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

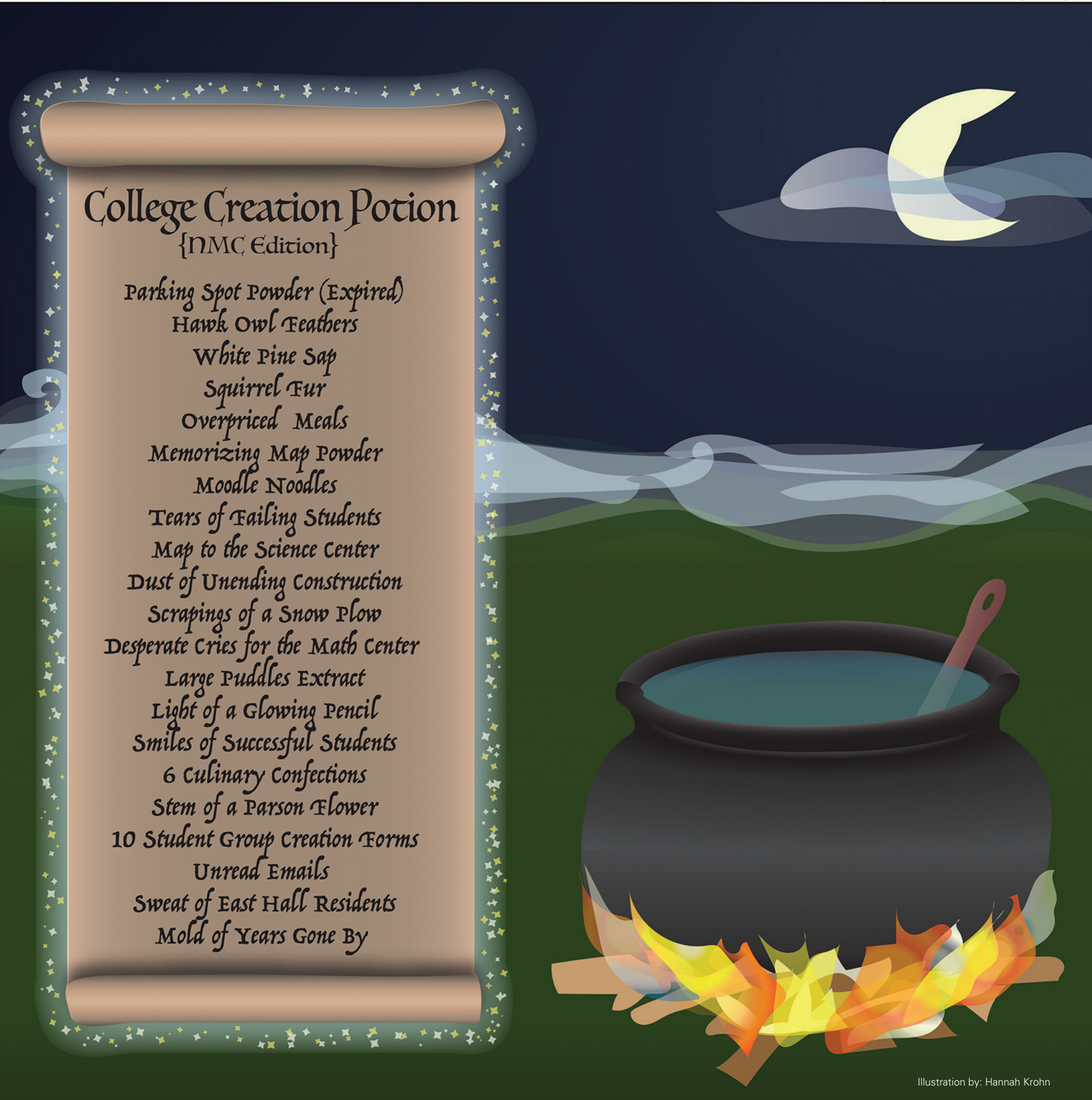


Illustration by: Hannah Krohn



In November 1984, NMC Players put on a production called “An Evening in Hades,” directed by communications instructor Harry Oliver, and featuring plays by Jean-Paul Sartre and George Bernard Shaw. Sartre’s play “No Exit” features three deceased characters who are punished by being locked together in a room for eternity. Shaw’s piece, “Don Juan in Hell,” is the third act of his play, “Man and Superman.” In “Don Juan in Hell,” the character Don Juan has philosophical debates with the Devil in Hell, while several other characters observe the conversation.



Fall arrives at the Dennos

Photo by Nick Moug

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

STAFF WRITERS

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

PAGE DESIGNER Samuel Riddle
PHOTOGRAPHER Logan Schweizer
ILLUSTRATOR Hannah Krohn

FACULTY ADVISER Jacob Wheeler
DESIGN ADVISER Kathy Schwartz

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EMAIL whitepinepress@gmail.com

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Campus Briefs

Welcome incoming NMC president, Nick Nissley! On Monday, Oct. 14, NMC officially named Nick Nissley the next president of NMC. Nissley comes to NMC from the School for Creative and Performing Arts in Cincinnati, Ohio, and will be the college’s 11th president when he takes office Jan. 1, 2020.

Opioid Epidemic Update: Northwestern Michigan College and Grand Valley State University are partnering up to present a health forum on the national opioid crisis and its impact on Northern Michigan. A panel of speakers will bring a wide variety of expertise to the event to discuss the current challenges and resources available to combat this growing epidemic. Oct. 29. 7:30 a.m. until 9:30 a.m. at the Hagerty Center. The event is free and includes breakfast.

Spring and Summer 2020 class registration begins Oct. 23! Make sure you are ready to grab first dibs on next semester’s classes by checking out the registration checklist at nmc.edu. Online registration will be staggered through out Oct. 23 and 24. You can find your out when registration opens for you by logging on to NMC’s Self Service site and viewing it at the top of your academic transcript, or by calling the Advising Center at (231) 995-1040.

Life Lunch: Historic Oakwood Cemetery on Oct. 25: Spend your lunch hour listening to Branden Morgan speak about his work as cemetery sexton and the stories of Traverse City’s historic Oakwood Cemetery. Bring a sack lunch, beverages and desserts provided. This event is held in room 215 at the University Center. Call (231) 995-1700 to register. Tickets are \$10 and going fast, so don’t delay in grabbing yours!

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Sexual Education is Just a Click Away



Randi Upton A common and disturbing problem today in America is the lack of medically correct sex education in our public schools. According to the National Conference of State Legislatures, only 24 states require sex education to be taught in schools, and only 20 of those states require the information to be medically or factually accurate.

The intricacies of intercourse is discouraged from being taught, and most of the curriculums are abstinence based. The Michigan Department of Health oversees the state's sex education courses, and they do have to be accurate as well as teach about HIV and AIDS. These courses do not teach about consent, relationships, or anything else that school age minors will deal with in their lives as they explore themselves and others.

Planned Parenthood is fighting this trend with a recently launched website. Anyone who has questions regarding sex, relationships, or anything else can talk to a bot named Roo.

Roo is capable of answering any questions one may have, and will link to other websites for further education. It is a safe and informative way for teens and young adults to get accurate answers to questions that they may feel too uncomfortable to ask their parents. Those people may turn to search engines like Google and get information that at best is wrong, and at worst is dangerous. Parents can also sit down with their children as they talk to Roo, using a bot to help answer questions and create a conversation.

In our own local Planned Parenthood in Traverse

City, community outreach coordinator Carrie Ullery-Smith is pleased with the response to the bot. She said that it has been successful in the short time it has been launched.

"It is an extra tool that people can use to answer questions they may have if they have no one they can talk to in their personal lives or may feel uncomfortable talking to their parents about it," Ullery-Smith said. "Planned Parenthood has always worked towards delivering medically accurate information with sex education."

Roo can be accessed online with mobile or computer browsers at roo.plannedparenthood.org.

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Tori Rhoades
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Occupational Therapy M.S.O.T.



Alumni Spotlight: Chef James Morse

Kennedy Krieger James Morse, the executive chef at Staff Writer Boathouse Restaurant in Traverse City, is a recent addition to NMC's culinary program at the Great Lakes campus. This semester, Morse teaches Professional Cookery, which focuses on practice and theory in preparing foods in a commercial operation, and Garde Manger, a course that exposes culinary students to the most up-to-date cooking and presentation techniques.

Morse grew up in the Traverse City area and pursued a career in culinary arts because of his lifelong passion for food. His fondest memory is of eating fresh food from the garden, and to this day, Morse's grandfather reminds him that as a child, Morse would eat as many tomatoes as he could. "I would take a bite out of a tomato and suck the juice, throw the rest and move on," Morse says. Tomatoes are still his favorite food.

Outside of school, Morse likes to spend time with his family. He loves playing outside with his three kids and his wife, and enjoys gardening, hiking, and fishing. "Fishing and hiking," Morse said, "seem like some things that I should be doing more as I get older." He would also like to find more time for camping and biking on the weekends.

As a graduate from the Great Lakes Culinary Institute (GLCI), Morse understands what the students both need and want to learn. After Morse graduated from GLCI in 2000, he went on to work in local restaurants.

With his new duties at NMC, Morse learned how to delegate and empower his employees to ensure that the Boathouse kitchen runs smoothly without him present each day. This was also a learning experience for Morse, who got a taste of teaching before stepping into his role as an instructor at the Great Lakes Culinary Institute.

GLCI has changed quite a bit since Morse graduated in 2000. At the time, the program was in the Oleson Center on main campus—the same building that currently hosts the Hawk Owl cafe during the West Hall Innovation Center construction. Another change in the program is that students are introduced to advanced equipment, such as a tilted soup kettle, a dough shelter, advanced smoking systems, and a roller rack oven. With access to this equipment and a great education, students gain information that will help them in future endeavors.

Becoming an instructor at the culinary institute has been a great transition for Morse. At NMC, Morse is excited to spread his knowledge. He takes the time to talk through the process of how certain foods are made and why certain things happen throughout the cooking process. He stressed about how, in a working kitchen, equipment will break and you must think quickly and know how to find a solution. Spreading his knowledge onto his students is what Morse is most passionate about, and this shines in his instruction at GLCI.



Photo courtesy of James Morse

NMC Foundation Announces \$35 Million Fundraising Campaign

Kathryn DePauw Beneath the historic white pines Staff Writer outside of the Osterlin Library, the NMC Foundation announced the public phase of the "Be What's Possible Campaign" on Wednesday, Oct. 9. During the event, NMC president Tim Nelson described the fundraising project and its goal of \$35 million to the students, staff, and alumni present. Campaign co-chairs Susie Janis and Bruce Byl used the NMC BBQ whistle to signal the total amount raised during the "quiet" phase of the fundraising—\$28 million, or 80% of their goal. During this phase, private donors, 10 of which contributed \$1 million or higher, gave or promised funds to NMC.

This ambitious fundraising endeavor was approved by the NMC Board of Trustees before the public announcement on Wednesday. The previous largest fundraising campaign was just over \$3 million. NMC is one of the first community colleges in the state to launch a comprehensive fundraising campaign like this one. This model is typically used by universities and it addresses many objectives at once instead of specific projects.

"We have to find ways to create larger investment in those things required to make the college successful," said Nelson.

The money collected will be used to address four priority funding areas that have been established for the college, and the majority of donations are used for specific areas that donors choose. The areas that donors can apply their funds to include:

- "The Fund For NMC": flexible funding to allow the school to address priorities and areas of greatest need.
- Innovative facilities: another area of funding that focuses on creating spaces and expansions on campus.
- "Strong Programs": funds are channeled to a specific program of study that the donor is interested in.
- Scholarships: donations go toward expanding available scholarship funding or to the creation of new scholarships.

"Much of the campaign revenue has already been put to use in program funding, scholarship support for our students, and creating new or expanded facilities that are essential to the way our students learn today, like the Dennon Museum Center and West Hall Innovation Center," said Rebecca Teahen, the executive director of the NMC Foundation. How

the funds are used in the future has not yet been decided. "We are grateful for support in each of these areas and are working toward goal amounts to raise toward each," adds Teahen. "That said, at this point, we cannot 'promise' or guarantee funding to any specific projects."

This ambitious project started in 2015, with the "quiet" fundraising phase starting a year later. "[The college] started by talking to 300 of our closest friends. We have multiple million-dollar donors that were part of that," said Nelson. The current phase will focus on raising funds from alumni and the general public. The campaign will continue until the goal is reached.

The NMC Foundation was founded as a non-profit entity in 1981. It supports the college through fundraising and community advocacy, and has been recognized nationally as a top 20 community college foundation. NMC Foundation's board members represent the Grand Traverse region and include business owners, donors, community leaders, retirees, and NMC faculty and staff.

For more information on the Be What's Possible campaign, or to make a donation, go to: nmc.edu/about/foundation/campaign.

Board of Trustees Approves New Union Contract

Agreement ends 18 months of negotiations before new president arrives

Emily Slater Editor in Chief NMC's Board of Trustees unanimously voted to approve a new union contract on Monday, Oct. 14. The vote comes after a Fact Finder's report and 14 months of negotiations between NMC faculty and administration, 10 of which left faculty members working without a contract or salary increase.

Chris Bott, chair of NMC's Board of Trustees, commented on the board's approval in an Oct. 14 press release. "We are pleased to have an agreement that allows us to responsibly meet the needs of our students, faculty and taxpayers, while also giving us the ability to remain successful into the future," Bott said. "This has been our goal throughout the process and the Board appreciates the hard work of all those who have been dedicated to achieving it."

On Oct. 2, faculty and administration spent 10 hours hashing out the details of a new contract, hoping to reach an agreement that would break the stalemate that has dragged on since August 2018. The day, assisted by a state mediator, began on a strained note as disagreements persisted over whether or not the Fact Finder's report would be used as a basis for negotiations.

"This caused a great deal of consternation among the faculty bargaining teams," said NMC Faculty Association

president Brandon Everest. "In fact, by our noon lunch update where we informed faculty of the progress, we had assumed that mediation was not going to yield a successful result." Ultimately the hours of back and forth were fruitful as a tentative compromise was found and approved by both parties.

In accordance with the agreement, NMC faculty will see immediate step increases and scale movements this month. Starting in 2020, this will occur starting in August. According to an NMC press release, the new 15-step salary plan maintains the current 3.71% step increase for faculty moving along the plan, and salary increases will be received as follows:

- October 2019 - scale movement of 2.50% with step increase of 3.71%
- August 2020 - scale movement of 2.50% with step increase of 3.71%
- August 2021 - scale movement of 2.00% with step increase of 3.71%
- At the top of the scale (step 15), faculty receive only the scale increases.

Faculty will not receive back pay for the period of time that they went without an increase during contract negotiations. The contract runs through July 31, 2022,

allowing for a nearly three-year period of time without contract negotiations, which Everest says will be an important step as NMC welcomes a new president next year.

On the heels of the contract's ratification, Nick Nissley was officially named the next president of NMC and will take office Jan. 1, 2020. Both administration and faculty are excited to move into the future with Nissley at the helm. "Dr. Nissley's proven experience in leadership and innovation make him the right leader to take our community's college forward," said Bott.

Everest believes that Nissley has the right attitude for NMC and added that he hopes the incoming president lives up to expectations that he has set. "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," said Everest. This quality is one that Everest says is important for the college at the moment.

"While our current president has an excellent mind for systems and structures, we have needed someone who could reach out and establish closer relationships and promote fraternal feelings on our campuses," Everest adds. "We believe the new president is just the right person for this job."



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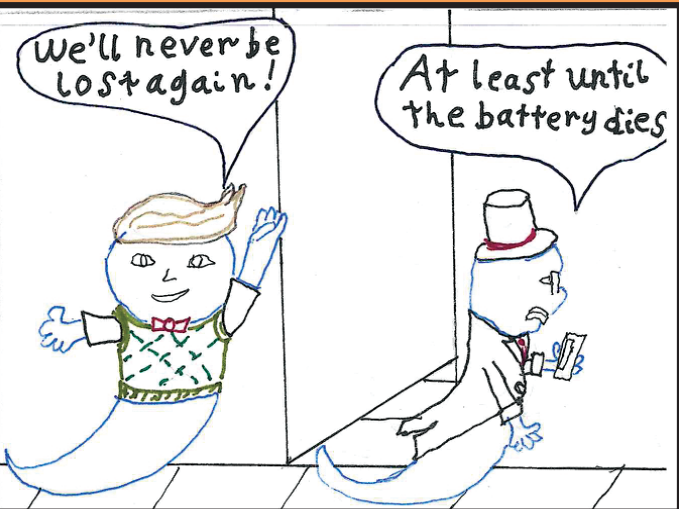
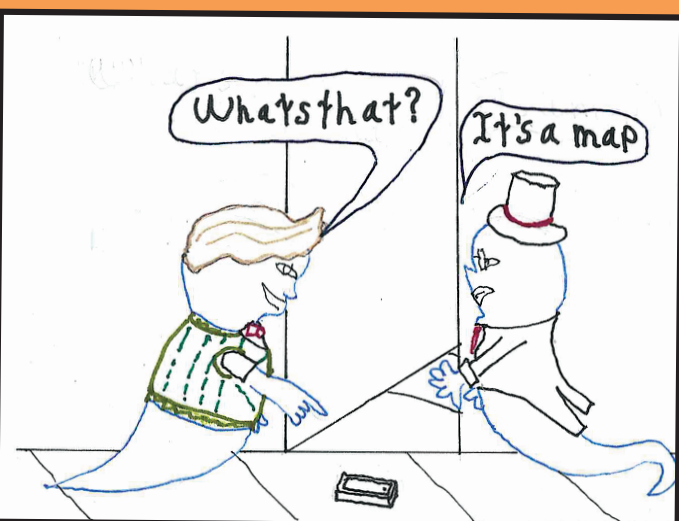
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The Spooky Tale of The Directionally Dead



Halloween Events Calendar

Summer is over and the leaves are changing. There is a chill in the air and Pumpkin Spice everything, everywhere. In our little town, there are tons of activities for the month of Halloween.

Randi Upton
Staff Writer

Recurring Throughout October

- **Screams In The Dark Haunted Attraction:** Every weekend throughout the month of October, Friday through Sunday, opening at 7pm at the Northwestern Michigan Fairgrounds. Lots of spooky activities like a Haunted Hayride and Trail, Dreadmoor Manor, Swamp of the Suffering, and more. The Haunted Hayride and Trail, including the Manor, costs \$7. All attractions are \$17 for ages 12 and up, and \$12 for ages 11 and under.
- **Ghost Farm of Kingsley Haunted Trail:** \$15 to get in to this event from 7pm to 11:30pm. Haunted trails and houses, a cursed barn, along with bonfires, stories, snacks, and more. For young kids who might scare easily, there are guided tours that start at 7:30pm but after dark it can get frightening, so be aware of the little ones. The event takes place every Friday and Saturday throughout the month. For more information go to their Facebook page at facebook.com/GhostFarm.

Friday, Oct. 25

- 3pm to Midnight – **Trunk or Treat Festival** at The Village in Grand Traverse Commons: Food trucks, beer, and a dance party will be at the abandoned cottage (30 building) at The Commons. Costumes are highly encouraged.
- 4pm to 7pm – **Greenspire's Haunted Forest** at the Grand Traverse Commons: Venture into the deep woods of the GT Commons and encounter six scenes of neo-classical horror performed by the students of The Greenspire School. Young children's hour is from 4-5pm; a Haunted Grill and Snackbar is also available. Admission is \$4 for students and \$6 for adults.
- 5:30pm to 8pm – **Spooktacular Halloween Party!:** This is for families with children. \$10 per child at the West YMCA on 3700 Silver Lake Rd.

Lots of fun activities like mazes, games, and dinner and treats. All proceeds go to the YMCA's Annual Campaign, which helps needy families in the area.

- 6pm to 9pm – **Halloween at Quirky HQ:** Quirky HQ on 350 S. Cedar St. in Kalkaska is hosting this event. Activities include tarot card readings, pumpkin painting, photos with Captain Brown Beard, and a silent auction. Donuts and cider also available. This is a fundraiser for the Kalkaska skate park.

Saturday, Oct. 26

- 9am – **Traverse City Zombie Run:** Shamble along to downtown Traverse City to take part in the annual zombie run, hosted by Right Brain Brewery.
- 10am to 11:30am – **Downtown Traverse City Halloween Walk:** Parents are encouraged to bring their costumed children (and themselves!) to trick or treat in downtown TC during this annual free event.
- 10am to Noon – **Halloween Party:** During the Downtown Halloween Walk, the State Theatre is opening its doors to kids of all ages for free. There will be treats, activities, and cartoons appropriate for all ages, and you can take a tour of the haunt backstage!
- 6pm to 8pm – **"Hocus Pocus"** at the State Theatre: Fly down to the State Theatre and catch a showing of "Hocus Pocus"! Admission is \$5.
- 7pm to 10pm – **Halloween Cosplay Event:** The Traverse Area District Library (TADL) is hosting this cosplay event that is open to all ages. Sponsored by teens, it is free and tickets can be picked up at the TADL main library on Woodmere. Anime, manga, and literary cosplays are heavily encouraged. Japanese and American snacks will be provided.
- 8pm to Midnight – **Extreme Halloween 2019:** Right Brain Brewery is hosting this 21+ free event.

Live music from bands Undercroft, PAN, and The Glorious Dead. Costumes are encouraged.

Sunday, Oct. 27

- 1pm & 4pm – **TAHS Halloween Themed Oakwood Cemetery Tours:** The Traverse Area Historical Society will host two tours of the Oakwood Cemetery, located on Traverse City's Eighth Street near the intersection of Fair St. and Eighth. This is a free of charge guided tour through the graveyard. It is a walk of about 1.5 miles on uneven surfaces and takes about 90 minutes.

Monday, Oct. 28

- 11am to Noon – **Painting to the TSO: Halloween Version:** The Traverse Area District Library is hosting this free event for all ages. Program starts with a reading of a book, then guest violin players from the orchestra play Halloween themed music as the kids paint. Kids will discover how music affects their mood and the way that they paint. Wear clothes that can get paint on them.

Thursday, Oct. 31

- 11am to Noon – **Halloween Parade and Celebration:** Families and people of all ages dressed in costumes are welcome to come to the TADL main library on Woodmere Ave for a parade through the library. Snacks, treats, and activities to follow.
- 3pm to 5pm – **Trick-or-Treat at the Governmental Center:** Trick or treating on the first floor of the Government Center on 400 Boardman Ave.

Have a safe and fun Halloween everyone, from the young to the young at heart.

Masks of the Past

Sam Gorcyca Staff Writer
Ghouls and monsters roam the streets again. One costume accessory that everyone is familiar with is the Halloween mask. Masks have been around for millennia, with some of the oldest found in burial tombs in Egypt.

King Tut's funeral mask, known as the Mask of Tutankhamun, is one of the most iconic masks. This golden death mask bears the likeness of the Egyptian god of the afterlife, Osiris. It dates back to 1323 BC and was discovered in 1925, inside a tomb in Egypt's Valley of the Kings.

The 17th century Plague Doctor mask had a unique long

beak that was used to hold dried flowers and herbs, such as lavender and mint. It was believed that it would clean the miasma of the plague from the air and keep those who wore it from becoming infected—though that did not in fact work.

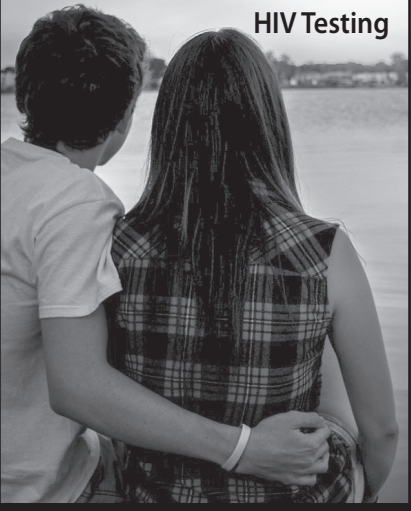
The oldest mask discovered so far is a Neolithic stone death mask (pictured right) that dates back to 7000BC. It is currently on display in Paris at a small museum called Musee Bible et Terre Sainte.


Regardless of which mask you don, Halloween will always be a day that requires some costumed ghouls to walk out into night ready to go trick-or-treating.



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What the Tech: When will my car drive me home?

John Velis
Contributing Writer

It was as far back as the 1939 World's Fair when General Motors showcased a radio-controlled electric car that used the energy of circuits embedded in the roadway for power and guidance. In the decades that followed, a number of futuristic innovators made more attempts at achieving the holy grail of transportation: a fully autonomous, personal vehicle.

Experts typically break down autonomous driving into five levels. Each level delivers additional autonomy over the previous.

Level One is referred to as Driver Assist and includes functionality such as active cruise control that automatically maintains the distance from other vehicles and city braking to avoid collisions. Level Two, Partial Automation, adds active steering and lane control, allowing the driver to take their hands off the steering wheel for a specified interval of time under certain conditions such as highway driving and traffic jams. Level Two vehicles can often park themselves. These levels of autonomy exist in many current mid-range and high-end models today.

In the next year or so, we will see some vehicles on the road displaying Level Three autonomy, referred to as Conditional Automation. This level allows the vehicle to take over the driving under certain circumstances, but still requires the driver to take control if conditions change, such as inclement weather or road construction.

Level Three vehicles will require the driver to remain alert by using cameras to monitor that they are awake and their eyes are on the road. The Tesla Autopilot and the Cadillac Super Cruise technologies fall into this category and continue to evolve as the automakers update both the hardware and software. Many other automakers are choosing to skip over this form of automation due to the risks and complexity associated with

how and when to hand off the control of the vehicle.

If you are looking to take a nap or read a book while you drive, you will have to wait at least a few more years for Level Four, known as High Automation. At this level, the vehicle drives itself under normal conditions without driver supervision. Industry experts and automakers predict that this level of self-driving will begin to appear in high-end luxury models around 2025. Road driving will initially be limited to single lane roads, expand to multi-lane roads, and finally, sometime around 2030, will be fully functional in urban areas.

Level Five, or Full Automation, will require no interaction at all in any hazardous or environmental conditions that could be managed by a human driver. Cars will need to outperform humans at this level. To achieve it, manufacturers will need to teach the car's artificial intelligence how to view all road conditions like a human would.

Driverless cars brings about many questions regarding state driving laws and insurance liabilities. According to the National Conference of State Legislatures, 29 states including Michigan have passed legislation relating to driverless vehicles. Those laws will continue to evolve as the technologies improve.

Experts predict that your first experience in a driverless car will not be in one that you bought off the lot, but rather an Uber or Lyft ride. The ride share companies and automakers are partnering to roll out driverless cabs in larger cities where driving routes and conditions are well-established.

While the day that we can summon our car to pick us up at work and drive us home is still many years off, automakers worldwide have made great strides since the 1939 World's Fair.

John Velis is an instructor in the CIT Developer program at NMC.


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08

Vegan on a Budget: Zuppa Toscana

Randi Upton Staff Writer It is that time of year again. The sun is warm but a chill in the air reminds us of what is to come. We bust out the old hoodies and sweaters, and eat anything pumpkin or apple cider. Not only is this pumpkin spice season, but it's also soup season. Soup is great because it can be mostly cheap. Maybe a couple items are a bit pricey, but it is always a large amount that lasts for a week's worth of meals. Soups are also like casseroles—you can be creative with them.

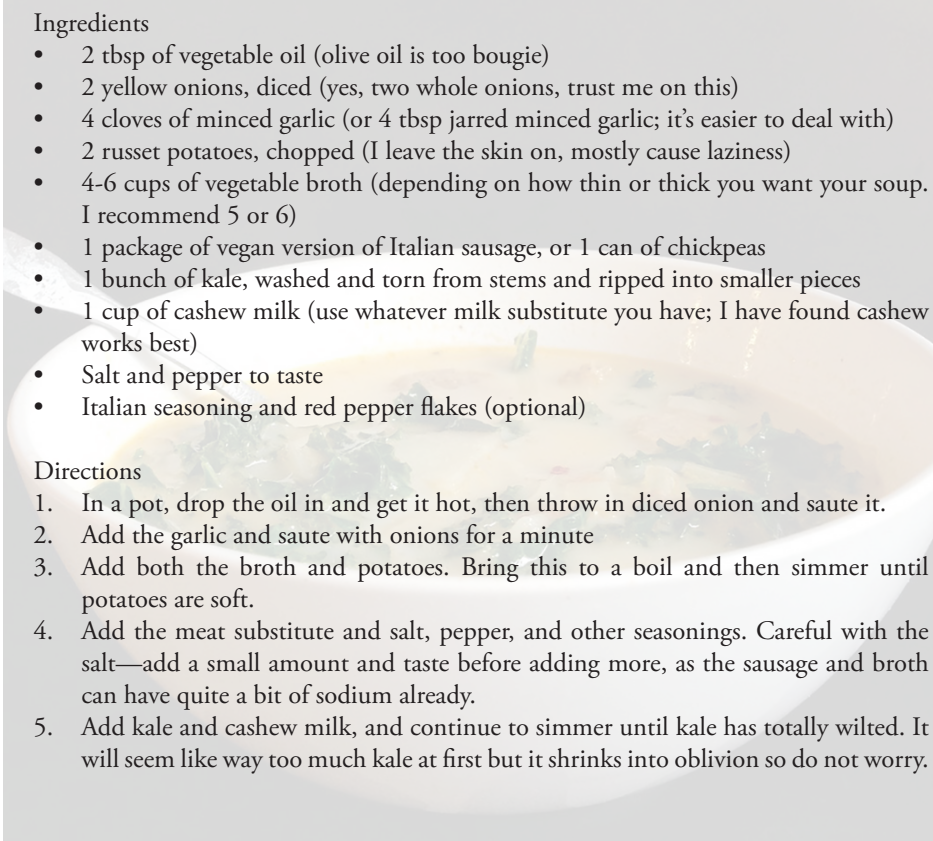
A soup I always liked (and don't judge me here) was Olive Garden's Zuppa Toscana. I know this is a traditional soup, but I don't live in Italy, I live in Northern Michigan and Olive Garden is the best we got. It is hearty and tasty, and it was easy to make a vegan version. The priciest part of the recipe is the vegan version of Italian Sausage, which runs at about \$4 a package. If that is truly out of the budget, chickpeas can be substituted, but the seasonings will need to be increased. This is my own twist on the soup.

Ingredients

- 2 tbsp of vegetable oil (olive oil is too bougie)
- 2 yellow onions, diced (yes, two whole onions, trust me on this)
- 4 cloves of minced garlic (or 4 tbsp jarred minced garlic; it's easier to deal with)
- 2 russet potatoes, chopped (I leave the skin on, mostly cause laziness)
- 4-6 cups of vegetable broth (depending on how thin or thick you want your soup. I recommend 5 or 6)
- 1 package of vegan version of Italian sausage, or 1 can of chickpeas
- 1 bunch of kale, washed and torn from stems and ripped into smaller pieces
- 1 cup of cashew milk (use whatever milk substitute you have; I have found cashew works best)
- Salt and pepper to taste
- Italian seasoning and red pepper flakes (optional)

Directions

1. In a pot, drop the oil in and get it hot, then throw in diced onion and saute it.
2. Add the garlic and saute with onions for a minute
3. Add both the broth and potatoes. Bring this to a boil and then simmer until potatoes are soft.
4. Add the meat substitute and salt, pepper, and other seasonings. Careful with the salt—add a small amount and taste before adding more, as the sausage and broth can have quite a bit of sodium already.
5. Add kale and cashew milk, and continue to simmer until kale has totally wilted. It will seem like way too much kale at first but it shrinks into oblivion so do not worry.



Chicken Soup with a Twist

Kennedy Krieger Staff Writer Cooking has been a passion of mine ever since I was old enough to help out in the kitchen. One of my most favorite recipes to help make was homemade chicken noodle soup. My grandmother and I would even make the noodles from scratch! Chicken noodle soup is such a comfort food for me and I'm sure this soup is a comfort food for so many other people as well. This recipe is easy to follow and will give you such a delicious dinner. However, there's a twist: instead of regular egg noodles, substitute them for cheese filled tortellini for an extra boost of uniqueness and flavor.

Chicken Tortellini Soup

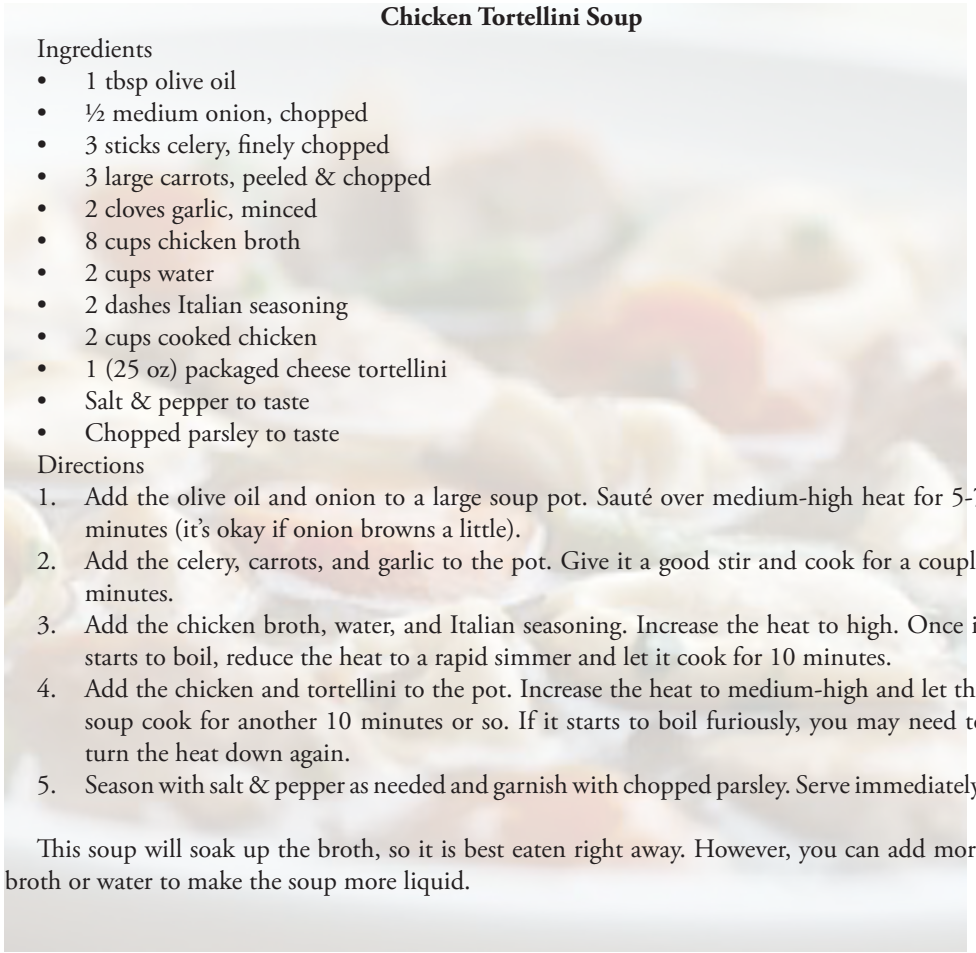
Ingredients

- 1 tbsp olive oil
- ½ medium onion, chopped
- 3 sticks celery, finely chopped
- 3 large carrots, peeled & chopped
- 2 cloves garlic, minced
- 8 cups chicken broth
- 2 cups water
- 2 dashes Italian seasoning
- 2 cups cooked chicken
- 1 (25 oz) packaged cheese tortellini
- Salt & pepper to taste
- Chopped parsley to taste

Directions

1. Add the olive oil and onion to a large soup pot. Sauté over medium-high heat for 5-7 minutes (it's okay if onion browns a little).
2. Add the celery, carrots, and garlic to the pot. Give it a good stir and cook for a couple minutes.
3. Add the chicken broth, water, and Italian seasoning. Increase the heat to high. Once it starts to boil, reduce the heat to a rapid simmer and let it cook for 10 minutes.
4. Add the chicken and tortellini to the pot. Increase the heat to medium-high and let the soup cook for another 10 minutes or so. If it starts to boil furiously, you may need to turn the heat down again.
5. Season with salt & pepper as needed and garnish with chopped parsley. Serve immediately

This soup will soak up the broth, so it is best eaten right away. However, you can add more broth or water to make the soup more liquid.



The Rise of Mental Health Apps

Tamara Wiget Staff Writer Smartphones are often blamed for causing or exacerbating mental health issues such as anxiety and depression—but with the introduction of wellness apps, could they become support for sufferers?

The psychology community is conflicted on this issue. According to the Anxiety and Depression Association of America, “Mental health apps can be effective in making therapy more accessible, efficient, and portable.” Some mental health apps do allow access to a counselor, which may be helpful to those living in an area in which psychological help is not readily available, and for many talking to someone online is likely to be more affordable than a face-to-face session. Some apps also allow users to interface with an automated counselor.

I decided to try one of these apps myself, so I downloaded Youper. “Hi Tamara, how are you doing?” Youper prompts every night.

When I open the app, I'm given a variety of emotions

to choose from, and then a customizable list of factors contributing to that feeling. I'm then taken through an assortment of exercises, such as looking at a situation objectively, analyzing the situation, and deep breathing meditation. This works great with the anxiety I struggle through on a day-to-day basis. It allows me space to grapple with intrusive thoughts and guides me through handling them rationally, as opposed to my usual method of fixating on and emotionally responding to them.

However, Youper was all but useless when a bout of depression came on swift and strong with very little warning. When prompted by Youper to explore the feeling further, I furtively typed “I'm just really fucking sad” before exiting the app. Youper added it to my mood tracker without further comment.

The issues that critics seem to have with these types of apps are out of concern for the well-being of users. While being able to use the app anytime, anywhere, may be convenient,

website Healthcentral notes that “There is...relatively little in the way of app regulation, so inputting sensitive personal data relating to your mood, medication, or your innermost fears and concerns should be taken very seriously.” Users share sensitive information with apps that, for the most part, are not being regulated or tested by psychology experts. It's difficult to say, then, whether their methods are actually effective.

Furthermore, many who are cautious of mental health apps feel that, while they may be helpful, they are not necessarily a solution themselves. “Studies have already shown that mental health apps work best when there's a professional involved,” states Anna David in her *Huffington Post* article “Do Mental Health Apps Help Anyone?”

These apps are most helpful when paired with seeing an actual person who has more than just automated responses at their disposal. Interaction with a trained counselor, someone with whom a secure relationship is built over time, just can't be replaced by a machine.

One-Man Show Gives Us “Every Brilliant Thing”

Micah Mabey
Staff Writer

There are so many brilliant things.

- 1. Ice cream
- 2. Water fights
- 3. Staying up past your bedtime and being allowed to watch TV
- 4. The color yellow
- 5. Things with stripes

It’s not every day that you find a show like Duncan MacMillan’s “Every Brilliant Thing.” It’s equal parts hilarious, uncomfortable, and gut-wrenching.

I was lucky enough to catch a local production of the one-man show performed by Josh Thomas at Right Brain Brewery over a weekend in September.

“The first time I did this show was just a one night thing as a fundraiser for Third Level Crisis,” explained Thomas. “This time we did it as a four-night run as the first production for a new group I’ve been involved in starting called Think Twice.”

Donations from the recent run of the show supported both Third Level Crisis and 22-2-None charities. “[Both] are amazing local organizations helping to bring awareness to suicide prevention. The goal of Think Twice is to do productions that will make people think and become aware of social issues affecting our community,” Thomas says.

“Every Brilliant Thing” follows a narrator whose mother first tries to kill herself when he was seven years old. This sparks the narrator to begin compiling a list of brilliant things, and leave lists of these things around for his mother to find.

These match identically numbered notes that are distributed out by the narrator among the audience before the show. And when he calls out a number — say, four — the designated audience member is required to respond with what is written on their notes. (For four, it’s “the color yellow”; mine, No. 315, 316, and 317 were “the smell of old books, Andre Agassi,

and the EVEN numbered ‘Star Trek’ films.”

Our narrator maintains that list throughout his younger years, then eventually puts it away in a book and forgets about it. He is only reminded of it by a love interest during his college years after he lets her borrow the same book. She adds a few things to the list and gives it back to him. This inspires him to continue it on his own, sharing it with whoever wants to take part.

Our narrator has inherited a love of music (preferably on vinyl) from his dad, and the list is fragmented with snippets of recordings by artists like Ray Charles and Daniel Johnston (seeing this show shortly after Johnston passed away made these moments particularly heartbreaking).

The narrator’s monologue turns into dialogue as he recruits audience members to portray various people from his life. There is the part of his father. There’s the school guidance counselor with a sock puppet (I was recruited to play this part and unfortunately named my sock puppet “Stonky” out of panic). There is also an English teacher, his girlfriend, and the veterinarian who introduces him as a young boy to the reality of death when the child’s beloved old dog is put to sleep.

After the first run of “Every Brilliant Thing,” Thomas got a tattoo: Brilliant.

“The semicolon is a symbol that Amy Bleuel started using when she founded Project Semicolon after her father committed suicide,” Thomas says. “She used it as a way to express hope and stands for the perseverance that comes from grappling from mental illness. Now it has become a popular symbol for tattoos to show support or to show personal experience with suicide and mental illness. The idea is that I will add to my tattoo as time goes by and become my own list of ‘brilliant’ things.”

“Every Brilliant Thing” is an incredibly important piece for this day and age, and it’s just as important that it isn’t only playing in the big cities like NYC and Los Angeles. It’s



Josh Thomas performed the lead role in Duncan MacMillan and Jonny Donahoe’s poignant play, “Every Brilliant Thing.”

the small towns that pieces like this need to reach. So, thank you to Thomas, Think Twice, and Right Brain Brewery for bringing this show to Traverse City. Here’s to you, and here’s to the next time.

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Album Review: “The National”

Micah Mabey Staff Writer It's been 19 years since The National released their self-titled debut album.

Bass vocals, a wicked guitar riff, and some stellar beats from the drum set introduce us to the beautifully weird world that the band creates time and time again as Matt Berninger croaks out the opening line in typical National style: “You’re walking taller than you should. The air is thin around your - your beautiful head.”

Let me set the scene for you: It’s autumn 2013. The leaves outside are changing. My older brother Noah and I are just leaving a rehearsal for the Old Town Playhouse’s production of “Les Misérables,” when we run into the actor playing our Marius; a younger guy—about our age—named Hunter Bell. Being some of the younger cast members, we had already started becoming fast friends (as often happens with theatre cast members).

After a rehearsal it’s typical to want to get out of the theatre. For the Playhouse, it’s typical to stand around in the parking lot with your castmates and shoot the breeze for an hour or so. We did exactly that. We talked about life, death, religion, philosophy, and finally, music. The first band Bell brought up was The National. It was a group that neither Noah or I had heard of at that time. He played “Graceless” for us, a track off

of their most recently released album “Trouble Will Find Me.”

Noah and I immediately fell in love with the stories that Berninger could write with his lyrics, and the way the rest of the band held up their end of the bargain with their instrumental melodies. When put together, its magical, depressing, agonizing, and hopeful whimsy is unparalleled.

Back to the debut album, and its 19th birthday. (It’s almost able to drink now!)

“The National” released Oct. 30, 2001, on Brassland records with a runtime of 44 minutes.

Recorded prior to guitarist Bryce Dessner’s full arrival into the band, “The National” was produced by both Nick Lloyd and the band itself. Now-bass guitarist Scott Devendorf performs guitar and backing vocals on this album, with guitarist and multi-instrumentalist Aaron Dessner on bass and guitar duties.

Though not a full-fledged member of the band yet, the album features guest contributions from now-member Bryce Dessner, with his brother Aaron noting, “When we recorded [the album], my brother wasn’t even in the band. We made the record before we ever played a show. We did it just to do it.”

The album really is strong all the way through. The high points out-weigh the lows, tenfold. The drop ins from Bryce

Dessner add a sense of style to the album, though some of its composition falls a little flat at points. Lyrically it feels like Berninger is still figuring out what kind of writer he is for this specific group, though he’s able to convey his stories in a way that only he can. It’s just not with quite as much ease as he can do with his later albums. Berninger’s vocals, though unrefined, fit so perfectly with everything that he’s saying, and harmonies from the Dessner twins add a wonderful sound, as if it’s coming from above.

The only track that feels out of place for the overall structure of the album is its closer, “Anna Frued.” The two tracks prior to this finale, “Theory of the Crows” and “29 Years,” feel like they’re both leading to some sort of grand ending, but it doesn’t quite deliver, which is maybe the only bummer of a song on the album.

However, from front to near-back, the album is a wonderful listen, and I’d highly suggest it for anyone that’s interested in finding some new tunes to listen to. If you dig deep enough, you’ll fall just as in love with them as 15-year-old me did. Six years later, I’m still head over heels.

Personal Favorites: “Beautiful Head,” “American Mary,” “Theory of the Crows,” “29 Years”

Book *Shady Lady* Review “Stranded”

Tamara Wiget Staff Writer I plucked this novel from the Free Little Library near the State Theatre downtown, expecting your typical zombie book. What I got, though, was so much more than that.

The story begins bleakly with Noah’s dead wife. Dead best friend. His daughter thousands of miles away. As if that’s not bad enough, his grief is exacerbated by the inescapable presence of the person who hates him most. Working as a deckhand for transport ships, he has been placed on the ship of the man who holds Noah responsible for his wife’s death: her father, whose suffering manifests itself as a boiling rage that seeps into the crew, creating a toxic environment in which Noah can only hope to survive.

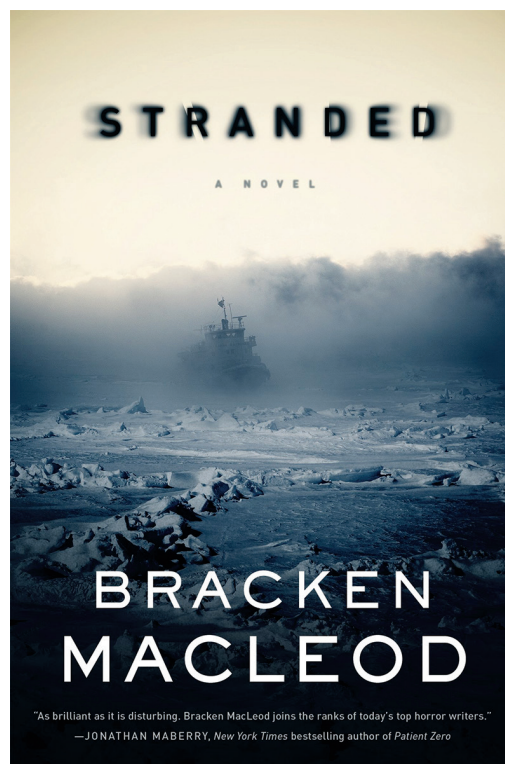
But things can always get worse, and boy do they. First, communications are down. Then the engines stop working. Alone in frigid waters, the ship is barely moving. Rations are low. And an unusual sickness is moving among the crew.

But the crew doesn’t become zombies; that would be too easy. Instead, author Bracken MacLeod delves into the concept of alternate reality, asking and then answering the question: “What happens when you meet yourself?”

The answer is bad things. Bad things happen when you meet yourself, because apparently you can only stand the existence of another you for so long. As expected of any sci-fi novel, chaos breaks out. People die in horrible, bloody ways. There

are few if any survivors.

But—this isn’t just a story of misery and death. In fact, I think the misery and death are a means to an end, one that allows Noah the clarity he needs to finally process his grief. The reader is left with more questions than answers, but also a sense of redemption.



Music that is Sometimes Good but also Sometimes Not Good

Chelsea Wolfe - “Birth of Violence” (2019)

Liam Strong Contributing Writer

Some of my best memories of autumn are from when my father, sister, and I would hike after dinner through a nature preservation that was a few blocks from our house. The maple trees that grew in the marshland weaned pink leaves off of their branches. At one turn in the trail, through a break in the canopy, a massive eagle nest was crafted atop a jack pine some 150 yards away. My father would tell us stories of his childhood, his military stay in Germany in the ’80s, and his chef jobs before he started his own business. We all wore hoodies, and that meant we were content.

This week’s record, “Birth of Violence,” by Chelsea Wolfe, rectifies the paths we take, the physical or intangible, through a chilling doom-folk atmosphere. Despite my love for the season, Wolfe showcases the desolation of autumn, its transparency and gloom, by stripping the sludge-industrial foundations of her previous efforts. The record is Wolfe, an acoustic guitar, and emptiness surrounding her. Because of the attention to space,

“Birth of Violence” is consistently claustrophobic, especially on the track “Deranged for Rock & Roll.”

By this time of year, the people close to me split into two halves: those who adore the onset of cooler weather, and those who detest the gray, depressive change to the world. Though I ascribe to the former party, I remember a time as a teenager when I went hiking with friends after a heavy rain that fell hours before. We carried branches like swords or spears, and walloped the frail, naked, colorless bodies of small trees and bushes that looked dead or were already. We killed the dead twice, and I walked away seeing what we did. The forest, already thin and vulnerable, was beset to our lack of differentiating the dead from a necessary change of season.

Now, whenever I craft playlists of autumn music, I put both sides of the coin on: Chelsea Wolfe’s dark autumn, and the bright autumn of change. Depending on the roads I take, the scenery might beg for a different song. Hopefully, then, the songs don’t change me. I definitely hope for that. I definitely don’t. I definitely do.

Studio Anatomy Features Basement Art Show

Micah Mabey Local Traverse City artist Nick Walsh is hosting an October-feeling, autumn-vibing art reception at Studio Anatomy.

The Basement Art Show: Dark and Gloomy is Oct. 26 from 5 to 8pm. There will be a Halloween dance party afterward from 9pm to 1am to shake off all the depression.

Think more Francis Bacon (painter), and less Halloween spooky decor. This show will explore the artist's subject matter they consider dark and gloomy.

"I'm a big modern art history buff and I'm constantly looking at artists from the past for inspiration. I think Bacon was a master in expressing pain in his work," Walsh says. "His abstract figures are often isolated with spacious backgrounds, geometric shapes, and dark colors. When you look at a Francis Bacon painting, it provokes distress."

This show is looking for art that is emotionally charged, expressive and raw, distorted and absurd. It can be art focusing on an individual's struggle or cynicism from a societal outlook—something that gives the viewer a different experience. Just find out what makes your art weird and unique. Then go deeper into that. That's what Walsh and The Basement Art show are

looking for.

Due to the size of the space and nature of the show, entries from all mediums went through an approval process. "I rent an art studio at Studio Anatomy so it makes running the show convenient," Walsh says, noting that he often collaborates with friend and owner of Studio Anatomy, Brian Chamberlain, on a variety of events in that location. "We both were looking at ways to help the place be used as a creative hub and just have fun. So, to have art shows down there and utilize the space was an easy decision for us to say 'yes' on."

"My art focuses on individualistic themes which may stem from societal issues, but I'm more interested in the process of coming up with new shapes and color harmony," Walsh adds.

Check out the show when it opens later this month to see art from all sorts of spooky, weird, surrealist, absurdist, local artists (myself included), and keep your eyes peeled for the next show. Support local artists! They deserve it.

Nick Walsh is the organizer and curator of the Basement Art Shows. He can be reached at apeeldesign@gmail.com



Studio Anatomy's basement will house local artists' work in its Dark and Gloomy exhibit on Oct. 26



Nick Walsh, local artist and curator of The Basement Art Show

Photos courtesy of Nick Walsh

Featured Art



Linda Lou



Mark Bowyer



McKensy Kendall



Jim Young