Earlier this month, Michigan Gov. Rick Snyder issued a press release proclaiming the month of September as College Fire Safety Month, focusing in on how students can stay safe in off-campus housing. By learning the following measures, students can ensure their housing is compliant, reduce the risk of fire and take measures to secure their own safety:

- Make sure all sleeping rooms and living areas have working smoke alarms.
- Test smoke alarms monthly and never disable or turn off smoke alarms.
- Learn your building’s evacuation plan, practice it, and follow it.
- Know all emergency exits and have two ways out.
- Use stairs to get out, not elevators.
- Most fatal fires happen at night. Get up, get out and stay out.
- Don’t allow smoking inside a dorm room. NEVER smoke in bed.
- Make sure cigarettes and ashes are out.
- Never leave a lit candle unattended. Keep candles away from flammable fabrics.
- Don’t use the stove or oven to help heat a cold dorm room or apartment.
- Keep a fire extinguisher close by and know how to use it.
- Never use an extension cord for a cooking appliance.
- Stay in the kitchen while cooking.
- If a fire starts in a microwave, keep the door closed and unplug the unit.
- Use a surge protector for a computer and plug the protector directly into an outlet.

For more information about fire safety visit: Bureau of Fire Services website at www.michigan.gov/bfs
It can’t be denied — the beginning of the school year is stressful. Navigating the choppy waters of college can be daunting at first, so it is important to find time to unwind, to float, and to not sink amidst a busy schedule.

As a student, stress reduction and relaxation are key to staying sane. Combining coursework with other work, family obligations, and life in general can be incredibly draining. From settling into new classes to dealing with tricky financial mishaps, the start of the semester is a hard time for everyone. It can tax your body, mind, soul — and wallet. Daily decisions based on lack of time or convenience can be expensive. Saving money, staying healthy, and living stress-free both are essential to maintaining balance on and off campus.

Pinching Pennies

Saving money is critical to surviving the college experience. Classes are expensive, so finding affordable supplies is important. To avoid retail costs at the bookstore, you can often find cheaper options online through websites like Amazon, Chegg, or Textbooks.com. Another way to reduce your costs is to utilize e-textbooks. They are less expensive, more convenient, and free of shipping charges.

Bringing food and coffee from home is also a great way to stow away those extra dollars. Fast food expenses add up quickly when trying to eat on the run, and they often lack the nourishment that keeps you going throughout the day. When you can’t avoid eating out, there are plenty of places around Traverse City that give discounts to NMC students with valid IDs. Bubba’s, Firefly, Jonathan B Pub, Pop-Kies, and Sweet Asylum all offer students 10% off. Additionally, the Subway on Munson Avenue offers 15% off regular priced items, while Mancino’s Pizza offers 20% off.

If you need transportation, BATA gives students 50% off their bus fare. When you don’t feel like riding the bus across town, an innovative company is taking Traverse City by storm. Pizza and fast food sandwiches used to be the only things delivered to your front door step, but now Chompler is changing the way we think about ordering out.

Another way to save money while in school is thrift shopping. The art of exploring pre-loved clothing stores is a blessing for both your wallet and closet. There is a significant amount of truth in the old adage ‘One man’s trash is another man’s treasure’, and a multitude of second-hand stores in the Traverse City area continue the tradition. Plato’s Closet, The Salvation Army Thrift Store, Top Drawer Exchange, Back Around Again, Double Edge, Ebb Tide, and Goodwill are all resale shops located in this area.

If your spending is more entertainment than adornment, the State Theatre offers $2 off full-price admission and allows students the opportunity to volunteer for a shift and receive free movie vouchers. Additionally, Hamlet’s Quick Lube offers $5 off a full service oil change. Lastly but not least, our Dennos Museum Center gives free admission to students.

Soothing Stress

There are a multitude of stress inducers involved in being a student, and letting that pressure build up could lead to a breaking point. It’s important to vent life’s little frustrations. Practicing yoga is a great way to reduce these stresses. An exercise for calming the mind, body, and spirit, yoga does wonders for overall health. Flexibility, strength, and improved energy are just a few benefits yoga can provide. Finding an affordable yoga studio is hard, but you can circumvent this issue by viewing beginner’s lessons on YouTube. It’s a great way to start a healthy habit in the comfort of your own home. Diane Samarasinghe, a yoga instructor here at NMC, recommends starting by finding a quiet, safe, moment in your life, in a clean space.

“The first thing you can do is notice how you’re standing, because yoga is about awareness. We’re always wanting to create opportunities for the body to be strong,” Samarasinghe says it is important to “create space for the breath.” This simple act is something we can do anywhere. By simply noticing our posture, elongating our spines, and not constricting our bodies by hunching over while driving, texting, reading, and using our devices, we can impact our general health greatly. This simple act makes overall awareness easier to achieve. “If you’re in a very safe place where you can lie down—you don’t have to have a yoga mat—but in a safe, clean place, lie on your back and feel the support of the earth. That’s yoga.” Clearing your mind and just focusing on your breathing is a great way to begin every yoga practice. Regular practice builds muscle memory within your body, she says. “Start with a small increment. Something that’s really doable. Find a time in your day that you can be consistent with.”

Meditation can also limit the stress experienced by an individual. It can be hard to find focus amid chaos, but dedicating a little time every day to quiet your mind does wonders for overall well-being. “The best thing in the world you can do is carve out a little piece of time,” Samarasinghe suggests, “Often times in the morning when you first get up — just stop for a minute and close your eyes and meditate for a moment.” Spending two or three minutes centering yourself provides a sturdy foundation, as the rest of the day’s stresses build up. Establishing this inner place of calm can be helpful during a high stress situation. “When we feel healthier and less stressed,” Samarasinghe says, “we will project that energy onto the world.”

Cheap, Fast Recipes

Fast food is cheap, tasty and available all around Traverse City. Most college students live off of a rotation of McDonald’s, KFC, Subway and Taco Bell. It’s no secret that eating fast food often will not only make you feel sluggish and tired, but what you assume to be a cheap bite to eat adds up fast.

If you have a stove and/or oven to cook with, utilize it. Cooking may seem like a drag, but it’s going to save you money in the long run and tends to be healthier than your average fast food options. For this recipe, I went to Tom’s Market and got all of these ingredients for $7.42, or $1.23 per serving. Keep your eyes peeled for sales and coupons available when you go shopping. Construct your meals based on sales.

Easy, Cheesy Ravioli Bake

**Prep Time:** 10 mins  
**Cook Time:** approx. 1 hour  
**Servings:** 8  
**Required Utensils:** Oven & 13x9 rectangular baking dish, greased.

**Ingredients:**
1 Large Jar (26-28 oz) of your favorite pasta sauce  
25-27 oz package of frozen cheese-filled ravioli  
2 cups shredded mozzarella (or other flavor)  
2 tablespoons grated Parmesan cheese (optional)  
Basil for garnishing (optional)

**Directions:**

1. Heat oven to 350°F. Spray bottom and sides of dish with cooking spray.
2. Spread ¼ cup pasta sauce in the baking dish.
3. Arrange half of the frozen ravioli in a single layer over sauce; top with sauce and 1 cup of shredded cheese.
4. Repeat layering once, starting with ravioli.
5. Sprinkle parmesan cheese on top if you want.
6. Cover with aluminum foil and bake 40 mins.
7. Remove foil and bake uncovered 15-20 more minutes or until bubbly in the center. Let stand 10 minutes before cutting and enjoy.

*Leftovers taste great and are good for four days.*
Canines on Campus
How are service dogs utilized in a school setting?

Laureen Horan
Staff Writer

This year you may be sharing a classroom with not just humans, but dogs too. According to Director of Veteran’s Services, Scott Herzberg, five students at NMC have a personal service dog that attends class with them.

Lucas Clark is a former Army Specialist attending NMC for social work. Clark is one of roughly 7.7 million Americans who suffer from PTSD, as estimated by Medline Plus. Clark is chronically affected by anxiety, nightmares and panic attacks and depends on his three-year-old lab, Bailee Mae, to stay calm.

“It seems like my brain is just unable to realize what’s going on around me. Bailee helps me just by being around me,” explained Clark. “She keeps me calm and I have fewer reasons to panic.”

Clark has had Bailee Mae since she was eight weeks old and trained her for three years before she received official certification from Dogs in Honor, an organization that teams up PTSD veterans with a healthy service dog. Dogs in Honor, based out of Bellea, currently has 14 certified dogs and 16 in training.

In the classroom setting, Bailee stays right next to Clark’s side and is calm and quiet, which gives him silent reassurance and helps him focus in class.

Another veteran at NMC, Nichole Hartley, is still working on getting her service dog, Zaia, certified.

Though Zaia is still in training, she accompanies Hartley everywhere, including class. Zaia’s presence helps Hartley focus.

“She’s more aware of our surroundings than I am. I took her on a road trip this summer and we parked at a roadside area to sleep. She would reinforce any gut feeling I have, whether it was a safe place to stay or not. A couple times, we both felt uneasy; we ended up moving and felt much safer. When we’re walking around, she’s aware of who else is around us,” said Hartley.

For some, sharing the classroom with a dog is a new experience.

“I’ve seen more service dogs around campus because we have a lot of veterans. It’s new to some people, but it’s a good way to point out that not all disabilities are visible, especially PTSD. People become more accepting of those who are struggling with it,” said Hartley.

Michigan legislation protects the rights of individuals with service dogs, requiring that any business open to the public also accept service dogs in the establishment. This legislation goes hand-in-hand with the Americans with Disabilities Act (ADA).

Clark and Hartley both emphasize that there is certain etiquette that comes along with approaching a service dog. Always ask permission to pet the dog and respect the handler’s decline if they say the dog is working. Do not ask someone why they need a service dog, as this violates ADA regulations.

If you ever share the classroom with a dog, remember that these canine companions are helping veterans across the nation lead productive lives with peace of mind.

Service Dog Etiquette

DO
- Ask the handle to pet the dog.
- Keep your own dog at a distance
- Treat handler with sensitivity and respect.

DON’T
- Ask handler why they need a service dog.
- Speak to or touch the dog without permission
- Offer food to a service dog.

We are blessed to have her many talents here on campus. Currently, she is tirelessly working to connect current students at NMC with alumni who are successful in their career through a new mentorship program. It is a rich network to tap into, and Coiffa doesn’t hide her excitement.” Did you know NMC alums include people like former U.S. Congressman Bart Stupak, and Head of Creative at Google Zoo John Milton? I got to have lunch this week with an NMC alumna who was part of a Nobel prize winning team working on nuclear non-proliferation at the International Atomic Energy Agency, Therese Renis, who now lives in Austria and is a program director at the IAEA. She talked a lot about how instructors at NMC challenged her to think big about her career path and she has a lot of love for our college.” Such a program will reiterate that there can be a bright future after graduation for NMC students.

As director of alumni relations, Coiffa also instituted the Hawk Owl Hospitality Booth during midterms in the Spring 2016 semester. The main idea: to soothe the ensuing stress over finals. Coffee, cookies, spirit gear and friendly, encouraging alumni volunteers, offering students a pick-me-up between tests. In the coming year, Coiffa hopes to incorporate more alumni events for graduates dating back to the first class of 1953.

Exciting things are in store for the commencement ceremony this coming spring. Coiffa plans to organize an event sponsored by the alumni program to celebrate graduates as they become official alumni, providing them with fun and meaningful activities while waiting for the ceremony to begin.

Truly, her knack for building bridges is evident and her ideas flow like water under that bridge. I can attest to the fact that the alumni organization has great things in store on the horizon with Betsy at the helm.

Alumni Spotlight
Betsy Coiffa

Deanna Luton
Staff Writer

As I waited for my two o’clock interview to arrive, I heard the distinct sound of heels on the tile floor of the Hawk Owl Cafe. Someone important was approaching. It was Betsy Coiffa, director of alumni relations here at NMC.

After six years as an award-winning journalist and newspaper editor, Coiffa began her pursuit of a social work degree at NMC in 2002. Continuing her education at the University Center through NMC’s partnership with Ferris State University, she earned her bachelor’s degree in social work in 2008. Coiffa has dedicated her life to building community, both on and off campus.

While attending NMC, Betsy was fortunate enough to be influenced by many amazing professors. Sonja Olsbey, John Zachman, and Lisa Blackford, just to name a few, left lasting impressions on Coiffa. “People like Sonja,” she says, “lived this value: ‘if you believe you can make a difference, you can.’ I don’t always get it right, but that’s how I try to live.” Lisa Blackford, advisor for Habitat for Humanity in which Coiffa was involved as a student, was another inspirational mentor. “Professors here challenged me. They really helped me see life in a different way and realize how much I really love to learn.” She founded lifelong friendships while building homes with Habitat for Humanity in Northern Louisiana and West Virginia. And after a plethora of volunteer work at bake sales and car washes, the group raised enough money to spend two respective spring breaks working for the non-profit company.

Coiffa speaks fondly of her time at NMC as a student, and after finishing her studies, she went on to serve the community in other ways. Her social work degree gave her the opportunity to work for Head Start, a local foundation which, among other projects, coordinates grants for parents struggling to pay for childcare. For Coiffa, meaningful work is a lifelong goal. A devotion best witnessed in her current campaign for State Representative of Michigan’s 104th district.

We are blessed to have her many talents here on campus. Currently, she is tirelessly working to connect current students at NMC with alumni who are successful in their career through a new mentorship program. It is a rich network to tap into, and Coiffa doesn’t hide her excitement.” Did you know NMC alums include people like former U.S. Congressman Bart Stupak, and Head of Creative at Google Zoo John Milton? I got to have lunch this week with an NMC alumna who was part of a Nobel prize winning team working on nuclear non-proliferation at the International Atomic Energy Agency, Therese Renis, who now lives in Austria and is a program director at the IAEA. She talked a lot about how instructors at NMC challenged her to think big about her career path and she has a lot of love for our college.” Such a program will reiterate that there can be a bright future after graduation for NMC students.

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Truly, her knack for building bridges is evident and her ideas flow like water under that bridge. I can attest to the fact that the alumni organization has great things in store on the horizon with Betsy at the helm.
Dozens of NMC students had the opportunity to travel abroad earlier this year to further their education and life experiences. Programs like Freshwater Studies, Nursing, Culinary, Aviation, and the Humanities are expanding their reach into countries such as Costa Rica, South Africa, Brazil, Ecuador, and Greece. Perhaps you were one of these students. Or maybe you are just now starting your college education and are interested in participating in a program where you can likewise get involved. Either way, exciting things are happening in International Studies.

The White Pine Press met with Jim Bensley in International Services and Service Learning to find out what is in store for this academic year. Several programs are being considered for travel abroad studies. One is a trip to Mexico for Construction and Solar Technology, where students would build solar panels into a coffee shop in Huatulco, for a coffee farm ran by indigenous families. As Bensley says, “This would improve the students’ skills with fieldwork, while simultaneously improving the lives of those they visit.”

Traveling to South Africa for the Nursing, Biology, and Aviation programs has been a regular practice at NMC for several years now, and International Services is hoping to continue that streak for 2017. But this is not the only African nation that students may get to visit in the upcoming year. The World Culture class has plans to visit Morocco, and by staying with host families, immerse themselves in the culture. “Morocco is an Islamic country, so the class will benefit more from interacting directly with the people there, rather than learning in the classroom,” mentions Bensley.

Few things scream culture shock more than food. NMC Culinary students will have the option to travel to Sicily and work in kitchens with experienced and traditional chefs who use centuries old recipes. But Italian is not the only thing on the menu, as there are culinary possibilities in Ecuador as well. “Business and Culinary students can go Yunguilla in the Cloud forest of Ecuador to help locals expand their eco-tourism businesses,” explains Bensley. The Biology class is also planning on visiting the Galapagos Islands, just off the coast of Ecuador. Bensley grinned as he told me, “The Galapagos has one of the most unique habitats in the world; our students will get to experience it up close and personal.”

Opportunities are also available for students to work as teachers while overseas. “The first two days of the Galapagos experience will involve NMC students sharing knowledge of northern Michigan wildlife with school children in Quito. And much like last year, there are plans to teach English in Brazil,” says Bensley.

NMC students in the World Culture or Political Science courses may choose not to travel abroad, but will still have opportunities to connect online with international students. Facilitated by United Nations personnel, students will be paired with 7 to 10 other students to learn about each other’s culture and government over the Internet, build a network of connections and educate tomorrow’s leaders. Students who are interested in these unique opportunities should either visit the International Office or speak with faculty in charge of the specific departments. However, even if you are not enrolled in one of these programs, there are independent study options available. If overseas travel would specifically correlate to aid in your education, speaking with the International Office may help.

Registration for the Spring Semester is October 19, so if a program piques your interest, inquire now about available overseas opportunities. Deposits are due November 21 and though travel dates are not set, trips are generally over spring break in March, or in May. Financial aid or scholarships could be available to help alleviate expenses.

Whether you choose to travel or not, NMC has international students from abroad regularly attending classes alongside us. Being hospitable and kind will drastically affect their experience here, but will likewise change your life for the better. Making friends and creating connections will serve you well not only through your education, but also in your life.
Sonja was the most soft spoken and kind-hearted instructor I ever had the privilege of learning from at NMC. She was the type of instructor who remembered you years after you sat in her classroom. Sonja went above and beyond to help her students succeed and did it with a smile. She inspired me to be a good student & a better person. I am forever thankful to have been given the opportunity to be present in Sonja’s genuine character and kindness toward all.

- Abbie Andrzejak, Social Work major

“When you believe that people are good, they are. When you believe that you can make a difference, you can. When you care, you change a life. With every kind act, there is a ripple effect.”

-Sonja Olshove

Sonja was such a beautiful woman inside and out with a heart made entirely of gold. To know her was such an incredible blessing, let alone to be her friend and colleague. I will miss the bright light she shared with the world every day, even with the simplest “hello,” and I will forever be thankful for every bit of love and kindness she has shown us. Thank you for everything, dear Sonja. There are no words for how much you have inspired us all, even to this day. The world may have lost a beautiful hero, but your memory will forever be a blessing.

- Nicole Priebe, Social Work major

She was a light that never burned out. She was someone who kept campus bright and cheery, and did so through her amazing soul and spirit.

- Alex Bondar, NMC Alumni
My first class with Sonja was Gender & Society. My best friend and I didn’t know we signed up for the same class, and when we made that realization, we loudly showed our excitement. Instead of getting annoyed like the rest of the class, Sonja shared in our excitement and was happy that we’d get to experience her class together. At that point, I didn’t know or care a lot about the concepts of feminism. I believed in equality and what not, but I never really cared to examine the injustices and imbalances in our society in a complex way. That is, until I took a class with Sonja. Sonja got me to question things I thought I already knew. She provoked a great deal of self-reflection in me, as a young woman who is trying to “climb the ladder” in my career. She got me to ask myself what I can do on a daily basis to progress toward equality, balance and fulfillment in my life. We’d play bingo in her classes before every test, and I recall so much more from the courses I had with her than most any other class I’ve ever had. She knew how to connect. She knew how to motivate. She knew how to teach. At her funeral, her family emphasized that her name was actually pronounced as SUN-ya and that her childhood nickname was “Sunny.” I thought to myself that she could not have had a more suitable nickname. She was bright, her joy poured out of her. Even on Earth, she was immaculate. I am grateful to have had Sonja as my instructor for two courses and I am so lucky to share my birthday, July 5th, with her. I will always think of her when the sun shines.

- Laureen Horan

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Life is precious and short; that’s what makes it beautiful and worthwhile. Part of the thrill is never knowing with certainty our final moments, but the important thing is to make every moment count. Everyday we have millions of interactions - physical, digital, emotional, etc. that leave lasting impacts on people we will never know. What’s even more, is these interactions unbeknownst to us may hold the power to change someone’s entire life.

RIP to a woman who I witnessed change the lives of young aspiring minds everyday. May the impact you had here live on and continue to inspire.

- Eillie Sambrone, Freshwater Studies

Sonja touched so many lives with her kindness, and always believing that good would prevail. I was blessed to have had her as a friend and co-worker over the last 18 years. Words cannot describe how sad we are to lose her and how much she will be missed. God must’ve needed another Angel in heaven.

- Cindy Duby, Office Manager, Social Science

“When you believe that people are good, they are. When you believe that you can make a difference, you can. When you care, you change a life. With every kind act, there is a ripple effect.”

-Sonja Olshove
James Robinson  
Staff Writer

Whether you’re a devotee of the Dark Knight, a fanatic of the Fantastic Four, or an addict of The Avengers, there’s a holiday made especially for you: National Comic Book Day! Each year on September 25th, comic book readers, collectors, and enthusiasts — new and old — celebrate this iconic storytelling medium.

Also known as a comic magazine, a comic book consists of a sequence of illustrations accompanied by a short narrative contained within speech bubbles. Comic books originated as books of reprinted humor strips, like those found in the back of the Sunday newspaper. Despite their name, they can feature books of reprinted humor strips, like those found in the back of the Sunday newspaper. Despite their name, they can feature stories in many different genres such as science fiction, fantasy, horror, and romance. Most tell an ongoing story and provide action, intrigue, and suspense. These features, along with bright, powerful colors and appealing design schemes have made comics a popular storytelling medium in the United States.

One of the very first comic books in the United States, called Famous Funnies, is believed to have appeared in 1933 as a collection of newspaper comic strips. Comics as a print medium first appeared in America with the printing of The Adventures of Obadiah Oldbuck in 1842. Rodolphe Töpffer, a Swiss teacher, author, and cartoonist, invented Obadiah to amuse himself and his friends, but the comic strip quickly became popular. Töpffer is often referred to as “Father of the Comic Strip.”

The golden age of comics undoubtedly began with the introduction of Superman by Jerry Siegel and Joe Shuster in 1938. This book — Action Comics #1 — introduced a new genre of characters with secret identities, extraordinary powers and abilities, and colorful costumes: superheroes! Following the creation of Superman, other iconic superheroes such as Batman, Wonder Woman, Green Lantern, and Flash began appearing in their own comic books. During the 1940s, superheroes became a symbol of American patriotism and triumph over evil. The cover of the first Captain America comic showed the hero battling Adolf Hitler!

As the war subsided, sales of superhero comics began to decline and many were cancelled as publishers shifted focus to other genres such as science fiction and horror. In the mid-1950s, during the popularity of science fiction and horror comics, psychiatrist Dr. Fredric Wertham waged war on the industry with the publication of Seduction of the Innocent in 1954. Wertham believed comic books turned children into juvenile delinquents and called for tighter restrictions on the industry. The Comics Code Authority was created to regulate the provocative material in comic books.

Despite the harsh criticisms from Dr. Wertham and the restrictions of the Comic Book Authority, the industry found ways to appeal to new audiences by rejuvenating the successful superhero genre. Soon, characters such as The Amazing Spider-Man, Thor, The Incredible Hulk, the Justice League, the Avengers, and the Fantastic Four found popularity with a new generation of comic lovers and cemented the status of comic books in American culture.

Since the inception of the superhero genre in 1938, many superheroes and superheroines have come and gone, leaving modern-day enthusiasts with a plethora of material. “There’s a book for everyone,” Grant Stoye, comic book devotee and writer for the Court of Nerds podcast suggests. “You just have to steer people towards their interests.” Do you like watching zombie movies? Try reading The Walking Dead series, created by Robert Kirkman. Are you a fan of horror and/or ancient folklore? Try reading the Hellboy series created by Mike Mignola and published by Dark Horse Comics. How about fantasy and science fiction? Try reading the Fables series published by Vertigo, an imprint of DC Comics, or the Planetary series published by Wildstorm (also an imprint of DC comics). Whether you’ve enjoyed comic books for many years or have recently discovered them, take some time to head out to your local comic shop and discover the amazing tales that lie between their pages.

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**GREAT PAYOFFS. **Grand Valley State University Traverse City Regional Center
Hello NMC Community,

First and foremost, Faculty Council, on behalf of NMC Faculty, would like to thank you, NMC’s staff and employees, for your good work to keep teaching and learning at the center. At the center of that relationship are teachers and students and the staff who support them. Your work empowers students to achieve their goals. Your work enables and facilitates our work to educate our students.

This letter clarifies what’s to come and why. We know that is somewhat long, but we hope you will take the time to read it. We also hope that you will contact us with any questions or concerns you have.

We want you to know that you will not see most of us this Friday at the picnic, and we want to share with you our case for this action. We are sad to miss you ahead of the school year, but we see this as an important step we must take. We simply seek to demonstrate our resolve and cohesion as an employee group. In no way should this be taken as not supporting you, our fellow staff. For, without you, our lives would be made that much more difficult.

In an effort to clarify the state of play in negotiations with the administration of NMC, we offer this.

To review, only after speaking to the administration about our concern about their direction and priorities did we understand that our only move was to organize ourselves. We shared that, in order to keep learning at the center, NMC needs teachers at those tables where the most important decisions are made about its future, and that our input must be more than “advisory or informational only”. As our president often reminds, “If you’re not at the table, you’re probably on the menu.” We couldn’t agree more.

ADMINISTRATION PRIORITIES CLARIFIED:

• Our administration has placed on the table many of the plans we feared were in store for us and for our college.
• This shortened list demonstrates the tone of administration of our entire college, affecting us all. Our cause is not our own.
• Foisting a 7.6% tuition hike while the administration sucks away considerable reserves;
• Merging academic areas without teachers’ and chairs’ input, affecting staffing across the college;
• Issuing letters of faculty appointment (not a contract) without dates, pay, or terms and conditions;
• Changing job descriptions without input or notice to office managers;
• Offering a plan for faculty advancement that would lead to enormous losses in career earnings;
• Implementing cuts in adjunct pay;
• Spending $200K+ in legal fees to thwart our efforts;

ON BARGAINING:

In the 15 months since we formed a collective bargaining unit, NMC faculty have met with administration representatives and their lawyers 17 times. We follow standards and protocols in negotiations and bargain in good faith. We put forward substantive proposals to our administration. Proposals include policy-level language and implications of those policies for our college community. Those policies are vetted and bargain in good faith. We put forward substantive proposals to our administration.

Like our administration, we seek appropriate legal input from our Michigan Education Association (MEA) counterparts. Unlike our administration, our representation costs the college, its students and Grand Traverse County taxpayers nothing.

In total, we have come to 18 base-level agreements. It should be said that this was only after considerable administration resistance and include such things as min/max class sizes, required office hours, and the recognition of our very union, almost none of which addresses our primary concerns.

COMING ACTION:

As such, you will see and hear from us in the community in the coming weeks or months until a contract is reached. You will see us wearing our special t-shirts and carrying signs. You will see us leafleting near campus and in the greater Traverse City area. You will see us in the news. You will read our commentaries and those of our supporters in the papers and online. You will see us on social media, promoting our cause.

As such, you will hear of a resounding ‘NO’ vote to existing administrative proposals. You will hear us call for what we think is best for us and for our students. You will hear us call for what we think is best for staff and for the future of the college.

Our cause is not our own.

We hope you are with us as we move to end this ordeal and to get on with the work at hand; lifting up our students with the support necessary for a solid education.

We hope you will approach us with any questions or concerns. Together, we are NMC.

Sincerely,
NMC Faculty Council and NMC Faculty

HELLO NMC COMMUNITY:

Welcome students:

Close to 4,200 of you have selected NMC as your college. I thank and welcome each of you, whether you are first time or returning to our campuses. You have joined a vibrant community that is doing great things to make sure you are successful in your studies and on your path.

Like any community, we are complex. In complex communities, it is critical for citizens to engage in comfortable and uncomfortable discussions and activities. In March 2015, the NMC regular faculty voted to unionize and be represented by the Michigan Education Association (MEA). Once a group selects a union as representative, rules and laws governing negotiations and contracts take effect. The college has been negotiating in good faith with the MEA meeting 22 times including 7 with State of Michigan appointed mediators. NMC is committed to negotiating a contract with faculty that will allow us to meet the current and future needs of our students, our community and our region. Our hope is, and has been, to do that in a timely and efficient way.

We all live in a world that is changing and transforming at an ever increasing rate. Each of us must be able to adapt to those changes and absorb shocks from our environment. Equipping you with skills to do that successfully is part of our responsibility as a college. Equipping the college with a faculty contract will allow NMC to succeed in that world.

Every person at NMC is here to help you achieve your outcomes. Learning happens across these campuses and is supported by faculty, staff, administrators, community volunteers and your peers. It takes place most effectively when we each engage.

Our campus will change a lot this year. A new residence hall and fitness center is being constructed north of East Hall with an expected completion date of August 2017. The Dennos Museum Center will expand by 14,000 square feet over the next year. We will start planning for construction of a new library and innovation center connected to the current West Hall. Students will be invited to share their desires for these facilities during the design process.

We believe in the power of engagement. Faculty, staff and students participate in dozens of NMC councils, committees, task forces and project teams. We invite you to take advantage of the opportunities of citizenship whether here, or in the broader community, and we can all make a difference together.

I thank you the students, the faculty, staff, administration and volunteers. Together we give our all to make NMC a better place and make your journey a success.

GO HAWK OWLS!!

Timothy J. Nelson
President, Northwestern Michigan College

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/non-discrimination

WRITE US A LETTER

OUR POLICY: The White Pine Press accepts letters to the editor from members of the college and community. Letters should be less than 400 words, typewritten, and signed with your name, address and phone number. Letters may be edited for clarity, grammar, spelling and length. Opinions expressed are not necessarily those of The White Pine Press staff or any college employee.

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7.19.16

nebula swirling deep in space
stars wrapping themselves up
in an ever spiraling Galaxy,
far beyond the imagination
of the collective human race.

black hole swallowing all matter
unlucky enough to get too close
absence of existence, undetectable
except for its lack of any light.
our whole world could easily shatter.

star once twinkling so bright
time decays all things, not even
the heavens are safe from its reach.
death of a sun creates a vacuum,
swallowing everything in sight.

Shooting for Six

Becky’s library research suggests carjacking, not
purse snatching.
She wheels her bagged possessions into the bushes
beside the Shell Station and waits. Finally, a Mercedes.
When the driver saunters inside, she makes her move.
She starts the engine, slams it into gear, floors the gas.
She parks around the corner.

Seat pushed back, she waits.

“Dammit, Becky,” says Officer Whitley. “This’ll cost
you five years.” It’s her first ride in his back seat, though
he’s reluctantly shooed her from the street, the hotel
lobby, the church parking lot.

“I’m shooting for six,” she says. “That’s when my
Social Security kicks in.”

NANCY PARSHALL — COMMUNICATIONS

MKE TORRE — FINE ARTS
Sketches from recent NMC trip to Greece
ABOVE: Parthenon RIGHT: Well of Mycenae

MIKE TORRE — FINE ARTS
Sketches from recent NMC trip to Greece
ABOVE: Parthenon RIGHT: Well of Mycenae

NANCY PARSHALL — COMMUNICATIONS

The road less traveled may be fraught with danger, but its
journey offers endless possibilities. This semester NMC Magazine
delves into the experiences, risks, and excitement in undertaking
an adventure. What lurks in the deep recesses of that cave? Are
there new lands waiting to be discovered? Can our hero slay the
dragon? Will NASAs asteroid mission be successful?

Lace up those hiking boots, heed the call of the wild, and unleash your creative power. Send us your stories,
poems, illustrations, photos, artwork, film, or other designs either in person or via email by Monday, October
24, 2016. Bring hard copies to the Communications Office, Scholars Hall 214, Attn: Alissa Lingauer — OR — to
Email submissions to nmcmag@nmc.edu.
Be sure to attach the Submission Form found at nmc.edu/nmc-magazine.

YOUR ART HERE will be a permanent page
in the White Pine Press.
Please email submissions (high quality images) or questions
to russelb@mail.nmc.edu

NMC Students, Faculty & Alumni

your art here.
Loving to Read

Ann Hosler
Staff Writer

I have a confession to make: I love romance stories. Something about cravats, fancy gowns, foppish hats, and gloved hands captivates me. There’s a few Medieval stories that I enjoy, as well as many contemporaries, but throughout my vast collection of books the ones set in the Regency and Victorian eras dominate my favorites. In fact, I’ve read enough of them by now I can unerringly answer Jeopardy questions about England in the 1700–1800s.

Romance is a huge genre and, as with any genre, there are definitely some stinkers out there. Books where you struggle to complete the first chapter. You know you’ve found a winner when there’s an immersive plot with relatable characters. It’s just like any other work of fiction, except in between events they also want to get into each other’s pants—or petticoats.

I have several go-to reads when unwinding after a long week. Stories that suck you in, making you love—or hate—the characters as they struggle toward the ultimate goal: true love. These range from just kissing (clean romance) to steamy, throwing-legs-up-in-the-air action.

Rule of Scoundrels series by Sarah MacLean:
The first collection I read after returning to the genre is my favorite. This four-book series is set in 1700s England and follows four different aristocrats who also happen to own a gaming hell. Each has demons to face down and their leading love interests to guide them along the path of redemption. I strongly recommend reading them in order; it will make you really appreciate the fourth book. There is a prelude series (Love by Numbers) that isn’t necessary, but helps to fill in a few background details.

Steaminess:

A Week to Be Wicked by Tessa Dare:
Part of Dare’s Spindle Cove collection, this book stars aspiring geologist Minerva and the rakish Lord Colin Payne as they travel with Francine the Footprint across 1800s England to Scotland. Along the way they fake an elopement, have a run-in with highwaymen, scandalize a wholesome family, and manage to fall in love. The other books in this series are enjoyable, but this one stands out above them all.

Steaminess:

House of Oak series by Nicole Van:
When I first heard of a time travel romance subgenre, I was skeptical. Van takes what seems ridiculous and makes it absolutely believable with amazing characters and beautifully visualized settings. There’s a lot of conflict and difficult choices, and even some well-placed pop culture references and humor. Her books are the most I’ve ever laughed while reading, sometimes to the point of tears. Van writes clean romance, and if you have a Kindle Unlimited subscription, her books are free.

Steaminess:

Portland Storm series by Catherine Gayle:
I have another confession to make: I’m not interested in hockey. That didn’t stop me from getting hooked on Gayle’s books, each featuring a member of the fictional Portland Storm hockey team and their love interests. As the main characters become closer and work to overcome troubles in their past, the stories bring to life hard topics that aren’t often addressed in genre fiction: addiction, abuse, rape, divorce, cancer, and more. If you have triggers, be sure to check each book’s synopsis and reviews. They can be read in any order, but Breakaway is the best introduction to the series.

Steaminess:

The Legal Briefs series by Emma Chase:
A contemporary series that follows the story of three male defense attorneys as they find their happily-ever-after amid the insanity of life. A rarity for the romance genre, the books are solely narrated from the man’s point of view. Chase masters the story and weaves her tales with bluntness, angst, humor, and emotion. Each can be a stand-alone, but read Sustained (book #2, but #1 in my heart) before checking out the novella, Sidelined.

Steaminess:

Maiden Lane series by Elizabeth Holt:
This Regency era series features a complex, beloved, yet flawed cast of characters in the mid-1700s. Hoyt’s books will take you from the grimiest corner of London’s slums to palatial manor homes with their glittering ballrooms. I started the series with #8 (Dearest Rogue, which I’ve re-read three times) then hopped through previous stories haphazardly, but many prior main characters resurface in minor roles.

The series still has new books coming; #11 is due in November and #12 in spring 2017.

Steaminess:
The Dennos Breaks Ground

James Robinson
Staff Writer

The Dennos Museum Center first opened its doors on July 6, 1991, and since then has built a reputation as the region’s “premier cultural facility.” From the interactive installations in the Discovery Gallery, to the collection of artworks and artifacts in the Inuit Gallery, to the variety of revolting exhibitions in the three main galleries, the museum offers many opportunities, as its mission states, “to engage, entertain and enlighten its visitors.” Now in its 25th year, the Dennos Museum Center will be expanding to accommodate its growing collections, and to support the evolving needs and interests of the college and community.

In the earliest days of the museum, the college planned to add a gallery for studio arts and a performance hall for music programs on either side of the Fine Arts Building. However, as Gene Jenneman, founding Executive Director of the Dennos Museum Center, explains, after discussing the plans with museum directors from around the Great Lakes region, the college was advised to refrain from “burying the museum within the campus.” Instead, the gallery and performance hall would be built on the edge of the campus, where the public could more easily access them. This became the present-day Dennos Museum Center. In 1988, Jenneman, was hired to refine the plans for the museum and finalize them for construction. The museum was designed around a central sculpture court with the galleries, auditorium, offices, and storage spaces extending outward, which has been the layout of the museum ever since.

Over the years, storage space dwindled as the museum’s collections grew. This prompted Jenneman to conceptualize plans for an inevitable expansion, or what he calls the “natural evolution of the museum.” The generous $1 million gift from Barbara and Dudley Smith and a $2 million gift from Richard and Diana Milock has allowed NMC to put these plans into action.

A groundbreaking ceremony for this expansion took place on August 15th. Unlike most mundane ceremonies, this one had a creative twist. “The Dennos is about recognizing, presenting, preserving and celebrating creativity,” Jenneman explained, “so if you are going to break ground for an addition… the groundbreaking itself should have a strong creative element.” Seventeen regional artists were invited to customize an “art shovel” for use in the groundbreaking. After the event, these colorful and creative works of art were put on display as a free-form sculpture, appropriately titled Groundbreaking, in the Dennos Museum’s sculpture court.

Starting in early October and finishing mid-summer next year, the expansion adds nearly 1,500 square feet, which will wrap around the southern side of the museum. Those interested in viewing the expansion plans may visit the Dennos Museum where they are on display.

In addition to increasing space, the expansion will seek to correct errors made when the museum was first constructed. The loading dock, which was short-changed during the museum’s construction due to protests over cutting down trees, will be redesigned to make it more easily accessible by large trucks. The gift shop, which was also short-changed, will be reconfigured to add retail and storage space.

Along with the corrections to the museum, a multi-purpose classroom/green room and storage space will be added adjacent to Milliken Auditorium to support the music and performance programs that use the facility. A new gallery will also extend from the existing Inuit gallery, to showcase the museum’s growing signature collection, and two new permanent collection galleries will be built to house other non-Inuit artworks. These new galleries will loop around and connect with the existing galleries, smoothly circulating visitors through the museum.

These additions will better connect the museum with the college’s academic programs by enhancing the ability of professors to use the museum as their “extended classroom.” Members of the community will also be able to see more of the outstanding works of art that have previously been hidden in storage. The long-term hope is that owners of museum quality art may consider donating portions of their collections to the Dennos now that they can see a commitment to permanent exhibitions.

The expansion is a big step for the museum as it looks forward to the next 25 years. NMC is fortunate to have such a dedicated leader as Jenneman guiding the Dennos through this operation. Another 25 years from now there may be the desire to do something more, but that will be someone else’s gig,” So for today, we count our blessing to have access to such a high-quality cultural facility, and excitedly await the expansion’s unveiling as the Dennos Museum Center breaks ground.

**Upcoming Events & Exhibitions**

**September 18th - December 31st**

Jean Larson: Permanence and Impermanence— Iceland, A Land of Temporal Landscapes — Larson draws upon Iceland for her artistic expression, and explorations of time.

**October 8th (8:00 PM)** Jeremy Kittel Trio — Jeremy Kittel is an American fiddler, violinist, and composer. Fluent in multiple musical genres.

**October 13th (6:00 PM)** The Art of: Brewing— A special presentation of Artist After Hours with Crosshatch, Blackbird Arts, and Higher Grounds.

**November 10th (12:00 PM)** The Art of: Grandmothering—Tea and conversation with local grandmothers.

**November 12th (8:00 PM)** Peter Yarrow: Peter Yarrow’s talents as a creative artist — both with the legendary trio Peter, Paul & Mary and as a solo performer — are frequently directed at using music to convey a message of humanity and caring.

**November 25th (All Day)** Black Friday Fun-Day: Grandmothers Untie! — Skip the shopping frenzy and bring grandma for a fun-filled day at the Dennos.

**November 27th (8:00 PM)** An Irish Christmas in America: The hugely popular Irish Christmas in America show, now in its 11th season, features top Irish music, song and dance in an engaging performance rich in history, humor, and boundless energy.

**December 1st (6:30 PM)** The Art of Traveling: A conversation with local artists about global issues.