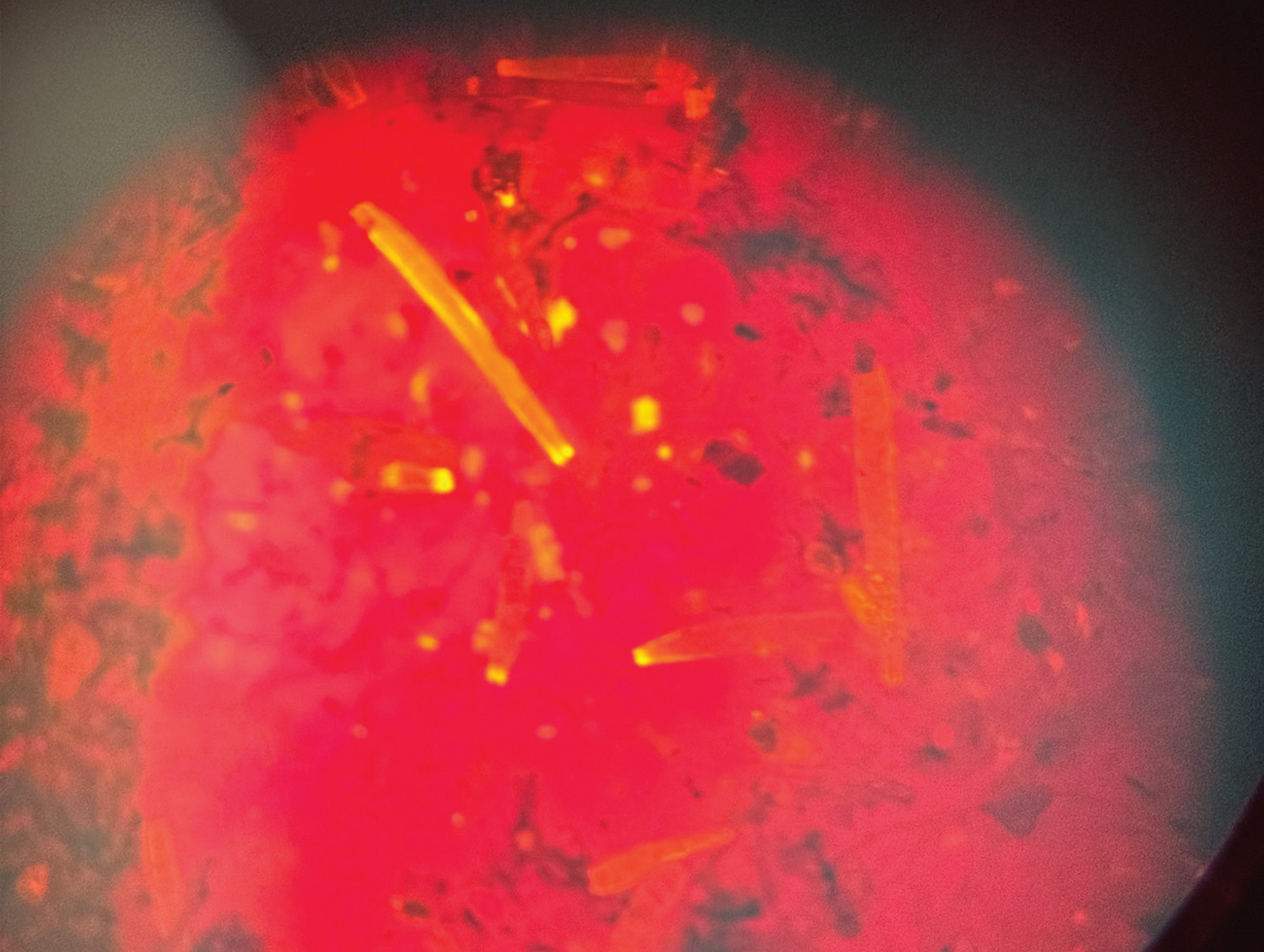


WHITE PINE PRESS

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

1.3 Million **Microplastic** Particles Found in Local Water

PAGE 5



News-in-Brief

William Pappas
Staff Writer

The Annual NMC Thanks-for-Giving Student Fundraiser is happening from now until Nov. 23. This project aims to provide 150 to 200 meal boxes to families in need. Students have also organized a giveaway to run with this fundraiser. To be eligible, one must donate \$10 or more. Prizes include a \$250 gift card to the Great Wolf Lodge plus a one-night stay, a one-night stay at the Delamar Hotel, a gift basket from The Cheese Lady, and a \$50 gift certificate for Lobdell's. To enter the giveaway, visit nmc.edu/give. Entries are limited to one per person.

James Lutchko has been named the new director for NMC's Great Lakes Water Studies Institute (GLWSI). This program is operated out of the Great Lakes Maritime Academy on the Great Lakes Campus. Lutchko has been interim director after the former director Hans

VanSumeren left in July. Lutchko is a graduate of the GLWSI and has long been a part of the program, serving as a Lab coordinator, Lab manager, captaining the R/V Northwestern, and piloting as well as maintaining the programs ROVs. He has also been a member of and presented for the Marine Technical Society and Oceans 2025.

NMC's Mobile Food Pantry will make an appearance on Nov. 25. The college has chosen to partner with Feeding America to provide fresh groceries, with food being free and available to everyone. Feeding America will be present from 3-5 pm, and participants are encouraged to take as much or as little as they prefer. The next appearance of the Mobile Food Pantry will be on Monday, Dec. 2.

White Pine Press

Your News On The Web




Instagram




Facebook




Homepage

White Pine Press is Hiring

Are you a writer, editor, page designer, ad salesperson, or photographer? Looking for a job?

The *White Pine Press* would like to offer you the opportunity to join our staff. The *White Pine Press* is a bi-weekly newspaper published during the NMC school year that offers real-world experience while you do what you love. And we pay!

If you would like to learn more, contact faculty adviser Jacob Wheeler at jwheeler@nmc.edu or editor-in-chief Emma Marion at emarion@nmc.edu

Looking for more *White Pine Press* stories? Find the latest issues of the *White Pine Press* and archives of our entire history online at whitepinepress.com. You can also connect with us on social media:

Facebook: facebook.com/thewhitepinepress

Instagram: instagram.com/tcwhitepinepress

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

NORTHWESTERN MICHIGAN COLLEGE

WHITE PINE PRESS

EDITOR-IN-CHIEF Emma Marion

COPY EDITOR Emily Fitzgerald

STAFF WRITERS Minnie Bardenhagen
William Pappas
Eli Stallman
Megan Thoreson
Anna Wildman

PAGE DESIGNER Ayden Blackmer
Tuklor Williams

DELIVERY Devon Bruner

FACULTY ADVISER Jacob Wheeler
DESIGN ADVISER Kathy Schwartz

The *White Pine Press* welcomes comments, suggestions, ideas for news stories and calendar items.

NEWSROOM 231.995.1173
DISTRIBUTION
ADVERTISING
EMAIL whitepinepress@gmail.com

Printed by Stafford Media Solutions and distributed free.

Printed on 100% recycled paper

Police Prepare to Evacuate the Pines

Anna Wildman
Staff Writer

Recently, the law enforcement of Traverse City announced that a popular homeless encampment, locally known as the Pines, will be evacuated of all its residents through the enforcement of anti-camping ordinances. This decision has raised concern from both residents of the Pines and local activists.

A public community meeting was held in the Veteran's Memorial Park on Oct. 29 to discuss the issue and address the concerns of citizens. City police chief Matt Richmond spoke about why and how local law enforcement plans to remove the campers,

"Basically it's a humanitarian issue. The Pines is not a place that we should have people living" said Richmond. "The conditions back there are not the best, and we want better for our citizens."

The Pines area is frequently reported for criminal activity, sanitation issues, and fires, raising concern from citizens and police officers in Traverse City.

Richmond claimed that law enforcement will help the residents of the pines relocate, and the removal will happen gradually.

"I cannot tell you when we're gonna start enforcing it, but I will tell you that it will not be tomorrow, and you will have numerous warnings, [and] notices that we will be enforcing it. We will do everything we can to try and help you transition to either Safe Harbor or other housing or other combinations that will help your situation."

Safe Harbor is the only long-term overnight homeless shelter in Traverse City, and capacity is limited. There are only about 20 beds left at the shelter, which is not enough for everyone in the

Pines. Even if it was, Safe Harbor is not considered a desirable alternative to most of the Pines residents for multiple reasons. Firstly, the shelter is not open year-round, meaning it is only a temporary solution to homelessness, but most importantly, the shelter limits its residents on the amount of belongings they can have.

An anonymous speaker from the crowd expressed that "Safe Harbor gives you this storage bin that's ... supposed to fit everything you have, whereas if you stay in the Pines, you can keep your belongings and your tent with you and not lose everything you own on this Earth."

Many residents are also concerned that there is no clear deadline for when the ordinance will be enforced, as Chief Richmond expressed, so there's no way of knowing how much time the Pines residents will have to relocate. Richmond explained that how law enforcement will go about removing residents will depend on the situation,

"Just because we're enforcing it doesn't mean you're gonna get a ticket or gonna get arrested. We have a lot of discretion within our profession and I don't ever wanna take that away from my officers."

On Nov. 20, NMC will partner with Central United Methodist church to host a Walk for Health & Housing, an event designed to raise awareness about the housing crisis in Traverse City and educate locals about how they can help. Those who want to help mitigate homelessness can get involved by attending the event and participating in volunteering opportunities. Concerned citizens can also email city commissioners if they disagree with the way the removal is being handled.



1217 E FRONT ST
231.929.2999

1294 W SOUTH AIRPORT RD
231.935.9355

JIMMYJOHNS.COM



With BATA
You're GOING places!

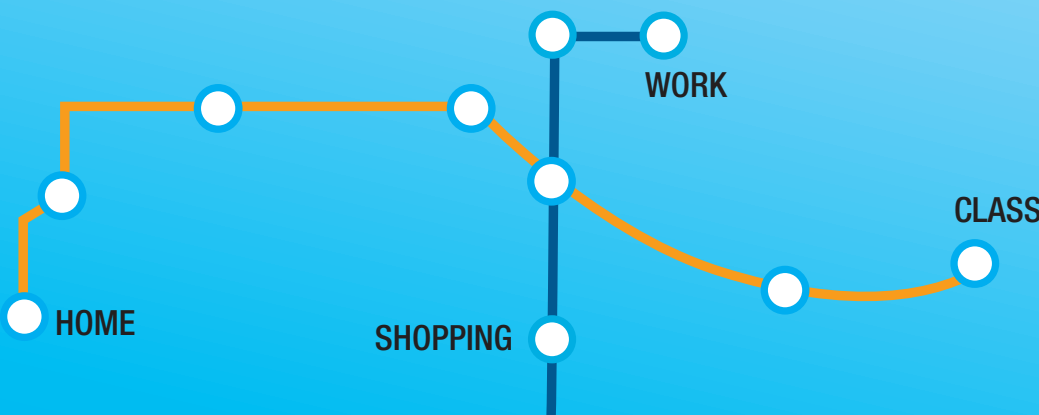
Where do you want to go?

Whether going to class, work or home, **BATA** is here to make your journey easy. Ride for **FREE** on the **BAYLINE** from NMC to downtown. BATA also connects you to all four NMC campuses — Main, Great Lakes, Aero Park and University Center. Find your route or schedule a ride with our **LINK** service.

We connect you to the community!



BATA
Bay Area Transportation Authority



BATA.NET 231-941-2324

Historic Political Comeback:

Donald J. Trump is the US President Elect

Minnie Bardenhagen
Staff Writer

After a long election night, it became clear in the late hours of Tuesday, Nov. 5, and the early hours of Wednesday, Nov. 6, that the 45th president, Donald Trump, would soon be the 47th, as he lead by significant margins in swing states such as Georgia and Pennsylvania. Many predicted that we would not know the results for days, considering the incredibly close polls in each of the swing states between him and Democratic candidate Kamala Harris. However, Trump's winning margins in the swing states were much wider than polls depicted. Trump ultimately won all 7 swing states, won the Electoral College 312-226, and was on track to win the popular vote.

There are many historic implications in the outcome of this election. Trump will be the first president to be re-elected after losing his initial re-election since Grover Cleveland in 1892, and he is the first Republican presidential nominee to win the popular vote in 20 years, the last one being George W. Bush in 2004. Trump will also be the oldest person and the first

convicted felon to win the presidency.

Along with the historic presidential election, some smaller races have garnered attention in the days following the election. Sarah McBride was elected as the first transgender member of Congress by Delaware, to serve in the House of Representatives. Angela Alsobrooks from Maryland and Lisa Blunt Rochester from Delaware won both of their races, marking the first time in history that two black women will serve in the Senate at the same time. This will also double the total number of black women who have ever served in the Senate from two to four.

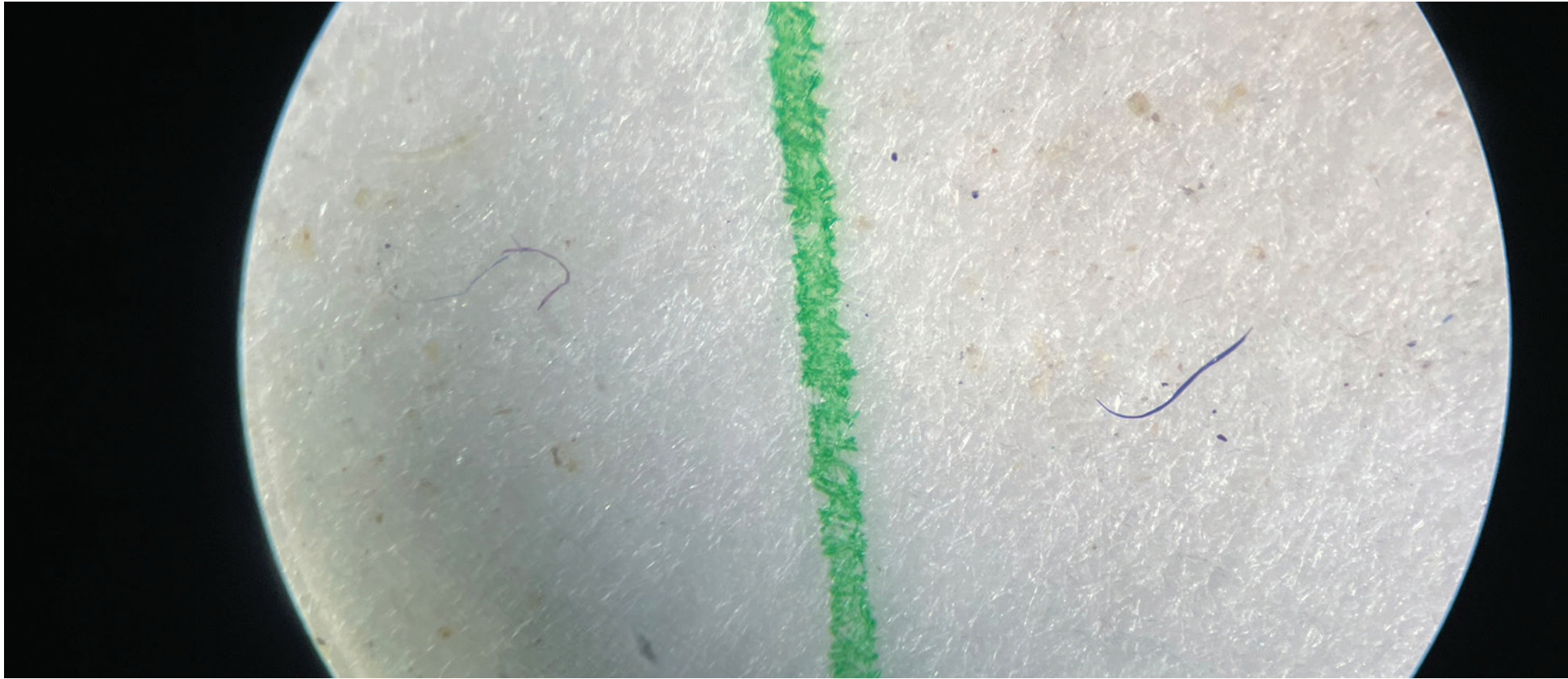
Even though Trump won the majority of votes in Manistee, Benzie, Grand Traverse, Kalkaska, Antrim, Charlevoix, and Emmet counties, all of them voted more democratically in the presidential election than in 2020, according to *The New York Times*. This is in stark contrast to the majority of counties throughout the country voting more Republican.

Photos by Jacob Dodson



Boardman River Watershed Polluted

Over 1.3 million particles of Microplastic according to ongoing research project



Photos by Nick Roster

Anna Wildman
Staff Writer

On Oct. 30, Dr. Nick Roster spoke at a conference at NMC's Hagerty center to summarize the current data from his research project on microplastics. While the research is still ongoing, he and his students have counted and processed the water samples from the first 11 months of the project. The purpose of the experiment is not just to test the concentration of microplastics in the Boardman watershed, but to see if there's a pattern of higher concentration in certain months or in certain areas of the river.

Roster says, "We're sampling the left, the middle, and the right ... A transect across the river to find out, is there a place in the river where we're finding more plastic?" If the data shows a pattern of higher microplastic concentration in the middle or left/right bank, then samples from each section must be taken. However, if no pattern is observed, researchers only have to take one sample, which saves time during the sampling process.

Information about when microplastic pollution is highest could help locals implement ways to mitigate the problem, hence why Roster is conducting the project over the course of two years to see if there's a trend. "Flow rates are higher in the spring, they're lower in the summer, but does it correlate? No idea. We need more data," Roster explains.

While there's still plenty of data to be collected, processed, and cleaned, the current number of plastic particles found is alarming. Roster's data reports "over 1.3 million particles in the river, and we sample a liter of water at a time."

Dr. Roster is in the process of extending his research to include air samples and is even working with Munson hospital to process samples of human tissue and placentas. "If you look around town, we have 12 air samples set up from east to west," says Roster. These air samples are more complicated to process, so researchers prefer to use a fluorescent microscope combined with a dye called Nile red. Plastic absorbs the dye (along with organic materials, but those are dissolved in hydrogen peroxide) and glows yellow under the fluorescent microscope, making it easy to see the plastic particles.

Research is still limited, but scientists around the world are beginning to develop a better understanding of the microplastic problem. For a long time, it was thought that microplastics take hundreds of years to form, but this is not entirely true. There are actually microscopic animals called rotifers that break down particles in their environment, which unfortunately includes plastic particles in many cases. According to Roster, "[it was] found that these rotifers are actually taking in microplastics and making nanoplastics at a rate of about 100 to 400,000 particles a day." There are many other factors that influence how plastic breaks down, but they are clearly being produced more rapidly than scientists previously thought.

The conversation about how microplastic affects the environment and the human body is still under-researched, but scientists continue to work hard to gain a better understanding of the issue and the ways in which society can work to change it.

Unplanned Pregnancy?

Free & confidential services, without pressure or judgment. Call today!



Thrive
MEDICAL CLINIC

231-929-3488
Thrive Medical Clinic

Are Students Informed on Local Elections?

Minnie Bardenhagen
Staff Writer

The Nov. 5 election was extremely consequential, both federally and statewide. Not only did it decide the president, who Michigan would send to the Senate, and the Michigan members of the House of Representatives, but it also decided many state government positions.

However, what's not talked about as much are the decisions made at the local level for Grand Traverse County and surrounding counties. The ballot included many local decisions that would impact the lives of students, one of these being the NMC Board of Trustees.

The Board has huge implications for student life. They set the college's goals, are in charge of decision making, and in many ways run the institution. They are essentially the governing body of the college. The board approves yearly budgets, plans for maintenance and renovation, and they also make annual evaluations of NMC's president.

When students arrived at the polls, Nov. 5, did they understand what the job the potential Board members on the ballot were running for? In a randomized sample survey of 20 students, I asked them whether or not they understood the role of the NMC Board of Trustees. Eighty percent, or 16 of them, said that they won't understand at all. Fifteen percent said they understand, and 5% said they somewhat do.

Despite most of the students not understanding the role of the board, 50% of the participants said they didn't skip that part of the ballot, 45% skipped the board elections entirely, and one student chose not to vote in general.

Three spots on the board were up for grabs this election. Mark Keely and incumbent Kennard Weaver won the two full-term seats, and Pamela Horne won the partial-term seat.

Several other local elections were on the ballot in Traverse City, such as county commissioners, sheriff, county clerk, county treasurer, and drain commissioner. When students were asked if

they had knowledge on local elections in general, 30% said yes, 30% said somewhat, and 40% said no.

Camryn Jenkins, a psychology student who participated in the survey, explained why.

"Local elections take a lot more effort to educate yourself on. They are not given as much media coverage compared to presidential elections," Jenkins said, "It is important for college students to pay attention to local elections because it directly affects their day to day life, especially if they are living on campus away from home."

On the topic of County Commissioners specifically, students in the survey were more informed than the Board of Trustees, but still not a majority. Thirty percent said they understand the role of a County Commissioner, 25% said they somewhat understand, and 45% said they do not understand.

Prior to the election I spoke to Tim Dowd, the Democratic candidate for County Commissioner in Leelanau County's 7th district, Dowd gave his perspective on the role of county commissioner.

"Well, basically, what happens is the taxes come from the property in the county, and then the commissioners choose what that money is spent on," he explained, "We could do really good things with that money if it's spent wisely. So it's important that you elect the right people for the jobs."

In addition, Dowd explained the important role that local press plays in educating the public on smaller, local elections.

"It's overwhelming. There's a lot of people running for different offices," he said, "And that's why the press is so important ... The press reports on the different candidates, interviews us, and gets our point of view, and I think people need to do research."



EARN YOUR FERRIS DEGREE IN TRAVERSE CITY

Earn your degree faster and more affordably through our special partnership with Northwestern Michigan College (NMC). This partnership offers a unique combination of NMC and Ferris courses in Traverse City and/or online, making Ferris accessible for students like you.

With full access to the Traverse City Hub, you'll have all the support services you need to earn your Ferris degree locally and achieve your career goals.

APPLY NOW AND MOVE FERRIS FORWARD

► [FERRIS.EDU/TRAVERSECITY](https://ferris.edu/traversecity)

FERRIS STATE UNIVERSITY

TRAVERSE CITY

Ferris State University is an equal opportunity institution. For information on the University's Policy on Non-Discrimination, visit [Ferris.edu/Non-Discrimination](https://ferris.edu/Non-Discrimination). 20241007



Post-Election Stress? Here Are Some Strategies to Combat It

Illustration Credit: Eli Stallman



Minnie Bardenhagen Take a deep breath, it's over.
Staff Writer With Republicans taking historic national wins, and Democrats narrowly winning local elections, some are celebrating, some are devastated, some are worn out, and some are just happy the ads are finally gone.

If you're one of those worn out or devastated people, you are far from alone. For students, it is stressful to reckon with all these emotions in the midst of classes and upcoming exams. If you connect with that description, these strategies may be helpful for you.

Take a Break from Social Media

Social media updates everybody 24/7 on the latest, and no matter where you scroll, you may find yourself bombarded with election related news, opinions, excitements, and sorrows.

Even though it seems difficult, it may be helpful to take breaks from platforms like Instagram. If you're worried about missing something, there are ways you can keep yourself informed while taking time away from doom scrolling on Tiktok or Reels. One way you can get the jist of the news without overwhelming yourself is through news roundup podcasts such as The Headlines by *The New York Times* or Apple News Today.

Practice Empathy, Kindness, and Constructive Communication

If you're feeling heated, perhaps it might be good to avoid confrontation altogether until you have a chance to clear your head. However, if clashing with family and friends is seemingly unavoidable, for the sake of your own peace, practicing understanding, listening, and kindness can help you avoid a heated and stressful situation.

Go into every situation with an open mind, consider all options, think before you speak, be kind even to those you can't politically connect with. If you feel yourself boiling, protect your peace and remove yourself from that conversation.

On top of that, spend time with your like-minded or understanding friends and family. Make time for people in your life that bring your spirits up.

Just Breathe

If the world feels fast-paced and chaotic, it may be beneficial to press pause. There are lots

of breathing exercises and guided meditations out there that you could try out!

For example, sitting down with your feet flat on the floor, take two big, quick breaths in so that your lungs are full of air. Then, blow the air out as slowly as possible in a small stream.

There are plenty of guided meditation podcasts on Spotify and Apple Podcasts, such as Calm and Headspace. Personally, I recommend The Morning Ritual with Lilly Balch, which has a good mixture of meditation episodes and educational episodes on self-care.

Be Creative

You have all these pent-up feelings of uncertainty, grief, and fear, why not channel those feelings into art? If you consider yourself a creative person, or even if you typically don't, writing, music, art, and other forms of creative expression can be a healthy place to work through or to cope with distressing emotions.

In general, you can try focusing on activities or hobbies that make you happy and calm, whether that's reading, shooting hoops, going thrifting, or taking nature walks.

Be Active in Your Community

For some, it might be a good idea to feel involved politically or otherwise in your community. You can join local advocacy and volunteer groups affiliated with your political party. Or, if you want to be active without politics, you can simply join volunteer efforts for different things around your community, such as cleanups and animal shelters.

Some people need to disconnect and calm down with meditation or art, and some people need to keep themselves busy and continue to make an impact on the world through volunteering and advocacy. Everyone is different, but whichever way you choose to handle the end of election season, remember that you did everything that you could for what you believe in, and that's something to be proud of.

There are plenty of resources out there for those who need it. NMC offers counseling services, and if you're looking for a community, there are many clubs you can join. The suicide and crisis helpline is 988 and is available 24/7. For LGBTQ+ individuals, organizations like the Trevor Project have resources to help with emotional distress.

"This Could Be Texas:" English Teacher Perfects and Pushes The Envelope

Emma Marion
Editor-In-Chief

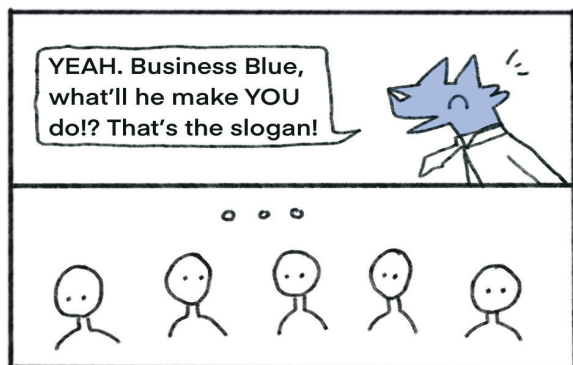
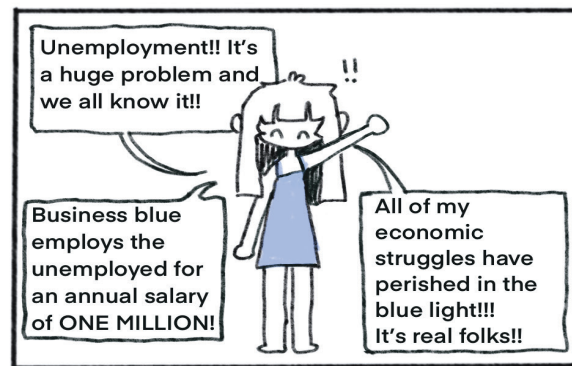
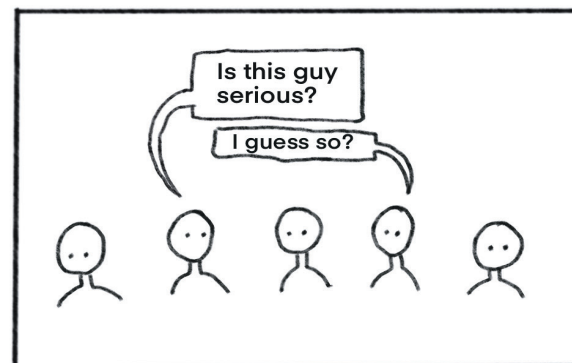
April and pulling the Mercury Music Prize in September, its legacy has been cemented in the music industry.

Vocalist and frontwoman, Lily Fontaine, spectacularly covers the wide range of emotions and genres on the project. From the spoken singing on "Broken Biscuits," to the softer and more operatic notes on "You Blister My Paint." The lyrics themselves are reminiscent of something out of an LCD Soundsystem album. "Not Everybody Gets to Go to Space," pokes fun at an Elon Musk or Jeff Bezos figure while calling attention to the inequality commercial space travel introduces ("Not everybody gets to go to space, but he did/He worked hard to get himself up").

On the instrumental side of things, no song goes without a neck-bending twist or hook. The opening track, "Albatross" is composed solely of four non-repeating verses. "Broken Biscuits" forgoes its blunt spoken nature for a small avent-grande moment near the end with Fontaine adding urgency and a shakiness to her delivery.

Furthermore, each song is a sonic reflection of its themes. Space opera synths sparkle through "Not Everybody Gets to Go to Space," while in a shocking twist, the song "R&B" is not R&B. In "Nearly Daffodils," Fontaine sings about losing a lover, switching between light vocals and walls of sound, reflecting themes of acceptance and regret. Every song feels like its own miniature world.

If you're a fan of British spoken, sung indie-rock-prog-electronica and somehow missed this album, give it a listen.



To be continued.. created by: Eli Stallman