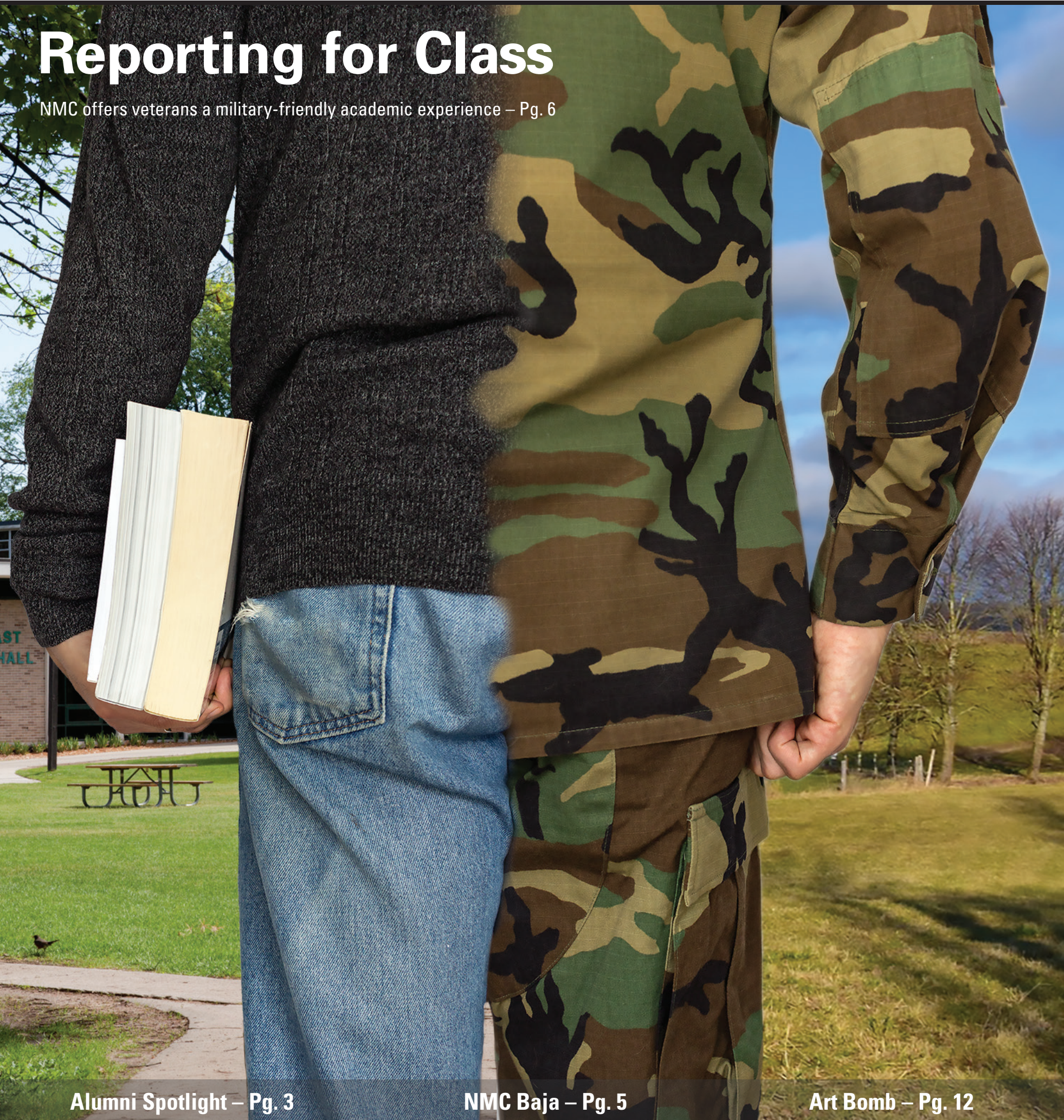


WHITE PINE PRESS

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

# Reporting for Class

NMC offers veterans a military-friendly academic experience – Pg. 6



Alumni Spotlight – Pg. 3

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Art Bomb – Pg. 12





Photo by Emily Clements

NORTHWESTERN MICHIGAN COLLEGE

# WHITE PINE PRESS

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## News-in-Brief

### Free Self-defense Training

The Rock Youth Center in Kingsley is hosting three self-defense seminars for girls and women. The classes are provided free of charge on a first-come, first-served basis. The next class will be held 9am-3pm on Feb. 17 for girls aged 15 through “college aged.” Call 231-263-7000 to learn more and register for a class.

### 12th Annual Career Fair

NMC’s Career Fair is scheduled for March 1 at the Hagerty Center from 4-6pm. Employers are recruiting for seasonal and entry level positions, as well as internships and service learning. The career fair is open to students, alumni, and community members. Visit [nmc.edu/career-fair](http://nmc.edu/career-fair) for more information.

### Merit & Honors Scholarships

Applications for 2018-2019 Academic Area Merit and Honors Scholarship are due Friday, Feb. 16. Submit honors applications to the Advising Center (Osterlin 118) and Academic Area applications are due to academic offices. Contact your Academic Area office or the Advising Center to learn more about these opportunities.

## Correction

**Vol. XXXIV Issue 7** “Alumni Spotlight”: Emily Magner was incorrectly spelled Emily Wagner.

## 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](http://nmc.edu/nondiscrimination)



# Alumni Spotlight: Wei Cao

**Deanna Luton** Staff Writer Wei Cao, a 2009 NMC graduate, was the recipient of the 2017 Outstanding Alumni Award. Supportive instructors and informative classes corresponded with Cao's degree and career goals, lining the foundation for who she is today. NMC's International Club was part of what encouraged Cao to increase her community engagement.

She appreciates the support NMC provides its students. As a small community college with a beautiful campus, it has everything a student needs. "[The instructors were] always helpful, which warmed my heart, especially when I was thousands of miles away from home," Cao said. Our tight-knit community environment offers an atmosphere that soothes homesickness.

Cao majored in Business Administration at NMC. The courses were designed to not only teach from the textbook, but with real world experiences. Two classes she really appreciated were Business Communication and Interpersonal Relations. Her professor was great, and she is able to relate everything she learned to her work today.

When asked what advice she had for current students, Cao said, "Do not be afraid of making failures, always be true to yourself, keep an open mind, and always tackle the challenge in your life." NMC helped shape Cao's lifetime of learning by providing her with the idea that life is learning. She says it didn't mean anything to her at the time, but now she understands it, especially as she works closely with NMC on the college's China expansion. To those international students who are currently adjusting to our culture, Cao adds: "Keep an open mind, study hard, but also don't forget to make new friends. The people you meet here will be a part of your life



Photo courtesy of Wei Cao

forever. To emerge in the culture is all part of learning."

Cao attended Traverse City Central High School before continuing her education at NMC. "I have always craved overseas education," she explained. The choice to stay in Traverse City and study at NMC was a natural one for her.

Cao encourages students to explore studying abroad. "My Chinese friends often asked me what did I learn the most when I was studying overseas. They are often seeking answers for an excellent education system, or better environment to study," she said. "However, I often told them, it's not the school, or the location, or the language for that matter—though becoming fluent in English was a plus—but the most important skill I gained was to be independent, and widen my views and my mind to think differently compared to if I was only immersed in one culture. Moreover, to make one appreciate one's own culture to become who you are today."

Cao reflected on adjusting to the cultural shock of coming to Michigan. "With proper expectation, the shock is not so bad. The small things are the ones that actually get to you." Compared to her home country, everything in Traverse City is different. The scale, population, nature, education, and food differed from what she grew up with. Overall, though, she still considers Traverse City to be her second home.

Executive director of the Dennon Museum, Gene Jenneman, helped to shape Cao's friendship with NMC. She took an internship at the gift shop in the museum for a semester, and it gave her a chance to get to know him. She continues to work closely with the museum today, providing connections to Chinese art and performers.

Now, Cao is off on a brand-new adventure. She recently moved to Japan with her husband, whom she met at NMC. The new country has been a challenge for her due to the language barrier, as well as cultural differences from what she grew accustomed to in China and America. She is focused on learning Japanese and embracing every moment of her immersion there.

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# Eye on the Prize

## Staying Focused This Semester



### Megan King

Staff Writer

It may not feel like it, but we're a little over a month into the spring semester. Winter break has faded into a blissful memory. Relaxation time is now spent writing research papers, studying for quizzes and exams, and preparing class projects and portfolios. While you may feel stressed out and unable to concentrate, there are many things you can do to help yourself stay focused and ace your classes this semester.

On NMC's main campus, students have many great resources, including the Student Success, Writing and Reading, Science, and Math centers. With access to test proctoring, personal academic success coaching, and a computer lab, the employees in the Student Success Center (located in the Osterlin building) are eager to help you reach your goals and remain focused on your work. Students can call 995-2134 to make an appointment, or drop-in for help at the front desk.

The Writing and Reading Center (WRC) offers peer assistance with all types of writing—articles, essays, cover letters, and creative writing—and includes assistance with revisions, citations, grammar/punctuation, organization, and comprehension. Students can make an appointment to visit the WRC by calling 995-1189. The WRC is open Mon/Thur 9am–5pm, Tue/Wed 9am–8pm, and Fridays 9am–3pm in Scholars Hall 221. Walk-in hours are available Sundays from 3–8pm in the Osterlin library.

The Math Center is located in the basement of the Tanis building, in room T53. Students can drop in to meet with tutors and instructors, get help with homework, and strengthen their general math skills. Hours are Mon/Thur 9am–5:30pm, Tue/Wed 9am–6pm, and Fridays 10am–3pm.

The Science Center is found on the first floor of the Health & Science building, in room 111A. All Science Center employees are ready to help with Biology or Chemistry classes, whether you have questions about lectures or assignments. No appointment is necessary. The center is open Monday through Thursday, 9am–5pm.

If your main problem is finding a place to study or write your paper, look around! There are multiple places on campus that provide a comfortable environment for studying. West Hall has the 'fish bowl', which is a great place to study and possibly win some 'study bucks' from the Student Life office. There are student enclaves on every floor in North Hall, as well as several enclaves in Scholars Hall, Tanis, and Health & Science (just a few examples). If you are the outdoors type, there are quiet spots all over the campus grounds. The Traverse Area District Library is a short drive from campus, or maybe you prefer your favorite coffee shop or bookstore downtown. Wherever you go, make sure it's an environment that allows you to focus on your work.



There are websites and apps you can utilize to block messages and other distractions for a period of time. The website freedom.to syncs across all your devices, blocking certain websites for short periods of time. Freedom.to costs \$2.42 for one year of unlimited access, though there are similar and free options like Hocus Focus, SelfControl, and StayFocusd. Flipd is an app that limits your internet time, and the app Forest promotes productivity by giving you a virtual

tree that grows if you stay away from social media. Focus@Will gives you various choices between upbeat techno, classical music, and several other music choices to block out the sound around you. Or you could pick your favorite station from Pandora, SoundCloud, or Spotify to tune out distractions.

This semester, don't get distracted and stress yourself out. Utilize your resources, stay focused, and keep your eye on the prize!



Photos Courtesy of Kelsey Pease





Photos Courtesy of Northwestern Michigan College

# NMC Goes Baja

**Steven Tucker** The NMC Engineering Club will be a Staff Writer David among Goliaths in the Blizzard Baja Race, hosted by Michigan Tech in Houghton on Feb. 18. NMC has been a formidable opponent against dozens of bigger, and better funded, schools in past runs of this endurance-style race. Engineering Club president, Hunter Jandreski, and his brother Collin, along with Tim Tallman, Colton Books, Zach Bohrer, and Grant Maurer, have sacrificed weekends and class time to put over 200 hours into building a Baja car that NMC can be proud of.

NMC's car is heavier, longer, wider, and has bigger tires than in previous years, improving performance in the snow. It's built on a green chromoly steel cage that sits on fully independent suspension. A brand new 10 horsepower Briggs & Stratton motor drives the rear wheels through a transmission and drivetrain that placed NMC 7th (out of 36 racers) in 2017. The current car includes a reverse gear—which many competitors don't have. The experienced team is

confident the car's design will place well at the event.

"Our car does exceptionally well in the snow up there," Jandreski explains. "It's heavier, so if you get a lot of snow piling up, the smaller cars go through with their little tires, and they get stuck often. We have a lot more ground clearance and bigger wheels."

Qualifying is done during the dynamic event, where three members from each team participate in a unique challenge to decide starting positions. One member drives the car up a section of the track, then swaps places with the next driver. While the second driver is strapped in, the third teammate eats a pickled egg. Only after the egg is eaten can the second driver set off to complete the race by returning to the starting point.

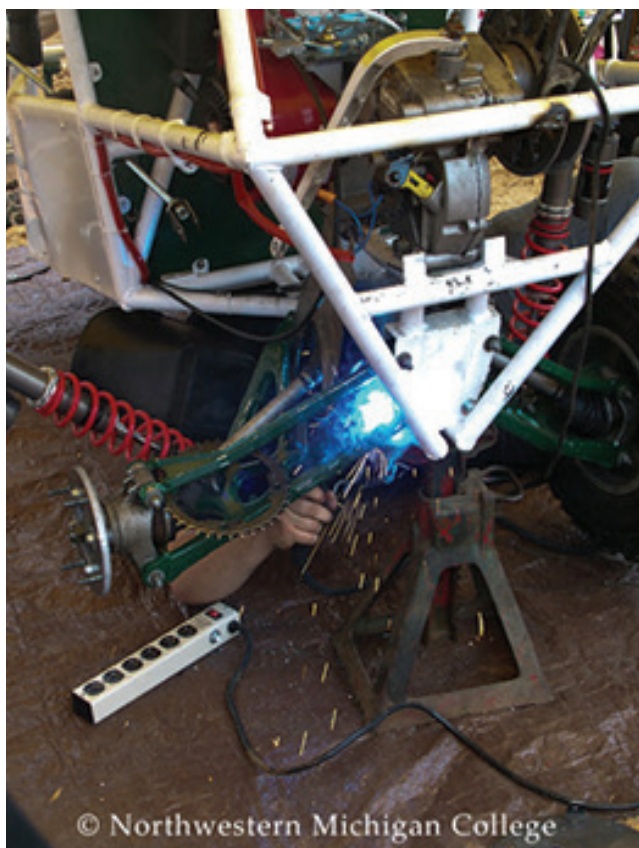
This year, the four-hour race is run on a one-mile track with long straights, tight turns, and jumps. More than 50 cars, from at least 27 teams, will participate. Every component on the cars will be tested to their limit in the freezing weather, and team members will work hard at driving their cars and keeping them in working condition. The winner is the car that completes the most laps, so keeping the motor running and wheels turning takes precedence in the race.

This is a friendly competition, where teams help one

another whenever possible with knowledge, tools, and parts that can be spared. It is also attended by representatives from corporate sponsors, making it a great place for students to network.

A livestream of the Blizzard Baja Race will be available at [winterbaja.enterprise.mtu.edu](http://winterbaja.enterprise.mtu.edu). The race runs from 11am–3pm on Sunday, Feb. 18.

NMC's Engineering Club is open to any gearhead, regardless of major. Members will be needed next semester. No experience is required, only an interest in learning. I spent a couple hours watching the team work on its car, digging through buckets of bolts and washers, and sifting through a pile of belts to make a clutch that fit the new motor. It's the perfect extracurricular activity for those who love spending a Saturday night tinkering in their garage. Contact faculty advisor Jerry Dobek at [jdobek@nmc.edu](mailto:jdobek@nmc.edu) for more information.



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# NMC Ranked 3rd Best for Vets

**William Walton-Case** Staff Writer NMC has the honor of being ranked third in Military Times list of two-year colleges for 2018, an improvement from its fifth-place ranking in 2016. The only college from Michigan to make the list, NMC has succeeded in creating a strong veteran community on campus. To understand how NMC has done this, two currently enrolled student veterans were asked about NMC’s role in their transition back to civilian life.

## Marine Corps Veteran Stephen Hynes

served primarily as a helicopter mechanic from 2011 to 2016. When Hynes returned to the civilian world, the only thing he was certain of was that he wanted to go to flight school. He described the transition back to civilian life as jarring. “The military world has specific things that you have to do all the time. Everything is uniform, and when you’re out you have to figure out how to be more of yourself.”

Originally from Linden, Hynes looked at various aviation programs across the region, eventually deciding to enroll here at NMC. His decision came down to one factor: the cleanliness of the hangars. “It was a very professional flight department compared to the other schools that I looked at,” Hynes said. “It felt familiar.”

Upon enrolling, Hynes continued to be pleasantly surprised by NMC, noting how helpful faculty are in the transition. “The biggest thing has been just how easygoing and understanding the professors are. You’re never afraid to ask a question about anything, and they make things much easier than they might be.”



## U.S. Army veteran Matthew Closson

enlisted from 2009 through 2016, shared Hynes’s praise for NMC. Closson served time in Iraq and described his deployment as a growth experience. “It really helped me to mature a lot; it really gave me the tools to succeed now.”

Much like Hynes, Closson was certain of only one thing upon returning to civilian life. “I knew that when I was out, I wanted to go to college.” Family was a factor in deciding to enroll at NMC. “I was born in this region, but grew up in Illinois and South Carolina. My mom lives in Interlochen, and when I got out she told me about NMC,” he explained.

His curiosity piqued, Closson got in contact with Scott Herzberg, who has served as NMC’s Military and Veteran Services point of contact since 2012. “Scott sealed the deal,” he said. “In the Army, I knew my job, and then I get out here in the civilian world and I’m lost. Scott understands that. He helped me through the whole process.” Closson complemented his professors, too. “My professors never over-complicate things. They keep it simple, let me know what I need to do and how to do it.”

“We have a veteran lounge where veterans visit each other,” Closson said, describing what he feels is one of the most valuable resources here on campus. “We can talk about our struggles, and there are veterans who have been out for years who can share what worked for them. We take care of each other.”

Herzberg agrees that having a dedicated veterans lounge is important. “[It] lets you know that an institution values your service. Less than 1 percent of the population is in the military at a given time. It gives you a place to go where you lean on each other and know that everyone has some of the same experiences as you.” Looking forward, he hopes NMC can be an even better school for veterans. “Am I proud to be number three? Yes, but I don’t want to be number three. I want to be number one for them because they deserve it.”

“They took care of us, now it’s our turn to take care of them,” Herzberg added.

If you would like to support veterans at NMC, the annual Chili Cook Off fundraiser will be held on Feb. 21 from 11am–1pm in the Health and Science atrium.



Photos By William Walton-Case



# Veterans Housing USA

Building a better future for veterans in TC

**James Robinson**  
Staff Writer

One of the greatest struggles facing our veterans today is transitioning out of the military. For veterans living in Traverse City, another struggle is finding affordable housing. Student veteran Mike Griffith knows these challenges all too well.

At eighteen, Griffith enlisted in the Marine Corps, serving four years before being honorably discharged in 2012. Upon moving to Traverse City in 2015, he faced dual challenges of readjusting to civilian life and finding affordable housing. “For a lot of veterans, you enlist when you’re 18-years-old, you leave your parents’ house, and you go to the military,” he says. “For the next few years, you’re on their schedule, under their watch, following their rules. When you get out, it’s the first time that you’re really on your own, and that can be terrifying. You don’t know where to start.”

Griffith eventually figured things out, but those early challenges stayed with him. He joined the Student Veterans of America group on campus, serving as treasurer, and became heavily involved in other non-profit, for-veteran groups including Reining Liberty Ranch and 22-2-None. “It started to become a passion of mine to really help veterans.” All these experiences led to the creation of Veterans Housing USA, a non-profit organization dedicated to bringing affordable housing to veterans to Traverse City.

You may recall the organization made headlines last fall for planning to purchase the Grand Traverse Motel and renovate it into dormitory-style housing—nicknamed “The Barracks”—for student veterans. By offering this housing exclusively to veterans, Griffith sought to create an affordable, familiar environment where his fellow student veterans could pursue higher education while surrounded by the same support and camaraderie they had known in the military.

But with any ambitious project, things don’t always work out as planned. “Unfortunately, [The Barracks] was far too large of a project for us to tackle at this time,” says Griffith. “We’d still like to do this, but there’s a whole lot more we need to do to get to this point. Think of it as our ‘Everest!’ Our mountaintop goal.”

The organization’s current mission consists of two parts. First and foremost, providing affordable housing for veterans. “With the generous donations from community members and local businesses, Veterans Housing USA aims to ac-

quire homes and properties throughout northern Michigan, starting in Traverse City, and make those homes available to veterans and their families who need them,” says Griffith. He’s hoping to raise around \$10,000–\$20,000 to purchase the first property, then move on from there.

Along with this, the organization would also establish a “community of people who’d be willing to give a room to a veteran...I recently had a veteran reach out to me who had a trailer that was totally livable, he was just worried about his pipes freezing, so if he could get into a heated pole barn he’d have been fine. He was fortunately able to find a solution that suited him better.” This ‘alternative housing solution’ network will be 100% voluntary and volunteer driven. If you would like to sign up, please visit the ‘Contact’ page at [vethousing.org](http://vethousing.org).

However, the nonprofit isn’t just stopping at affordable housing. Griffith also plans to build up a network with other veteran-focused organizations to connect veterans to the services they need. “Why wouldn’t we try to make it as easy as we possibly could to put these veterans in contact with other organizations that could help them?”

This whole idea only started about six months ago, so it’s still in its infancy. The big objective right now is fundraising. Veterans Housing USA is holding their first ever fundraiser on Feb. 15 starting at 6:30pm at the Workshop Brewing Company. The “Rock the Shop” event features a showcase of four local bands, a silent auction, and much more. The first \$10,000–\$20,000 in proceeds goes toward making affordable housing

for veterans a reality. “I’m really excited for it,” says Griffith.

Other fundraising options are also available on the nonprofit’s website at [vethousing.org](http://vethousing.org). People can visit the ‘Shop’ tab to view a variety of three t-shirts, locally printed in Traverse City, all around \$25. Donations of any amount can also be made by clicking on the ‘Donate Now’ tab. Whether you attend the Feb.15 event at the Workshop Brewing Company, buy a Veterans Housing USA labeled t-shirt, or donate, Mike Griffith and the veteran community of Traverse City thank you.





# Campus Quotes

**Kelsey Pease**  
Staff Writer

## How do you feel about the Tide Pod challenge?



"I think that people should be staying out of trouble instead, doing things like volunteering for the NMC Food Pantry. It's a great time and you can give food - not Tide Pods - to people that need it. I just don't understand how they don't have anything better to do. On the other hand, though, let them live their lives, I guess."

**COLTON BROOKS, CHEMICAL ENGINEERING**



"I think that people just need to read [the warnings]!"

**ELISE JANDRESKI, LIBERAL ARTS & SCIENCES**



"Why!? That's all I've got to say about it."

**TORREY FLEMING, FRESHWATER STUDIES**



"I think it's disgusting. I have six children of my own and would like to think that we're beyond all of this as a society. Apparently not, though."

**CHRISTINE VALENTINE, DENTAL ASSISTANT**



"I think it's really amusing that stores are locking up Tide Pods over this meme that Millennials have created. The whole thing is just stupid, but still amusing."

**ROBERT PROVO, UNDECIDED**



"I'm surprised that people are that dumb."

**MAGGIE ANDERSON, POLITICAL SCIENCE & THEOLOGY**



"All I can say is let the stupid ones kill themselves; it's Darwinism. I look forward to seeing them at work."

**JENNE MILLER, NURSING**



# Yoga Flow: Sun Salutation

**Macy Schwert**  
Staff Writer

Surya Namaskar, or Sun Salutation, is a series of postures that warms, strengthens, and aligns the entire body. This sequence is often considered the classic one, but there are many variations. You can alter this particular Sun Salutation by playing with its pace. If you move through the sequence rapidly (by transitioning into the next pose each time you inhale or exhale), you'll warm up fairly quickly. Start with a few repetitions and gradually increase or set a timer starting with three minutes, working up to 10 or more. Or if you try moving slowly and deliberately, you'll feel how the sequence becomes a sort of moving meditation.

## Pranamasana (Prayer pose)

Stand at the top of your mat, keep your feet together and balance your weight equally on both feet. Expand your chest and relax your shoulders. As you breathe in, lift both arms up from the sides and as you exhale, bring your palms together in front of the chest in prayer position. Close your eyes and begin to breathe deeply.

## Hasta Uttanasana (Raised Arms pose)

Breathing in, lift the arms up and back, keeping the biceps close to the ears. In this pose, the effort is to stretch the whole body up from the heels to the tips of the fingers. To deepen the stretch, push the pelvis forward a little bit. Ensure that you are reaching up with the fingers rather than trying to bend backwards.

## Hastapadasana (Standing Forward Fold)

Breathing out, bend forward from the waist, keeping the spine straight, chest forward. As you exhale completely, bring the hands down to the floor, or hold opposite elbows behind the calves. You may bend the knees, if necessary, to bring the chest to connect to the tops of the thighs. To deepen the stretch, straighten the knees.

## Lunge Pose

Breathing in, push your right leg back as far as possible. Bring the right knee to the floor and look up. The left foot is in between the palms. Instead of rounding the spine here, try to keep the chest lifted.

## Dandasana (Plank pose)

As you breathe in, take the left leg back and bring the whole body in a straight line. Keep your arms perpendicular to the floor, and your shoulders should be over your wrists. Engage the core and hold for a few breaths.

## Ashtanga Namaskara (Eight Points Salute)

Gently bring your knees down to the floor and exhale. Take the hips back slightly, slide forward, and rest your chest and chin on the floor. Raise your seat. The two hands, two feet, two knees, chest, and chin should touch the floor.

## Bhujangasana (Cobra pose)

Slide forward and raise the chest up into the Cobra posture. You may keep your elbows bent in this pose with the shoulders away from the ears. Look up. From Cobra pose, tuck your toes on your exhale and push back to Downward Dog.

## Downward Dog

Breathing out, lift the hips and the tail bone up, chest downward in an inverted V-shape. How to deepen this yoga stretch? If possible, try and keep the heels on the ground and make a gentle effort to lift the tailbone up, going deeper into the stretch for the hamstrings.

## Lunge Pose

Breathing in, bring the right foot forward in between the two hands, left knee down to the floor, press the hips down and look up. How to deepen this yoga stretch? Place the right foot exactly between the two hands and the right calf perpendicular to the floor. In this position, make a gentle effort to push the hips down toward the floor to deepen the stretch.

## Forward Fold

Breathing out, bring the left foot forward. Keep the palms on the floor. You may bend the knees, if necessary. How to deepen this yoga stretch? Gently straighten the knees and if you can, then try to touch your nose to the knees. Keep breathing.

## Hastauttanasana (Raised Arms pose)

Breathing in, roll the spine up, hands go up and bend backwards a little bit, pushing the hips slightly outward. How to deepen this yoga stretch? Ensure your biceps are beside your ears. The idea is to stretch up more, rather than stretching backwards.

## Tadasana

As you exhale, first straighten the body, then bring the arms down. Relax in this position, observing the sensations in your body.



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A & E

Shady Lady

Book Reviews

The Art of: the Tingle

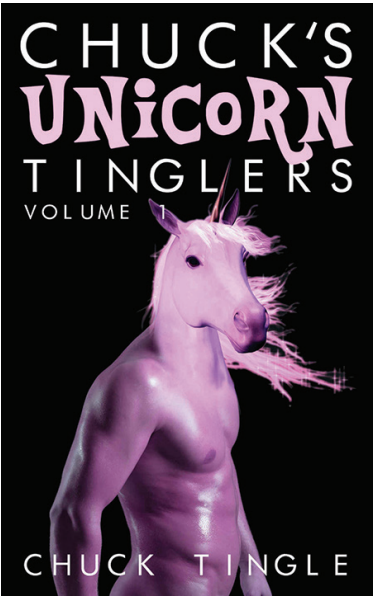
**Ann Hosler**  
Staff Writer

If you’ve never heard of the author Dr. Chuck Tingle, then I’m afraid this issue’s column is going to mildly traumatize you. If you’re extremely adverse to the topics of gay sex, erotica, or sex with other species and/or inanimate, non-existent objects, then I highly recommend you flee in terror now and rejoin me next issue for a more tame column reviewing my originally intended topic-of-the-moment: humor books.

For this particular column, I can’t bring myself to actually review any of Tingle’s stories. Instead, I’m going to discuss what makes a Tingle, and the bizarre experience associated with reading one.

Dr. Chuck Tingle, who is not really a doctor (as far as we know), is the pen name for the man (whose real identity is still a mystery) behind the plethora of homoerotic short stories dubbed “Tinglers”. I’ve been aware of these books since former @midnight host Chris Hardwick joked about Tinglers on his gameshow, only to

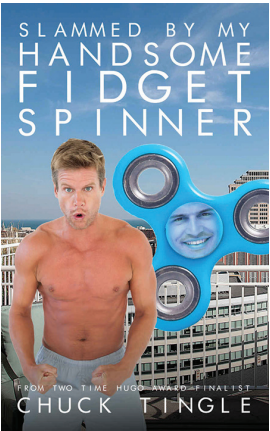
have Tingle turn around and write a book in his honor: “Hard For Hardwick: Pounded in the Butt By the Physical Manifestation of My Own Handsome Late Night Comedy Show”.



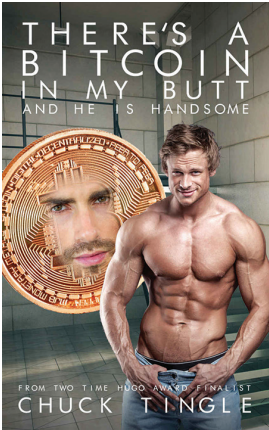
Have I mentioned yet that the titles of Tinglers are batshit crazy?

These titles are free for Kindle Unlimited subscribers, but I was never that damn curious, despite the author’s cult following. But hey, Valentine’s Day is next week, and on Feb. 1 an email from Humble Bundle landed in my inbox begging for my attention: “For your reading pleasure: the Crazy Sexy Love book bundle is here!”

For the sake of two charities and the *White Pine Press*, I have now read several Tinglers.



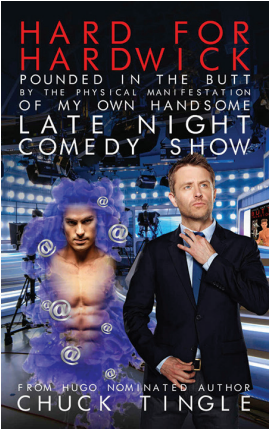
Tinglers make a mockery of the typical erotica book plotline, grabbing the barest of essentials to the plot and churning them out in the most absurd way possible. Typos and grammatical errors peppered throughout each book show that Tingle doesn’t appear to even bother with more than the barest minimum of copyediting. I’m unsure whether to applaud the author for his insanity actually turning into mild success, or to throw my tablet into a bonfire and run away screaming.



Tinglers have a predictable format. Each starts with a setup scene that ultimately leads to a “romantic” encounter. In one, a man driving to his brother’s wedding gets in a car crash and is picked up by a unicorn biker. In another, a human male player on a team in the Unicorn Football League struggles with hiding his non-unicorn identity from the press. There’s the ghost-hunting man seeking a way to send a message to his dead unicorn lover. Don’t forget the doomsday prepper who just discovered the existence of Bitcoin and looks into investments (and in case you think that sound mundane, he ends up having sex with the Bitcoin he’s investing in).

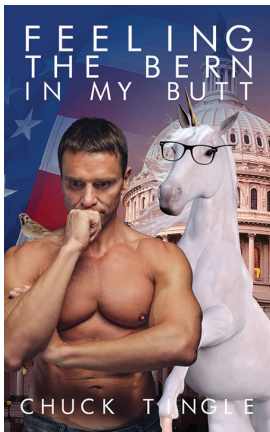
After the setup scene, the story quickly moves into the characters declaring their insta-love/attraction, a blowjob, then some quick and dirty sex. I never thought I’d have this conversation with my husband, but thanks to Tinglers, it happened:

“How would your lips touch someone’s abs while you’re deep-throating them?”  
“Are they human?”  
“Oh, nope, a unicorn.”  
“There’s your answer.”



I’m not going to recommend you read Tinglers. There’s not a single iota of literary worth in them. If you have Kindle Unlimited, a very open mind, and need a good laugh, then definitely check one out. Otherwise, consider using this issue’s column as kindling for my tablet bonfire.

The “Crazy Sexy Love” bundle is available at [humblebundle.com](http://humblebundle.com) until Feb. 14. It supports the National Coalition Against Censorship and Comic Book Legal Defense Fund.



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# Homemade Granola Bars

**Lindsay Schmandt**  
Staff Writer

This semester already feels hectic: dinner rolls around and perhaps a meal hasn't quite made its way into your schedule yet. Don't worry, a few minutes of preparation and you can have an entire week's worth of granola bars for the upcoming busy days. Whether it's during class or on the bus, these granola bars make the perfect portable snack.

## Base Recipe

- 3 cups rolled oats
- 1 cup crisp rice cereal
- ½ cup nuts, chopped or sliced (optional)
- ½ cup nut butter (almond or peanut butter works best)
- ¼ cup maple syrup or honey
- 2 tbsp coconut oil, flavorless vegetable oil, or butter
- ½ cup brown sugar
- ½ tsp baking soda
- ½ tsp salt
- 1 tsp vanilla extract

Additional mix-ins to create a plethora of flavor combinations: dried fruit, nuts, white or dark chocolate chips, seeds, or spices like cinnamon and nutmeg. Keep total mix-ins to 1.5 cups or less, otherwise the bars will be too crumbly to hold their shape.

**Step 1:** Preheat the oven to 350° Fahrenheit. Line a flat baking sheet with parchment paper.

**Step 2:** Combine rolled oats, rice cereal, nuts (optional), baking soda, and salt in a large bowl.

**Step 3:** Combine nut butter, syrup or honey, oil, brown sugar, and vanilla extract in a medium sized bowl until the mixture is smooth and consistent throughout.

**Step 4:** Fold the wet mixture from step 3 into the dry mixture just until everything is evenly combined.

**Step 5 (optional):** Gently fold in any mix-ins.

**Step 6:** Bake the mixture on the prepared baking sheet for 15–20 minutes, or until the edges and top are golden brown. Score or cut the bars almost immediately from the oven—if you wait until they are completely cooled, they may be too difficult to cut into nice, even squares. If shape doesn't matter to you, you can always let them cool completely and then break the mixture into chunks of equal size instead.

Finished granola bars will last 1–2 weeks inside a sealed container in the refrigerator.  
Recipe adapted from [halfbakedharvest.com](http://halfbakedharvest.com).

## EVENTS CALENDAR

February 9 - 24

**Kelsey Pease**  
Staff Writer

### Friday, Feb. 9

5 to 9pm: "Break the Chains" documentary showing in Scholars Hall 109.  
5:30 to 6:30pm: Voices student group meeting in Health & Science 100.  
6 to 10pm: Volleyball sponsored by Ratio Christi in Physical Education 100.  
7:30 to 9pm: Romance Guaranteed performs at the Old Town Playhouse.

### Saturday, Feb. 10

All Day: VASA Festival of Races at Timber Ridge Resort (4050 Hammond Rd)  
10am to 2pm: Indoor Farmers Market in the Village at Grand Traverse Commons.  
Noon to 11pm: Art Bomb encore reception at Right Brain Brewery (225 E. 16th St)  
7 to 10pm: TC Swing Club meeting in Physical Education 100.

### Sunday, Feb. 11

All Day: VASA Festival of Races at Timber Ridge Resort (4050 Hammond Rd)

### Wednesday, Feb 14

12pm: Picnic at the Opera, featuring a live TV variety show, at the City Opera House.  
7:15 to 9pm: His House student group meeting in Osterlin 205.  
9:30pm to Midnight: NMC iDance club meeting in Physical Education 120.

### Thursday, Feb. 15

5 to 9pm: "Break the Chains" documentary showing in Scholars Hall 109.  
4 to 7pm: NMC Financial Aid Fair in the Osterlin 113.

### Friday, Feb. 16

5:30 to 6:30pm: Voices student group meeting in Health & Science 100.  
6 to 10pm: Volleyball sponsored by Ratio Christi in Physical Education 100.

### Saturday, Feb. 17

10am to 2pm: Indoor Farmers Market in the Village at Grand Traverse Commons.  
7 to 10pm: TC Swing Club meeting in Physical Education 100.

### Sunday, Feb. 18

11am to 3pm: MTU Blizzard Baja livestream at [winterbaja.enterprise.mtu.edu](http://winterbaja.enterprise.mtu.edu)

### Wednesday, Feb. 21

11am to 1pm: Veterans Chili Cook-Off in Health & Science Building (1st floor atrium).  
12pm: Picnic at the Opera, featuring a live TV variety show, at the City Opera House.  
7:15 to 9pm: His House student group meeting in Osterlin 205.  
9:30pm to Midnight: NMC iDance club meeting in Physical Education 120.

### Friday, Feb. 23

5:30 to 6:30pm: Voices student group meeting in Health & Science 100.  
6 to 10pm: Volleyball sponsored by Ratio Christi in Physical Education 100.  
7:30pm: NMC Concert Band performance in Milliken Auditorium.

### Saturday, Feb. 24

10am to 2pm: Indoor Farmers Market in the Village at Grand Traverse Commons.  
7pm: Family Movie Night at The Rock in Kingsley.  
7 to 10pm: TC Swing Club meeting in Physical Education 100.



# This Art is the Bomb

**Deanna Luton** Grand Traverse Art Bomb is a Staff Writer collaborative art show featuring work from talented artists across northern Michigan. In the summer of 2011, Art Bomb founder Ryan Walsh created a phenomenon that was intended to be a one-day show at the downtown venue, Ecco. “The idea behind the show was to host an affordable option for artists to showcase their work without a commission,” Walsh explained. He wanted to support local artists and give those who normally didn’t get a chance an opportunity to display their work.

After Walsh moved downstate to finish his education in 2012, he received many inquiries about when the next Art Bomb would take place. “Upon moving back

“Our main goal is to provide creative space to creative thinkers, and to build a community network of artists.”

to Traverse City, I explored options for another show and linked up with Right Brain Brewery,” he said. “They just moved into their new location, and were open to the idea of hosting our show, but instead of a one-day show, they offered us three months. This is when the show really grew. We had nearly 50 artists participate, and hosted three receptions with live music and entertainment. We have continued with this structure to present time.”

Walsh described what it takes to make a show like the Art Bomb happen. “Our main goal is to provide creative space to creative thinkers, and to build a community network of artists. We have a very supportive following and a great group of volunteers. Although there is a lot

that goes on behind the scenes to put on such a show, it always seems to come together. I joke sometimes that the show runs itself.”

Painter and NMC alum Paulino Cecilio Jr. was approached a few years back by Walsh, and has participated since, also volunteering his time to help with the art showcase. “I feel that it presents a great opportunity for people to have their work seen, and it’s commission free,” Cecilio explained.

“My unique motivation comes from wherever that moment of inspiration may present itself,” Cecilio says of his art. “For me, being an artist is accepting the willingness to subject the self to numerous emotions and ideas. Art inspires imagination through a culmination of experience taken from life, creating a bridge of communication between the practical and impractical.” Cecilio has created over 800 pieces of art, seen in photographs here and on his Facebook page, Paulino Cecilio Jr.’s Art Journal.

Nick Walsh, Ryan’s younger brother, has a side project that ties in with the show and is also a resource for local area artists: a monthly free submission-based art magazine called The Fuze. Information about submission deadlines are on its Facebook page, The Fuze Zine (@thefuzetc).

The Art Bomb’s first reception was held on Jan. 13, with two more remaining on Feb. 10 and April 7, running from noon until 11pm. The receptions feature a variety of live music and comedy, as well as performances from NMC’s iDance. Stop by Right Brain Brewery to mingle with creative minds in the area and admire the talents of local artists. For more information about the art show and its receptions, check out the Grand Traverse Art Bomb on Facebook.



Artwork by Paulino Cecilio Jr.  
Photos courtesy of Jeff Zhao

