

WHITE PINE PRESS

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

Traverse City Youth Strike for the Climate

pg.6



Photo by Jeff Smith/Groundwork

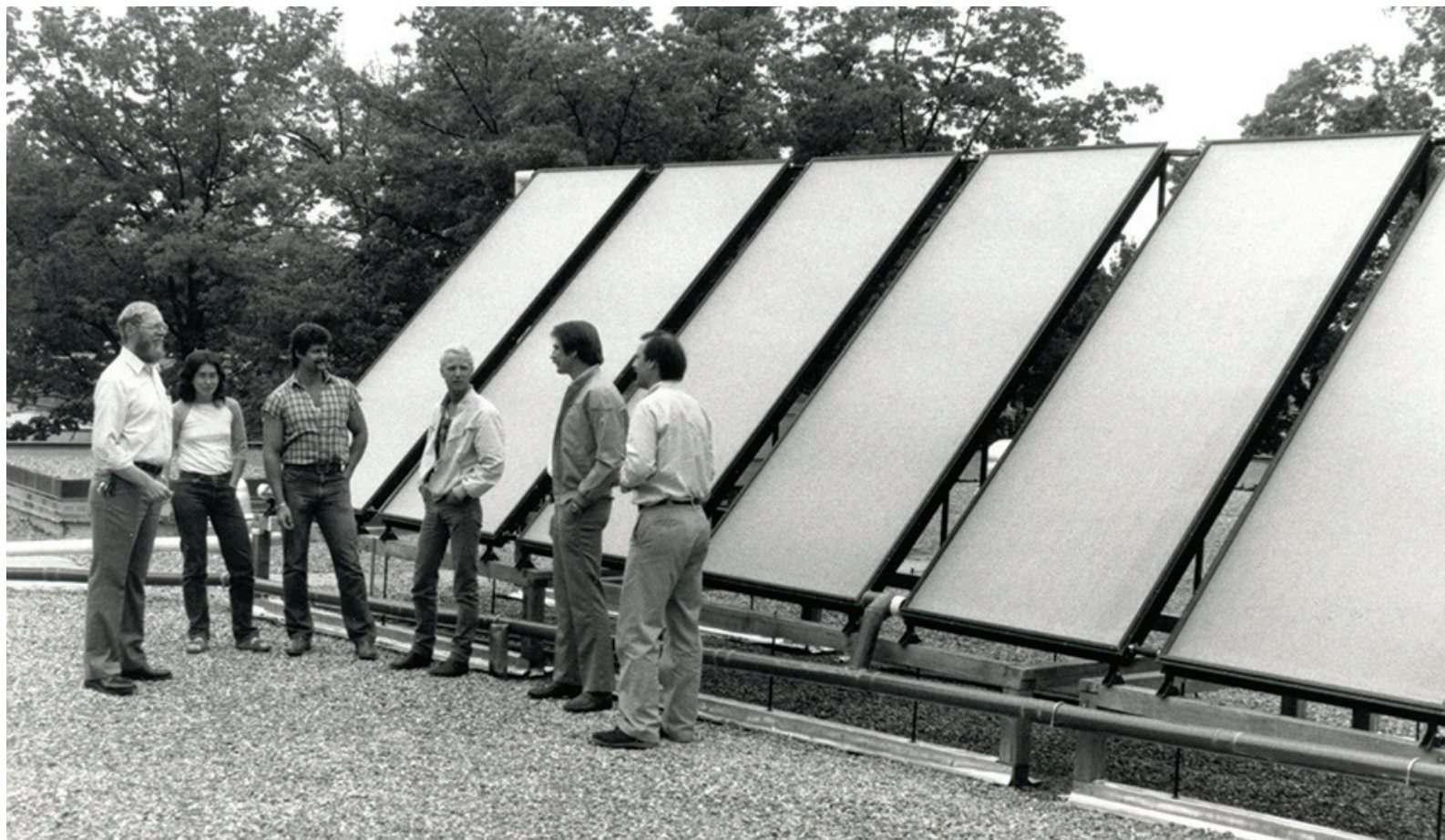


Photo Credit: Ann Swaney / NMC Archives

In the early 1980s, Northwestern Michigan College installed its first solar panels under the supervision of former science faculty member and current owner of Enerdyne, Dick Cookman. According to Cookman, "The students designed the system, presented the design to the Board of Trustees and administration, got their approval, and installed the system on the Health/ Administration building."

Today, NMC still seeks energy conservation solutions. Among them are a wind tower at the University Center, and both solar panels and a wind tower at the Aero Park campus. When the new West Hall Innovation Center is completed, it will be supported by geothermal energy.

NORTHWESTERN MICHIGAN COLLEGE

WHITE PINE PRESS

EDITOR-IN-CHIEF Emily Slater
PRODUCTION MANAGER Nick Moug
COPY EDITOR Ann Hosler

STAFF WRITERS

Kathryn DePauw	Maddy Sharpe
Samuel Gorcyca	Randi Upton
Kennedy Krieger	Tamara Wiget
Micah Mabey	Zoe Zinchook
Jasmine Miles	

PAGE DESIGNER Samuel Riddle
PHOTOGRAPHER Logan Schweizer

FACULTY ADVISER Jacob Wheeler
DESIGN ADVISER Kathy Schwartz

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NEWSROOM 231.995.1173
DISTRIBUTION 231.995.1173
ADVERTISING 231.995.1173
EMAIL whitepinepress@gmail.com

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Campus Briefs

The NMC Foundation has BIG news, and it wants to share it with you! Go to the pines south of Osterlin Library at 12pm (Noon) on Oct. 9 to find out the foundation's next big move. There will be NMC swag, snacks, beverages, cupcakes, and music to help you celebrate in Hawk Owl style.

NMC jazz bands offer free fall concerts. Enjoy two free concerts put on by NMC's jazz bands at the West Bay Beach Resort in Traverse City. Free and open to all ages, the Jazz Big Band will perform on Oct. 17 and the Jazz Lab Band will perform on Oct. 24. Both shows start at 7pm.

NMC transfer fair is Wednesday, Oct. 9. More than 25 universities will be on hand to talk about their programs, available degrees, and transfer process. If you're planning on transferring, this is a great opportunity to ask your questions and explore your options! The event will be held in the lobby of the Health and Science building from 9:30am through 1pm.

Correction

In our Sept. 20 issue, the page two historical photo caption incorrectly stated that NMC's original school colors were scarlet and white. They were, in fact, scarlet and grey.

Non-Discrimination Policy Notice

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Tentative Agreement Reached in Union Negotiations

Kathryn DePauw
Staff Writer

On Aug. 22, the Michigan

Employment Relations Commission (MERC) issued a Fact Finder's Report that favored NMC's unionized faculty attempts to negotiate higher pay raises for its members. The report recommended a 2% increase this year, 2.5% next year, and 3% the following year for faculty.

The purpose of the Fact Finder's Report is to address the union contract roadblocks between NMC administration and the faculty union, which has worked without a contract since January. Five areas of negotiation were in dispute, with the primary focus being on faculty wages and pay increases. The NMC faculty union requested cost of living increases for the two and a half years of the contract in the amount of 4% per year for faculty at all pay levels. As the *White Pine Press* reported earlier this year, Traverse City's cost of living is nearly 2% higher than the national average, and just over 19% higher than in

areas with community colleges used in the administration's salary comparisons.

According to the report, the administration argued that the pay increases were too large and had counter-offered raises with flat dollar amounts. The administration's original offer was:

"2019 adjustments for steps 6-19 \$1,050; step 20 \$1,000

2020 adjustments for steps 6-20 \$900

2021 adjustment for steps 6-20 \$900"

While declining enrollment is mentioned in the report, both sides agree that it does not affect the school's ability to pay for salary increases. Most of the other issues the report addressed recommend maintaining the status quo.

Faculty agreed to the Fact Finder's proposals before any recommendation was rendered. Administration has not committed to adhering to the report, despite requesting fact finding.

MERC is an independent state agency that oversees various labor-management

relations. Frederick Vocino, a neutral mediator, was tasked with researching the disputed areas of the negotiations in the hopes of ending the stalemate. The facts were presented to him and he weighed the important variables to reach an informed opinion.

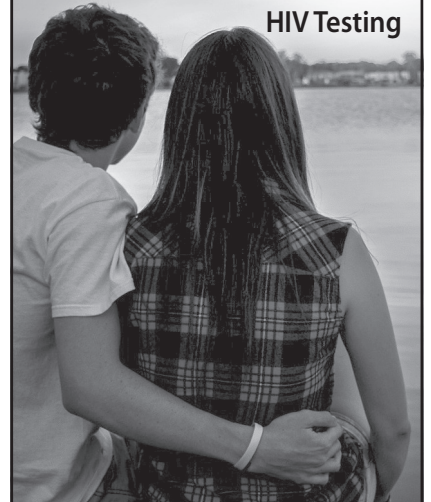
MERC stepped in, at the request of the administration, after mediation between the two groups hit a stalemate in January. This is the second contract between union and administration officials since NMC faculty unionized in 2015.

Both groups met on Oct. 2 for further mediation. After many hours of negotiation, the stalemate was finally broken.

"The parties are pleased to announce that they have reached a tentative agreement on all issues," said Brandon Everest, president of the NMC Faculty Association, on Oct. 2. "The Association membership will be advised as to the details of the agreement prior to a ratification meeting next week."

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Justin Sheehan
Allied Health Sciences major



Student Groups Forge Friendship and Passion

Jasmine Miles
Staff Writer

NMC's student groups, which are both developed and lead by students, can provide the perfect place for you to relax and meet people.

NMC has 20 to 30 groups per year. Not all groups are available every year, but sometimes they're picked back up by other students further down the road. It all really depends on how driven the students are that school year.

"Joining a student group is great because you get to find your people," says Shannon Friedgen, office manager in Student Life. "You get a chance to work with people who are passionate about the same things you are and hopefully make friendships that will last a lifetime."

At NMC, we have a wide variety of student groups that represent the diverse community of our college. The Black Student Union supports the empowerment of black Americans. His House is a dedicated community of students who strive to serve God in their lives. The NMC Green Team seeks to raise awareness of environmental, economic, and social justice issues. NMC Pride offers a safe place for LGBTQ+ students to talk and interact with each other.

There are also student groups that promote physical activity. If you're looking for something to get you moving, check out iDance, a group that welcomes everyone to enjoy partner dancing with no experience or partner needed. "The benefits of iDance come from what you put into

it," says NMC student Drake Mathews. "If you show up and involve yourself then you will excel. Dancing is one of the best outlets in the world!" iDance meets in NMC's Rajkovich (physical education) building from 9pm until midnight on Wednesdays. "iDance is the perfect place to go if you have no experience and are looking to, for some, step out of your comfort zone and explore your creative side," Mathews adds.

There are some new groups starting this school year at NMC. Dungeons & Dragons (D&D) is lead by returning NMC student Chrissy Lee. D&D is a role-playing game that allows you to work as a team to solve a series of quests while having a lot of fun. "Getting together a group of like minded people and playing a game we love its so much fun and a great way to relax," Lee says. "We welcome new people to join us—the more the merrier."

Another new addition is an acting/improv group is called "So You Think You Can Act." This group of aspiring thespians work on acting and improv skills, and hope to one day write their own plays and perform them here at NMC.

Try something new with the amazing student groups we have at NMC! Discover all the groups on the Student Life website: nmc.edu/student-life

Travel the World with NMC

Kennedy Krieger
Staff Writer

Every year, the International Services and Service Learning department offers NMC students the opportunity to travel and study abroad.

This spring and summer there are a total of eight trips that are traveling abroad, some of which include Brazil, Cuba, England, and Spain. There are a few requirements to go on these trips—some require the completion or enrollment of certain courses, as well as having a 2.5 cumulative GPA or higher and a minimum of 12 NMC credits by the end of this year.

"Students start to see themselves as global citizens, participants, and change-agents," said International Services

and Service Learning assistant Stephanie Prall. Traveling abroad gives the "ability to better understand our country from an outside perspective—[it's] a shift in mindset," adds Prall.

Students will experience personal and professional growth, and the ability to build their confidence. The culture of a different country is a very eye opening journey. Traveling overseas gives students opportunities to better understand the cultures they're visiting and will hopefully give them a desire to continue traveling.

"With the help of school and the study abroad program, I was able to experience a lot more than if I were to go on the trip alone," said Samantha Rochow, a Great Lakes Culinary

Institute student who went on NMC's trip to Italy trip last year.

Explore the world whenever you're given the chance.

Traveling abroad creates experiences that you'll never forget. The people you meet and the places you visit forge new memories. Traveling is a time to push yourself outside your comfort zone. Try new foods, learn the culture, and make many friends.

Study abroad, and those experiences will always travel with you.



Photo by Allison Schroeder

Students Allison Schroeder (L) and Samantha Rochow enjoy the culinary delights of a trip abroad.



A definite bonus to traveling abroad? CHEESE.

SATURDAY NIGHT LIVE

The Razor Thin Line of Comedy

Micah Mabey *Saturday Night Live's* 45th season started before a single cast member graced its stage.
Staff Writer

Every once in a while SNL makes the news for some controversial sketch or a Weekend Update celebrity drop-in. This time, the show hired a new cast member with a less-than-stellar back catalog that was all too easy to dig up.

Shane Gillis was one of three new cast members announced for this new season. As always, when someone is announced for such a long-standing show like SNL, the public deep-dived into his previous material to see who they'd watch on the 30 Rock stage.

The unfortunate side, however, was what the public found.

In a near-viral clip from "Matt and Shane's Secret Podcast," Gillis and co-host Matt McClusker discussed New York's Chinatown when Gillis says, "Let the f—ing ch-nks live there." He later recalls a restaurant being "full of f—ing Chinese in there."

These clips surfaced at a time when SNL had cast their first Asian full series regular—Bowen Yang, a writer from last season. It was a historic moment for the show that was quickly overshadowed by the Gillis' past remarks.

The racist comments, along with anti-Muslim and homophobic speech used by Gillis as recently as 2018, caused an uproar and eventually led to him being fired from the show before the season even started.

"We want SNL to have a variety of voices and points of view within the show, and we hired Shane on the strength of his talent as a comedian and his impressive audition for SNL," read a statement released on behalf of SNL creator Lorne Michaels. "We were not aware of his prior remarks that have surfaced over the past few days. The language he used is offensive, hurtful and unacceptable. We are sorry that we did not see these clips earlier, and that our vetting process was not up to our standard."

The firing divided comedians, with some applauding SNL's swift action and others lamenting the so-called "PC culture" creeping into their work.

Ricky Gervais tweeted over the weekend: "Please stop saying 'You can't joke about anything anymore.' You can. You can joke about whatever the f*** you like.

And some people won't like it and they will tell you they don't like it. And then it's up to you whether you give a f*** or not. And so on. It's a good system." Although not mentioned directly, the timing of Gervais's tweet appears to infer to the SNL incident with Gillis.

This is a strange era for comedy. There are plenty of people who fall into the "political correctness" trap—but that doesn't mean that everyone is trying to be politically correct either. Because there are plenty of comedians who think that tearing down that PC line is just as important as staying behind it.

Bill Burr is a great example of someone pushing the line. He tells deliberate controversial jokes, especially in his newest comedy special on Netflix titled *Paper Tigers*. In the special, he includes rants against the #MeToo movement, "male feminists," and a handful of Michelle Obama jokes. It's fair to say that most Obama fans...didn't love it. I'll leave the actual viewing of the jokes up to you, dear reader. But know that you might get super "triggered," as the kids say.

There are also comedians who push the line tastefully and for the right reasons. Hasan Minhaj, a former correspondent on Comedy Central's *The Daily Show*, has more recently been seen in his Netflix show, *Patriot Act with Hanan Minhaj*.

In September 2019, Minhaj testified during a United States House Committee on Financial Services hearing on student loan debt using the research he highlighted in a February 2019 episode of *Patriot Act*. His testimony was a mixture of fact and comedy, yet his brand of comedy was not jokes told at another's expense, but instead ones that highlighted the issue at hand. "So really, all I'm asking today is, 'Why can't we treat our student borrowers the way we treat our banks?' Because 44 million Americans? That is 'too big to fail,'" Minhaj told the committee in his closing statement.

Comedians, by nature, are meant to push against the status quo and it's near impossible to make everyone happy doing it. But the razor fine line between comedic hard truths and blatant racism, sexism, bigotry, you name it, is becoming increasingly hard for some comedians to walk. We are entering into a time when those who punch down in their comedy are held accountable for the things they say. And only time will tell if they can bear the weight of their own words.

Youth Strike For Climate Science

Kathryn DePauw
Staff Writer

The weather was warm and sunny as strikers held signs and spoke into megaphones, demanding that science be applied in policy. People of all ages walked out of work and school to pressure law makers to address the climate crisis.

On Friday, Sept. 20, the Traverse City community joined millions around the globe, in more than 150 countries, to strike for action on climate change. NMC and University Center students as well as student groups like the GT Freshwater Society were just some of the participants. It is estimated that around 300 people gathered at the Open Space to hold signs, speak, and march in support of climate science and environmental policy.

Briana Dones, a student at the University Center, wants decision makers and the public to focus on what she calls a system change. "That starts with us making movements towards policy changes for our environment," Dones said.

Many strikers were focused on the lack of action in both Washington D.C. and Lansing. Michelle Preston, a recent Freshwater Studies graduate, explained that she believed the problem was "corporate lobbyists who have made so much money off of the status quo that they are controlling the government to resist progress on renewable energy... and more sustainable systems in general."

The strikes were timed to bring attention to the U.N. Climate Action Summit, which took place on Sept. 23. United States representatives did not speak at the event and has said it will pull out of the 2015 Paris Agreement, a voluntary pact to reduce greenhouse gas emissions.

Swedish activist Greta Thunberg, who spoke at the United Nations Climate Action Summit, inspired the global climate strike, part of the global "week of action." At the summit, Thunberg stressed the need for action. "For more than 30 years, the science has been crystal clear. How dare you continue to look away and come here saying that you're doing enough, when the politics and solutions needed are still nowhere in sight." This is the second year of global youth strikes led by Thunberg to pressure leaders to prioritize climate science in policy decisions.

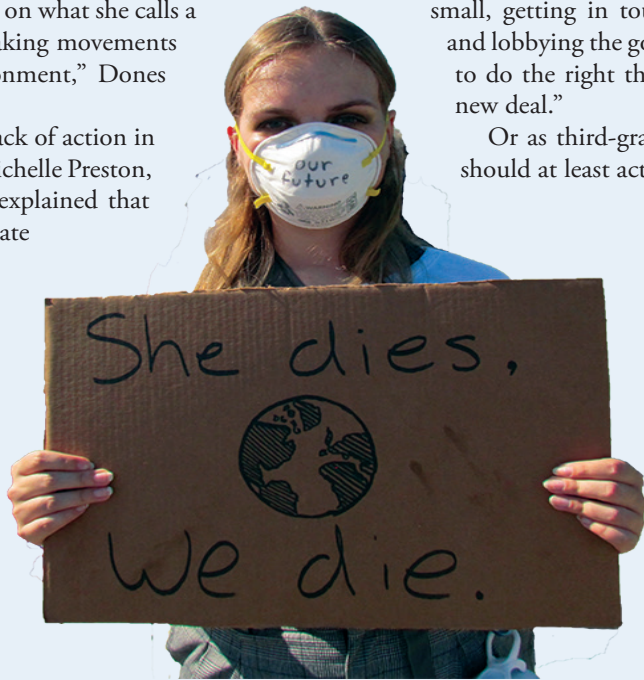
Dones's son Hayden, a third grader at Eastern Elementary, was with her at the strike and wants to be a marine biologist to "save all the animals." It was important for Dones to include her son. "The youth is our future. Someday I won't be here to keep making the change I want to see, but if I can implement these ideas in my own son, he can keep implementing them for our Earth."

Despite the event being a

"student strike," many participants were not students. Most schools in the country did not excuse absences for the event. Ann Rogers, co-chair of Northern Michigan Environmental Action Council (NMEAC) believes this may be part of the problem. "It was disappointing that TCAPS did not allow their students to join in," Rogers said. "Hopefully the powers there will realize the critical time we are all in, teach the students the science of what is happening to our Earth, and allow them to join the next strike just as the New York schools did."

It was clear that the protesters were focused on productive actions beyond the strike. Preston encourages everyone to "do anything that they can do to preserve the future of our global ecosystem, whether that be big actions or small, getting in touch with representatives and lobbying the government for politicians to do the right thing and support a green new deal."

Or as third-grader Hayden stated: "We should at least actually try."



Photos by Jeff Smith/Groundwork

A Global Issue Hits Home

How Climate Change is Affecting Northern Michigan

Emily Slater While climate change affects the entire globe, its local effects are evident in Michigan's biggest natural resource: water.

change," Dr. Andrew Gronewold, associate professor at the University of Michigan's School for Environment and Sustainability, told the *Glen Arbor Sun* this summer.

In 2019, all of the Great Lakes, apart from Lakes Michigan-Huron (which is considered one body of water by the U.S. Army Corps of Engineers), reached record high levels. Lakes Michigan-Huron came within one inch of setting the all-time high record this past July.

Local lakes and rivers have experienced such high water levels that roadways, boardwalks, and even businesses have seen flooding. Water levels have stripped many beaches of valuable sandy acreage, an issue touching both local living and the area's tourism.

From 2013 to 2019, a span of just six years, Lake Michigan water levels have risen from an all-time low water level to a near all-time high with a recorded 63 inches of vertical water increase.

Several inches of flooding affected Leland's Fishtown shanties, with popular sandwich shop Village Cheese Shanty ending its season early due to rising water level concerns. In a Facebook post from Oct. 1, the shop stated, "With more rain on the way and the waters already being at record high levels we can't keep fighting Mother Nature."

"If you have events that are not part of your historical record that represent a change in conditions, that's the definition of climate



Photo Courtesy of Mike Bielski



Photo Courtesy of Linda Dewey



Photo Courtesy of Holly Wright



Photo Courtesy of Jacob Wheeler



Photo Courtesy of Jessie Pavelek

Common Climate Myths

Kathryn DePauw
Staff Writer

The climate is always changing. This is a natural cycle.

Paleoclimatology, the study of past climates, has shown that the last 150 years have seen an unprecedented change in global climate. The belief that the Earth is emerging from the Little Ice Age, and the warming we are seeing is just a return to "normal" is misleading since this was a regional climate condition, affecting only portions of the northern hemisphere.

"Warm and cold periods over the past 2,000 years have not occurred at the same time in all geographical locations, with the exception of the 20th century, during which warming has occurred almost everywhere."

Source: *Nature*, Vol. 571 Iss. 7766, July 25, 2019

The greenhouse effect is bad.

The truth is that the greenhouse effect keeps our planet habitable; without it, Earth would be, on average, 0°F instead of the 59°F average we see. This is a natural process that is beneficial to life, but human activities have upset the balance by increasing the amount of greenhouse gases in the atmosphere.

Source: NASA, March 1998; UCAR 2011

Climate change is happening, but humans aren't causing it.

The 2018 Intergovernmental Panel on Climate Change (IPCC), a group of 1,300 independent scientists from all over the world, found that "industrial activities that our modern

civilization depends upon have raised atmospheric carbon dioxide levels from 280 parts per million to 400 parts per million in the last 150 years. The panel also concluded there's a better than 95 percent probability that human-produced greenhouse gases such as carbon dioxide, methane and nitrous oxide have caused much of the observed increase in Earth's temperatures over the past 50 years."

Source: IPCC, February 2018

The changes seen are due to sunspots.

"The amount of solar energy received by the Earth has followed the Sun's natural 11-year cycle of small ups and downs with no net increase since the 1950s. Over the same period, global temperature has risen markedly. It is therefore extremely unlikely that the Sun has caused the observed global temperature warming trend over the past half-century."

Source: NASA, May 23, 2019

There is no scientific consensus.

Some scientists manipulate data. While there are a lot of variations in climate models, since they all focus on different aspects of the complicated global system, there is still a consensus. Various studies agree that more than 97% of publishing climate scientists agree that "Climate-warming trends over the past century are extremely likely due to human activities. In addition, most of the leading scientific organizations worldwide have issued public statements endorsing this position."

Source: NASA, 2016

A Minor Complaint: Posters Stinking Up Our Campus

Marie Bythesea *The opinions expressed in this piece are solely those of the writer and do not necessarily reflect the stance of the White Pine Press or Northwestern Michigan College. Mostly because she didn't ask them how they felt on the matter.*
 Contributing Writer

In a deluge of information, it's difficult to weed out the good from the bad. Even when journalists should be objective, their biases leak through, intentional or not. With the rush for everyone to be the first to report something, information may be unverified and soon retracted. There's no one news outlet immune to this problem and no perfect solution to avoid it as we continue to evolve within this digital age.

I loathe to call it fake news. The term is blown out of proportion and overused when convenient. Mistakes are mistakes, spins are spins, and unless you're reading a source like *The Onion*, there's likely some truth to what you see.

So let's call it bullshit. (This is the part where our faculty advisor cringes. Sorry, Jacob.)

Bullshit is everywhere, but I'm not writing to complain about everywhere. Most important to me at the moment, as both a property tax payer in Grand Traverse County and a student at NMC, is that bullshit is leaking onto campus.

That means the bullshit is coming from our own Traverse City community.

It's no surprise to anyone that we have bulletin boards

across campus. Students and members of the community are welcome to post on those boards. This is great—there's always a lot of notices about student groups, area events, businesses seeking employees, and more. And, of course, the bullshit.

Bullshit masquerades itself in many forms. It might be on neon paper. It might have a silly drawing with an outdated reference that students have to Google because we're too young to get the point the bullshitter is trying to make with their "joke." It might look like official correspondence from the very college it's posted in, with minor alterations, but includes language that distorts reality with its bullshit.

The worst part—at least I suspect—is that the college can't remove this bullshit because community members are allowed to post on these boards as long as, according to the NMC policy last updated in 2010, its content doesn't "disrupt campus activities." (However, the bullshit neither "provides a campus culture conducive to learning" nor does it "provide information and a means for college entities to promote activities, events and services as well as allow for the announcement of matters directly related to the health, safety, security or welfare of the college community." But that's an argument for another day.)

So that leaves us in an awkward situation. Students are fed this bullshit. Some have been alarmed by the fake official correspondence believing that it's a real memo from

the college. Some other posters to the board find their own postings littering the ground to make room for the bullshit.

It's a problem, it's here, and since the college either can't or won't act on it, we need to learn how to identify and ignore it.

Here are some markers of a bullshit poster:

- Poor grammar, typos, and/or bad formatting
- Bizarre political propaganda
- Unprofessional designs/art
- Attempts to have you contact an unknown entity for zero reason

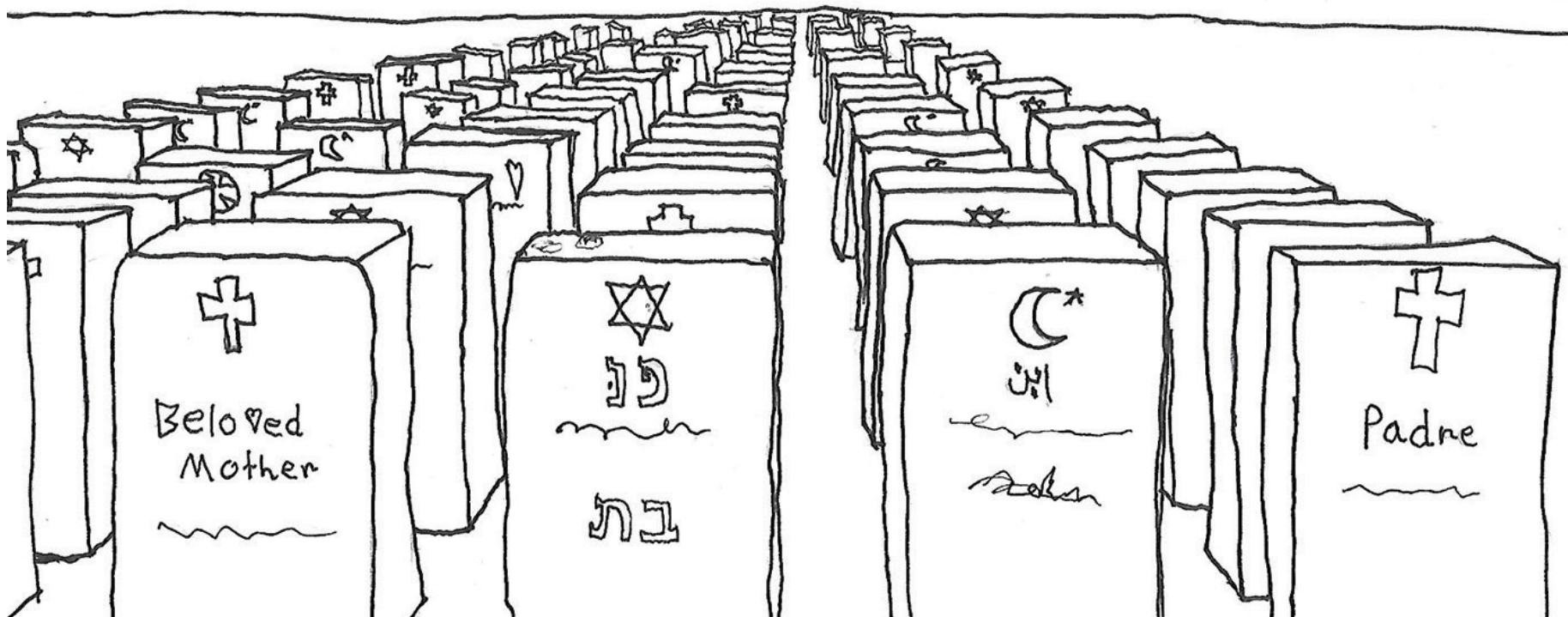
Hopefully those members of the community posting this bullshit will stop soon. It's meaningless clutter that draws away from real postings. It's not fair to the many, many valid board posters that we have to weed through fake bullshit to find the real content. Maybe someone really needed that support group or job information that the bullshitter callously pulled down or pinned over. Maybe they were looking for a student group or local event.

What they don't need is the bullshit.

Disclaimer: Marie Bythesea is not my real name (fun fact: the surname "Bythesea" is considered extinct since 2011). The bullshit is a tad too unhinged for my comfort.

MASS SHOOTINGS

How Many Before Enough is ENOUGH? How Many Before it's too MANY?



Artwork by Winter Swamp

Traveling on a Student Budget

Steven Tucker
Staff Writer

In the United States we have over 4 million miles of open road to explore. But travel can be expensive, especially on a college student's budget. With a little practice, and following some of these tips, one can reduce the cost of traveling to go further, stay away longer, and experience our vast country and world in unique ways often missed by typical travel methods. These techniques do require a bit of "roughing it," but it's all part of the experience in the end.

The first rule of traveling on a budget is to ensure that you have reliable transportation. You do not want to fix your vehicle mid-journey. Before setting off, take it to a trusted mechanic for a tune-up, oil change, and mechanical inspection. Even the oldest, most beat up car can be a trusty travel companion as long as it's cared for.

Bring your own food. Eating out is expensive no matter where you are. Definitely have some money set aside for must-visit eateries along your travels, but a peanut butter and jelly sandwich at a rest area will do the job for a lunch. Purchasing a cheap cast iron skillet or pot and carrying a propane burner makes it possible to cook like you would at home, right from the trunk of your car. A cooler and frozen water bottles work as a refrigerator for days at a time. Even if you can reduce your restaurant visits to one a day, you can seriously cut down on your food budget. Bring a bottle of dish soap and refillable water jugs for clean-up.

Lodging is another unavoidable expense. If you're lucky, you may find a hotel for \$50 per night. For that price, one can buy a tent, sleeping bags and mats to lay on. Some campsites have a charge, but apps like "Free Campsites" and "Freeroam" provide you with free or inexpensive camping locations throughout the United States. Some county parks allow camping provided that you call the local sheriff or pull a free online permit. I like to stay in a cheap hotel occasionally, as it's a good way to recharge after a week or so of roughing it.

Couch surfing is another excellent option. Download the Couchsurfing app which gives you access to a community of people all over the world who are willing to host travelers for free. The app uses a verification and review system, so it's recommended that you verify yourself when you first start out. As you gain more references it becomes easier to find hosts, so it's best to begin in major cities where you're likely to have many options.



Staying clean is a must while traveling. Most truck stops have coin operated showers in them that will do the job, but a better option is to purchase a \$10 monthly membership to Planet Fitness and use the showers in their locker rooms. They have locations in many cities. In my experience they will allow you to bring a plus one, a bonus if you are traveling with a companion.

These techniques will help you to travel far on a tight budget, and with experience, you'll find that it's more of a state-of-mind than a technique. I tend to be as cheap as I can when traveling alone so that when I make new friends, we can go out to eat or have a night on the town, and not have to worry about the typical expenses involved in that.

There is a certain satisfaction in going as far as possible on as little as possible, but that doesn't mean to avoid spending at all times. Instead, spend on what you want, rather than what you need. There is no feeling of freedom quite like being on the open road. When one learns to travel in a way that loosens the financial burden, that freedom is increased exponentially.

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Vegan on a Budget

Randi Upton Staff Writer A common myth with eating healthy is that it's virtually impossible on a budget—and vegan is out of the question. Well, I am here to tell you it is very possible!

I have lived on a strict budget for years, and have spent the majority of my life either well below or slightly above the poverty line. This has given me my superpower: being poor.

Healthy eating on a limited budget is attainable. Bottom line: you have to cook, especially for a vegetarian or vegan diet. Some people like to say that vegan diets are a marker of the privileged, to which I say, all the "poor food" is already vegan: rice, beans, peanut butter and jelly, etc.

When I went vegan, I missed a lot of foods. One food I really missed, and don't judge me here, was tuna salad. Tuna salad sandwiches were one of my favorites to eat, a comfort food and pretty much the same thing everywhere. If I went to a restaurant and the tuna salad sandwich was gross, I would duck out of there fast because that kitchen had to be a mess. So once I went vegan (I did say I am vegan, right?) this former diet staple was sorely missed.

Then one day while browsing the interwebs, I discovered something that could replace tuna: garbanzo beans, also known as chickpeas. I was hesitant when I first read about it, but trust me on this one—they are the same thing. Using garbanzo beans as a substitute for tuna was a life changer. It is cheap, and I can make a large batch and keep it in the fridge for quick, easy meals. Cans of garbanzo beans are about \$0.79 at the store. I use

Veganaise as my mayo, but there are egg-free mayo options out there that are slightly cheaper. You can add whatever you typically do for a tuna salad. I like mine with lots of dill and pickles and such. For just a few bucks, you can have lunch for the whole week, and it is animal-friendly and healthy!

Chickpea of the Sea

Ingredients:

- 2 cans of Garbanzo beans, drained
- Egg-free mayo, to taste
- Dill pickle relish, to taste
- Sliced hot banana peppers
- 2 tsp soy sauce
- ¼ of a red onion, diced
- 2 stalks of celery, chopped
- Bit of juice from banana peppers, optional
- Salt, pepper, dill, whatever extra seasonings

Directions:

1. Dump the beans in a bowl, and mash with a potato masher. If you are fancy, use a food processor but honestly who even has one of those?
2. Add wet ingredients, mayo, soy sauce, etc. How much of the wet ingredients is up to you, depending on how much other stuff you add.
3. Add pickles and peppers and veggies, seasonings, then mix it all up.
4. Taste test and see if you need to add more of anything.
5. Slap a spoonful on some bread (or some of that nori if you are fancy) and voila!

Easy Microwave Apple Crisp

Kennedy Krieger Staff Writer As sad as it is to admit that summer is ending, I can't help but be excited for the fall weather that October will bring! It's time to get out your sweaters, grab an extra blanket, and start eating fall flavored dishes that can't help but warm the soul.

One dish that I love to make during this time is apple crisp. This is just one of many desserts that I love to make for my friends when they come over to hang out on the weekend. Apple crisp can be a bit intimidating to those who aren't bakers, so here is an easy recipe you can whip up in the microwave! It's very easy to follow and there are very few ingredients.

Easy Microwave Apple Crisp

For apple filling:

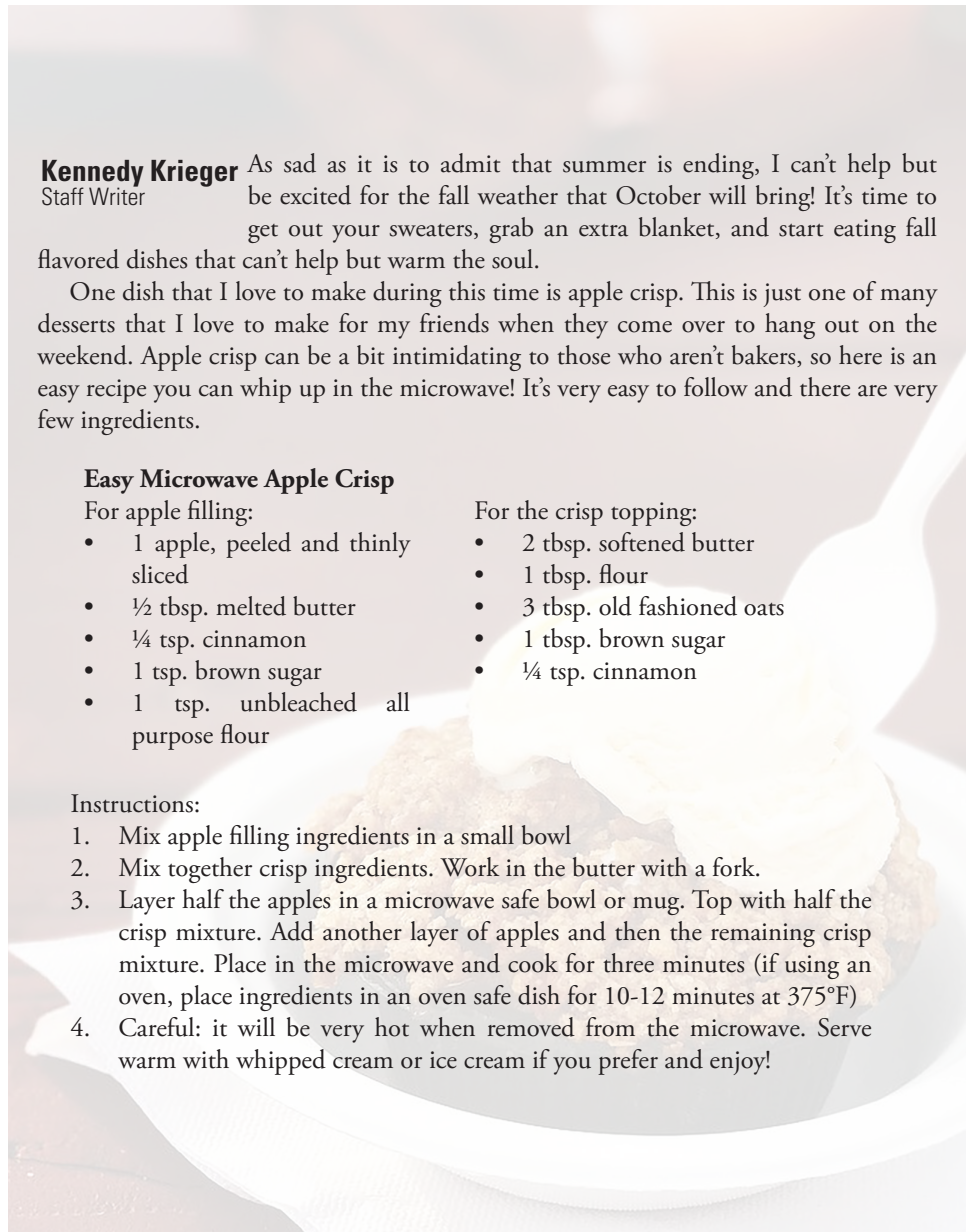
- 1 apple, peeled and thinly sliced
- ½ tbsp. melted butter
- ¼ tsp. cinnamon
- 1 tsp. brown sugar
- 1 tsp. unbleached all purpose flour

For the crisp topping:

- 2 tbsp. softened butter
- 1 tbsp. flour
- 3 tbsp. old fashioned oats
- 1 tbsp. brown sugar
- ¼ tsp. cinnamon

Instructions:

1. Mix apple filling ingredients in a small bowl
2. Mix together crisp ingredients. Work in the butter with a fork.
3. Layer half the apples in a microwave safe bowl or mug. Top with half the crisp mixture. Add another layer of apples and then the remaining crisp mixture. Place in the microwave and cook for three minutes (if using an oven, place ingredients in an oven safe dish for 10-12 minutes at 375°F)
4. Careful: it will be very hot when removed from the microwave. Serve warm with whipped cream or ice cream if you prefer and enjoy!




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Book *Shady Lady* Review

“Beyond the Limit”

Ann Hosler
Copy Editor

I was excited by the blurb for “Beyond the Limit” by Cindy Dees. A SEAL team is tasked with training women to prepare for becoming the first Navy SEALs—something that platoon leader Griffin Caldwell doesn’t believe is possible, and something that Navy media officer Sherri Tate believes she can prove.

The hero was obnoxious about women in the first chapter, but I let it slide. Second chapter, let it slide. But when it takes 15 of the 25 chapters for Griffin to show some sign of change that is never truly achieved? Unforgivable.

I was torn on whether “Beyond the Limit” was a 1-star, 1.5-star, or 2-star read for me.

After some reflection, I decided that it’s a 1.5-star book. There is so much more bad to discuss than good.

For me, the good started around 60% through the book, when Sherri moves on to SEAL training that does not include Griffin being involved much in the story anymore. Sherri is a much better character without him. Unfortunately, the only good and interesting part of the story is over within 10 chapters, leaving the reader to suffer through the end.

It takes a lot for me to have such a viscerally negative reaction to a book, as I’m happy to roll with most plots as long as I feel that the author justified them, structured them well, and crafted relatable (even if they’re not likeable) characters. Griffin is a terrible character. His attitude toward women is ridiculously sexist—something you can see in him even through the final pages. It was frustrating to read chapter after chapter of Griffin’s BS.

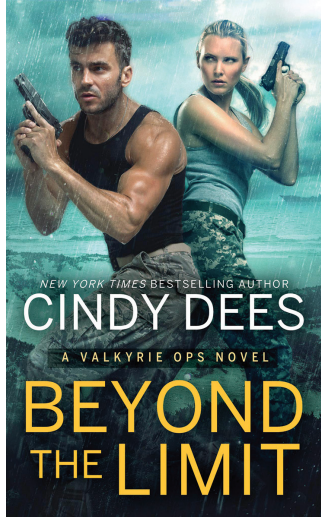
I normally highlight and note a few things in my ebooks to refer back to in a review. A few, as in, less than 10 notes

of major things I noticed in the writing or some commentary on my mind. In “Beyond the Limit,” I had 104 notes. A handful of these notes were lines that I noted as breakthroughs in Sherri’s progression as a character. Another few notes were highlighting the main character names and changes in location. But the vast majority of the notes highlighted areas where Griffin was being a jerk, whether in general or through sexist commentary. I had so many attached comments of “ugh,” “meh,” “WTF??,” and expletives I won’t print in a review that my Kindle notebook is painted in a rainbow of frustration.

Ultimately, it was Griffin’s characterization that ruined the story for me. The plot regarding the first female SEALs is quite topical, but he drains any enjoyment of it. The good part of the plot only comes once he’s temporarily on the back-burner and Sherri gets to shine.

Even though one of my major interests in “Beyond the Limit” was the story being a romance—it would have been much better with no romance. Its unsatisfying happily-for-now conclusion, that doesn’t even wrap-up Sherri’s story arc, seems to agree with that sentiment.

I received an advanced reading copy of this book via Netgalley in exchange for an honest review.



An Obituary for the Pizza Place Behind Brew

Micah Mabey
Staff Writer

Alley is dead.

Wait. Hold on. That’s not right.

Alley’s Market, 113 E. State Street, Traverse City, Michigan is no longer with us.

It’s passed on to the other world with the likes of young Gaijin and the beloved Hambonz.

Time of death: Sept. 5, 6:41 PM, as recorded on Facebook, when the public was informed of the details behind the mystery.

After a week of radio silence, stacked chairs, and locked doors from the little powerhouse of a red top pizza and sandwich market, there was finally word of what was happening to the hidden shop. Alley’s Market will keep its lights off—permanently.

Since Alley’s passing, the town has been in shambles. Riots have gone up 85% and Little Caesars pizza has been thrown from car windows. Dominos 14” large rounds are flung from the rooftops, children have denounced religion, and the mayor has issued a town-wide ban on any and all pizza and pizza related activities. Opposition groups have formed. We’re in all-out crisis mode.

Alley’s is survived by the photos of cardboard pizza boxes strewn about Instagram and Facebook reviews from tourists, as well as her sister restaurant Harvest and their younger brother food truck Roaming Harvest.

There will be no service for Alley’s, but if you wish to say your prayers and remarks, feel free to write them all down on a small piece of paper and hide them in the holes of the walls of Brew; never to be found or thought of again.

Welcome to the new age everybody.

A Traverse City without Alley’s Market.

Without redtop pizza.

Without hope.

May God bless our soul.



Photo by Micah Mabey

“Norman Fucking Rockwell!” Album Review

Nick Moug
Staff Writer

Lana Del Rey’s surprising new album “Norman Fucking Rockwell!” is an enormous leap in the quality of her songwriting and a promising new beginning for what has always been an intriguing voice in contemporary pop music. Her vision is California—somewhere beauty and decadence commingle to create a sense of either impending doom or, maybe, of beautiful new horizons. Perhaps both.

“Goddamn man child,” she begins on the opening title track, addressing what appears to be a consistent, unnamed male presence throughout the course of the album. “Your poetry’s bad and you blame the news,” she continues. Portraying herself as a girl who can’t keep away from trouble on previous albums, on “Norman Fucking Rockwell!” the persona is more fairy godmother in an era of crippling stagnation and dread. Her engagement with the present is admirable, especially during an era where placing a finger on the present could mean losing your finger, but she does it convincingly throughout the 60-minute runtime.

It can still be business as usual for Lana Del Rey on some of these tracks as well. The song “Cinnamon Girl” tells a story about being in love with a man addicted to prescription medication - “Violet, blue, green, red to keep me at arm’s length,” she chillingly describes.

There’s an odd choice to include a cover of Sublime’s 1997 song “Doin’ Time” as a single, which itself is a recreation of the song “Summertime” from George Gershwin’s 1935 opera Porgy and Bess. It’s a story about a young man trying to rescue a young woman from her abusive lover and her drug dealer. The eternal tragedy of people caught up in dark times and dark relationships that go over their heads extends from 1935 to 2019 here. Maybe it’s not meant to reach that level of meaning. Maybe it is. Regardless it’s exemplar of the depth of interpretation teased out from this very impressive album.



Veterans for Peace Chapter 50 Celebrates

Building a Culture of Peace

Rain couldn't keep the Veterans for Peace Chapter 50 from celebrating the International Day of Peace on Sept. 22. Multiple speakers encouraged peace and love as they shared stories of deportation and hardships that their family and friends have endured in the modern world. The event also included live music, including songs of peace sung together by the attendees. A march through downtown Traverse City ended the afternoon and helped spread the group's goal of increasing public awareness concerning the total costs of war.



Photos by Logan Schweizer