitored water quality conditions in Kalkaska's East Lake, sampled local streams for macroinvertebrates, participated in community cleanups, and made appearances at both Pipeline 5 comment sessions and the People's Climate March in downtown Traverse City. The group hosted a Great Lakes Awareness event with local environmental group "All Hands on Deck." At this event, thousands of people around the

Great Lakes held hands, forming a chain around the lakes representing their concern for the lake's future. In addition, the Freshwater Society invited the Grand Traverse Band of Ottawa and Chippewa Indians' water protectors to perform a water ceremony.

Currently, the group is helping the Marine Technology Society learn how to test water for its trip to Indonesia. "I helped write a technical report on what they should be looking for in Indonesia, what samples to take, [and] what to test for," Cooper said. "We are trying to come up with an event we can host together, [or] maybe a table together at the NMC BBQ, and present some of the cool things they will be doing in Indonesia."

Cooper explained that the goal of the joint event is to merge the science and fieldwork of the Freshwater Studies program with the technical component of the Marine Technology degree. "There is a broad range of career paths in the water industry, and mixing

the two [programs] could really pioneer new ways to take these degrees in the professional field."

The group's lineage comes from many organizations and individuals who believed in the importance of water conservation. In past decades, water preservation was of little concern to local Traverse City industries. During the 1950s, cherry processing and woodturning plants carelessly discarded industrial byproduct straight into Grand Traverse Bay. Interest in freshwater stability manifested through many projects, and those eventually led to the creation of the Great Lakes Water Studies Institute.

To see more about the group's activities, you can visit the "GT Freshwater Society" page on Facebook. Students from all programs are welcome to join the Grand Traverse Freshwater Society, and can contact Cooper at coope250@mail.nmc.edu for more information.

Top to Bottom: Chelsea Cooper, Alicia Symanski, and Kathryn DePaw test water on East Lake



Photo courtesy of Chelsea Cooper

Campaigning for Clean Water in Michigan

Steven Tucker Life in Michigan has a wonderful and unique connection to water. Here in northern Michigan, we see clean, clear water everywhere. Our local economy thrives on it, as do the lives of more than 30 million people and 3,500 species.

Seth Bernard, a Lake City native, local activist, musician, and founder of the Earthwork Music Collective, partnered with FLOW (For Love Of Water), the Groundwork Center for Resilient Communities, and the Michigan League of Conservation Voters to launch the Clean Water Campaign for Michigan. The goal is to use music and storytelling to inspire people around the state to take action as citizens, aiming to elect politicians who make protecting our freshwater a priority.

"Water is something that connects us as Michiganders," Bernard said. Elections are coming this year, and now is the time for us to restore and protect our most valuable resource. Politics are often divisive and difficult to discuss, but the need for clean water is universal. Art and music also connect people, and the Clean Water Campaign hopes to let our leaders know that we care about our water and want it protected. "We've definitely identified some failures in leadership that have resulted in some very tragic and terrifying things that need to be addressed," he added.

For many years now, the water supply throughout Michigan has been threatened by large corporations profiting off our water while paying little mind to sustainability. Nestle, for example, pays \$200 for a yearly permit that allows them to produce 4.8 million bottles of water per day. In 2017, the *Detroit News* reported that the city of Detroit shut off water to 18,000 people who were behind on their water bill. In 2014, city leaders allowed the people of Flint to be poisoned by their own drinking water, and many people in the area still don't have immediate access to clean water. The Line 5 pipeline was built in the 1950s and carries more than 23 million gallons of oil under the Straits of Mackinac daily, despite increasing signs of degradation and almost 30 previous failures.

In order to achieve their goal, the Clean Water Campaign has a two-phase plan to get Michiganders motivated to protect our water. Phase 1 is storytelling. Bernard is working on the development of a documentary that shares stories of how water flows in the heart of Michigan life. Phase 2 involves people's universal love for music, gathering people together from all over the state. Local and national musicians will tour Michigan along with speakers to help educate Michiganders, empowering us to show candidates that we take the condition of our homeland very seriously—and they also need to.

It's important that we show up and vote on these issues in 2018. Turnout for state elections is low. The Clean Water Campaign's success depends on everybody making their voices heard. "We need to make sure that [elected officials] know we're watching, we're paying attention, and we're going to vote for people who are the strongest on these critical [environmental] issues," Bernard explains. Restoring and protecting our lakes is a big task, but it can be done.

In Traverse City, we have access to clean, clear water like nowhere in the world. Our

lives will certainly change for the worse if it's not protected. Anyone interested in attending events, following progress of the campaign, or making a tax deductible donation, can visit michigancleanwater.org. The Clean Water Campaign will not endorse candidates, but anyone interested in voting guidance can consult the Michigan League of Conservation Voters at michiganlc.org. Follow the Clean Water Campaign for Michigan on Facebook, Twitter, or Instagram (@McleanH2O) for immediate updates.



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Representation in Media:

Recognizing a Problem

William Walton-Case My cousin Kaleigh is six years younger than me, and since we were both very young we have been raised as siblings. When she was six years old, we both enjoyed superhero movies. I talked about how I always wanted to be Batman. I asked her which character she wanted to be, and her answer was Catwoman. When I pointed out that Catwoman wasn't really a hero, she told me that she couldn't think of anyone else. I brought up Batgirl, but Kaleigh pointed out that she was more of a sidekick and not a hero in her own right.

Now, being a comic reader, I knew about Wonder Woman, Black Widow, Rogue, and many other female heroes. But Kaleigh didn't read comics—at that age, she could barely read at all. The only heroes she saw were the ones on the big screen. She's 13 now, too cool to admit that she still daydreams about being a hero, but I won't forget how her face lit up when she saw Black Widow fighting alongside the other Avengers as an equal, or how she let out a cheer when Wonder Woman lassoed Doomsday. Even though it came later in her life than I hoped, I'm glad there are heroes she can see herself in.

Representation in media isn't just important for girls and young women. Boys and young men benefit from seeing strong female characters, and the positive effects that has on society are impossible to ignore.

Growing up, I was lucky to have many strong female role models. My mother commanded respect from everyone she met. She eschewed traditional gender roles, becoming the Scoutmaster of my Boy Scout troop. She taught myself and many other young men skills like building a fire, while also instilling a strong sense of egalitarian ethics in each of us. Unfortunately, many boys are not given these kinds of role models within their family.

Two months ago I was reading comments on Reddit about the sexual harassment allegations against Dan Harmon, and one comment really stood out. "I don't really see what the big deal is," it read. "It's how things work, you throw money and compliments at a girl until she sleeps with you."

The comment was disgusting, but I felt compelled to understand it. At the time I was studying Greek philosophers in class. Socrates argued that few who do evil do so willingly; most simply don't know any better. I wondered if Socrates was right in this case, so I decided to browse the commenter's previous posts to see how he came to have such a warped view of intimacy.

The more I found out about the person who made the comment, the more I pitied him. I learned that he came from a broken home, raised by a single father who—judging from this person's posts—was physically abusive. His mother was out of the picture, and I stopped digging before finding out why. The thing that stuck with me the most though was his age: he is 13, the same age as my little cousin. He could be in her class, and even if he isn't, there could be other males in her class who share his view of women. The thought makes me sick, but it also has me thinking.

There is no easy solution to change how boys see females treated within their own families, but the treatment of women in media is something that can be influenced. For a male instilled with negative perceptions of women, a movie like "Die Hard", where the main character's wife is portrayed poorly for simply choosing to be more than a housewife, only encourages such an attitude.

Representation cannot undo all the damage that a toxic homelife inflicts on a child, nor will making every boy watch "Wonder Woman" end sexual harassment. But the reality is that for some boys, seeing Captain America treat Black Widow as an equal in "The Winter Soldier" might be the first time something challenges their view of the opposite sex. Representation may be the first time they see that there's a better way to treat women.

The first step to solving a problem is recognizing there is a problem. Increasing representation could force young men to see that there is a problem.

Letter from the Editor

Hello readers! I hope this letter finds you well during the first days of spring. A lot has happened at the *White Pine Press* since my last letter.

Several new writers and designers have joined our staff, sharing their energy, enthusiasm, and refreshing perspectives. You have them to thank for the spectacular content these past few months. I've been very pleased with the overall quality and variety of content this semester, whether its news or feature stories, arts and entertainment, opinion, or health and wellness.

We've even won an award for our efforts! Several staff members recently attended the College Media Association convention in New York City, where we won the third-place David L. Adams Apple Award for best newspaper at a two-year college. It was a great feeling being able to show this award to the staff. Along with this accomplishment, our staffers had fun attending the convention sessions and exploring the cultural landscape of the Big Apple. We're attending the Michigan Community College Press Association (MCCPA) awards ceremony at CMU in early April as well. Wish us luck!

While we've had a great semester overall, one thing has been absent from our paper: you, the reader! Whether you're a first-time reader or a long-time devotee, we'd love to hear your perspective.

As a student and community-oriented newspaper, we're always looking for ways to incorporate local interest into our coverage. Is something newsworthy happening on campus or in the community? Is your student group hosting an event? Is there a local, state, or national issue you feel is affecting students? Write us a letter!

We are also committed to delivering the highest-quality newspaper we can. Have you enjoyed the news and feature writing recently? Has our health and wellness section been helpful to you? Have you laughed a little (or a lot) while reading our A&E section? Write us a letter!

What about design? Have the cover and inside pages been visually appealing? Have the photos been effective at conveying the story? Have you been satisfied with your experience on our website or Facebook page? Write us a letter!

What do you like? What can be improved? Write us a letter! Story ideas and letters to the editor should be sent to whitepinepress@gmail.com.

Until next time, Happy Spring!

James Robinson, *WPP* Editor-in-Chief

WRITE US A LETTER

OUR POLICY: *White Pine Press* accepts letters to the editor from members of the college and community. Letters should be less than 400 words, typewritten, and signed with your name, address and phone number. Letters may be edited for clarity, grammar, spelling and length. Opinions expressed are not necessarily those of the *White Pine Press* staff or any college employee.

BY MAIL:
White Pine Press
Letters to the Editor
1701 East Front St.
Traverse City, MI 49686

BY EMAIL:
whitepinepress@gmail.com

Campus Quotes

Kelsey Pease
Staff Writer

“What characteristics do you perceive to be warning signs of an unhealthy relationship?”



I think that it's unhealthy when there's a lack of communication. If you can't agree so much that you can't even discuss topics, the relationship becomes forced and toxic. The relationships I've been in have been fine, but it's hard to see other people going through something like that.

Spencer Norrod, Audio Technology

“Back in high school, there was this one girl that was just constantly jealous and super obsessive about her boyfriend. Whenever she saw him anywhere near another girl, she'd get up between the two of them just to prove a point. It was also one of those relationships where they would continuously break up and get back together, and that's such a bad cycle to get into.”

Shelby Watson, Visual Communications



“I feel that if you are being put down—verbally or physically—it's an unhealthy relationship. You need to have the freedom to do and say what is important to you. It's also crucial for you to notice if you are making social decisions that keep you [detached] from your loved ones and community.”

Maureen Voss, Student Success Coach

“This may seem like a nerdy analogy, but I think behavior in unhealthy relationships can be compared to a math problem. They assume that if you subtract each side, the equation will remain intact. Relationships aren't like that. You can't just take from one another and only be in it for yourself. It's a major red flag when people are unable to give themselves unconditionally to the other person.”

Wilson Holmes, Engineering



“Sometimes when people enter into a relationship, you'll notice they become a faded image of what they used to be; there's a sort of veil that inhibits them from speaking their mind. Granted, this is not the case for everyone, but there is usually some sort of filter that accompanies an unhealthy relationship. People on the outside can see the conflict that exists between the two staying together or breaking apart.”

Liam Strong, Creative Writing



“It's not healthy when people are cutting off contact with their family and friends. Fortunately, I was lucky enough to have great role models and a strong support system through my extended family as I was growing up. As a mother of three young girls, I worry. I hope that when they are older, they will be able to see the warning signs, and will know to get help if they need it.”

Laura Rozeboom, Student Success Coach

I've only ever been in one relationship, but I think it becomes problematic when people become jealous, possessive, or unwilling to allow space to let the other person do their own things. Then again, there are also situations where there's too much distance between one another, and they're unable to say what's on their minds.”

Chris Reid, Audio Technology



“I had a girlfriend once who would always get really freaked out whenever I talked to another girl, whether over social media or in person. It made me feel like I always had to justify myself. Because of this, I put a lot of focus towards her and our relationship and it ended up being very unhealthy and ended badly. It's important to make sure that your relationship isn't causing you to push away other people.”

Wyatt Miller, Computer Information Technology



FEATURE

#MeToo Moments

Deanna Luton Eager college journalists stepped up during the intimate gathering at the March 2018 College Media Association (CMA) conference in New York. Mike Hiestand, senior legal counsel for the Student Press Law Center, invited students to share professional experiences regarding the #MeToo movement. Students of all genders and races came forward, sharing their shocking tales.

From the conservative deep south schools funded by religious organizations, to the progressive northwest, many struggle to bridge the gap. Hearing so many stories of allegations made and dismissed as “he said/she said”, as well as stories that ended in repercussions for the accused, was compelling.

Editors-in-chief across the nation are receiving backlash from their communities for merely reporting on newsworthy topics involving matters of public safety. In particular, Tully Borland, a philosophy professor from Ouachita Baptist University (OBU) in Arkansas, wrote an opinion column in *The Federalist* where he expressed support of Senate candidate Roy Moore, even after the allegations that Moore sexually molested a 14-year-old girl. This controversial column resulted in an outpouring of women sharing their own stories of sexual harassment or abuse on their campus. OBU’s student newspaper, *The Signal*, had no choice but to cover the phenomena even in light of impending backlash from conservative communities.

In 2014, a jury ruled in favor of Isaac Sanders, the former vice president of the East Stroudsburg University in Pennsylvania, who was accused of sexually abusing four men in 2008, and was subsequently fired. The victims appealed the case to the U.S. Supreme Court in December 2017. According to the Associated Press, “The students’ lawyer, Albert Murray Jr., appealed to the high court this week. Murray says he should have been allowed to show jurors the results of an extensive administrative inquiry into Sanders, which he says corroborated the students’ claims. The appeal says the justices should hear the case in light of the ‘present national climate’ regarding sexual abuse by powerful men.”

Many other newspapers expressed frustrations, struggling through a sea of rumors with little concrete judicial action. Student journalists are finding resistance when it comes to interviewing their school’s Title IX officers. This is sensitive subject matter, but there is a pathway to release confidential information with names redacted.

Some publications are launching surveys asking students if



Joanne Lipman, author of “That’s What She Said”, and moderator Lynn Walsh talk about the #MeToo movement at the March 2018 College Media Association convention

they know what the #MeToo movement is, and if they have been sexually assaulted or harassed before. A community college in Maryland is using its journalism program to anonymously survey 400 students, hoping to obtain more accurate statistics of sexual assault on their campus.

Student journalists following their campus crime reports have noticed an uptick in sexual assault cases. The #MeToo movement is taking the nation by storm, supporting people and allowing them to feel safe in coming forward to tell their stories.

Nevertheless, some journalists are noticing that the crime reports may be inaccurate or are somehow unavailable to them. This is a violation of the Clery Act, a federal law that requires public and private schools to provide annual statistical reports and a daily campus police log in order to receive federal funding. “Clery Act underreporting and misreporting is a huge issue. This first came about because schools were underreporting crime because it does not fit with the public relations of a school,” said Hiestand. “If schools are caught fudging their numbers, there are fines for it. Eastern Michigan University was fined \$550,000 in 2008 for underreporting their Clery Act statistics.” These reports aren’t just sex crimes, but also include incidents such as underage drinking or theft.

The #MeToo movement was founded by civil rights activist Tarana Burke in 2006, but went viral in an October 2017 tweet

written by Alyssa Milano. “The most important thing that it did was to shift the conversation away from the predator and to the victim,” said Milano during an Oct. 17 interview with the Associated Press. This show of support on social media encouraged people to come forward and share their suppressed experiences of rape and sexual assault.

The movement has resulted in high-profile men—across many fields of work—losing their positions of power. Hollywood executive Harvey Weinstein’s ousting rocketed the movement forward, and since then others such as *Today Show* host Matt Lauer, former USA Gymnastics and Michigan State University doctor Larry Nassar, PBS journalist Charlie Rose, television personality Ryan Seacrest, magician David Copperfield, chef Mario Batali, former comedian and Minnesota Senator Al Franken, comedian Louis C.K., and actor Kevin Spacey are all facing sexual harassment allegations. Some, such as Franken and Batali, have resigned from their post; others, like Lauer and Rose, were fired. Nassar was sentenced in January to 175 years in prison after more than 150 women and girls came forward to accuse him of sexual abuse over the past two decades.

The #MeToo movement is centered around agency and being an advocate for yourself. In our own community, there is a drive to inspire agency through education about the dangers of sexual violence at home and abroad.



Left: Joanne Lipman, Right: White Pine Press staff listen to Lipman speak
Photos by Kelsey Pease

NMC Sponsors Sexual Assault Awareness Week

Deanna Luton Staff Writer
Voices, a sexual assault awareness student group on campus, in collaboration with NMC’s Student Life office, is sponsoring Sexual Assault Awareness Week (SAAW) from April 9–12.

“NMC is dedicated to maintaining a safe campus for all students on campus, and a campus that supports survivors of sexual violence,” said Tarah Eldharder, a counselor who has contributed to the organization and promotion of SAAW. “Sexual Assault Awareness Week provides an opportunity for all students, faculty, staff and the general public to gain awareness, knowledge and information to take action against sexual violence, and support those who have been affected. It is vital that we come together as a well-informed campus community to support survivors and a well-informed campus.”

The week will start with a public viewing of a mini-documentary created by Voices and the International Club as part of last year’s Student Government Association’s CommUNITY Grant. It features sexual assault as a global issue and will include a panel of both students and community members involved in the awareness movement.

Next is the annual Take Back the Night march and speak out. This year, the march takes a more visible route: from the Hagerty Center, to downtown Front Street, and back. Take Back the Night is not only a national phenomenon, but a worldwide movement to support and empower survivors of sexual violence in its many forms. A primary focus is to spread awareness within local and global communities. The speak out occurs after the march. People are welcome to speak openly, read poetry or a letter, or share a story of a friend or loved one who has experienced assault.

EMPOWER: Healthy Relationships 101, is a pilot program cultivated by the SaVE Act Advisory Board is the next SAAW event. This program focuses not only on romantic relationships, but how important it is to build healthy relationships among peers, family, coworkers, and employers, as well as how to identify an unhealthy relationship.

Last but not least, there will be a free Self Defense Workshop by ATA Martial Arts. No experience is necessary, and it is open to all NMC students. This seminar seems intimidating, but ATA breaks it down for beginners. There’s no harm in learning a new skill that will boost your confidence and might come in handy someday.

SAAW EVENT CALENDAR April 9 - 12

- Monday, April 9 @ 6pm:** Sexual Assault: A Global Issue documentary in Scholar’s Hall
- Tuesday, April 10 @ 5pm:** Take Back the Night – march begins at Hagerty Center
- Tuesday, April 10 @ 6:30pm:** Take Back the Night Speak Out at Hagerty Center
- Wednesday, April 11 @ 7pm:** Healthy Relationships 101 East Hall’s basement
- Thursday, April 12 @ 7pm:** Self Defense Workshop in the Oleson Center

HOSTED BY NMC STUDENT LIFE AND NMC VOICES

NMC SEXUAL ASSAULT AWARENESS WEEK

April 9th - April 13th, 2018

Monday, April 9:
Sexual Assault: A Global Issue
Scholars Hall 217
6pm

Tuesday, April 10:
Take Back the Night
Meet at Hagerty Center 5pm
March 5:15pm
(through downtown TC and back)
Speak Out 6:30pm

Wednesday, April 11:
Healthy Relationships 101
East Hall Basement
7pm

Thursday, April 12:
Self-Defense Workshop
Oleson Center
7pm

For more information, contact Student Life at (231) 995-1118



Courtesy of Crow's Feet Photo & Design

Surveying Campus Safety

Ann Hosler Managing Editor Safety on campus is important to everyone who studies, works, visits, or lives on its grounds. It lurks in the subconscious of family, friends, and community members. In the wake of the horrific Parkland, Florida, massacre, it should be a visible focus at NMC. One where the opinions and concerns of the student body are immediately heard.

Three weeks after the Feb. 14 Parkland shooting, as the voices of outraged teens and adults resounded across the nation, students at NMC received an email stating that we would be sent a survey the following week about safety on campus. “The administration at Northwestern Michigan College strives to maintain a safe campus for all, and takes the safety and well-being of our students extremely seriously,” NMC president Tim Nelson’s email stated. For a brief moment, I was proud of our administration for being proactive. Then I continued reading.

The focus of the survey? Sexual assault. “Leadership at NMC would like to know more about students’ perceptions of NMC’s climate on unwanted sexual contact and sexual assault, students’ perceptions of how NMC addresses and responds to sexual assault, and whether and how often students have experienced unwanted sexual contact or sexual assault,” wrote counselor Tarah Elhardan in the follow-up email containing the survey. The first page of the survey gauged the general “climate” of safety on campus, but the bulk of its content regarded sexual assault.

Sexual assault is an important topic. It will always be important. But right now, this is not the time to *only* ask about sexual assault. This is the time to be concerned with overall safety on campus.

Most of the time, I do feel safe on campus. As vice president of finance and administration Vicki Cook told UpNorthLive following the Parkland shooting, the college recently upgraded its security cameras and external door locks. Students can opt-in to an emergency text alert system. Campus security patrol building halls and parking lots. Overall, there’s a community atmosphere.

But after every shooting, perceptions change.

It’s hard not to notice the door-length panes of glass beside classroom doors around Scholars Hall. Blinds were installed in the building to employ in case of a threat—but can you imagine running over to unfurl a blind if you’re told there’s an armed perpetrator nearby? What about Parsons-Stulen, with several classroom and computer lab walls half-paned with glass? How long would it take to unfurl their blinds in a timely manner?

Will the new Innovation Center have walls of glass?

While the new locking system on the doors sounds like a nice feature, it isn’t locked all day. Anyone can walk in and out of the buildings during normal school hours. Is a feature that can be immediately engaged in the case of an active threat? Should students require an ID to enter buildings around campus during school hours?

At what point do safety features go too far?

Then there’s our campus safety video, which is supposed to be shown on the first day of every class. Each semester, I run into new students who don’t know this video even exists. Last semester, I had an instructor tell our class to disregard the information about staying in the classroom during an active threat—instead, she said we are supposed



Career Tech students sit in a hallway inside the Parsons-Stulen building during the May 2017 IT Olympics

to run. This is mentioned within a mass of scrolling text during the last 30 seconds of the video, but contradicts everything before it. So what do we believe? If the procedure has changed, why hasn’t the video?

Quality of the video aside, there’s the length. After several minutes of cheesy music and powerpoint-like reading, at least half the class is tuned out and on their phones. Video content needs to reflect the attention spans of a younger generation.

When do I get a survey to share broader concerns with our administration?

There are other small things that make me feel uncomfortable, but not necessarily unsafe. There’s people who perpetually lurk in buildings (but otherwise seem harmless), the daunting nighttime stroll between Health & Science and the Maple lot, or even trekking in the dark to the far side of the Cherry lot.

I don’t have solutions. There is no perfect

answer in an imperfect world. What’s important is that the focus be what weighs heavily on the minds of NMC’s current, and incoming, student body.

That isn’t just one thing; it’s all the things. We don’t need bubble wrap, but we do need to know that someone cares. At least give us the illusion of that.

How do you feel about overall campus safety? Is there anything that makes you more or less safe? Something you’d like NMC to improve? Contact us at whitepinepress@gmail.com.

Disability Demystified

David Sears Contributing Writer At our picturesque and prestigious college, nearly 120 students have documented disabilities. Of those, only about 20–30 are disabled from an obvious physical ailment. The rest of us simply blend in the best as we can, but it doesn’t always work.

Each time a tragedy happens to our society (Parkland, Columbine, Sandy Hook, etc.) mental illness is usually to blame. Since a mentally fit person cannot perceive someone like themselves committing such an act, they require an explanation. However, that does not mean that popular media can pick a specific portion of the population as a scapegoat.

The people you see on the fringes, the loners and rejects, have a voice too.

This idea of categorizing people into groups is inherently destructive and allows vilification of the individual based on perceptions regarding their group. My major concern about this pervasive pattern of thinking is the bullying that goes on beneath. People feel comfortable enough around me to say what they feel, and on more than one occasion I was unwillingly included in someone else’s bullying toward another student’s comments that seemed off or odd. I find these actions abhorrent and antithetic to the learning process. Often, I find myself

sitting either alone or with others who do not engage in these sorts of hurtful actions.

For these people and the reasons described, I decided to lead the Students for Educational Access and Disability Awareness (SEADA) student group. Being disabled myself and having overcome near-impossible odds, I want to help others accomplish the same, to bring awareness of disability to the forefront in the minds of the average person, and to help foster and create relationships via inclusion.

The people you see on the fringes, the loners and rejects, have a voice too, although experience has taught them to keep quiet lest they be singled out. I want SEADA to be a place free of dejection or rejection. A place where everyone has an equal voice. Whether you’re someone who lives with a disability, or maybe you’re just concerned with the rights of the disabled, SEADA can be a forum for discussion and understanding.

I urge anyone who wants to join to contact me at sears5@mail.nmc.edu. If you have any questions about what it is like to live with a physical or mental disability, I am willing to answer your questions. Students with a disability that are unaware of the different accommodations offered by NMC should contact Leanne Baumeler at lbaumeler@nmc.edu to schedule an appointment.

I leave you with a thought... call it homework, if you want. Next time you are working with others, don’t pick someone because of familiarity or comfort. Instead, include the people whose only goal in life is to be included. I don’t know about you, but I believe that discrimination—in any form—has no place at our college. After all, the differences should not divide us. The similarities should unite us.



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Herbal Mixology

Macy Schwert Staff Writer What goes into blending perfectly flavored, medicinally beneficial herbal tea? According to Sierra Bigham, owner of Bear Earth Herbals, formulating a tasty healing tea is about synergy, understanding the energetics of a plant, its properties, and effects on the body. Balancing herbs is an intricate science, with many factors taken into consideration.

Bigham has been passionate about herbalism and the art of tea blending since she was a child. Starting at age 13, she explored and studied the benefits of various plants in her own environment, and even sold her own tea blends to friends and family.

Bear Earth Herbals now features a line of herbal teas, utilizing many locally, wild harvested and organically grown herbs, carefully blended for function and flavor. Their teas are found in many stores across Michigan, such as Oryana, Higher Self Bookstore, and Notably Naturals in Traverse City. You can even enjoy a great meal with a cup of their tea at Taproot Cider House.

The company’s mission is more than providing high quality herbal products at reasonable prices. Bigham also wants to share knowledge with others to “help to make herbal medicine the people’s medicine.” Along with creating wonderful healing products, Bear Earth Herbals offers classes and workshops throughout the year, and provides herbal articles, recipes, and other pertinent information in their monthly newsletters. Educating the community is a primary goal: to help people

be able to walk into their yard and identify the plants that surround them, know how to use them, and feel grateful for their existence. This is how Bigham found her niche and creative expression.

Blending herbs to create the perfect, well-rounded tea is quite the process. It can take several months, and sometimes up to a year, to formulate one tea blend. Bear Earth Herbals begins with a concept, then creates the formula. “Plants are people too, they have unique personalities,” says Bigham. Crafting up the perfect tea blend is much like “having a dinner party”: you may love many different unique individuals, but would they mesh together as a group? After Bear Earth Herbals has meticulously formulated a tea blend, they already know it is going to taste good before trying it.

One of Bear Earth Herbals most popular tea blends is Ramblin’ Rose, containing wild harvested red clover blossoms, organic hibiscus, and organic rose petals. This soothing tea is sweet and simply delicious. Loaded with Vitamin C, as well as other vitamins and minerals, some medicinal benefits include improved circulation and blood flow. It also has a cleansing effect on the body.

Support your local community and the environment. Take advantage of resources such as Bear Earth Herbals to learn more about the healing plants right here in our own beautiful northern Michigan. Indulge in the act of self-love: a comforting cup of healing tea.

Discover more at bearearthherbals.com.



Bear Earth Herbals has many handcrafted blends, such as (clockwise, from top) Mother Bear, Just Breathe, and BenT Oolong

Coping with College: Tips for Managing Stress

James Robinson Staff Writer It’s that time of the year again. Spring break is here, and the end of the semester is quickly approaching. You can almost see the light at the end of the tunnel. However, an inescapable labyrinth of homework, quizzes, course projects, and final exams lie between you and summer repose.

At this point many college students start to feel overwhelmed (if they haven’t already) and begin to stress themselves out. Stress is normal, but it doesn’t have to control your life. Here are a few tips to better manage your stress.

Prioritize Sleep. Most adults need 7–9 hours of sleep each night to function properly. You are not doing yourself a favor by pulling off an all-night study session. Getting sufficient sleep helps your brain process information and allows your body to heal itself. Not getting enough sleep can cause sleep deprivation and put you at a higher risk for contracting illnesses and diseases.

Eat a Balanced Diet. Food is fuel, and your body needs plenty of fuel to stay active during the day. A diet of fruits, vegetables, protein, dairy, and grains provides your body with the essential vitamins and minerals it needs to carry out basic functions. Eating meals at regular intervals helps you stay attentive in class, focus on homework, and have the energy to complete ordinary, everyday tasks.

Exercise Your Body. When you’re

buried waist-deep in homework, exercise may be the last thing on your mind. Taking an occasional 10–20 minute break for physical activity helps you refocus and reduce your stress level. Stepping outside for fresh air and sunlight can also reduce your stress level.

Breathe, Just Breathe. In the midst of chaotic college life, it is easy sometimes to forget to just breathe. Deep breathing can help calm the mind and lower your heart rate. The NMC Mindfulness Community hosts 20-minute mindfulness sessions every Tuesday at 12:30pm in the Beckett Building (room 215) and every Wednesday at 9am at the University Center (room 213). Attending one of these sessions may help you briefly unplug from the world and promote emotional balance.

Manage Your Workload. Try not to overload your life by committing yourself to too many things. As a college student, you’re probably already juggling multiple work, school, and social obligations. Adding one too many extra commitments can be detrimental to your health. It is perfectly okay to say “no” to an additional commitment if you are feeling overwhelmed.

Get Organized. If you haven’t done so by now, I highly recommend using a planner or calendar to keep your life organized. Knowing which assignments and appointments are coming up can help you feel prepared and reduce stress of the unknown. When planning your activities, allow yourself the time you

need to study and get work done.

Have a Hobby. Try to find at least a couple of hours each week to pursue a hobby or other activity that you enjoy. Having things to look forward to can motivate you to keep moving. NMC has many student groups that could be a nice distraction from academic life on campus. You can find these groups under the “Student Life” tab on NMC’s website.

Get Support. If you still feel like you’re

struggling and need some help coping, try speaking to someone. Talking with friends, family, professors, and peers can help lessen the tension and pressure built up inside. Counselors in the Student Life office (West Hall basement) are also here to assist and help you process your concerns. To schedule an appointment with a counselor, call 995-1118 and ask to meet with Paul Kolak or Tarah Elhardan.

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FRIDAY, MARCH 23

Babe (G) 10:00am
La La Land (PG-13) 12:15pm
Breathe (PG-13) 3:15pm
Pitch Perfect 3 (PG-13) 6:15pm
The Disaster Artist (R) 8:45pm
The Room (R) 11:15pm



SATURDAY, MARCH 24

Despicable Me 3 (PG) 10:00am
Wonder (PG) 12:30pm
Wonder Woman (PG-13) 3:15pm
Thor: Ragnarok (PG-13) 6:30pm
It (R) 9:30pm



SUNDAY, MARCH 25

Coco (PG) 10:00am
Molly's Game (R) 12:30pm
Dunkirk (PG-13) 3:45pm
Get Out (R) 6:30pm
War for the Planet of the Apes (PG-13) 9:00pm



MONDAY, MARCH 26

The Boss Baby (PG) 10:00am
Mamma Mia! (PG-13) 12:30pm
Home Again (PG-13) 3:15pm
Guardians of the Galaxy Vol 2 (PG-13) 6:00pm
Girls Trip (R) 9:15pm



TUESDAY, MARCH 27

Captain Underpants: The First Epic Movie (PG) 10:00am
Mathematics: Hidden Figures (PG) 12:15pm
English: Murder on the Orient Express (PG-13) 3:15pm
Cultural Studies: The Big Sick (R) 6:00pm
Driver's Ed: Baby Driver (R) 9:00pm



WEDNESDAY, MARCH 28

Mary Poppins (G) 10:00am
Back to the Future (PG) 1:00pm
Wonder (PG) 3:45pm
Lady Bird (R) 6:30pm
Spider-Man: Homecoming (PG-13) 9:00pm



THURSDAY, MARCH 29

The LEGO Batman Movie (PG) 10:00am
The Mountain Between Us (PG-13) 12:30pm
Raiders of the Lost Ark (PG) 3:15pm
Jumanji: Welcome to the Jungle (PG-13) 6:00pm
Kong: Skull Island (PG-13) 9:00pm



FRIDAY, MARCH 30

Star Wars: The Force Awakens (PG-13) 10:00am



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Game
Reviews

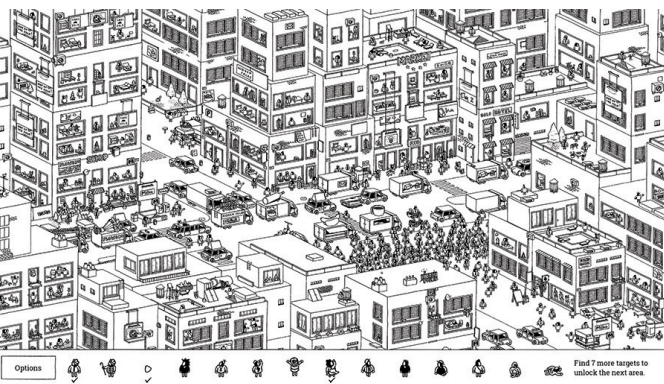
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“Hidden Folks”

Ann Hosler Managing Editor “Hidden Folks” is a charming and very intense 2D hidden object game. Think “Where’s Waldo”, but with only two colors, moving parts, manmade sound effects, and a lot of scenery to search.

Each area of “Hidden Folks” has several levels. In the first level, you’re tasked with finding around five targets in a small scene. This serves to get you acquainted with the new area and how its mechanics work. In forest areas you’ll discover ways to “shake” the leaves of trees, while in the desert you’ll chase scorpions from their lair. Caves and snow piles hide some wonders in the snow areas, and masses of file cabinets and experiments need combed through in the factory.

By the final level of each area, the scene will be so massive that it can’t fit on the monitor even fully zoomed out. A plethora of characters distract and entertain you from your goal of finding 15 or more unique targets. The small development team continues to build new areas and features, which are released as free updates.



The highlight of this game is its sound effects. Every single one is made by mouth. Hand-drawn, animated landscapes pair with sound to create an endearingly ridiculous yet hilariously fantastic atmosphere.

So go peek inside some tents, ring a yeti’s bell, and ski down the highest mountain in the challenging gameplay of “Hidden Folks”. The game is available on Steam (PC), Mac, iOS, and Android. Get download links and more at hiddenfolks.com.

Simmering Spring Video Game Releases

- Sea of Thieves (PC, Xbox One) – March 20
- Attack on Titan 2 (PC, Switch, Xbox One, PS4) – March 20
- A Way Out (PC, Xbox One, PS4) – March 23
- Far Cry 5 (PC, Xbox One, PS4) – March 27
- MLB The Show 18 (PS4) – March 27
- Agony (PC, Xbox One, PS4) – March 30
- Extinction (PC, Xbox One, PS4) – April 10
- Total War Saga: Thrones of Britannia (PC) – April 19
- God of War (PS4) – April 20
- Frostpunk (PC) – April 24
- State of Decay 2 (PC, Xbox One) – May 22
- Dark Souls Remastered (PC, Switch, Xbox One, PS4) – May 25

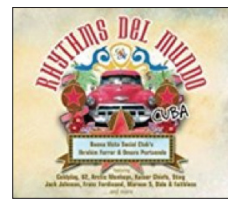
New Music Releases

Brick Body Kids Still Daydream
Open Mike Eagle



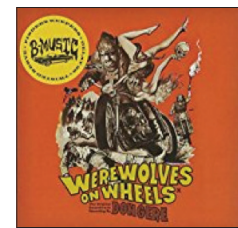
LISTEN IF YOU LIKE
Busdriver, Serengeti, Cannibal Ox

Rhythms Del Mundo - Cuba
Various Artists



LISTEN IF YOU LIKE
Buena Vista Social Club, Ruben Gonzalez, Afro-Cuban All-Stars

Werewolves on Wheels O.S.T.
Various



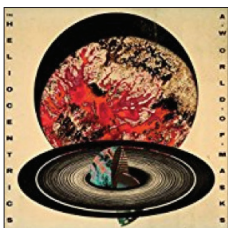
LISTEN IF YOU LIKE
Mountain, Doug Dillard

Funky Chimes: Belgian Grooves From the 70's
Various



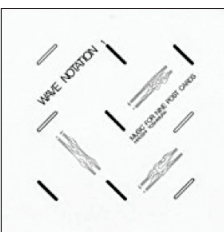
LISTEN IF YOU LIKE
Carl Douglas, Ohio Players

A World of Masks Heliocentrics



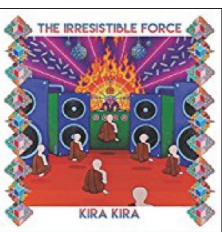
LISTEN IF YOU LIKE
Lloyd Miller, DJ Shadow

Music From Nine Postcards
Hiroshi Yoshimura



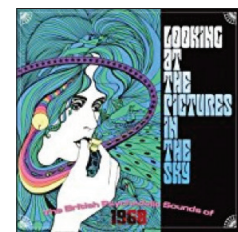
LISTEN IF YOU LIKE
Steve Roach, Michael Brook, Ryuichi Sakamoto

Kira Kira Irresistible Force



LISTEN IF YOU LIKE
Jah Wobble, Nicky Skopelitis, Jon Hassell

Looking at the Pictures in the Sky
Various



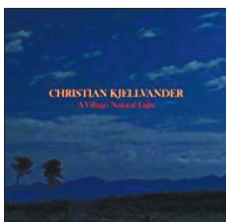
LISTEN IF YOU LIKE
Ghost, Haruomi Hosono, Acid Mothers Temple

Kalthoum
Ibrahim Maalouf



LISTEN IF YOU LIKE
Gilad Atzmon, Paul Winter, Oregon

Village: Natural Light
Christian Kjellvander



LISTEN IF YOU LIKE
Jose Gonzalez, Kristofer Astrom, Avicii

Keith Schwartz is head of collection development in the Sight & Sound at the Traverse Area District Library. Stop by and he'll give you an earful...
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tadl.org
keiths@tadl.org

“Wonderful Things” Are Happening at the Dennos

Jaime Boerema
Staff Writer

The Dennos Museum currently houses a fascinating exhibit titled “Tutankhamun: ‘Wonderful Things’ from the Pharaoh’s Tomb.” On display is a plethora of artifacts, all replications of the original artifacts recovered from the tomb of the famous pharaoh. This exhibit houses everything from necklaces and small statues to a large golden bed. There is even a gorgeous replication of Tutankhamun’s golden funerary mask. Seeing all of these “wonderful things” is certainly inspiring and evokes a greater appreciation for the rich Egyptian culture.

In conjunction with this exhibit, the Dennos Museum has offered several Egyptian-themed events to the public. These activities, part of the comprehensive Draw NoMI event, are meant to bring people together and cultivate an appreciation for the arts. “The

exhibit itself is about getting people in the door,” said curator of education Jason Dake. He mentioned that a recent collaborative workshop with Blackbird Arts, in which attendees made canopic cookie jars, was sold out.

Most recently on March 11, the public was invited to learn more about the Egyptian board game Senet. “I just found it amazing to see all the artifacts,” said Sarah Varney, an attendee who was sharing the museum experience with her family. Nearby, her husband and son were involved in playing Senet, enjoying the event together. Other families were also in attendance for the activity, while some visitors strolled in and out of the exhibit. The exhibit and Draw NoMI activities offer educational and artistic value to the community.

However, the “Wonderful Things” exhibit is about much more than the simple beauty of

the artifacts. As Dake explained, one of most interesting aspects of the exhibit is exploring “the concept of leaving [behind] a legacy... Everyone can relate to this concept.” He added that our legacy, thinking about the impact we want to leave behind, is a key component of the display.

If you haven’t yet visited the exhibit, there is still time to do so before it is dismantled on May 6. There are also several more Draw NoMI events planned between now and then. From March 23–31, the museum is offering free admission for children aged 17 and under during “Kids Rule Spring Break at the

Dennos!”. There is a minimum requirement of one paid adult per family. Coming up on Saturday, April 7, is a cartouche (name plate) workshop with Blackbird Arts. The final event on April 8 is a “Mile on the Nile” interactive art project. For more details about these events, visit dennosmuseum.org/events/draw-nomi. Admission is free for all NMC students and museum members.

This is a truly interesting exhibit that offers cultural and educational value for those who take the time to explore all it has to offer. The display gives viewers a small window into the fascinating world of King Tut.



Reproduction of King Tutankhamun’s Sarcophagus



Reproduction Ebony Senet Box of King Tutankhamun



From Left to Right: Darrien Bellerive, Evelyn Bellerive, Samuel Chmielarzyk, Naomi Bellerive
Photos by Adam Crocker