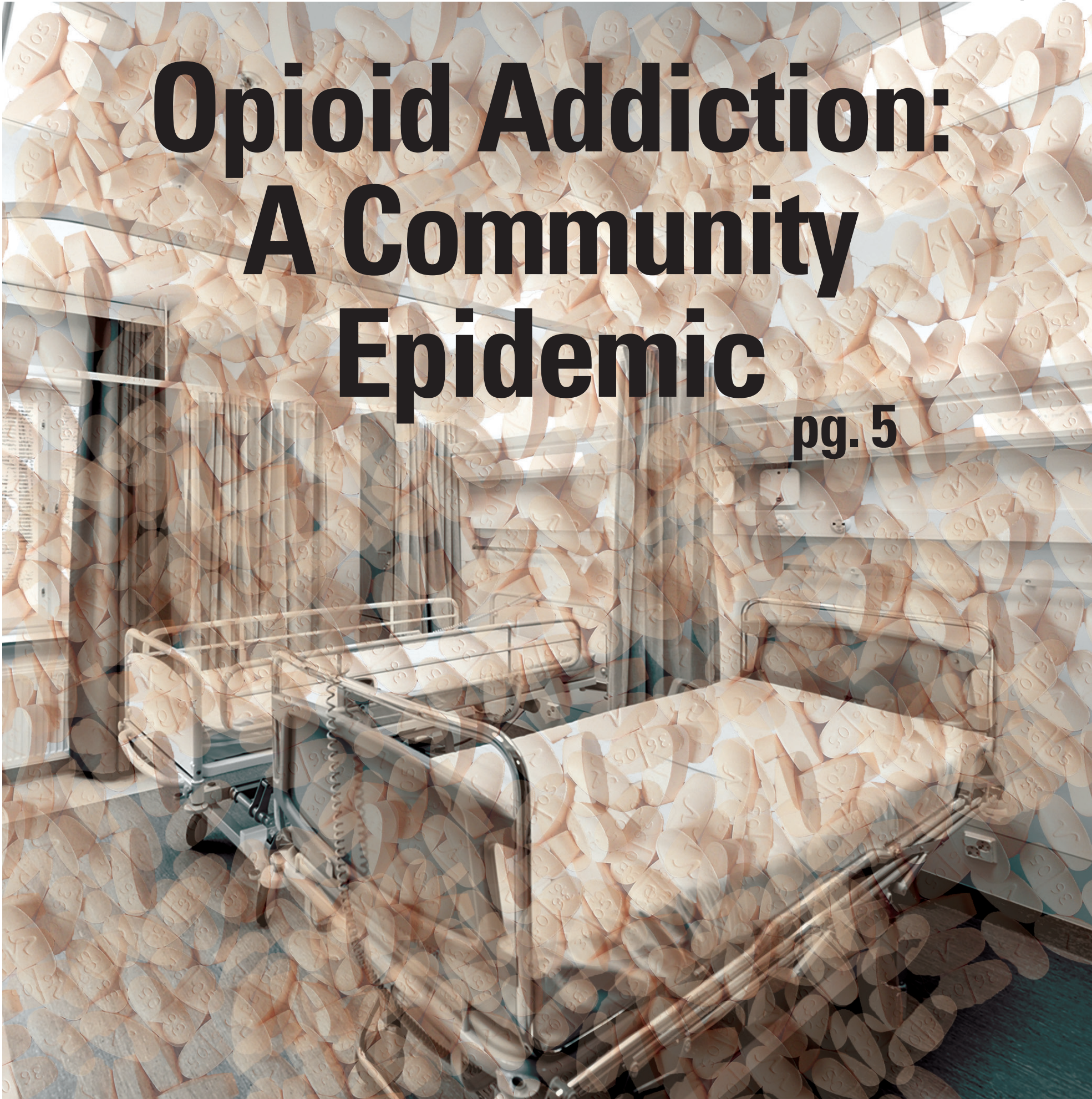


N O R T H W E S T E R N M I C H I G A N C O L L E G E

WHITE PINE PRESS

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



Opioid Addiction: A Community Epidemic

pg. 5

Photo courtesy of Ann Swaney/NMC Archives



In 1964, students enjoyed the Snowbrawl outdoor activities, such as ice skating and sledding, during Northwestern Michigan College's Winter Carnival at the Gilbert Lodge in Twin Lakes Park. In this photo, Dale Ritchey (left), Dave Knaggs (center), and a third unidentified student have fun sliding on a toboggan for the Snowbrawl.

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Campus Briefs

Enjoy a Hawk Owl Thanksgiving Feast!

All day Nov. 21 in the Hawk Owl Cafe. \$7.99 gets you turkey and all the fixings—gravy, stuffing, mashed potatoes, green bean casserole, candied sweet potatoes, a relish tray, rolls, salad, and pie! Bring an NMC-related toy and receive \$2 off your meal for each toy donated! Sponsored by Student Life.

Phi Theta Kappa will hold two presentations showcasing their Transfer Edge program.

Nov. 19 in the Osterlin Library and Student Success Center, directly following the transfer fair, and Nov. 20 in the East Hall from 3:30 to 5:30. Several academic and student success related departments will be on hand to help students understand the transfer process and assist those looking to transfer after their time at NMC is complete.

Help out the *White Pine Press* by filling out a holiday survey!

The *White Pine Press* is conducting a holiday survey for our next issue and we need your help! Fill out a quick, one minute survey located in Osterlin Library, the Writing and Reading Center, and Beckett's second floor Mac Lab. Look for the results in our next issue, out on stands Dec. 6!

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: Frank Dituri



Photo Courtesy of Frank Dituri

Joseph Lyons Staff Writer Frank Dituri attended Northwestern Michigan College for three years following his high school graduation in New York City. In 1979, he graduated NMC with an Associate degree in biology and parks and recreation.

Dituri has always thought the NMC teachers were some of the best he had.

“The classroom time was as good or better than any other I attended—especially in regard to availability,” Dituri said. “One time my professor Bill Sharp organized a field trip over spring break. We camped for four to five days on the Manitou Islands tagging birds and catching lizards. It wasn’t what everyone else was doing for break, but I thought I had it better.”

Dituri has a deep-seated respect for learning and higher education. After NMC, he continued with environmental studies at Western Michigan University as well as a specialized program in river restoration at Portland State University. Dituri’s education helped him become the director of the New York parks and recreation department.

“NMC prepared me to always keep an environmentally-oriented mind,” Dituri said.

Dituri took this philosophy to heart and continued to work in government positions for years before moving back to Traverse City. He is currently the director of public services for Traverse City, overseeing the streets, parks and recreation, asset management, and the garage division of the city.

“Traverse City is one of the nicest places on the whole planet,” Dituri said.

Dituri’s current job for the city sees him utilizing a broad variety of skills to organize and oversee the multiple departments under him.

“Basically, everything above the ground that isn’t plugged into a lightbulb, I’m responsible for,” Dituri explains. “I know where every snowplow goes, and when every tree was planted. There’s a lot of responsibility. I’ve got great managers under me that specialize in specific fields: Robert Becker, Derik Meldow, and many others.”

Dituri spends time coordinating departmental activities with other city staff offices across Traverse City. Within his own department, he’s busy synchronizing projects between its various divisions.

But during his days as a student, Dituri never realized he would have so much responsibility.

“The department’s mission is to provide excellent services and opportunities for the residents of Traverse City that will promote a safe, healthy, clean, and enjoyable environment while maintaining and improving the quality of life for this generation and those that follow,” Dituri said. “NMC helped prepare me for my career.”

Dituri is proud that his children followed in his footsteps by attending NMC, noting that two of them went on to universities while the third attended culinary school. “I couldn’t be prouder of them. I would tell kids these days to never be afraid to ask for help. I’ve never been turned down when I asked for help—but you need to ask.”

The Dunes Review: Passing the Torch

Joseph Lyons Staff Writer The *Dunes Review* was one of the first mediums in Northern Michigan for both emerging and experienced writers to publish their stories. Change and growth have marked the literary journal since its founding by Anne-Marie Oomen in 1996.

Now, *Dunes* has passed the torch onto a new set of editors with their own creative spin to shape the journal. Teresa Scollon is a recognized poet, current teacher of TBAISD Career Tech Center’s Front Street Writers program, and an active member in the Northern Michigan writing community. Scollon serves as senior editor to *Dunes* with Jennifer Yeatts.

“This will be the first time we have co-editors,” Yeatts explains. “It’s never just one person. We have readers who do a lot of the grunt work, but I agreed this past winter to stay on with a co-editor.”

The well-honored literary journal that remains a hallmark of achievement in the state came from humble beginnings.

“There were virtually no sources to publish. So, I kept searching for a place that wasn’t Detroit or big university towns—where they have some literary journals—and I couldn’t find anything,” says Oomen. She had difficulties when she first started looking for areas to publish. “The first issue it wasn’t nearly as professional as it is now. It was staple bound, and I was doing everything myself,” Oomen recalls.

At the same time, other writers in Northern Michigan faced the same issue as Oomen. They were all seeking a legitimate path to publishing their work. “I identified... a community of writers that needed a central focus and I was thinking ‘gosh there has to be a way to bring this together,’” Oomen explains. She applied for a grant from the Michigan Council for the Arts and Cultural Affairs during this period. “Those grants gave us the first two to three years of the journal.”

For the most recent edition of *The Dunes Review*, more than 800 submissions were received from the surrounding area and even further afield. “My original idea was to focus on regional writers. I wasn’t opposed to other people in the state submitting, but I really wanted to keep a focus on the regional writers,” Oomen says. “That has since changed, and that’s great. Each new editor leaves their own mark, and that is exactly how it should be.”

Submissions that have landed in *Dunes* have origins from as far away as Nigeria and India. “Some journals only publish, say, the residents of Ohio. We publish whatever is good,” Scollon says. “We do keep a focus on a sense of place, which we view is one of the main staples of good writing.”

Scollon has held editorial positions before and agreed to co-edit for the journal to split the increased load of submissions. The recent reading period had more than half of its submissions as poetry. “Figure 400 people with four poems each—that’s a lot of poems,” Scollon says, adding that “it’s important to us to read every submission.”

Scollon and Yeatts both share a view on the mark they want to leave, “Jen and I are in agreement—we are interested in art that speaks to us. Especially poetry. [It] sometimes goes through fads,” Scollon explains. “Right now a lot of journals are promoting what is called ‘edgy work’ where it’s more fragmented and perhaps confusing.”

“I’d want to publish something that people would want to read again. If you finish something and you never feel like reading it again, it’s not worth publishing,” says Yeatts.

The Dunes Review has evolved over the years to shepherd the writers in Northern Michigan. Its evolution exposes global writers to Michigan’s community of literary journal readers, and brings those cultures back to Northern Michigan.



Michigan Writers Managing Editor Lujine Nasralla (left) and *Dunes* co-editor Jennifer Yeatts (right) read an excerpt from the *Dunes Review* for the launch celebration at Brilliant Books.

Freshwater Summit Examines High Waters and Other Local Issues

Kathryn DePauw Staff Writer The Hagerty Center was packed with members of the public, professionals, and students all wanting to hear about threats to local freshwater resources. The 12th annual Freshwater Summit has become a tradition and a way for the community to assess not only the health of its waterways, but also discuss solutions for the future.

The event featured 18 presentations from experts around the state on a variety of topics. “The 2019 event focused on a response and readiness to freshwater threats – these included pipelines, climate change, invasive species, development pressure, high water levels, toxic substances, and pathogens and bacteria, among others,” said Heather Smith, Baykeeper with the Watershed Center of Grand Traverse Bay, who also gave a talk on local responses to environmental threats. “It was an opportunity for researchers, practitioners, educators, and advocates to share knowledge on these threats and associated responses or solutions.”

Many waterways around the state are near or above record levels. It was a top issue for many attendees. Smith noted that homeowners are making some difficult choices right now but warns that “erosion control structures like sheet pile, sea walls, and riprap comes with its own problems. They interrupt the natural drift of sand, degrade nearshore habitat, and exacerbate erosion on neighboring shorelines.” She recommends natural shoreline restoration techniques that use plants, rocks, and biodegradable materials, and reminds property owners to reach out to the Watershed Center with questions about lake levels, permits, and ideas for ecologically focused solutions. Smith added that setbacks for structures is the best option for protecting them from this type of threat.

There were also several presentations on invasive species. “I learned a great deal about the zebra and quagga mussel issues,” said NMC freshwater studies student Abbey Hull after watching two presentations from Steve Pothoven from National Oceanic and Atmospheric Administration and Erika Jensen from the Great Lakes Commission. “The Great Lakes are essentially barren of zebra mussels and have been completely replaced by the quaggas, but inland lakes still have zebra mussels as a big problem,” Hull explains.

The summit was created by the Freshwater Roundtable, a group of local water advocacy nonprofit groups and organized by The Watershed Center Grand Traverse Bay. “The Watershed Center is uniquely positioned to organize the Freshwater Summit because the event reflects the nature of our work,” said Watershed Center executive director Christine Crissman. “It is important to understand research, projects, and policies happening on a statewide or regional scale that impact our local environment and communities.”

NMC is also a member of the Freshwater Roundtable. To Constanza Hazelwood, NMC’s Freshwater Studies coordinator and co-founder of the summit, the students are the focus. “I see this event as a place where students can explore careers in water and network with our regional organizations that focus on water issues,” Hazelwood said.

That’s exactly what this year’s summit presenters, Abbey Hull and Michelle Preston, have done. During the event they shared their experiences as interns with the Long Lake Association,

which gave them a unique opportunity to gain experience. “I was very honored to be able to speak at the summit,” said Hull. “I am normally very nervous about public speaking but throughout my internship I got increasingly excited to share my experiences. My internship brought me so much joy, I want to spread that to other people. It has motivated me to really improve my public speaking skills.”

Every year this relationship between students and professionals has become stronger. According to Hazelwood, the past five years have seen an increasing number of students from both NMC and other universities who travel to “learn more about the ways our region organizes conversations around water issues.”

For more information and links to some of the presentations, including those by Hull and Preston, visit: gtbay.org/our-programs/freshwater-summit.



NMC students Abbey Hull (left) and Michelle Preston give a presentation at the Freshwater Summit, based on their time as interns at the Long Lake Association.



While Zebra mussel numbers are declining in the Great Lakes, inland lakes are still plagued by the invasive species.

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Opioid Addiction in Region Still Being Battled

Kathryn DePauw Staff Writer “The epidemic is here,” said Christopher Hindbaugh, chief executive officer of Addiction Treatment Services in Traverse City. “The demographic is changing...we’re getting younger (over the last 20 years), more educated, more affluent, and a significant—almost 50%—more women wrapped up into this opioid epidemic than historically our sorts of treatment centers have seen.”

Hindbaugh and a panel of experts were part of a public forum on Oct. 29. The forum was hosted by The Health Forum of Northern Michigan, a collaboration of Grand Valley State University (GVSU) and Northwestern Michigan College (NMC) and sponsored by Blue Cross Blue Shield of Michigan. The event’s focus was the opioid addiction crisis, with speakers addressing the progress made so far and areas of needed improvement.

Munson representatives’ chief medical officer Christine Nefcy and medical director of population health James Whelan addressed the issue of over-prescription. They reassured attendees that the hospital is taking steps to be more responsible when prescribing opioids.

“We are still prescribing opioids throughout our emergency departments, but the number of pills that we are handing out at that time have significantly reduced,” Nefcy said. “In some of

our places we’ve decreased the prescription rate by over 75%.”

The reduction guidelines used for prescriptions are only a recommendation, and both Whelan and Nefcy acknowledged that there is still room for improving how opioids are prescribed as well as how many pills are dispensed.

This reduction in prescribed opioids explains some of the trends Traverse City police officer Jennifer Oster has noticed over the years. When she first joined the force, there were a significant number of heroin users. She interviewed many of the users that she encountered and noticed what she called a “significant pattern.” This pattern was one of personal injuries, over-prescription of opioids, addiction, and denial of prescription refills.

But the addiction doesn’t stop there. “It’s no longer about the injury,” said Oster. “It’s about ‘I don’t want to puke my guts out and I want to live a somewhat stable life.’”

As opioids become harder to obtain legally, people are pushed into illegal drug use. Rural areas are no longer isolated from urban drug epidemics. Options like heroin, which is on the decline, and crystal meth, which has been on the rise in the area, are common replacements. Oster notes that fentanyl, a compound that is increasingly mixed into other drugs, can be

dangerous. Carfentanyl overdose deaths have occurred before in the Traverse region.

Oster points out that this cycle begins with people doing what they are supposed to: taking their medicine. Opioids destroy your body’s ability to create dopamine and the side effects can be long-lived with a daunting recovery. Many people don’t get treatment until the addiction has reached a critical level.

“Addiction treatment is a safety net. We do almost nothing on prevention,” explained Hindbaugh. “We’ll wait for you to get really sick and we’ll do our best to treat you. And then we say good-bye and good luck.”

But Hindbaugh believes that the system can improve with the proper support. “We can intervene with folks before they hit rock bottom and need to enter our systems. We’re under-researched and underfunded, so we don’t get the resources to go into this sort of work that other diseases have.”

Getting help before this critical stage may be the best chance of recovery. If you or someone you know is looking for supportive addiction assistance, reach out to one of the many available organizations. Harm Reduction Michigan offers a monthly training in identifying an overdose on the last Tuesday of each month, between 6-7:30pm at the Traverse Area District Library on Woodmere.

Resources in Northern Michigan

- **Addiction Treatment Services**
addictiontreatmentservices.org
1-800-622-4810
- **MSP’s Angel Program**
drugfreenorthernmichigan.net/recovery/angel-program.html
1-800-834-3393
- **Harm Reduction Michigan**
harmreductionmi.org
- **Families Against Narcotics**
familiesagainstnarcotics.org
- **Munson Healthcare**
munsonhealthcare.org/opioidresources

NMC Board of Trustees Meet to Discuss Important Issues

Kathryn DePauw Staff Writer The Northwestern Michigan College Board of Trustees met Oct. 28 at the Hagerty Center. NMC president Tim Nelson explained during the legislative update how the state budget could impact the college. Although Governor Whitmer made 147 line-item vetoes last month during state budget disputes, a bill describing funding for community colleges was left untouched. Nelson also considered it a victory. “We were successful in getting language out of both the House bill and the governor’s initial recommendation that would have placed tuition restraint language that would have said to you, as a board, you can’t have tuition changes beyond a certain level,” Nelson said.

Currently, a proposed bill is working its way through the House that could impact NMC. House Bill 4771 would allow concealed carry of firearms in daycares, stadiums, bars, churches, hospitals, and college campuses. The Board has not taken a stance on the issue yet.

At the city level, the Traverse City Tree Ordinance seems to be causing some issues with its 40% tree canopy requirement. Nelson argued that certain campuses, like Aero Park, are not able to maintain that requirement. He requested that the city instead consider all NMC campuses as one. The city denied this request, so the college may have to consider zoning changes in the future or working within the guidelines of the tree ordinance if tree removal is required for a project.

There was a variety of other topics discussed including:

- Two financial audits have been conducted and are in various

stages of completion.

- The Financial Statement Audit was completed with a clean, unmodified opinion, the highest level of assurance.
- The Federal Grant Audit is still in process and will be accessed at a later date.
- Successful contract negotiations with NMC faculty, Dr. Nick Nissley, the incoming president, and the Board approval that night of the maintenance, custodial and grounds SEIU member agreement.
- Todd Neibauer, NMC’s vice president for student services and technologies, spoke about the outreach his department has done to increase enrollment. The Financial Aid 101 course, an informational class for students and parents, and FAFSA completion events are focused specifically on high school students. While numbers for spring enrollment seem to be up, Neibauer says it’s “too early to be super excited, but I would love, of course, for that to continue.”

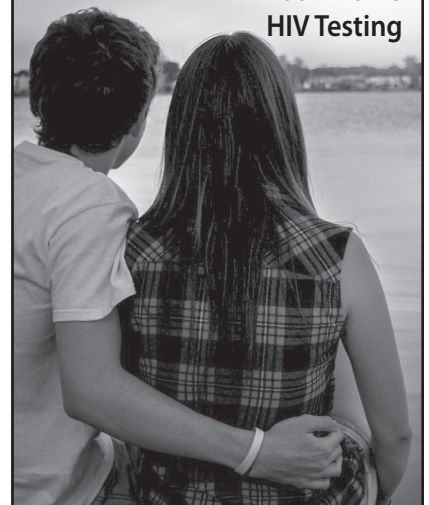
There was special recognition for:

Nelson, who was honored with the Chief Executive Officer award during the ACCT Annual Leadership Congress in San Francisco.

NMC’s Nexus magazine, which recently won Medallion awards from the National Council of Marketing and Public Relations. The winter issue featuring students’ work in Indonesia won the bronze and the summer issue featuring the college’s “Small steps and giant leaps” earned the gold.

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Mint Tastes Good, Tracking Your Money Tastes Better

Vicah Mabey Staff Writer If you have trouble managing your finances (and if you're a college student, your limited finances), Mint is the app for you.

With the Mint app you can manage your finances all from one place. Curious if you can eat out three times this week, pay your rent, and still manage to see that concert this weekend? Mint has you covered.

Mint has proven more than once to be a wonderful tool for me and I want to share it with those of you who aren't already using it.

Budgeting and Tracking Your Cash Money — Mint's primary goal is all about budgeting and tracking expenses, and this is where the service outshines its competitors. Budgeting is a breeze to set up. After downloading and syncing transactions from your bank account, they



are auto-categorized into predefined categories: Groceries, Restaurants, Clothing, Gas, Movies, etc. You can create your own subcategories and add as you please, but cannot switch up the top-level ones.

You also have the option to make changes to your transactions after they are downloaded. Spent less than Mint thinks you did? Fix it. The auto-categorization is far from perfect and you'll need to make adjustments from time to time. Once Mint memorizes your transactions, it will automatically place them in the correct categories for future use.

Creating and Managing Goals — Another huge feature of Mint is the goal tracking and managing feature. New goals, such as paying off credit card debt, paying tuition and student loans, or saving for a home, are simple to set up and are reflected in your monthly budgeting. It takes your paycheck amount and helps you manage what needs to go where in order to accomplish your goals.

Monitoring Credit Scores — Mint rolled out a free credit score tracking option not too long ago, which makes keeping track of your entire financial picture easy.

Drawbacks — Mint's investing tools are a bit simplistic and don't get too in depth. Many users report issues with bank synchronization, with some user reviews finding fault with late notices for things that they've already paid, stating that it's just not always quite up-to-date. One of its biggest negatives is that Mint recently cancelled its Bill Pay feature, which is a hit to its usage.

But the benefits of Mint outweigh the negatives.

As someone who's not using it for much other than tracking my expenses, I find Mint to be a useful tool. It's a great way to keep up on rent, Netflix or Hulu payments, Amazon Prime, and whatever other expenses you've got going on. Weekly emails with the details of your last week of finances will may surprise you at how much is spent on things that you don't really need.

Mint is great for basic budgeting and credit score features. If you're a college kid just getting into having to keep track of your money, Mint is the perfect app to get you started. And since it's free, you might as well give it a spin.

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Campus Quotes: Staff Edition

What is your favorite Thanksgiving tradition?



MICAH MABEY, Staff Writer

My favorite Thanksgiving tradition is having just a stupid amount of leftovers. I love being able to gorge myself on stuffing at two in the morning on a Tuesday.



ANN HOSLER, Copy Editor

We don't do this every year, but occasionally we have birthday pie instead of pumpkin pie on Thanksgiving, as my daughter's birthday falls on or near the holiday. This year's birthday pie flavor is chocolate creme!



KENNEDY KRIEGER, Staff Writer

My favorite Thanksgiving tradition is going over to my Grandparent's house the day before Thanksgiving to help prep all of the food. It's so much fun to be with my family and cook for such a big crowd!



EMILY SLATER, Editor in Chief

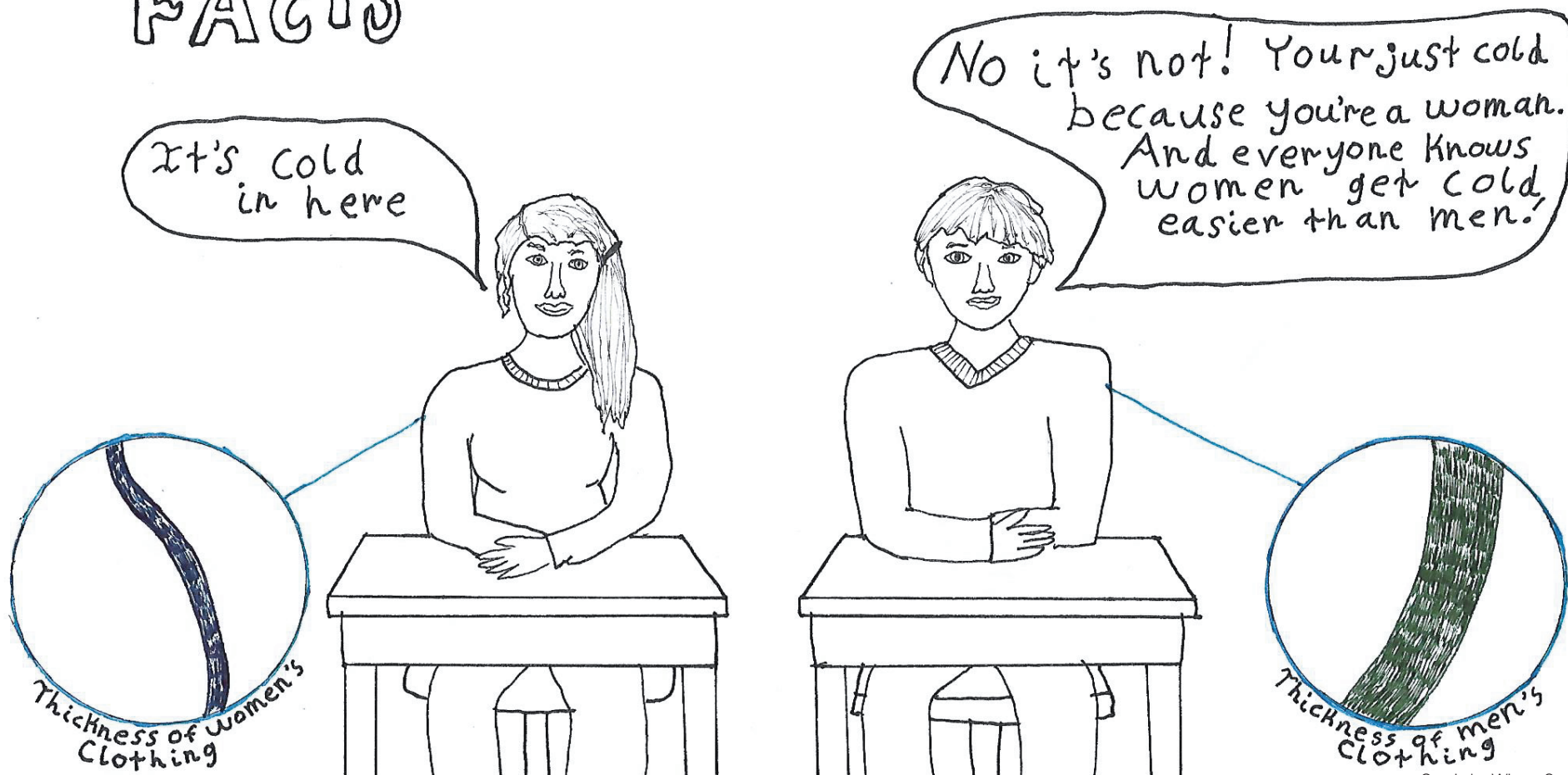
I love making sweet potato casserole, which is basically two pounds of brown sugar and butter with a little potato thrown in for foundational purposes. And watching the National Dog Show because dogs > parade floats.



LOGAN SCHWEIZER, Photographer

My favorite Thanksgiving tradition is like most people's—getting together with family over dinner and catch up with one another about what is going on in our lives.

Common Knowledge Doesn't Always Have All the FACTS



Comic by Winter Swamp

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Vegan on a Budget

Homemade Peppermint Mocha Creamer

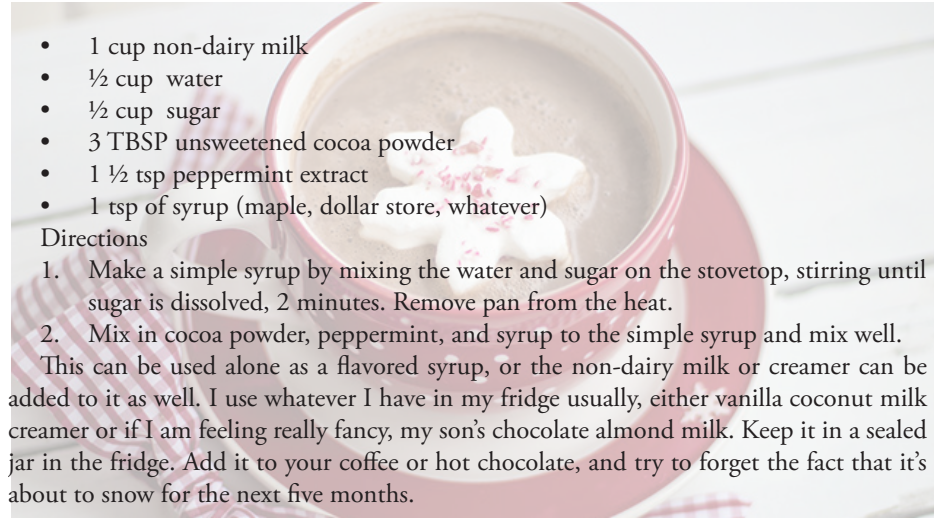
Randi Upton While I despise the cold and loathe snow even more, something I always looked forward to at the beginning of holidays, was flavored coffee creamer. Corporate America, though, wants to say that these flavors are only possible and enjoyable with the freezing temperatures and miserable family parties. Nay, I say. These flavored coffee creamers are easy and significantly cheaper to make at home. The ingredients may seem like they cost more, but the amount you can make with them is awesome, and you can make them whenever you like. When browsing the internet for creamer recipes last summer, I was annoyed at all the vegan recipes that required ingredients that were ridiculous and ended up coming up with my own. For one batch, you will need:

- 1 cup non-dairy milk
- ½ cup water
- ½ cup sugar
- 3 TBSP unsweetened cocoa powder
- 1 ½ tsp peppermint extract
- 1 tsp of syrup (maple, dollar store, whatever)

Directions

1. Make a simple syrup by mixing the water and sugar on the stovetop, stirring until sugar is dissolved, 2 minutes. Remove pan from the heat.
2. Mix in cocoa powder, peppermint, and syrup to the simple syrup and mix well.

This can be used alone as a flavored syrup, or the non-dairy milk or creamer can be added to it as well. I use whatever I have in my fridge usually, either vanilla coconut milk creamer or if I am feeling really fancy, my son's chocolate almond milk. Keep it in a sealed jar in the fridge. Add it to your coffee or hot chocolate, and try to forget the fact that it's about to snow for the next five months.



Ross Geller's Thanksgiving Sandwich

Kennedy Krieger Halloween has passed, therefore people are putting up Christmas decorations and getting ready for the holidays. Don't get me wrong, I love Christmas and buying presents and putting the decorations up, but let's not forget about Thanksgiving! There is always more than enough food to go around during this holiday. With all of the turkey, stuffing, and mashed potatoes, it's hard not to go into a food coma right after you're done eating. And the leftovers! Well, here is a perfect and almost famous way to make a great leftover lunch with all of these Thanksgiving items. You may have heard of it, or even watched it on TV, but for this recipe we will be recreating Ross Geller's Thanksgiving Sandwich from the sitcom show "Friends." Enjoy!

Ingredients

- 3 slices of preferred sandwich bread
- 2 tbsp mayonnaise
- ½ cup greens (optional)
- 2 thick slices of leftover turkey
- 1 cup gravy
- ½ cup stuffing
- 3 tbsp cranberry sauce

Directions

1. Spread the mayonnaise on two pieces of bread and soak the third piece in the gravy.
2. Add any greens you may prefer and then lay the turkey on top of that.
3. Remove the piece of bread from the gravy, making sure it's completely moist. As Ross Geller says, this is "the moist maker."
4. Add the gravy-soaked bread on top of the turkey.
5. Put stuffing on top and spread on the cranberry sauce.
6. Top it with the last slice of bread and eat immediately.

Ruffage Cookbook Review

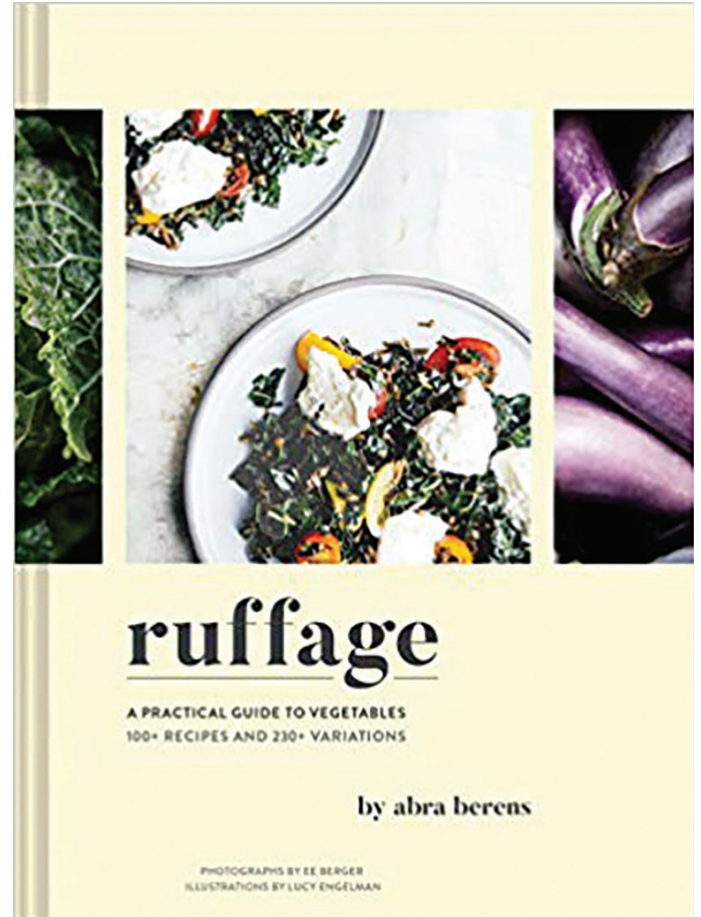
Kennedy Krieger Staff Writer Abra Berens is an emerging chef from Michigan who recently published her cookbook, "Ruffage."

Berens focuses on a farm to table approach with cooking. She is a former farmer who loves to bring forward the natural flavors of vegetables. In "Ruffage," Berens hooks the reader from the first page to the last. The introduction gives a sense of who Berens is and where she comes from. She writes in a very personable tone that makes you smile as you read and understand everything she's saying.

Reading through the recipes welcomes you to try something new that you've never cooked before. No matter what recipe I read, whether I was familiar with the food or not, it felt as if she were standing right next to me and talking me through the whole process.

This is a great cookbook for beginner cooks who want to fine tune their skills because Berens explains everything from the smallest detail of what to look for when buying produce to variations of the recipe. A few great recipes included in this book are grilled corn with parmesan butter, shaved fennel salad with lamb chops, and warm bacon vinaigrette. Experienced chefs would also benefit from this cookbook. Berens shows how to go back to the basics and use your vegetables, and how to prepare them in new, inventive ways.

No matter your skill level, I am sure that you will enjoy this cookbook as much as I did. Try every recipe and even create your own! Like Berens says, "there's always another way to eat a carrot."



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Book *Shady Lady* Review

“Junie B. Jones”

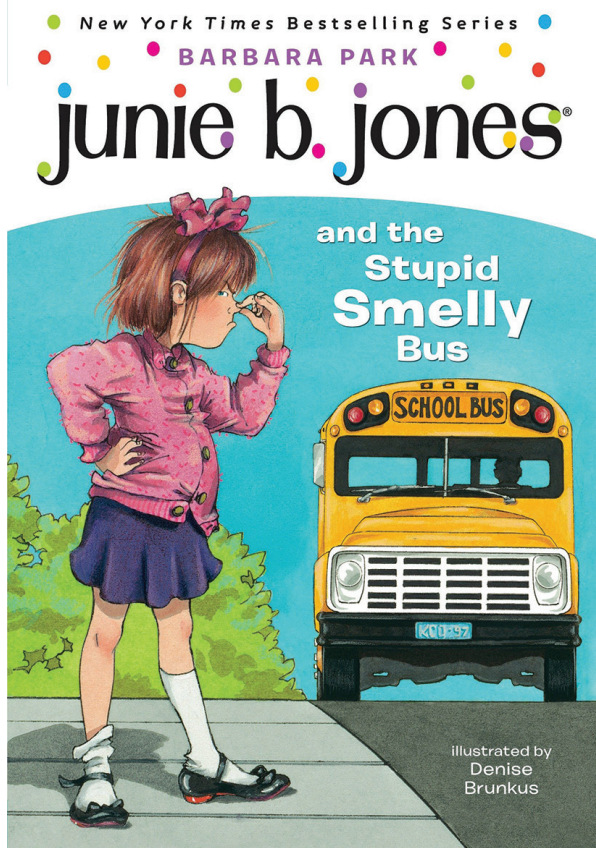
Tamara Wiget Staff Writer It's that time in the semester when I (and everyone around me, it seems) am bleary-eyed, sleep-deprived, and all around down. So when I went to my bookshelf in search of something to read, I decided I needed something funny. Something easy. Fortunately I have the entire Junie B. Jones series (except for the most recent one, which is on my Christmas list) for just such times. Are these books written for an elementary reading level? Yes. Am I a woman in my thirties who still enjoys them because they're hilarious? Yes.

“Junie B. Jones and the Stupid Smelly Bus” is the first book of roughly two dozen, and serves to lay the groundwork for the rest of the series. The reader meets recurring characters such as Junie B.'s kindergarten teacher, Mrs., her best friends Lucille and Grace, as well as “that mean Jim,” who (spoiler alert) is in fact kind of a jerk. However, the purpose of this particular story is more than an introduction.

This is a story of facing adversity.

Junie B., who has comfortably lived her five-year-old life under the wing of her loving (and slightly exasperated) parents, is now pushed from the nest (and the joys of watching TV all day) in order to join her peers in the act of gaining an education. This, however, is not Junie B.'s problem. No, her real issue is the bus, which, as it turns out, is stupid and smelly. It is too hot, too loud, and too full of annoying children who may or may not dump chocolate milk on her head. Overwhelmed by the thought of riding the bus home, Junie B. seeks solace in the storage closet of her class, Room Nine, until the school is empty and the busses are gone. What follows is a hilarious montage of childish shenanigans (and... a blue orange?).

This causes a lot of chaos for the adults in her life, but the story is told from Junie B.'s perspective, so the reader can only guess at the level of panic her absence inspires. The story wraps up quickly. It's surprising that Junie B. is neither punished for the messes she's made throughout the school nor for not getting on the bus like she's supposed to. In fact, she's rewarded for her bad behavior, which probably sends a confusing message to young readers.



Music that is Sometimes Good but also Sometimes Not Good

Liam Strong Contributing Writer In high school, I hated math and its many forms: statistics, trigonometry, algebra, and, worst of all, geometry. Looking at vague, empty shapes drove me mad. I was unable to see how the angle of a triangle couldn't exist without the angles of its sibling angles. I squinted at rhombuses for their complicated hips, squinted at the board because my assigned seat was at the back of the classroom, and squinted at my parents when they said that I “just need to try harder.”

My father, a general contractor with over two decades of construction work under his tool belt, cuts and forces shapes into placement like a doctor resetting a broken bone. He was more or less as clueless as me when it came to the formulas of geometry, which made me more irritated, though not at him. He saw houses as skeletons that just needed skin added to them—wood, nails, then paint. I don't know how most buildings stand upright, but I have to trust them, even without understanding the components of their makeup.

This week's record, “Memory Streams,” by minimalist jazz group Portico Quartet, whittles tone down to singular lines. Textures are prolonged with the use of electronics, bars that explode with soprano and tenor saxophone, particularly heard best in the song, “Double Helix.” The instruments sound like they're traveling slowly across a graph in parallel lines, and sometimes, they collide and converse. When a song ends, we hear that what once was symmetry being built has now derailed into incoherent scribbles. Underneath all the fireworks of various textures, we might still be able to see, to hear, the original melody under the mess.

I felt a sense of failure when I realized my inability to take over my father's construction business. I couldn't put anything together. I would see infinite line points in my geometry textbook and become just as scared as climbing my father's ladder. I ended geometry with probably less knowledge than I started with, but by some bizarre endeavor still passed the course. At the end of the year, normally we turned our textbooks back in to our teacher. Some of my friends, though, burned theirs in a bonfire at an end-of-the-year party. Watching the pages puff and ignite was a quarrel for relief. Although my friends hated the class just as much as me, I saw all those little shapes hover in the heat for a moment, and then become smoke.

Just another thing I couldn't ever understand.



Looking for a new study spot? Try the Dennos Museum!

Craig Hadley Contributing Writer Yes, the Dennos Museum is open. Seven days a week, nearly 360 days a year. And we're free for all NMC students.

Do you need a quiet place to study? Or maybe a break from classes or work? A comfortable place to wait for a friend, or maybe a unique store to pick up a one-of-a-kind birthday or holiday gift? It might surprise you, but your NMC student ID gets you a LOT of perks that you might not even know about at the Dennos Museum Center:

- Free unlimited admission to the museum
- One free ticket to each Dennos Concert Series performance (see us at the museum to redeem your free tickets)
- 50% off additional concert ticket purchases
- A cozy place to study (ask about the promenade seating!)
- Internship, volunteer, and work-study opportunities
- And more! We're working on new ideas all the time

So the next time you find yourself on campus, I hope you consider stopping by. Our friendly staff is here to answer questions, provide advice for aspiring arts and nonprofit professionals, and can offer volunteer and internship opportunities if you're looking.

On behalf of the entire Dennos team, we hope to see you at your campus museum soon!

Craig Hadley is the Executive Director of the Dennos Museum Center.



Photo by Coreene Kreiser

Naked and on Display

A Day in the Life of a Nude Model

Micah Mabey
Staff Writer

It was Oct. 8. Still warm outside. I spent most of the day in preparation, fear, and agony over what I would do that evening.

My bosses and coworkers were laden with questions—ones I couldn't answer yet. To dodge one question was to fall into another one. There was very little escape from the topic but it was my own fault.

When asked what I was doing after work, I told. My humor preceded me. We were all able to turn it into one big joke—but my co-workers had to wait until the next time I worked for the punchline. I wasn't going to have to wait that long.

It was figure drawing. I was the nude model, and it was happening that night.

And I was terrified.

Don't get me wrong. I'm not terribly uncomfortable with my body. I've been using it as a vice for comedy and theatre for years now, so I'm used to taking my shirt off for people's enjoyment.

This time was different though. It wasn't to make someone laugh, or to do a quick-change backstage at a theatre. No, this time it was so that a group of elders could capture me with their art. And it was hardly even me that they were trying to capture. It's not called "Micah Drawing," after all, it's "Figure

Drawing." I've got a figure, they've got the art supplies. Together, we've got a class.

I was nervous at first. I was greeted at the receptionist table by name. They'd been expecting me.

The lady at the table pointed me downstairs where the class would be. When I got down there, I noticed the surroundings. A big window on the rear wall. People, all over the age of 50, setting up their art supplies and canvases. A large pedestal right in the middle of the room, with people tinkering with lights on stands, shining down where my naked body could be seen in all of its...glory?

The moment came. One of the artists, and whom I presume to be the person in charge, came over to me and gave me a rundown. Three hours. We'd start with two minute stances. Make these the wild ones. Then we'll do 10 minutes, followed by 20 twice, and wrap it up with two half hour stances. We'd take little breaks here and there. It didn't sound so bad. She told me there was a bathroom around the corner where I could get ready.

I swallowed my nerves and took my kimono out of my bag. I had imagined myself as one of those old photographs of women with long cigarettes that stood outside of some art center in New York or L.A covered in a kimono. I didn't have

the cigarette, and I didn't stand outside looking all sad and artsy, but I did have the kimono, so I rocked it.

After changing, I spent a solid five minutes looking in the bathroom mirror trying to psych myself up. Eventually I came out, clothing in hand, covered by nothing but a kimono.

I stood beside the platform, waiting to be told what to do next, in bated breath. It didn't take long. The same woman from earlier told me that it was time. I donned this time as "The Derobing," and my naked body got onto the platform.

I was immediately surprised. It was cold. Way colder than I had expected it to be. Then I realized—being cold was my biggest issue. I wasn't nervous anymore. I wasn't worried about the artists gaze. I was just...cold.

And that felt good.

The next three hours suddenly didn't seem like they would be so bad. I'd just stand there naked. Nude. Sin Ropa.

Pose. Pose. Pose. Pose. Three hours of that.

Fast. Changes. Break. Slow. Drawn out. Break. Again.

Then, just like that, it was over. I was free to go. My check was in the mail.

And I felt empty.

I wouldn't do it again.

This Path is Paved in Words

A Novel Writing Journey (Part One)

Ann Hosler

Copy Editor

I'm a rebel.

The goal of National Novel Writing Month (NaNoWriMo) is to write 50,000 new words of a fiction book in one month. However, the spirit of the event means that everyone, even us rebels, are welcomed to participate.

What makes me a rebel is that I'm working on revising and expanding a current fiction novel that I started over the summer. Prior to November, I wrote more than 37,000 words. I never suspected to keep every word, nor do I see 50,000 as "The End." My revision process includes removing, clarifying, adding, and expanding upon my novel's content.

Just thinking about it is exhausting.

My preparation for NaNoWriMo began in October. I created an outline of plot points I still needed to hit. I compiled a synopsis of current chapters, noted plot holes or missed opportunities that my reader picked up on, and even created an excel spreadsheet that auto calculates how much time passes for each chapter after I realized that my timeline was going off the rails.

I'm called a plantser. It's a combination of a "planner" and a "pantser," which both are and are *not* what they sound like. Planners (also called plotters) tend to outline plots and have both detailed world-building and character descriptions ready on day one. This type of preparation gives planners a clear goal to the finish line. Pantsters wing every little detail—from plot to character development—on their first draft, letting the story take the lead rather than the other way around.

Plantsters tend to start with a rough idea for where the story's plot should go and what

characters and world-building need to be done. However, a plantser doesn't detail everything so succinctly that they're trapped by a common downside to being a planner: the outline becomes too restrictive. Using the open mindset of a panster, the plantser can expand their plot as new ideas take it in an unexpected direction.

The downside to being a plantser is some of the pitfalls I mentioned earlier: plot holes, missed opportunities, and continuity problems. Your world-building might be murky and you'll find yourself pausing to hash out a more solid backstory to help yourself make sense of how things work. However, the organized chaos is freeing as a writer, and that far outweighs any negatives.

As of this writing, I'm 10 days into NaNoWriMo and surpassed the 20,000 word hurdle. (In a rebel-like fashion, of course.) Taking the time to organize during October and having someone read what I had written up to that point has been a significant help to my revision process. Though I'm aware that I have some major plot holes to fill in the coming days, it's refreshing to start at the beginning and see my novel come to life.

On Nov. 30, I hope to have a completed draft, though I realize that is far from the end of my writing journey. There may still be plot holes. Content that is added now may confuse the story. The world-building is especially a struggle, as my novel takes place more than 2,000 years in the future and imagining how technology will evolve has been difficult. As NMC's fall semester comes to an end, my life will narrow down to revision, revision, revision.

That's a path I'm willing to take.

Experiencing the Alphabet by the Letter

Micah Mabey
Staff Writer

Professional theatre is well in its depths

in Traverse City, and what better way to ring in the holiday season than by experiencing it.

Between Nov. 30 and Dec. 6, enjoy the original Parallel 45 work of "The Alphabet Experience."

The new production consists of 26 micro-plays for every letter of the alphabet, in total performed in less than one hour. The micro-plays are written (or performed as improv) by the cast and crew themselves, with the promise that no two shows will be alike.

Some of these names that will appear on stage this winter are: Katie Clark, Ciera Dean, Brett Nichols, Stacia Sexton, Nicholas Viox, and Ben Whiting (magician extraordinaire). With such a stellar cast of performers, it's hard to believe that the show wouldn't be absolutely incredible. It's a good bet to buy your tickets early.

Rehearsals, which started Sept. 15, opened the cast to a plethora of new ideas.

"Apparently I'm a comedian now," said one cast members, who requested to remain anonymous as to not ruin the fun.

During the early stage of rehearsals, the cast would be sent home with writing prompts to prepare material for the next one. It was a way to help the cast get comfortable with writing style in "The Alphabet Experience" before being let loose to be silly.

The show opens with double maninees on Nov. 30. Additional showings run at 11am and 3pm on Dec. 1, Dec. 7, and Dec. 8. with an extra evening benefit on December 6th.

You can buy tickets at cityoperahouse.org/the-alphabet-experience.

Since 2010, Parallel 45 Theatre has brought more than 150 artists—from as far away as Berlin and as close as Traverse City—to create a groundbreaking nine seasons of shows for our community. And the theatre company has been able to stand with some of the greats. In 2017, Parallel 45 Theatre's production of "Alice in Wonderland" (written by Andre Gregory and the Manhattan Project and adapted by P45 with special permission) was nominated for a Wilde Award, which honors the best productions, performances and technical work produced or presented by professional theaters across the state.

Must-Have Cold Weather Apparel

Mikayla Brady Staff Writer As fall turns into winter, building up your wardrobe with the essentials might be necessary. For that extra warmth, double-up those layers to protect from the cold.

Oversized sweaters are a basic staple of the colder seasons. Any color or style but the more basic, the more versatile. For men look for quarter zip sweaters or light sweaters. Sweaters can be layered under vests or coats, or even paired with a scarf. Depending on the store, coupons, and style, sweaters range from \$15 to \$30.

A blanket scarf adds some warmth to seasonal outfits. They're cute, stylish, and have multiple uses. A blanket scarf from Target only costs about \$16.

Vests are a warm yet fashionable alternative to the winter jacket on fair weather days. They are versatile and come in all sizes, colors, and styles. Collecting vests in basic universal

colors is the best way to go. Black, navy, army green, cream, white, or maroon are easy colors to mix and match with several outfits.

To make a warmer outfit for a night downtown, layer an oversized sweater with a blanket scarf, vest, and short boots—either fuzzy or leather. When it's cold, thick socks that can be cuffed work well with boots. Add a cozy beanie or cute hat to keep your noggin warm.

All of these items can be used together, separate, or with other accessories to get your money's worth. Don't worry—these clothing items should last multiple seasons.



Photos courtesy of Sydney Gilmore

NMC Students Perform for Leadership Grand Traverse

Students of Dorothy Einstein's dance class performed for Leadership Grand Traverse on Nov. 1, in the Denno Museum atrium. Kaylee Annis, Annie Hindle, and Kimberlee Moody performed, Light Rays, a dance choreographed by Einstein. A structured improvisation entitled, Juxtapose, was also part of the 15-minute performance.



Photos by Courtney Ockert