

# WHITE PINE PRESS

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

## Remembering Drew Kostic

5K Memorial Race pg. 6







Photo by James Robinson

NORTHWESTERN MICHIGAN COLLEGE

# WHITE PINE PRESS

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## Letter from the Editors

Welcome back!

By now, you likely have snapped out of your summer daydreaming and returned to your familiar college routine. While our staff is sad to see summer leave, we're also excited for another great semester working for the *White Pine Press*.

This semester, I will be sharing the Editor-in-Chief position with longtime editor Breanne Russell. We're both excited to continue bringing you a high-quality, award-winning newspaper.

As a student-oriented newspaper, we are always looking for ways to incorporate your ideas and interests in our coverage. Is something 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? Send us your ideas (our contact information is listed below).

We're hiring, too! Many of our senior writers left last semester. In this first issue, we're happy to introduce you to host of new writers, as well as a few familiar ones, and hope you find their writing relevant, informational, and entertaining. Maybe we'll see your work in future editions.

Until next time...

James Robinson, *WPP* Editor in Chief

Comments or story ideas? Contact the editors at:  
[russelb@mail.nmc.edu](mailto:russelb@mail.nmc.edu) or [robin262@mail.nmc.edu](mailto:robin262@mail.nmc.edu)

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# North Hall: Open for Business

## New Dorm Addresses Local Housing Crunch

**Deanna Luton**  
Staff Writer

Traverse City's affordable housing crunch has been putting pressure on NMC's administration to push for new housing projects. North Hall is the product of many years of planning and preparation. The brand new three-story apartment-style housing complex is now home to over 100 students. Formerly a commuter, during my first two years attending NMC I drove an hour each way to attend classes. Living on campus has made it easier to focus on my education. Commuters make up a vast majority of NMC's student body, but this new housing option has allowed 135 more students to live on campus.

According to Todd Neibauer, Vice President for Student Services and Technologies at NMC, new student housing facilities may have an impact on enrollment. "Our out-of-state and international enrollment is up over last year. The new housing doesn't necessarily increase enrollment by itself, but it does remove a barrier. In the past several years, the college could not accept all of the students seeking housing. NMC has programs that draw students from across the country and internationally, so it is important that we can provide housing for those students as well as those closer to Traverse City who would like to live on campus."

One side of North Hall features a breathtaking view of the Fine Arts Building and the ball courts, while the other looks out across the Elm lot and the trees beyond it. Each unit is divided into four dorm rooms and includes two bathrooms complete with linen closets, as well as a shared kitchen and living space that comes with basic cable. Flooring is a faux wood laminate. Housewares are not included. It is furnished simply with a couch, a chair, a coffee table, and a small entertainment center (TV not included) as well as four bar stools at the kitchen counter. Each dorm room comes with an extra large twin bed, a three-drawer dresser, a desk, and a chair. Double occupancy rooms have two of each and the beds are stacked bunk style. Single rooms have an additional wardrobe for clothes storage. Double rooms cost \$2800 per semester, while single rooms are \$3400. "The college borrowed money to build the new housing facilities through a 20-year bond. The revenue from housing fees covers all of the cost of operation as well as the bond payments," said Neibauer.

The Traverse City area greatly needs more available housing for students seeking a shorter commute to school. North Hall serves as a small relief to the overwhelming housing crunch

our area faces. This could be the first step in many more to make this area more habitable for the less affluent.

North Hall hosts many amenities that its counterpart, East Hall, does not. Some examples are a built-in microwave, full refrigerator with freezer, a sink, and an oven. There is a brand new recreation space right next to the lobby on the first floor, which will help students stay active in the depths of winter. North Hall residents also have the ease of keyless entry for both the building and their suites, while the individual dorms have four-digit pass codes. Something both halls have are on-site laundry facilities. Another perk of living in North Hall: the kitchen sink and mirror are actually in the hallway and then the shower and toilet are behind a door so one person can still get ready while the bathroom is in use, unlike in East Hall where each suite is connected to another by a shared bathroom.

Stephanie Jones, music major and first-year East Hall resident, gave me an insider perspective of her new home. She thinks one of the pros of living in East Hall is the way they group all of the freshmen together in the same dorm. She enjoys the camaraderie of sharing housing with students who are dealing with the same struggles she is. She also enjoys the various open social spaces East Hall provides (ie. basement and fishbowl) that North Hall lacks. There is a recreation center and study alcoves, but no large areas exclusively for socialization. Something she doesn't like about East Hall is the lack of privacy and the way bathrooms are shared. Her first impression of North Hall was, "Woah! This is actually like an apartment!" Initially, it reminded her of a hotel with the front desk and the gym, but then once she saw the inside of a suite she was shocked. Jones says that she would love to live in North Hall in the future when she meets the requirements.

North Hall does have more selective requirements than East Hall. Students must either be 21 or older, have completed 30 or more college credits, or be a returning Residence Life student. There is also a \$250 security deposit required at the time of application. East Hall residents are required to purchase a meal plan by the college, but North Hall students are not. Such a plan costs up to \$3,400 per academic year.

There is one thing that NMC provides to East Hall residents that it does not provide in North Hall: toilet paper.



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# Student Groups at NMC

**Deanna Luton**  
Staff Writer

## Voices

Voices has a simple yet powerful mission statement: "We bring together survivors and allies, working to end sexual violence in our community." Meetings are scheduled for Fridays from 4–5pm in Osterlin 204. Jordyn Marsh, president and founder of Voices, discussed what inspired her to establish the group: "I wanted to create a community in which survivors are supported, believed, and encouraged to come forward with their stories instead of blamed, persecuted, and victimized like we too often see... as a survivor, I have been able to personally grow and heal in ways that I never imagined possible all because of the people that I have been able to meet and connect with through Voices and the opportunities it has given me."

In partnership with NMC Student Life, Voices is hosting the second annual Walk, Run, Empower 5K on Saturday, Sept. 30. Michigan's First Lady Sue Snyder will be the keynote speaker at this event. The fee is \$15 for students and \$20 for faculty and community members. Proceeds will go toward providing continued advocacy and support for survivors of sexual assault.

For more info, visit: [facebook.com/nmcvoices](https://facebook.com/nmcvoices) or call Student Life @ 231-995-1118.

## NMC Green Team

The Green Team is "open to any NMC student who has a passion for improving the environmental, economic, and social injustice on our campus and around the world," says advisor Paul Kolak, a counselor in the Student Life Office. Since being established, the Green Team has managed to bring single-stream recycling bins to NMC. Have you seen those multicolored recycling bins on campus? Also, this past year they invested in reusable water bottles to cut down on the usage of single-use plastic bottles. These are still available in the Student Life Office and in the Hawk Owl Cafe for \$5 each. Join the Green Team and you could be a part of the next big green movement on campus!

For more info, or to be added to their mailing list, email Paul Kolak at [pkolak@nmc.edu](mailto:pkolak@nmc.edu).

## Student Veterans of America (SVA)

This student group was established to provide a sense of community for veterans on campus. "It provides the sense of belonging and purpose that veterans really miss when they leave the military," Scott Herzberg, Military and Veteran Services advisor, explained. SVA members participate in Faculty Professional Development, helping professors understand the unique strengths and challenges veterans have in the classroom. In past years, the SVA has hosted its annual chili cook-off, manned the dunk tank at the NMC Barbecue, and helped organize the Veterans Day ceremony on campus. Non-veterans are welcome to support and participate in the SVA's events.

For more info, contact Scott Herzberg at [sherzberg@nmc.edu](mailto:sherzberg@nmc.edu).

## Students United for Gender Rights (SUGR)

"The purpose of SUGR is to spread the ideals of intersectional feminism through a reproductive justice framework, via volunteerism and community education." SUGR's meetings are held at 3:30 on Wednesdays. The group organized a sex trafficking awareness conference at the Hagerty Center this past spring, which brought together experts in the field to educate the community on the dangers in our own backyard. It encourages women, as well as men, to empower themselves, with a goal of raising awareness about many issues that intersect feminism. They have taken alternative spring break trips to Thistle Farms, a rehabilitation center for women who have survived sex trafficking, prostitution, and addiction.

For more info, contact Rachel Wilczewski at [rjhansen-wilczewski@nmc.edu](mailto:rjhansen-wilczewski@nmc.edu).

## International Club

NMC's International Club aims to "foster relations between NMC's domestic students; to promote the idea that people from diverse backgrounds can work together, contribute to the community, socialize, and share knowledge and culture." Their meetings, which often include good food and company, are held in the West Hall conference room Fridays from 3–4pm. Iryna Narolska, co-president, commented on the general atmosphere of the club: "As a club we try to get together as much as possible to share our knowledge and learn about the world. I meet students from all over the world and learn about their unique cultures. In the past we have visited Sleeping Bear Dunes, volunteered at the State Theatre, and also fundraised through holiday gift wrapping and bake sales. We also love to get together for movie nights as well as to cook international foods."

For more info, contact Jason Smith at [jasmith@nmc.edu](mailto:jasmith@nmc.edu).

## Women on the Water (WoW)

Women on the Water encourages pride and camaraderie among women mariners. This student group requires a membership fee, but in return provides you with networking services, professional development, and group activities. Judy Druskovich, advisor of WoW, says that although it started as a group of women interested in networking, it has now evolved and is not gender specific. It is not a requirement to be a maritime student, but facilitating a future career on the open waters is the focus. WoW will host its annual Professional Development Conference at the Hagerty Center Oct. 26–28. The original Women on the Water conference was hosted by the Great Lakes Maritime Academy in 2007, when the group was founded. Since then, it has grown to be accepted by the Maritime Administration and has gained a presence at the other maritime academies across the country.

For more info, contact Judy Druskovich at [jdruskovich@nmc.edu](mailto:jdruskovich@nmc.edu).

## Aviation Society

NMC's Aviation Society is not just for aviation majors, says Steve Ursell, head of International Aviation Programs. Any student interested in flying is welcome to join. The Aviation Society has social gatherings regularly throughout the semester including, but not limited to, volleyball, bowling, and pizza parties. They also organize trips aviation-related trips to such places such as Amway and ASI Corporate, where students get the chance to interact with professional pilots (many of whom graduated from NMC!). The Aviation Society also has a relationship with Northwest Soaring Club in Cadillac, where they give members reduced rates for gliding. This is a perfect way for students to gain experience flying with a gliding instructor.

For more info, contact Leanne Fessler at [fesslel@nmc.edu](mailto:fesslel@nmc.edu).

## Phi Theta Kappa

Students interested in joining Phi Theta Kappa need to maintain a 3.5 GPA, obtain 12 college credits, and be currently enrolled as an NMC student. As the honor society on campus, many students benefit greatly from involvement in Phi Theta Kappa. Current president of NMC's chapter and the secretary/treasurer for the Michigan region, Alexandra Briggs, commented on the impact of Phi Theta Kappa on her life: "Becoming involved...has helped me develop leadership and public speaking skills, gain confidence [and] build friendships with people from around the world. I owe part of my success at NMC to Phi Theta Kappa."

For more info on Phi Theta Kappa, contact Kari Kahler at [kkahler@nmc.edu](mailto:kkahler@nmc.edu).

Visit [nmc.edu/student-life](http://nmc.edu/student-life) for a full list of current groups.

## An Introduction to NMC's Foreign Exchange Program

**Megan King**  
Staff Writer

While many NMC students are from Michigan and other parts of the country, several also come from outside America.

According to NMC International Services and Service Learning, the college currently hosts about 80 exchange students hailing from all parts of the world, including Brazil, Chile, Taiwan, China, Norway, Cambodia, and Ukraine. In recent years, the program has maintained a steady rate of participation. For many of the international students, this is their first time living in the United States. Others have visited on vacation or stayed here previously as high school exchange students.

Bofeng Zhao, also known as Jeff, is an exchange student from Shenzhen, China. Jeff was determined to attend Traverse City West Senior High School, which he did for three years. The exchange program at his school in China permitted he attend school for two years before attending a school in America. Jeff worked hard for his right to participate in the program, and even contacted others' exchange advisors until he was allowed to attend. "I [don't] like the Chinese school system," he said. "While it [is] a great fit for others, I myself like the

environment that the American education system provides." After graduating from Traverse City West, he chose to attend NMC because it wasn't far from where he was used to going to school. He's currently finishing up his general education requirements and is leaning towards majoring in Business Administration, after successfully running a café at his school in China. Jeff explains he is excited to meet new people and explore new things.

Hongjun Fu, known to most as Wayne, is a North Hall front desk worker from Guangzhou, China. Wayne also attended Traverse City West. Although he was accepted into Central Michigan University and Wayne State, he decided that NMC would be the best fit for him. From the age of five, he had a passion for art, but as time passed, he gave it up to concentrate on school. After watching a fashion show, his passion was rekindled, and he is now pursuing his Associates degree in Fine Arts. "My number one hope for this experience," says Wayne, "is to make new friends from all over [the world]."

Patricio Salinas and Maria Laura Troncoso are a beautiful couple from Santiago, Chile. They came here hoping to finish their entrepreneurship certificate so they can receive

their student visas. Both Salinas and Troncoso had visited the country prior to attending NMC. Troncoso came here for soccer competitions in Los Angeles and Miami, while Salinas would often travel from Chile to Miami for vacation. When both wanted to attend school in the United States, Troncoso's uncle, who lives in the area, recommended NMC. "When we came up, we were given a three-hour tour of campus," says Salinas. "We were very interested by what we saw at the Aero Park campus." They look forward to improving their English and getting the most out of their time at NMC.

Are you interested in exploring other countries? Check out NMC's study abroad program. It was ranked 12th in the nation back in 2015 for having the best short-term study abroad opportunities among community colleges, and it's the only one from Michigan to make it in the top 20. If you are looking for more information on study abroad opportunities or other related international-themed activities, call the Director of International Services and Service Learning, Jim Bensley, at (231) 995-2527, or Stephanie Prall at (231) 995-2524. For face-to-face meetings, visit the office located in the basement of West Hall.



# Myths and Mortals: Artist Sally Rogers Returns



Photos by Deanna Luton



Photo by Sally Rogers



**Deanna Luton**  
Staff Writer

One day as I returned to my car (I had parked in the Aspen Lot outside of the Dennon Museum because I was running late for class), I felt compelled to go check out the new exhibits. Little did I know what treasures awaited me inside. I walked through the entryway, admiring the exhibit *Spiral Gestures and a Jester* by Michigan artist Diane Carr. Then, to my surprise, I found my way into the first exhibition gallery and saw an impressive collection created by another Michigan sculptress. I had the pleasure of interviewing her last year while writing the Alumni Spotlight for the *White Pine Press*.

Sally Rogers is an NMC alumna and mixed media artist who constructs sculptures that beautifully blend natural and man-made elements. She works mostly with wood, stone, steel, bronze, and glass. Rogers enjoys exploring the theme of connectivity in her art. Her exhibit, *Myths and Mortals*, transcends cultural and religious boundaries and evokes emotion in everyone who shares the experience of the human condition.

When asked about where she draws inspiration from for her art, Rogers explained, "I do not ascribe to one particular faith so the imagery is not meant as religious, (i.e. the *Wisdom Tree* wall piece), but more of a commentary on the influence and effects of organized religion. If you had looked closely at the three cast glass heads mounted on the tree's 'branch', you would see that they are 'Hear No Evil, See No Evil, Speak No Evil' faces—a suggestion that dogma, and a desire to shape and control people's thoughts and beliefs, are too-often a part of organized religion." Of course, she adds, this is a personal observation and is not meant to denigrate any who adhere to a specific faith.

Rogers creatively combines the diverse textures of her chosen mediums seamlessly. The dark, cold cast iron and sleek, smooth forged and fabricated steel are contrasted by the warmth of bronze, as well as mahogany and maple tones she incorporates. She poetically depicts the intersection of the Industrial Revolution and the beginning of evolution when man first started forging primitive tools.

*Nexus*, Rogers's granite and steel sculpture

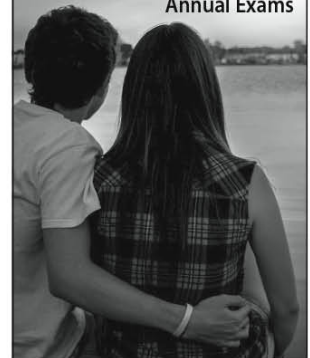
located outside NMC's Health and Science building, is much larger than any of her *Myths and Mortals* pieces. She works with sculptures of varying size and scale, experimenting with a variety of textures and shapes. Her craftsmanship is evident in this exhibit. Her work speaks for itself. It stands out, catches your eye, and draws you in as you seek to understand the deeper meanings behind each piece.

"It was a great pleasure to exhibit my work in my hometown as well as at the college that helped give me a great start on my life and career as an artist," Rogers says about her latest exhibit at the Dennon. "I hope that not only was the show enjoyable and thought-provoking for those who saw it, but that it also serves as a 'Thank You' to the local artists and teachers who helped to inspire and influence me in my early years in this profession. NMC faculty that were influential to myself, as well as many other artists locally and further afield, include Paul Welch, Jack Ozegovic, Cathy Look, Al Vigland, Karl Sporck, Norm Averill, Steve Balance, Diane Hubert, and others."

Sally is heading out to Sante Fe, New Mexico next to work on constructing her studio on property she has purchased there. Her next show will be the S.O.F.A. Chicago Exhibit at the Navy Pier in November.

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# Remembering Drew Kostic

## 5K Raises Awareness About Veteran Suicide

**James Robinson**  
Editor-in-Chief

To those who knew him, Drew Kostic was a wonderful guy who served an integral role in both his country's military and local community. During the eight years that he served in the United States Marine Corps, SSGT Kostic completed three tours—two in Afghanistan and one in Iraq—and earned many service medals and commendations.

After returning to civilian life, he enrolled at Northwestern Michigan College. In the two semesters he attended, Drew excelled in his courses and was placed on the full-time Dean's List. He was actively involved in the Student Veterans of America (SVA) group on campus, helping to educate students, staff, and faculty about the challenges faced by veterans transitioning from military to civilian life.

He was a supportive classmate, friend, and mentor to many people (including myself). Sadly, his battle with his inner demons proved too great. Only a few days after the final week of the Fall 2016 semester, he took his own life. He was only 28 years old.

While Drew's story is tragic, it is not an isolated event. According to a comprehensive analysis released in 2016 by the Department of Veterans Affairs, the risk of suicide is 21% higher among veterans when compared with other U.S. civilian adults. An updated study found that in 2014, an average of 20 veterans died by suicide each day.

"We're trying to get that number down to zero," says Ray McDaniel, a Marine Corps veteran and Executive Secretary at 22-2-None, an organization focused on eliminating veteran suicide. "We don't want to be in this organization any longer than we have to be... [and] we would love to be disbanded because there are zero veteran suicides." McDaniel says educating the public about the challenges faced by veterans and getting them to show their support are key factors in solving this pandemic.

That was the dual mission behind the First Annual Drew Kostic Memorial 5K, held on Sept. 9, to both memorialize Drew Kostic and bring awareness to the issue of veteran suicide. NMC, SVA, and 22-2-None all collaborated in organizing a 5K obstacle course at Twisted Trails Offroad Park in Copenish. This course involved many challenges: over-under walls, a log carrying event, and even a few big mud puddles racers had to crawl through. As NMC Military

and Veterans Services advisor Scott Herzberg explains, "These obstacles can serve as metaphors for the obstacle that veterans have to overcome."

Among the 327 registered racers was a team of four from NMC: Instructors Judy Chu and Mary Burget, Librarian Ann Geht, and Writing & Reading Center Coordinator Megan Ward. Each had their own reasons for participating in the 5K. "I had always been impressed by the way [Drew] would conduct himself in class," says Chu. "The transition back to civilian life is difficult and they need support... [his death] has affected sometimes even the choices of text I bring into class... It's something I want my students to think about as well." Megan Ward describes Drew as a "constant good presence." He would often visit the Writing & Reading Center, always working hard to improve his skills and understanding. "It reinforces that people are carrying a lot with them that we don't know about... So, it's important to keep that in mind when we're interacting with people." Burget had Drew in her math class and says she "definitely wanted to do this [to show her support]." They were all glad to see the immense support from NMC and the surrounding community. "NMC [has] a great community," says Geht. "We support each other, we support our students, and we show up to events like this."

NMC was indeed a key player in making this event a success. Humanities Instructor Alex Smith worked with her students to design the logo for the event, Judy Chu wrote a short biography of Drew for the event's informational flyer, Technology Support Specialist Sherry Trier assisted with organizing and promoting the event, and students in NMC's Construction Technology program built many of the obstacles needed for the course. There were also several other members of the NMC community who made up the nearly 60 volunteers at this event. As Herzberg explains, "It's a community event, and NMC is a community college."

Herzberg says the memorial 5K received just over \$25,000 in donated money, products, and services. \$13,000 was raised by registration fees, some of which will be used to pay expenses, while the majority (\$12,283.86) will be shared between 22-2-None and NMC's chapter of Student Veterans of America. This money will fund future projects aimed at supporting veterans and reducing the suicide rate. Drew Kostic would be proud.







**Resources for Veterans:**  
 Scott Herzberg — NMC  
 Military and Veteran Services  
 Phone: 231-995-2526  
 Email: sherzberg@nmc.edu  
 Traverse City Vet Center  
 (231-935-0051)  
 Traverse City VA Outpatient  
 Clinic  
 (231-932-9720)  
 Veterans to Veterans Mentoring  
 Phone: 231-421-8411  
 Email: veteranstoveteraninfo@gmail.com  
 Third Level Crisis Center  
 (800-442-7315) or  
 (231-922-4800)  
 Veteran Crisis Hotline  
 (1-800-273-8255)



Photos by James Robinson





# Campus Quotes

**Kelsey Pease**  
Staff Writer

## How do you react when you see a Confederate Flag?



"It's just a flag to me. For other people, though, I think that it represents different things."  
- John Savins, Programming



"The flags make me think of a time when racism and hate were paramount, so I feel like seeing them around kind of brings our society back to the mindset of that era."  
- Paty Nuño, Business Administration



"It typically makes me feel like whoever is hanging it is trying to justify their southern pride; however, this gets lost in translation. I respect the history behind the flag but don't think that justifies using it to convey racism."  
- Spencer Norrod, Audio Technology



"I'm from Texas and to me it makes people look idiotic and dumb. It's a southern flag, and it's representing the wrong thing."  
- Jadyann Edwardson, Occupational Therapy

"It makes me wonder whether other countries celebrate and pay homage in response to losing a war."  
- Katherine Zurek, NMC Foundation



"I think that a lot of people misunderstand the flag, and that they would react differently to it if they knew more about it. Personally, I don't [care] whether I see it or not because it's simply a part of history."  
- Max Crowe, Marine Technology



"When I see a Confederate Flag in northern Michigan, I'm confused as to why it's here. Granted, there's a lot of history behind the flag and I respect people's southern pride, but I don't see a reason for people to fly them around here."  
- Devin Ehlert, Audio Technology





## HEALTH & WELLNESS

### Just Breathe: A Simple Yoga Practice

**Macy Schwert**  
Staff Writer

Now more than ever, many of us find ourselves moving through life quickly, forgetting to slow down. Taking time to invite in a more relaxed, present, and content state of being is extremely important. Everyday, students are pressured with juggling homework, jobs, and other obligations. Managing these stresses without a healthy outlet to release tension takes more of a toll on our bodies and minds than we often realize. Through the frequent challenges of college, a sound and consistent yoga or meditation practice could become your best friend, a constant you can count on. 10 to 15 minutes of simple deep breathing, yoga, or meditation a day can bring great relief.

Yoga isn't limited to crazy intimidating balancing handstand poses we often see on Instagram. It is about dedicating time to yourself, to find balance, to tune in, and to practice acceptance and self-love. It is for everyone, so don't count yourself out if you don't think you are flexible or active enough. It is simply a practice of union between the physical body and the breath.

Next time you're angry, stressed, or anxious, pay attention to your breathing. Chances are it becomes shallow and short. When you experience stress, a hormonal response is triggered in the body which signals it to pump out adrenaline and cortisol, which can manifest physically as a rapid heartbeat, tight muscles, perspiration and short, quick breaths—leading to significant health problems, as well as contributing to depression and other mental health issues.

Deep breathing activates the parasympathetic nervous system (PNS), the specific part of our nervous system that is meant to help us maintain homeostasis, facilitating the “rest and digest” response as opposed to the “fight or flight” response. When our PNS is activated, our muscles relax. If you practice breath awareness, you'll become more aware of the physical tension in your body and be able to reduce it.

When breathing fully, cells are rejuvenated with oxygen which increases the functionality of every system and organ in the body, including the brain. You may notice improved mental concentration and overall energy levels. Blood vessels dilate and your blood pressure can return to a normal level. Deep breathing also releases endorphins, which promotes feelings of overall well-being and provides pain relief. Utilizing the full capacity of the lungs not only aids in ridding them of toxic stagnant air, but it also triggers the lymphatic system, which encourages the release of harmful toxins on another level.

Pranayama, one of the limbs of yoga, is the practice of voluntary breath control. So yes, simple deep breathing is considered yoga. Breath is said to be a bridge between the mind and body. Most people could benefit greatly from taking the time to just lay down, relax, and breathe—especially in our high-energy, fast-paced society.

Savasana is typically how most yoga classes begin and end. It is a pose that teaches deep relaxation. In it, you focus solely on checking in with the physical body, breathing deeply, and clearing the mind.

To begin, find a comfortable spot on the ground where you don't feel confined. If you have a yoga mat, great! If not, you can lie on a comfortable soft blanket. Some people find that relaxing music or the sound of rain is soothing and helps them relax, but others may find these distracting and prefer the quiet. This singular pose could be the entirety of your yoga practice some days—or all the time. It is a great way to begin and end every yoga flow.

Lie on your back with your arms and legs spread out on the ground comfortably. Close your eyes and begin to focus on your breathing. Most often we do not breathe into the full capacity of our lungs. Instead we breathe shallowly, only into the top portion of our diaphragm. It is important to breathe in fully and intentionally. We can't always eliminate stress from our lives, but learning to control our breath allows us to deal with it in a healthier way.

While in Savasana, place your hands on your belly—or maybe one on your belly and one on your chest. Breathe into your belly as much as you can. You should feel it move up and down significantly. Exhale fully *and* inhale fully. If you prefer, you can count the in and out breaths as you lengthen them, taking in more air each time. Only breathe to where it's comfortable, then try to balance the duration of your inhales and exhales. If counting doesn't suit you, skip it. Yoga is all about picking and choosing what is right for you, and only taking what you need. This should feel comfortable, easy, and enjoyable. Belly breathing is a great way to feel a sense of grounding and connectedness to yourself. It is also a great way to begin to shift your focus inward and to the present moment.

Next, take your mental awareness through the physical body. Do you notice any subtle energetic movements, pain, or tension? We rarely tune into our bodies on a subtle level. When you notice your thoughts drifting off and you catch yourself thinking of other things, patiently reel them back in by again, bringing your focus to your breathing. Your thoughts will drift, but this is completely normal. Try not to attach unnecessary emotions to these thoughts. Don't intellectualize or analyze them. Simply let them drift by.

The more often we practice, the more contentment and ease we will begin to experience. You can bring the mind back to being fully present in the space you are in by focusing once again on your breath. If you like, recite a simple mantra in your head to remain in a clear headspace, such as “I am breathing in” and “I am breathing out.” The voluntary breath and mantra will focus the mind and move you into a meditative state. Savasana alone can work absolute magic.



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# Easy Cooking: Hard Boiled Eggs

**Ann Hosler** Staff Writer Hard boiled eggs are a food you can make in bulk, store in the fridge, and incorporate into a variety of meals. Cooking them is fairly hands-off, but there are a few tricks that will make your life easier.

What you'll need:

- a pot with lid
- large eggs
- salt
- water
- bowl
- vinegar (optional)

I was using a 7-cup pot, comfortably fitting seven eggs. It probably could have fit an eighth. Typically I cook 12–14 eggs at a time, which requires a much larger pot. If you have farm-fresh eggs, you'll want them to be at least 3–5 days old. Avoid using store-bought eggs too close to their expiration date, as they will not peel well.

Directions

1. Place eggs gently in empty pot.
2. Fill pot until about 1" of cold water is covering the eggs. This is roughly between the first and second knuckle on your index finger.
3. Add a bit of salt and (optionally) a small splash of vinegar. The salt will cauterize any tiny holes in the eggs and the vinegar can help with peeling later on.
4. Bring the water to a low boil. This means you'll see a lot of small bubbles rising to the surface instead of a heavy rolling boil.
5. Turn off the heat and cover the pot. If you're using an electric stove, move the pot to a cool place on the stove. If your lid has a steam vent make sure it's closed.

6. Keep the pot covered for 13 to 14 minutes.
7. Immediately move the eggs to a bowl of cold water. You can add some ice to keep the temperature of the water down.
8. Let them sit in the bowl for a few minutes before peeling or setting out to dry.
9. Peeled eggs can stay fresh in the refrigerator for one day. Unpeeled eggs can stay fresh in the refrigerator for up to a week. To keep the egg smell out of your refrigerator, store them inside an egg carton.


DO NOT....

- Layer the eggs in the pot. This can lead to undercooking and/or breakage.
- Start with warm or hot water.
- Add eggs after the water is heated.
- Walk away before the lid is covering the eggs.
- Keep the burner on while the lid is on.
- Let them sit in hot water for longer than a minute beyond their cook time.

Hard boiling eggs is not a perfect science; learning the right cook time for your stove will take some practice. If your eggs have a green ring around the yolk, then they were slightly overcooked and you probably need to drop a minute from the cook time. If your yolk is a darker, softer yellow in the center, then your eggs are slightly undercooked and need a minute or two longer depending on how much is soft. The yellow of the yolk should be uniform throughout on a perfect cook time. Hard boiled eggs can be used in a variety of meals. They can be enjoyed on their own, in salads, in Ramen dishes, and more. Because of their shelf life in the fridge they're a great grab-and-go meal to enjoy throughout the week.

❖ **FREE FILM & DISCUSSION** ❖


**Equal Means Equal**  
**Milliken Auditorium**  
 on NMC Campus  
**Thursday, October 5 @ 6 pm**  
 Doors Open 5:30 - Film 6:00 - Followed by Panel Discussion



**There are no more excuses.**

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**The Definitive Documentary Film on the Status of Women in America.**



**Panel following film with updates on status of achieving the Equal Rights Amendment**

This event is FREE thanks to the generosity of these sponsors:  
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 Reproductive Access Fund - Traverse Area Women Lawyers Association - League of Women Voters of the Grand Traverse Area  
 Traverse City Human Rights Commission

## EVENTS CALENDAR

September 22 – October 20

**Kelsey Pease**  
Staff Writer

**Saturday, Sept. 22, 3–9pm / Sunday, Sept. 23, 11am–4pm**  
Record and CD Show at Right Brain Brewery

**Thursday, Oct. 5, 6–7pm**  
Join artist Marina Hahn at the Traverse Area District Library for a night of high-energy storytelling and painting as she completes a 5'x5' work of art in front of your eyes.

**Saturday, Oct. 7, 12–4pm**  
Linda O'Meara Day of the Arts: local artists will be at the Dennon Museum Center to inspire your work, whether it's a drawing, painting, dance, or performance.

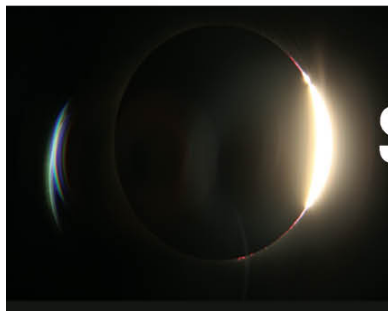
**Sunday, Oct 8, 12–5pm**  
Drawing Wall: Draw your favorite animated superhero on the cityscape wall or accompanying buildings in the Traverse Area District Library's Youth Services Department. Event continues through October 31st during regular library hours.

**Thursday, Oct. 12, 9:30am–1pm**  
College Transfer Fair: on the first floor of the Health/Science Building and in West Hall.

**Friday, Oct. 20, 8am–8pm**  
DMC Dorset Print Sale: at the Zimmerman Sculpture Court.

**Friday, Oct. 20, 9:30am & 11:30am**  
Writing and Drawing with Author-Illustrator Brienne Farley at the Dennon Museum Center. Call 231.995.1029 or email [jdake@nmc.edu](mailto:jdake@nmc.edu) to reserve your seats (\$6/seat).





# Space Unites a Nation

**London Rauch**  
Staff Writer

On August 21, millions of Americans chose to unplug, press pause, and step outside to witness an incredible scientific phenomenon that few have experienced. For the first time since 1979, a total solar eclipse moved across North America, giving an exclusive demonstration of just how extraordinary Mother Nature can be.

A solar eclipse occurs when the Moon passes between the sun and Earth, temporarily blocking the sun from view. Despite the sun being much larger than its lunar counterpart, it is also much further away, creating an illusion that the two are the same size when they cross paths. Special sunglasses are required when watching an eclipse, as looking directly into the sun can damage the eyes.

This year's eclipse, fondly named Great American Eclipse, travelled from the Pacific to the Atlantic coast, beginning in Oregon and ending in South Carolina. While most Americans saw a partial eclipse, 14 states were fortunate enough to see the eclipse in totality. It is speculated that Michigan was able to see about 80% sun blockage.

Viewing the eclipse became a major social event and many gatherings were planned in accordance. NMC student Derek Baker travelled to Astral Valley Art Park in Missouri to attend the 4321 music festival, an event centered on the eclipse entering totality. "The placement of the valley and the alignment of the eclipse couldn't have been any better," Baker said. "You could see the lighting slowly change from daylight to twilight. The energy in the air was different, but in a good way. Glen Velez and Salar Nader performed music using a

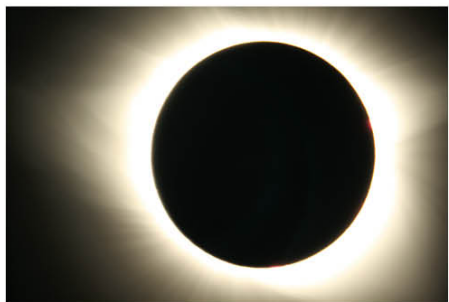


Photo courtesy of Jerry Dobek

frame drum and a tabla, which created the most unique and spiritual tone. When the eclipse hit full totality... I started to tear up and cry because it was so beautiful."

NMC astronomy professor Jerry Dobek also travelled to view the eclipse, eager to document the totality for himself. "Traverse City was at about 75% totality, but there is nothing like viewing it at 100%," says Dobek. "I was planning on meeting with about 35 other astronomers in Kearney, Nebraska to view, photograph, and collect some data for research of the sun's inner corona. When the weather there took a change for the worse, I headed to Cookeville, Tennessee, where there

were crystal clear skies forecasted for the eclipse."

Because Dobek decided to change locations, he travelled alone to Tennessee. "Nebraska was clouded out, and those other astronomers were scrambling to see clear skies. Where I was, there were about 12 others viewing and recording. I observed the entire eclipse, from first contact at 12:01:13 CDT through last contact at 14:56:42 CDT." Along with doing some research work, Dobek travelled to view and record the eclipse as part of his professional development. He filmed and photographed the entire eclipse sequence, including Bailey's Beads, the Diamond Ring Effect, solar prominences, and the corona.

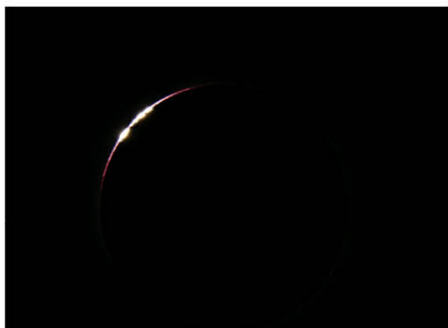


Photo courtesy of Jerry Dobek

Similar to Baker's experience in Missouri, few words are capable of describing what Dobek saw in Tennessee. "Surreal comes to mind," he mused. "So does Heaven. How can I describe it without getting too religious? It's the middle of the day... but it's almost like dusk and the street lamps came on. The temperature dropped about 18 degrees in the two minutes the eclipse occurred. I took a video of it, both for my personal research and also to share with my students, and toward the end of the video you hear me go, 'No! No!' because I didn't want it to end. Two and a half minutes of totality seemed to last eight seconds!"

Because Dobek and many of the Grand Traverse Astronomical Society members were out of town, the local observatory was closed during the eclipse. "This was probably a good thing, because we were working with the National Park Service, and they had the Dechow Farm out near Port Oneida open for viewing. The count that they had out there was over 7,000 people! They had some telescopes projecting the eclipse on to screens so people could watch it safely, but there were also people there to help guide people observe it safely, either with glasses or the projection method."

The next total solar eclipse is not expected until April 2024, but Dobek strongly urges students (and everyone for that matter) to explore the astronomy resources available in Traverse City. The Rogers Observatory is open on certain dates for public viewing, which are listed at [nmc.edu/observatory](http://nmc.edu/observatory). The Grand Traverse Astronomical Society also organizes

stargazing trips out to Sleeping Bear Dunes, which are posted on [gastro.org](http://gastro.org).

"Go out and enjoy the night sky," Dobek encouraged. "It's free for everyone to enjoy. We live in an area with nice, dark skies. Anyone can enjoy astronomy from their own backyard."

## The Great American Eclipse

- First total solar eclipse to sweep coast-to-coast across the U.S. in 99 years.
- The path of totality passed through 14 states
- 45 million pairs of eclipse glasses sold by American Paper Optics
- 12 million people in view of totality
- 1.8 to 7.4 million estimated people travelled to the path of totality
- Every 18 months a view of a total solar eclipse is visible somewhere on Earth

Source: [Greatamericaneclipse.com](http://Greatamericaneclipse.com), [Weather.com](http://Weather.com), AP  
Graphic: Tribune News Service