

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.

# The Community-Minded President

Story on pg. 6







NMC students hit the slopes at Holiday Hills in this 1967 photo. Pictured from left: Gary Hays, Dave Kimble, Jim Sellman, Marilyn Kelley, Bob Bartlett

Photo courtesy of Ann Swaney/NMC Archives

NORTHWESTERN MICHIGAN COLLEGE

# WHITE PINE PRESS

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## Cover Photos

**Top left:**  
Photo courtesy of NMC PR  
Nissley joins a team of students at Right Brain Brewery's NMC alumni trivia night.

**Bottom left:**  
Photo by Ann Hosler  
Several *NMC Magazine* editors and faculty advisors are joined by Nissley during a reception celebrating the release of the magazine's fall 2019 issue, *Creatures*.

**Right:**  
Photo courtesy of NMC PR  
Nissley meets with the community at an open house welcoming the president to NMC at the Hagerty Center on Friday, Jan. 17.

## Campus Briefs

**Register to Vote!** The Michigan primaries are Tuesday, March 10. Are you registered to vote? Do you know your polling station? Go to [vote.org](http://vote.org) to check your registration status, polling location, and register if you haven't yet. It only takes a few minutes to ensure you're ready to participate in the upcoming democratic process. Make sure your voice is heard in the 2020 election!

**14th Annual Career Fair.** Students, NMC alumni, and community members are invited to attend NMC's annual career fair March 5, 3pm-6pm at the Hagerty Center. The event now includes both the Jobs4Vets and NMC Technology Career Fair events. The event is open from 2pm-3pm for veterans and military families only. For more information go to [nmc.edu/career-fair](http://nmc.edu/career-fair)

***Always in Season* film to be shown at Milliken Auditorium.** In this powerful film, descendants of the victims and perpetrators of lynching are working together to heal a violent history. The film examines the lingering impact of lynching and the link between historic racial terror and the racial violence that exists today. Thursday, Feb. 13, 7:00pm in the Milliken Auditorium located within the Dennon Museum.

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# Super Bowl LIV—More Diverse Than Ever

**Randi Upton**  
Staff Writer

In Super Bowl LIV, the Kansas City Chiefs took home the trophy after facing the San Francisco 49ers. This year, America's biggest sports game was more diverse than ever: the coaches, the halftime show, and even the commercials.

Katie Sowers, offensive assistant coach for the San Francisco 49ers, is both the second woman and the first openly gay person to coach in the Super Bowl. Her love for football started in early childhood, but she was always told that girls cannot play football—that is, until she played for the West Michigan Mayhem in Kalamazoo. She became the second woman to hold a coaching position in the NFL in 2016 before going on to coach in the Super Bowl.

J-Lo and Shakira, both popular pop singers, headlined the halftime show. They are the first Latina women to do so, and played with the mariachi band Los Tigres Del Norte. Shakira was joined on stage with Puerto Rican rapper, Bad Bunny, for a short period of time.

The halftime show in the past has been either notoriously controversial, like when Janet Jackson bared her nipple in 2004. This year the stage was all Latina and Latino, with musicians from different Latin American cultures bringing their own music and style to the event. Statements were made: one part of the halftime show featured children inside glowing cages with Lopez's 11-year-old daughter singing "Let's Get Loud," before joining Lopez for a round of "Born in the USA" as Lopez walked the stage with a feathered flag cape—the Puerto Rican flag on one side, and the American flag on the other. Across Twitter, many applauded the subtle messaging, with comments like this one from @\_iamjess91: "Kids in cages!!! That was the message. Thank you JLo & Shakira. Doing it for the Latinos."

Commercials can be more famous than the game itself, with people claiming they watch just for the advertisements, and the businesses know this. Companies and people pay a minimum of \$5.6 million for a 30-second ad slot, with the cost tripling for longer commercials and better time placement. A few commercials were political-based as a reflection of the presidential election year. According to *Business Insider*, former New York City mayor and Democratic presidential candidate Mike Bloomberg paid the most to get the coveted ad slot.

Super Bowl commercials are designed to be entertaining, yet over the years they have evolved. Years ago the commercials would be comedic, with talking frogs or some other animal. Humor is still present in some, but the commercials have started to bring awareness to causes.

Celebrity appearances in the commercials themselves show the growing diversity. Lil Nas X, a rapper and country musician who is the first openly gay black man to win an award from the Country Music Association, was in a Doritos commercial. A commercial for the NFL itself promoted the "Inspire Change" initiative and talked about the 2015 shooting of Corey Jones, the cousin of football player Anquan Boldin, which led Boldin to start the Players Coalition, that fights racism and inequality. Microsoft aired a one-minute commercial to tell the story of coach Sowers.

Other commercials missed the mark. Secret Deodorant aired a commercial about "Kicking Inequality," showing a cheering crowd at a football game stadium. When the players take off their helmets to show perfectly styled hair and flawless makeup, the people in the stadium appear shocked that they had been cheering for women the entire time, before erupting again into applause.

Social media had split reactions to Secret's commercial, with some saying it was tone deaf, some claiming it was too feminist, and yet others saying that it didn't go far enough. Sowers continues to face criticism as people claim that no one is ready for a woman, let alone a gay woman, to lead a football team of men.

There is hope, however. Latina women headlined the halftime show. The commercial culture grows in its diversity. Viewers are challenged to be thoughtful and inclusive—as seen in commercials like one ran by Oil of Olay, promoting the need to "Make Space for Women" in STEM fields with groups such as Women Who Code.

"Creating controversy for the sake of creating controversy is not helpful for anybody," Diego Scotti, chief marketing officer of Verizon, told *Variety* before the 2019 Super Bowl. "We are in a moment when positivity is something that we all need."

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# Take a Shot at the Photo Club

**Micah Mabey** Staff Writer Michael Kent has been putting in the 10,000 hours that it takes to become an expert.

He’s an artist by nature; with a degree in Studio Art from Central Michigan University, Kent mostly focuses on photography these days with his wife Brooke Allen, and their newborn baby, Milo. Kent still creates art on a constant basis.

“I did a ton of installation art, but the paper with my degree on it says studio art,” Kent laughs. “I originally went into college with a plan of being an elementary school teacher. I was quickly made aware that it was not the path for me. I took a semester to gather myself, and took some darkroom photography classes in the meantime. I immediately fell back in love with shooting and being in the darkroom.”

On top of near-daily photography as the wedding photographer kingpin of Northern Michigan, Kent’s most ambitious project to date is what he’s recently rebranded as Photo Club, here in Traverse City.

Once known as “Allen-Kent Photo Club,” Kent and Allen have recently come to the conclusion that this isn’t just their project—it belongs to everyone that’s involved.

Whether it’s the monthly photo walks, Instagram challenges, popup talks, micro-workshops, or just the overall community that Photo Club amassed in the past three years, there’s always something to tune into.

“We had around 20 people at the first event, and it continues to grow,” Kent recalls.

Since its online inception, Photo Club has grown, with more than 400 members on its Facebook page.

The duo’s passion project enters its third season this year.

Photo Club can easily be described as a welcoming creative education environment. Built around the idea of those aforementioned photo walks, Allen and Kent take a group of photographers out on an adventure with a camera.

The idea isn’t to take the best photo of the group. There’s no competition aspect. It’s purely community building and educational. Their walks have a loose lesson plan, and the duo give photographers time in the spotlight.

Whether the lesson is working with a model, a couple’s shoot, freelensing, or panicked timed trials, there’s always something to be learned and fun to be had.

Both new photographers and veterans are welcome to the project. The only rules are to be kind and humble.

Photo walks were how Photo Club got started, but since its inception, the project has grown into so much more. Just this past fall, about halfway through season two, the duo introduced a new aspect into the club: Instagram challenges.

The Photo Club community is given a prompt and have one or two weeks to submit something that fits the criteria. Submissions tag @outphotoclub and use the hashtag #ourphotoclub, which allows Kent and Allen to search through the most recent uploads and share the posts onto their Instagram story. The whole community can then see each other’s work. At the end of the challenge, the photos are compiled into a blog post on <https://ourphotoclub.co>.

Challenges have included prompts such as self-portraits, a light in the dark, and beginnings and ends. To keep up on these prompts, follow @ourphotoclub on Instagram. All of them are up to the photographers’ interpretation.

For now, the club is mostly based around these two ideas. A lot of Photo Club’s photographers are out of town during the winter, so online interaction is a great way to keep everyone involved. The group Facebook page is another source of constant discussion.

“Michael and the club as a whole really helped with my social anxiety and made me feel extremely welcome,” says Photo Club member Samuel Crick. “It’s fun to have a community of photographers who can give feedback and compliment your work.”

That sense of community is what inspired Kent to build the Photo Club. “It was hard to go from having people give you constructive feedback, to the cold void of social media where everyone just ‘likes’ everything. A binary choice. You like it or you do not. There is not ‘this piece is beautiful, but you can push it by going just a little further,’” Kent explains. “So, selfishly, I wanted that in my area. After asking in other photo communities if people wanted to ‘get together to shoot’, and hearing a lot of yes... and a lot of ‘eventually’. I just said screw it, and started asking people to go shoot.”

Kent’s focus is on building Photo Club. He knows there’s more to come—this is only the beginning. Photo Club’s



Season 3 activities include up to 12 planned walks, travel between 2-4 new cities for challenge shoots, new EditWithMe challenges, and new Instagram challenges.

To keep up to date with Photo Club, sign up for their newsletter, follow them on Instagram and Facebook, and get involved on the Instagram challenges. Anyone can do it, as long as you’ve got a camera (yes, a phone counts) and an internet connection.



Upper Right: Photo Club Founder, Michael Kent. (Micah Mabey)  
Lower Left: Micah Mabey, during the October Photo Walk. Photo Credit: HarpeStar  
Lower Right: Michael Kent shooting into the abyss of the wilderness during the October Photo Walk. (Micah Mabey)



# His House Christian Fellowship

**Stephanie Jones** Staff Writer On Friday, Jan. 31, college students gathered from all over Michigan to take part in a relaxing winter retreat in Lake Ann. The weekend excursion was put on by the statewide campus ministry, His House Christian Fellowship. The ministry offers a place for students to belong, serve, and grow in their faith.

For the retreat, students gathered at the beautiful Lake Ann Camp. Students use their time on the retreat to grow closer to their faith and their fellow peers. It offers main sessions, quality time with their campus, live worship, a ropes course, rock climbing, tubing, and more.

"I go to these retreats because it's a beautiful location to get reconnected with God and friends," says His House member Todd Jestis.

His House has more than just one retreat per semester. At NMC, His House meets weekly under the direction of campus minister Patrick Hill. Meetings have weekly check-ins, Bible study, prayer, and worship through music. After the main meeting there is an "after party" that takes place at Faith Reformed Church where students gather

to enjoy a home cooked-meal provided by different supporters.

"The weekly meetings are a good opportunity to check-in on your growth and relationship with God while away at college," Jestis says. "Also, the food is great."

"I like coming to His House because they're a nice group to be with and it's a friendly environment," explains another His House member, Nicholas First. "Coming [here] helps me relieve my stress."

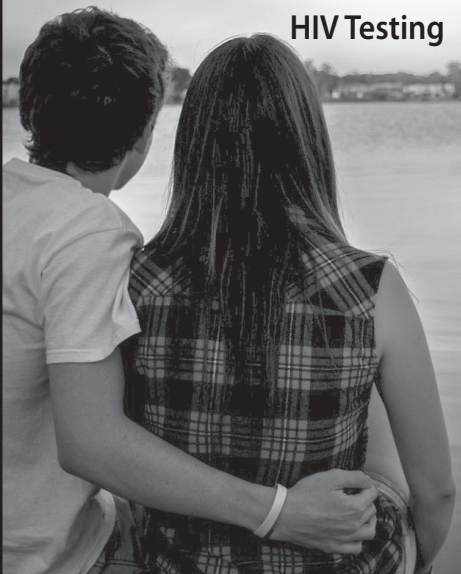
Another thing His House offers is a chance for students to go on mission trips to locations all over the United States and overseas in Germany. Every spring break, His House travels to work and serve in that community. This year, NMC's ministry will travel to Cookson Hills Christian School in Kansas, Oklahoma.

There are also mission opportunities in the summer such as the trip to Germany and working with a team, called Ministry to the Point (MTP), at Cedar Point in Sandusky, Ohio. MTP teaches students how to grow relationships with their coworkers at Cedar Point and share the Gospel with them, while enjoying the amusement park on their day off.

His House not only provides serving opportunities in other areas, but also right on campus. The past few years, His House members have handed out mint shakes around St. Patrick's Day and goodie bags filled with snacks around midterms and finals to students to help them make it through the academic school year. If you are interested in checking out this group, it meets each Thursday at 7:30pm in Scholars Hall 101.

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THEME:  
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**nmc**  
MAGAZINE

# Dennos Museum Creates New Internship Program

**Steven Tucker** Staff Writer A new internship program has been introduced at the Dennos Museum that hopes to get students and the community more involved. "As we think about our museum and all the ways in which visitors participate in and enjoy exhibitions, performances, and programs, we are now focused on how applied learning can happen within the walls of our campus museum, too," explains Dennos Museum executive director Craig Hadley.

Sponsored by the NMC's Experiential Learning Institute, each internship is tailored

"Being an intern for the Dennos has allowed me to really have fun and come up with new concepts and design solutions," Bemiss says.

to fit the individual experiential needs of every student involved by pairing the intern with a member of museum staff. According to the Dennos website, "Our staff works closely with interns to match their career interests with available projects in administration, exhibits, collections, education, store management, and more."

The museum offers opportunities to a variety of students, spanning from high school to graduate students. "Students from a variety of backgrounds can find immense value in a museum internship," says Hadley. Jobs at the museum range from security guard and museum store employees to marketing and design. "The world of nonprofit work and arts organizations is much, much bigger than the jobs most people tend to stereotype with

our field, such as curators and researchers."

Koree Bemiss is an NMC student taking part in the internship program this semester. "Being an intern for the Dennos has allowed me to really have fun and come up with new concepts and design solutions," Bemiss says. "I highly encourage students and the community to come check out all the great work the museum staff does and the amazing works of art the Dennos brings to Traverse City."

This year, the Dennos Museum is working with one area high school student, two NMC students, and a graduate student from out of state. Hadley explained that for the summer of 2020, the museum hopes to find participants with "an interest in helping us care for, catalog, and share our 1,600 works of Inuit art online."

The Dennos Museum houses one of the largest collections of Inuit art in the United States, a large Canadian woodland art collection, and many traveling collections. It frequently hosts musical performances, workshops, and guided tours for the community. More information about events can be found on the "Museum Events" page of their website at [dennosmuseum.org](http://dennosmuseum.org). Normal admission is only \$6, but for NMC students with ID it's free.

The Dennos internships are unpaid, but "limited funding may be available depending upon several factors." Anyone interested in working with the Dennos as an intern or volunteer can visit its website and look under the "Volunteer" page for more information and applications.

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# The Community-Minded President

## How NMC's new president plans to serve the community's college

**Emily Slater** Editor in Chief “Community Centered. Community Serving.” Those were the words on Northwestern Michigan College’s first course catalog in 1951. And for nearly 70 years, NMC has worked to establish itself within the Grand Traverse community, growing from 65 students in borrowed facilities to a school serving thousands of students in more than 80 areas of academia at five campus points in the region. On Jan. 1, NMC welcomed who it hopes will represent the continuation of that community-centered spirit.

Nick Nissley, NMC’s new president, spent his first month on the job showing the college, and the community, where his strengths and priorities lie. From community open houses to student group receptions, board meetings to ice skating and tubing with students, getting to know the local small businesses and even joining a team for NMC’s trivia night at Right Brain Brewery, Nissley has made a point to ensure that his schedule, which had nearly 100 different events in his first few weeks, includes touching base with the community as a whole.

“I’m trying to engage with all stakeholders, but obviously students and faculty are the key place,” Nissley said. “And first and foremost students, to get an understanding of how we’re doing.”

A self-professed “servant leader,” Nissley sees a major aspect of his role as president as one who cultivates relationships, both within NMC and connecting the school with the broader community. “A mentor of mine, Peter Block, gave me a definition that has always stuck with me. He said, ‘Community is our experience of belonging.’ It’s not some physical geography but it’s more of a psycho-geography or social-geography of that experience of belonging,” Nissley explained. “For you as a student, for our faculty, for our community members—they want to belong to this thing that they can be proud of called NMC. My role is to help create those connections and that place where they can feel that sense of belonging.”

But as in any community, conflict will rise to the surface. Nissley was officially named NMC’s next president the same day a contract deal was reached between the school’s unionized faculty and administration. The contract negotiations, which stretched out for 10 months before an agreement was finally reached, exacerbated tensions in an already strained relationship between faculty and administration.



When asked about his plans for bridging the gap between the two parties, Nissley said he has taken the time to talk to the board and faculty, to people in the community, and has made a point to continually follow the issue in the months before he took office. “I’m deeply respectful of the history,” he said. “And I’m also a believer that you don’t drive a car by looking out the rearview mirror. If you want to drive

to the future you have to be looking out the front window. I’ve only seen incredibly engaged, dedicated faculty who are willing to do whatever they need to do to support student success. My sense is they’re ready to look out that front window and drive into the future. So that’ll be my approach, too.”

Brandon Everest, faculty association president, spoke with the *White Pine Press* in October, at the time of Nissley’s hiring. “Nissley seems like a caring person who understands human, college, and community relations. Faculty and staff believe he will bring a human touch to his management.” Everest added, “We have needed someone who could reach out and establish closer relationships and promote fraternal feelings on our campuses. We believe the new president is just the right person for this job.”

A nationwide trend that is also visible at NMC is an increase in adjunct staff in colleges. “The community college model is made up of a model of theory and practice,” Nissley said. “Often the full-time faculty bring a wonderful knowledge of how to help students engage in the classroom, mostly around book-based knowledge. The adjuncts are the ones working in the community during the day, whether that be as accountants or auto technicians, or nurses, and they’re bringing a very practiced-based understanding. And I think that is the richness of any community college, and especially NMC, that we have some mix.”

While most long-term goals and strategic planning for the school’s future will begin in the summer, it was important to both Nissley and the Board of Trustees that he has time to get the lay of the land and keep up the momentum left by his predecessor, Tim Nelson. One highly anticipated project, though, will come to fruition this spring.

The West Hall Innovation Center will blend academia and simulation spaces for the NMC student body, creating opportunities for the building to live up to its name, says Nissley. “Students from different programs, different disciplines, will be able to interact and engage. I always think those intersections create some of the most opportune possibilities for innovation.”

He also thinks that the Innovation Center could become a “Third Place” for students. The term, coined by sociologist Ray Oldenburg, refers to the public places people congregate outside

of their homes and work. “I think West Hall has that opportunity of being a Third Place on campus. That it doesn’t matter what time it is we can all come together ... and when we come together we have that tendency to share stories, we become more human with one another,” Nissley says. “My hope is that it [Innovation Center] will be that place where we don’t just physically congregate in, but we connect in.”

Despite the business of his current schedule (“It’s the proverbial drink out of a fire hose,” he says with a laugh, “but a positive one.”), Nissley hopes that students will stop him to introduce themselves when they see him on campus. “I would encourage every student to stop me when they see me, even if I’m on my way to or from something. I’ll never not stop and say hi and connect.” Then he adds with a smile, “And if they don’t, I’m coming up to them!”





# Guess the Former NMC Presidents!

Think you could name every NMC President? Take a crack at matching names to their faces below! (answers are at the bottom of the page)



A



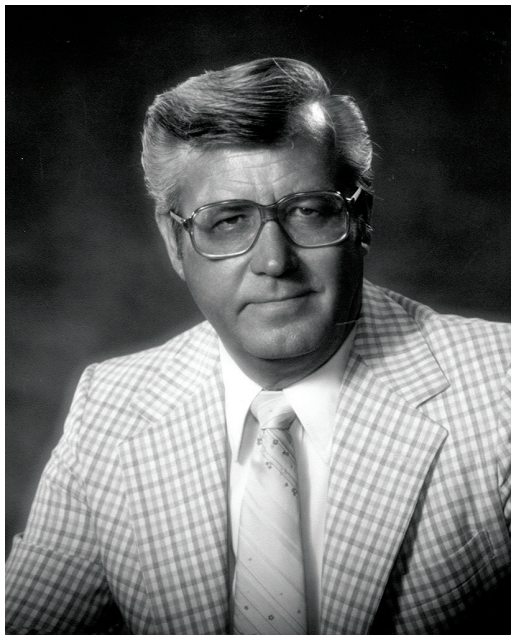
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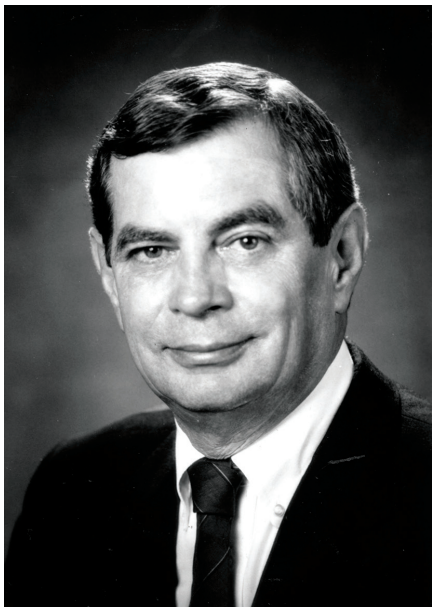
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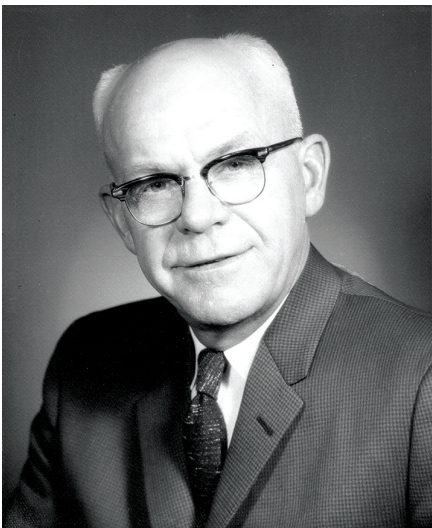
F



G



H



I



J

Name	Date
Preston Tanis	1951-1970
James Davis	1970-1973
Willard Smith	1972-1973
Bill Yankee	1974-1981
George Miller	1982-1984
Lornie Kerr	1985
Phil Runkel	1986-1989
Tim Quinn	1989-7/1996
Dr. Ilse Burke	8/1996-2000
Timothy J. Nelson	2001-2019

Answer Key: A.) James Davis B.) George Miller C.) Dr. Ilse Burke D.) Timothy J. Nelson E.) Bill Yankee F.) Phil Runkel G.) Lornie Kerr H.) Willard Smith I.) Preston Tanis J.) Tim Quinn



# Pause, Breathe, Reset: Two Minutes to Shed Stress

**Ann Hosler**  
Copy Editor

We live in a noisy world. Neighbors and traffic can be heard through the walls, devices stream music and shows in the background, the building’s furnace hums loudly overhead, another text chimes on your phone. It’s impossible to avoid outside interactions all day every day. Bills roll in monthly, debt rises, homework deadlines approach, the boss has another project for you to tackle.

All of this culminates into an ocean of stress we carry around daily. Despite the many external demands, taking care of yourself is top priority.

Fitting two minutes of quiet into our already busy schedules seems difficult, but relaxation is important. Call it mindfulness, self-care, or meditation—the effect is the same. This precious slice of time calms your mind, reducing stress and promoting positive emotions.

Research on relaxation dates back to at least 1975, when Dr. Herbert Benson of the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital noted the benefits that meditation has on the human body, such as “reduced blood pressure, heart rate, and brain activity.” A 2011 study published in “Science Direct” by neuroscientist Sara Lazar states that mindfulness “has been reported to produce positive effects on psychological well-being that extend beyond the time the individual is formally meditating.”

Find somewhere quiet and free of interruptions. Get away from others. Turn off the music or television, and silence your phone and tablet (or even better—leave it behind). Close your eyes—yes, it

looks silly, but you’re alone, right?—and focus on your breathing. In, 1-2-3-4, out, 1-2-3-4. Do this for at least two minutes, or up to five if anxiety or other negative emotions persist.

If you’re having trouble clearing your mind to focus on breathing, try combining a simple yoga pose, such as Virasana (Hero Pose) or Balasana (Child’s Pose). Some fitness trackers may have a guided relaxation routine available as well.

Outside stressors may be unavoidable but a daily relaxation routine places the focus on your well-being. My favorite time to do this technique is when I lay down to sleep. Shedding the day’s stress leads to more restful nights and clearer days.



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Virasana (Hero Pose)

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# Vegan on a Budget

## Mythbusting for the Broke Vegan

**Randi Upton**  
Staff Writer

As a vegan, I encounter many comments regarding myths about the diet and lifestyle. Usually someone says that they cannot afford to be vegan, it is the lifestyle of the privileged, or something about how they tried to cut out animal products but nearly died due to their diet lacking essential nutrients. Here are some mythbusting tips regarding veganism.

**Myth: “Veganism is the diet of the rich and privileged because it costs too much money.”** False. In fact, the majority of foods that are considered “poor people food” are already vegan: rice, beans, pasta, peanut butter, most margarines, bread, etc. Yes, many of these foods are high in carbohydrates, so it can require proper portion sizes to keep from eating too many daily calories, but as college students we are more than likely already living off of many of these foods.

To stay within budget and be healthy, it is important to cook. This is already the case for any diet—eating out or eating primarily pre-made foods is entirely too expensive. Cook at home. Learning to cook basic foods is important and quite easy to do, as we have a world of information in our pockets at all times. Rice can be a great staple to daily meals and is easy to make even without a rice cooker. Simply do a 2-to-1 ratio of water to rice, like 2 cups of water to 1 cup of rice, in a saucepan, and turn the stove burner to high. Wait until it comes to a rolling boil, cover, lower heat to simmer, wait 15 minutes. Done. That works for any amount of rice that is cooked. And give tofu a chance. It is extremely cheap and high in protein, and can be made so many ways. It is flavorful when cooked and seasoned right, and can substitute meat for many dishes.

**Myth: “The vegan diet will lead to becoming deficient in essential vitamins and nutrients.”** False. People will claim that someone can lack vitamins, especially B12, iron, and protein, and say there is no other way to get these. Americans’ diets are so poor—vegan or not—that many foods, such as cereal, are fortified with the supplement. It’s also now available in plant-based milk and nutritional yeast.

Iron is found in many vegetables, particularly leafy greens like spinach, which can be found cheap in-season or in frozen form. As for protein, people overestimate how much protein they really need. As long as you are getting a balanced diet, you are fine. (There are even Olympic level body-builders who are vegan!) Plants can and do contain protein—where do you think herbivore animals get their protein? If all else fails, get a multivitamin. Just make sure it is gelatin-free, as gelatin is made from the cartilage and bones of animals.

**Myth: “I almost died when I went vegan, so my doctor told me to not be vegan anymore.”** This is, 99% of the time, a total lie. Veganism has not killed anyone on its own. People like to say this very thing to me all of the time. In fact, the World Health Organization has even said that a vegan diet is healthy and recommends it for cardiovascular health. Now, a person who goes vegan may become sick if they live off Oreo cookies and Sour Patch Kids (both vegan!), with an overall poor diet. Or you hear about a baby that died due to a “vegan diet.” These are not cases of veganism killing or making someone sick, these are cases of malnourishment, which can and does happen to anyone, and statistically more likely to happen to someone who consumes animal products. So again, a well-balanced diet is what is important for anyone—not just vegans.

So what is the moral of the story? Using basic cooking skills and preparing food at home, with a balanced diet, is most important for health. I will plug my favorite cookbook here, “Thug Kitchen: Eat Like You Give a %#\$&!” because every recipe I have made from it is amazing. Do not let logical fallacies attempt to sway you in joining us here on the Dark Side.

# Minestrone Soup

**Mikayla Brady**     Minestrone soup is an all-time favorite and comforting soup for those on the go. This soup is perfect for cleaning out your fridge and using what you have. There’s room to add ingredients such as beef or chicken if desired.  
Staff Writer

Ingredients

- 1 small onion (1/3 cup) diced
- 2 cloves garlic or 1 tsp minced garlic
- 1 medium carrot (about 1 cup), chopped
- 1 large celery stalk (about 1 cup), chopped
- 2 tsp dried basil
- 1 tsp dried oregano
- 3/4 tsp dried thyme
- 1 32-oz can diced tomatoes
- 3 tbsp tomato paste
- 1 bay leaf
- 1 32-oz carton (4 cups) low sodium vegetable broth
- 1 medium zucchini (around 3/4 cups), sliced into halves or quarters
- 1/4 cup canned or cooked red kidney beans, drained and rinsed
- 1/4 cup canned or cooked cannellini beans or chickpeas, drained and rinsed
- 1/4 cup dried small shell pasta
- 1 cup fresh baby spinach, chopped
- 1/2 - 1 tsp balsamic vinegar (optional, but adds great flavor)
- Shredded or grated parmesan cheese
- Fresh parsley chopped for garnish
- 2 oz olive oil for sauté

Directions

1. In a large stock pot or saucepan, heat olive oil over medium heat
2. Add onions, garlic, carrots, and celery, and then sauté for about 4 minutes or until vegetables are slightly softened
3. Add basil, oregano, and thyme. Cook for one minute. Add the diced tomatoes, tomato paste, bay leaf, broth, and both types of beans. Add just enough water to cover the vegetables
4. Bring soup to a boil, then reduce heat to medium-low and allow to simmer for 20-25 minutes
5. Stir in the dried pasta shells and zucchini, and cook for another 10 minutes or until pasta is cooked. Stir in the spinach and allow to wilt about 1-2 minutes. Add more water as needed if you like thinner soup.
6. Season with salt and pepper as needed and stir in balsamic vinegar (if using).
7. Serve warm with bread. Top with parmesan cheese and garnish with parsley if desired.



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# Music that is Sometimes Good but also Sometimes Not Good

## Echsmith - "Lonely Generation" (2020)

**Liam Strong**  
Contributing Writer

As critical as I can be of the genre, I find it hard to totally despise pop

music. In fact, I enjoy it vastly in comparison to the classic rock radio stations of my upbringing. In high school, to the annoyed decree of my father, my sister and I would switch to the local pop stations. Pop music, despite its excessive formulas, was refreshing. REO Speedwagon was replaced with Maroon 5. Bastille took the pedestal of Def Leppard's glam and bulwark. Imagine Dragons were—well, actually, they were quickly substituted with the classic rock station again.

I try not to put much value in the “sophomore slump” of a band’s second full-length release. However, this week’s record, “Lonely Generation,” by Californian pop band Echsmith, fully assumes the title of a failed sophomore effort. As an album that codifies the cheesy lyrics of ’80s pop music, “Lonely Generation” is a perfectly safe record. By safe, I mean harmless, technically uninteresting, not challenging new ideas, and certainly not evolving.

Echosmith's 2013 debut LP, "Talking Dreams," demonstrated the lyricism of a high schooler who believes in the fantasies of romantic movie

endings. That said, the songs were still fun, adhering to a vintage aesthetic, and could easily be listened to repeatedly. Though a vintage sound isn't original by any means, Echosmith founded their emotional output on their use of nostalgia. "Lonely Generation" caters to this, satisfying an audience who require justification in their isolation. Lost in the recesses of its influences, "Lonely Generation" doesn't reflect any inspirational power; if a new band said they cite Echosmith as a main influence, what they're really saying is that they like that one Joy Division album. "You know, the one with 'Disorder' on it!" the band members would say.

I can't hate Echsmith. It's not because I enjoy inoffensive music—rather the opposite—but because Echsmith does generic so well that an album like “Talking Dreams” became as popular as it did. After I graduated high school, the band immediately lost all relevance. Though it's taken the band seven years since their debut to craft another record, Echsmith fail to make any ripples in their legacy as anything important. If I've heard any one of the songs from “Lonely Generation” on the radio since I listened to the album, I never would have guessed it was Echsmith playing. It's just music: nothing more, nothing less.

# It's a No From Me, Boo

**Micah Mabey**  
Staff Writer

the new signs plastered down the freshly refurbished Eighth Street. The dark blue that swings with the wind against those overly green lamp posts.

NoBo.

It's said that business leaders have plans to make this "NoBo" an exciting new Traverse City hub. That it's an up and coming neighborhood. Instead of Eighth Street just being a place you drive through, the district wants it to become a place that you stop and hangout.

To find the hidden gems scattered  
about the space.

The recent first annual “Apple on 8th” event was to ring in the new space, and it seems that the district is really pulling for this, too. With places like The Filling Station, The Traverse Area District Library, Boardman Lake, the park behind the library, the railroad and so much more, it’s hard to see that something like this would fail.

But those signs... the idea of calling it NoBo.

It just feel so.... sacreligious?

We've all seen  
them at this point:

We have this whole “small town” Traverse City mentality. None of our buildings are too tall. None of our beaches are too busy. None of, none of, none of, etc.

But then we go and do something so gentrified.

How many districts do we need?  
And what kind of names are next?

Old Town District becoming  
OldTow? Central Neighborhood  
District becoming CenNei? The Front  
Street Historic District becoming...  
FronStrho?

Okay. Maybe that one doesn't work.  
And MAYBE I'm being  
overdramatic. But I like to think that  
it's just protective!

I love the artistic renaissance that the town is seeing. It lights up my heart every single day I see a new artist rise into their own with a passion project. But I know that we don't have the capacity to become something like San Francisco.

It just can't happen.  
Not as a nay-sayer. Merely as a  
realist. NoBo? More like no...go...

I'll see myself out.

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# Book Review: Gravity's Rainbow by Thomas Pynchon

*"Through the machineries of greed, pettiness, and the abuse of power, love occurs."*

—Thomas Pynchon, "Gravity's Rainbow"

**Nick Moug**  
Staff Writer

On Jan. 23, the Bulletin of the Atomic Scientists' Science and Security Board moved the Doomsday Clock from two minutes to midnight to 100 seconds to midnight, designating the two harbingers of doom as climate change and nuclear weapons. Forty-seven years after its publication, Thomas Pynchon's "Gravity's Rainbow" only deepens in urgency as a warning unheeded at our own peril.

This 700-page tome certainly has a reputation. In 1974, it was selected for the Pulitzer Prize for fiction, but the advisory board claimed it was 'unreadable,' 'turgid,' 'overwritten,' and 'obscene'. One reviewer on Amazon described reading it as "a hateful experience." But as Friedrich Nietzsche wrote, "Of all that is written, I love only what a person hath written with his blood." And for a novel with the original title of "Mindless Pleasures," these pages are soaked with the blood of one crying in the wilderness, worthy of a broader readership than the cult-like one it currently possesses.

The main plot—if it can be called that—is delightfully juvenile and convoluted. An American lieutenant named Tyrone Slothrop, stationed in London during the German Blitz bomb attacks of 1945, becomes increasingly paranoid as he begins to piece together a conspiracy between his cartoonishly active sex life and the locations in London where a V2 bomb has been dropped. All this is merely a launchpad for Slothrop's escape into "the Zone"—a post-war looking glass where the boundaries of a traumatized Europe have been blurred beyond recognition, all while a vigorous new American Empire emerges from the ashes to declare dominance.

But "plot" is something of a joke in "Gravity's Rainbow." What begins with Slothrop coalesces into a hallucinatory series of interspersed episodes with interconnected themes and characters that travel across time and space, working on a lateral dream logic. Some episodes are meta-narratives, some are prose poems, some are historical, scientific, or psychological digressions, some are tender and heartbreaking stories between doomed lovers, some are tragedies of lives overpowered by the forces of history, some are laugh out loud set pieces with dialogue straight from the Marx brothers, some are economic treatises straight from the pages of Marx, some are hallucinations, and some are the most disgusting, depraved, and painstakingly detailed pornography and violence ever allowed past the censors. This list could go on.

Gravity's Rainbow's disparate elements need to be there. If ever there was a novel that deserves the adjective "catholic," this is that book: a poetic mandala speaking with all the uncanny authority and madness of an Old Testament prophet. It's our prose epic: one that sings of a fading Europe under the shadow of Sigmund Freud, the Holocaust, and the Atomic Bomb and of the emerging American military, industrial and cultural hegemony in its wake with all the aesthetic grandeur of Homer for Ancient Greece or Tolstoy for 19th century tsarist Russia. And even though it was published in 1973, it might as well have been published yesterday. At the very heart of the novel is a very simple message: we live in a political and economic system designed to debase human life. Once this bitter medicine is swallowed, the only response is anger at those in power and love for those living under these conditions unaware.

Transgression is the modus operandi of "Gravity's Rainbow." Transgression is Pynchon's weapon against the inhuman protocols of bureaucracy, power in all of its manifestations, and arbitrary literary propriety. This is a novel with a deeply profound, subterranean effect on the

broader culture. Pynchon's inferno will stay with that reader long after the novel's terse final invocation "—Now everybody."

With the Doomsday Clock ticking, a more urgent prayer could hardly exist, or still be more essential.



## Celebrating – and Hiring – Women Artists at the Dennonos

**Jason Dake**

The staff at the Dennonos Museum Center works hard to ensure that its exhibitions, concerts, and Curator of Education programs reflect our community—its residents and visitors—across cultural, ethnic, and gender identities. On view are three temporary exhibitions that celebrate women while highlighting real and serious issues that impact them around the globe and at home:

"Pulped Under Pressure" is an exhibition of handmade paper art from seven women with varying approaches and techniques.

With her exhibition, "Ergo Sum: A Crow a Day," Canadian artist Karen Bondarchuk set out to mark the passing time that her mother—diagnosed with dementia in 2010—no longer could.

"40 Chances: Finding Hope in a Hungry World," delves into the issues of food insecurity and interrelated problems through the documentary photography of Howard Buffett. The exhibition also recognizes the role women's rights play in combating world hunger.

I encourage you to join us this March for Women's History Month or International Women's Day on March 8. And what better way to do so than by viewing some art, learning a few things, and being inspired to make the world a better place.

*A longer version of this story also appeared in the Traverse City Record-Eagle on Friday, January 31.*





Hannah Krohn  
Staff Writer

# What is Your Proudest Accomplishment?



**Kimora Stevens, Law Enforcement**  
“Definitely going to the Michigan State Youth Academy. I was 17 and had a lot of doubts about it because it can be physically challenging, but I made it through the full two weeks and graduated with my class.”



**Brandon Vang, General Education**  
“Finishing high school and having the opportunity to attend college.”



**Ed Flees, Culinary**  
“I’ve gone over two million miles accident-free as a truck driver over the road.”



**Brittany Wright, Nursing**  
“The motivation I have for school. And the level I hold myself accountable when it comes to things like home and even outside of school, work. I hold very high standards for myself and the motivation to get me to those standards is probably my best accomplishment.”

**Trevor Sepanik, Undecided**  
“A couple of years ago I decided to pick up a guitar and start learning it. I feel like I’ve come a long way of learning patience when I’m practising the guitar. now I’m at a happy place with myself where I can play the tunes I want, and be able to feel music and just be express my emotions in something rather than just talking to people.”



**James Wall, Engineering Tech - Electronics**  
“Being able to save up for one of my dream cars.”



**Faith Cudney, Business Administration**  
“Overcoming my fears and turning something into the NMC Magazine for publishing. And when it didn’t get published not being upset with myself, and working to make it better.”

