Dispensary Deadline Looms

Waiting for Legislative Smoke to Clear
Textbooks on Reserve

NMC’s Osterlin Library has all textbooks on reserve. Most are available for a 2-hour checkout within the library, but a few have a longer limit. Talk with a librarian at the front desk for more information.

The bookstore also offers hourly book rentals. For more information, visit the NMC Bookstore in the lower level of West Hall.

Fall Transfer Fair

On Tuesday, Oct. 12, over 20 university representatives will be on campus to talk about their programs and the transfer process. The event will take place from 9:30am-1:00pm in the Health & Science Building and West Hall lobby. Bring your questions and explore the options.

Submission Deadline Approaching

The Oct. 15 deadline for NMC Magazine submissions is quickly approaching.

The theme “Memento” invites students, staff, faculty, and alumni to reflect on those special moments in life through artwork or writing. More details at nmc.edu/nmcMagazine.

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How to Help: Hurricane and Earthquake Relief Efforts

Ann Hosler  Staff Writer

Over the past month, natural disasters have devastated parts of Texas, Mexico, Puerto Rico, and many other areas. Millions of people are now homeless, without power or water, hungry, and simply lacking basic necessities. Even if you can only give a few dollars, help our global community by donating to one of the organizations below.

MI Gerenci: Proceeds from tickets sales of this J Balvin & Willy Williams remix featuring Beyoncé will go toward relief efforts in Mexico, Puerto Rico, and other Caribbean islands. iTunes apple.co/2DBMNvx
Amazon music/3JhZsl

UNICEF: Donates 90% of every dollar toward helping children in Puerto Rico, Mexico, and more unicef.org

Tidal X Brooklyn: Donates all net proceeds across several organizations in Florida, Texas, Puerto Rico, Mexico, and other Caribbean islands. go.tidal.com/us/donation
One America Appeal: Donates everything toward recovery efforts in Texas, Floridas, and Puerto Rico. oneamericappeal.org

Global Giving: All donations go toward relief and recovery efforts in Mexico and the Caribbean.

Mexican globalgiving.org/projects/mexico-earthquake-and-hurricane-relief-fund

Caribbean globalgiving.org/projects/hurricane-maria-vast-earthquake-relief-fund

Project Haiti: 100% of donations go toward earthquake victims in Mexico, spc-ng/trashquake

Team Rubicon: Donate toward any of the hurricane relief funds, or volunteer to help teamrubiconusa.org

Save the Children: 80% of donations go toward Hurricane Maria efforts, savethechildren.org

Unidos por Puerto Rico: donations provide aid for hurricane recovery efforts. unidosporpuertorico.com/en

Texas Diaper Bank: accepting monetary and hygiene item donations for babies, toddlers, and adults. 100% of donations go toward Hurricane Harvey impacted areas. txdiaperbank.org

Houston Humane Society: donations go toward helping animals affected by Hurricane Harvey. houstonhumane.org

Bread of Life: donations assist homeless and displaced families from Hurricane Harvey. breadoflifeinc.org/hurricane-harvey

Ricky Martin Foundation for Puerto Rico: accepting monetary donations to provide food, water, clothes, and medical supplies to the island.

prostart.com/people/#series=507793

Sons of Una Vez: donations go toward food, shelter, medicine, and more in areas affected by the recent natural disasters. sonsounavex.com

NEWS

Alumni Spotlight: Claude Hoarau

Deanna Lutos  Staff Writer

Flying was always a dream of Claude Hoarau, an NMC aviation alumnus from England who graduated in 2014. Growing up, the stark white interior walls of the aircraft cabin were nearly a second home to Hoarau. “My father, who travelled a lot for work, would bring me back model airplanes and had made a substantial collection for me. I am almost certain there hasn’t been a year in my life that I haven’t flown on a commercial aircraft.” He started out his flying career as a teen enrolled in the Royal Air Force Air Cadet program. However, his dream of flight was not fulfilled by these fun but short stints in aerobatic aircraft.

Thanks to NMC’s International Aviation Partnership program, this dream became a reality for him. “I was in my first year of an Aerospace Engineering degree at the University of the West of England when the opportunity to enroll in NMC’s international aviation program came up. It was the moment I got back from getting my private pilot license that I took the idea of becoming an airline pilot seriously. I’d only taken a very small step in my training, but it was big enough to motivate me to pursue something I never thought was possible.” From that moment on, engineering became secondary to flying.

The realization that his dream could become a profession convinced Hoarau to spend his summers training at NMC’s flight school. “I moved to the U.S. on a more permanent basis in the summer of 2014 to complete my commercial pilot license, and for the opportunity to work as a flight instructor for a year on a temporary work visa.”

Hoarau remembers NMC fondly. In many ways the college helped him cultivate a life aboard. “Upcoting everything to live in a foreign country was made less chaotic by streamlined support and direction from the NMC staff and faculty. He was fortunate to have a single flight instructor for most of his training, Cameron Kerr, whose professional demeanor and respectability motivated Hoarau to achieve more. From the moment he handed in his application, lead of the International Aviation Program Steve Ursell also played a huge part in Hoarau’s aviation career. Ursell went above and beyond the expectations of a college recruiter.

As Hoarau recalls, “Steve prepared us for when we arrived and worked hard to put on special events such as a trip to the Sleeping Bear Dunes, a BBQ, and other social events. He made it more than just a flight program, it was a life event that I think many will remember for such events long.”

When asked what words of wisdom he would bestow upon current aviation students, Hoarau advised, “Don’t forget your long-term goals. Flight training can be stressful and seem never ending, but the end result will always be there for you. Exposure yourself to more than the flying, get involved with the Aviation Society, ask for a line crew job, visit maintenance and ask them questions. You will only ever be increasing your knowledge. Lastly, while it may not seem like it, the aviation community is small and the moment you step inside the doors of NMC you are representing yourself as a future professional pilot, so make sure you leave a positive lasting impact.”

Hoarau says coming to the U.S. on his own every summer slowly but surely prepared him for a life away from home in a different country. In England, flying was very expensive and wasn’t available to everyone. NMC gave Hoarau an affordable opportunity to start his aviation career with the added bonus of seeing a corner of the world he had never been to before. Hoarau is currently a first officer for Piedmont Airlines on an ERJ 145, based in Philadelphia, Pa. He lives in Philadelphia with his wife, Stephanie, who has a year remaining before completing a Physician Assistant program. They plan to stay in the area until Hoarau transitions into the American Airlines mainline within the next five to seven years.
A Taste of Their Own Medicine
Chefs teach doctors at Culinary Medicine Conference

James Robinson
Editor in Chief

"It's an old saying: an apple a day keeps the doctor away. What if doctors actually wrote prescriptions for patients to eat fruits and vegetables? Imagine hospitals routinely purchasing locally grown food, or using local food as an opportunity to inspire their communities and patients to eat delicious, simple meals for vibrant health.”

This is how Diane Connors, senior policy specialist with the Groundwork Center for Resilient Communities, describes the concept of culinary medicine. This concept provides doctors and healthcare professionals with a solid knowledge base of nutrition and local food supplies, and encourages them to use healthy food as a way to address the chronic health conditions in their patients.

With this goal in mind, the Groundwork Center, Munson Healthcare, the Great Lakes Culinary Institute, and the Grand Traverse Foodshed Alliance co-hosted a culinary medicine workshop, Sept. 22-24, at the Culinary Institute in NMCI’s Great Lakes campus. At Groundwork food and farming consultant Paula Martin explains, “Medical schools are not adequately preparing students in this area of knowledge,” so we joined a growing effort across the country to teach these culinary nutrition concepts.” Approximately 40 to 60 healthcare professionals attended various presentations by local nutritionists, dietitians, and culinary instructors. A special keynote was delivered by Dr. David Eisenberg, an associate professor at the Harvard School of Medicine and culinary medicine advocate. Eisenberg founded “Healthy Kitchens, Healthy Lives,” an annual culinary medicine conference offered by Harvard in Napa Valley, Calif. This program served as a model for the NMCI workshop.

Along with formal presentations, hands-on kitchen sessions allowed participants to learn and practice food preparation techniques and create simple, healthy recipes (the majority were prepared with local foods grown, processed, or sourced in northwest Michigan). For each hands-on session, a chef was paired with a dietitian to demonstrate the food preparation and cooking techniques, while the dietitian explained the nutritional science behind the cooking. Food system field trips also highlighted local agricultural and community resources, including trips to the Sara Hardy Farmers Market, Lorna Farm, and the Oyama Food Cooperative. Physicians earn continuing medical education credit for each session they attend.

"What we were basically doing was enhancing doctors' and healthcare providers’ confidence to discuss and guide patients in nutritional food selections to improve their health and prevent diseases,” says Fred Laughlin, director of the Great Lakes Culinary Institute. Laughlin was one of the key players in bringing this event to NMCI. “[Culinary medicine] is something I’ve been really interested in for a number of years. It’s been a personal goal of mine to bring this type of event to this area, and I was very happy to have the Culinary Institute involved.”

Laura McCain, a clinical dietitian at Munson Medical Center and graduate of the NMCI Culinary Institute, says “Everyone was really excited at the end of the conference. They learned things that were good for their patients, but they also learned things that were good for themselves.” McCain and Laughlin agree that the event is about way more than just cooking great food—it’s about developing a healthier, happier lifestyle where we value our quality of life. “Eating great food was meant to be one of the joys of a good life,” says McCain.

“When people relegate eating to something they simply check off their list for the day I think, ‘Ugh! Your life is a lot less than it could be.’ It should be something you’re really thankful for. When we relegate eating to a chore, we’re not valuing the quality of life we should be wanting.” While this may not seem easy in today’s fast-paced world of processed foods, if we take a little time to slow down and enjoy a real, home-cooked meal with our friends and family, many health and social benefits will surely follow.

Resources
Groundwork Center:
groundworkcenters.org
Taste the Local Differences:
lowlife.org
Grand Traverse Foodshed Alliance:
gtfoodshedalliance.wordpress.com
Sara Hardy Farmers Market:
downtownnc.com/events-attractions/sara-hardy-farmers-market
Oyama Natural Food Markets:
oyama.coop
The Old Ways—Cultural Food Traditions:
oldwayspe.org
GT Commons Farmers Market:
thevillagecoop.com/farmers-market

Photos courtesy of Gary Howe
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Medical Marijuana
New Licensing Causes Concern for Dispensaries

By Londen Rauch
Staff Writer

On Sept. 12, Michigan’s Department of Licensing and Regulation (LARA) held a meeting to decide whether or not it would immediately shut down all operating medical marijuana dispensaries in the state.

LARA determined that any existing medical marijuana dispensary operating after Dec. 15 would be in direct violation of the law, subject to legal penalty, and risk the right to receive future licensing. LARA hopes a “gradual shutdown” of dispensaries will provide time for issuing new dispensary licenses, but patients worry they will be temporarily cut off from their medicine. This is not the first time the threat of shutdown has happened.

Michigan’s initial medical marijuana bill went into effect in 2008, but didn’t explicitly specify the legality of dispensaries. In 2013, the state ruled that dispensaries were not included under the medical marijuana program and law enforcement began shutting down stores across the state. Patients without access to legal caregivers were stripped of medicinal access they depended on.

This was devastating for those suffering with cancer, chronic pain, nausea, and many other serious ailments covered under the program.

In 2016, a bill passed that would rewrite the state’s medical marijuana program. Five types of new licenses will be available in 2018: growing, processing, transporting, testing, and dispensary operating. It is unclear how many licenses will be given out. Until then, current dispensaries remain in limbo. Stay open and provide care to desperate patients, or cease operation entirely due to what advocates call a legislative witch hunt.

Heading the war against medical marijuana are two members of Michigan’s marijuana licensing board: Rick Johnson, former member of the state House of Representatives, along with Don Bailey, retired Michigan State Police officer. These two are the only members on the five person licensing board in favor of shutting down dispensaries, and are leading the offensive.

In an interview with the Detroit Free Press, Bailey said he believes dispensaries should shut down immediately. “LARA thinks that Dec. 15 is the appropriate date, but my date is Sept. 15. Operating a dispensary in violation of the law, it has been. I’m not going to support [dispensaries] staying open.” Other members of the board disagreed, stating that it is their job to issue licenses, not shut down facilities.

Traverse City has directly felt the impact of recent licensing crackdowns. One student, who asked to remain anonymous out of fear of persecution, expressed concerns over the future of local marijuana clinics. “I walk into my usual dispensary in town and the bunker tells me about the LARA meeting that was happening. He didn’t know if they would be open for business the next day. It’s like there’s always someone coming after the medical marijuana program.

Fint still doesn’t have clean water, there’s a statewide prescription pill epidemic... People are dying from these things while members of our government are focused on rewriting laws about medical pot.”

Under the upcoming law, local communities will be given the right to decide if they will allow medical marijuana within city limits. Several counties downtown have already decided to opt-in to the new program and have begun drafting ordinances for the soon-to-be-legalized licenses. Officials in Traverse City are uncertain whether or not they will adopt the new licensing laws, and are waiting for more direction from the state.

“Until we see their rules, we’re kind of hung out to dry,” Traverse City Commissioner Richard Lewis said. Other commissioners agreed that “rushing ahead” was not their priority.

For the seven dispensaries currently operating in the area, this news comes with unease. If city officials wait to make their decision, dispensary owners and patients hang in limbo until December. Andrew Bicho of the Bureau of Medical Marijuana Regulation claims three months is long enough for patients to find alternative access to medicine.

“We wanted to make sure we were considering the patient access, the ability of patients to get their medicine, and give them time to determine alternative means if they’re currently using a dispensary and establish caregiver relationships,” Bicho said.

Caregivers and patients do not agree. Under the current law, licensed caregivers are allowed to grow six marijuana plants for each of six patients, plus themselves. Patients without caregivers are allowed to grow six plants for themselves only, or seek medicine from dispensaries if they choose not to grow. However, setting up a marijuana grow is extremely expensive and time consuming. Patients who rent or live in apartments may be denied the ability to grow marijuana on premises. For those without access to a caregiver or the means to run their own marijuana grow, even the temporary shutting of dispensaries will be critical. Local residents under the medical marijuana program can only hope Traverse City officials have their best interests in mind and make a decision in a timely manner.
Do you think that recreational marijuana should be legalized?

"Yes, because it causes less damage to the human body than alcohol and has actually been proven to benefit certain health conditions."

-Douglas Nuckols, Biochemical Engineering

"I think it should be because there are actual benefits to it. However, I do think that it would need to be diligently regulated."

-Notasha Wilkinson, Communications

"Absolutely, because it would take black market drugs off the streets. If it’s regulated, it’s one step closer to kids being safe with it, as we all know that kids are going to do it anyways. If it becomes legal, it will have to meet certain regulations so that you know what you’re getting."

-Briana Jones, Freshwater Studies

"Yes. Even if it were the most dangerous drug in the world, I don’t think the government has the right to tell its citizens what is should or should not ingest. That’s just fascism.

-Ben Vander Ark, English

"Yes! Marijuana has never killed anyone and has numerous proven benefits for anxiety, depression, and other physical ailments, such as muscle spasms and growth of cancer cells. It’s so much better than alcohol, so how can it not be legal? Additionally, many people charged with marijuana possession would be freed from prisons: it’s ridiculous how people who arrested for it are treated, and how long their sentences are. The police force views this drug as dangerous as cocaine and meth - narcotics that actually kill people."

-Anonymous

"I don’t think so, for the same reasons why I’m not a big fan of overusage of alcohol. It’s a dangerous substance that alters your mind."

-Anonymous

"No. A majority of people just want to smoke it for the fun of it, but there are better alternatives than marijuana. Legalizing it would cause its usage to increase dramatically."

-Alex Prybylak, Business

-Tessa Alladi, Psychology
It's March 2015, in San Francisco, Calif. After receiving an email from White Privilege advisor Jacob Wheeler, I was given an opportunity to travel and learn more about journalism. Why not? I didn’t have anything else planned for spring break. Little did I know, this venture would help me realize how seriously I take the trade, and how badly I wanted to make it a career.

On the first day after landing west, I sat in the front row of a presentation entitled “Pitch Perfect: Going from Local to National”, brought to us by NPR’s Youth Radio. This workshop broke down how to pitch stories to a news syndicate, presenting it clearly and instilling an impact that not only reaches the heart of the reader, but also the journalist doing the reporting. Directors of Youth Radio Texas Chinh and Rebecca Martin began listing what types of stories were currently “hot.” Most of them regarded political division and denial of social equality in small towns—like Traverse City.

As Martin and Chinh spoke, I was reminded of NMC in 2015. I was a dual-enrolled high school student walking from my car on the far lot to my class at Scholars Hall. It was late afternoon and there was, as usual, limited parking. In my vision I pictured a nice fall day, birds chirping, the smell of grass and flowers in the air—and Confederate flags hung from cars. This was and is a very ugly reality at NMC.

While the presentation was wrapping up, I jotted down some other memories:

The time my brother was called a nigger-blower by my bully’s parents in sixth grade after asking for an apology when I received constant abuse from the boy every day on the bus. The rocks other students used to throw at me in first grade while kids demanded I wash the black off of me. The first time I was called a nigger—at only five years old.

This was my story, this was my pitch. But Martin’s voice spoke up again. “We wanted to have you all pitch today, but unfortunately we’re pretty much out of time.”

No.

Clear as day I bristled: I live in a wonderful city in Northern Michigan, but it’s a great place for hate!

Needless to say, my pitch was intertwined with hate and the help of Youth Radio, I went on to talk my story to USA Today College and the New York Times Race/Related movement, detailing the frequent use of Confederate flags on campus and the ways Northern Michigan attracts hate groups—for example, TCFamily has been identified as a registered hate group by the Northern Michigan Poverty Law Center. You may have seen their main representative on campus with a sign, handing out wads and urging here on the dangers of homophobia. I thought contributing to these materials would provide a gentle approach for open-minded and culturally diverse people to come to Traverse City—I could not have been more wrong.

Some people thought I was crazy and said they never experienced what I was talking about. So I gave them some examples:

Around town, posters listing the names of those who have been run down downtown or facing hate by anti-vaxxers, Vanguard America is the group James Alex Fields, Jr., was demonstrating with the same day he brutally murdered 32-year-old paragol Heather Heyer with a car at the Charlottesville “Unite the Right” rally. Could members be hiding within our city, local businesses, public school system, clergy, health departments, and local government?

Also seen in Traverse City are posters listing Hitler as the face of “racial pride” and declaring the Aryan “right to exist.”

My article for USA Today College, “Violence I’m Compromising Myself and My Blackness to Push Social Change,” specified on how racism is still very much an issue at NMC. “During one campus forum on race issues, when black students raised objections to the Confederate flag and its associations with slavery it seemed to offend a majority of the students there.” I was recalling one of the international club’s “What’s Up, World?” forums on racism. At the beginning of the forum we were asked to respect everyone’s opinion, whether or not they contained racist schools of thought. Which brought me to wonder: at what point will NMC stop condoning hate speech under the guise of free speech? Can we listen to the voices of our history instructors teaching how tolerating intolerance for the sake of tolerance leads us to atrocities like slavery and the Holocaust? Will we have to repeat history because we are incapable of learning from it?

As I explained in my contribution to the New York Times piece “Post Encounters with Racism,” “It’s complicated living in a place so idyllic—and susceptible to hate and polarization. I’m raised—in my dad is black and my mom is white. So I stitch out.”

If there is one thing I regret from all this, it would be a sentence from my article “Violence I’m Compromising Myself and My Blackness to Push Social Change.” Most of the people I know in Traverse City are not racist hateful people. They are people who have known me my whole life—my friends, my teachers, my coworkers. So I try my best to apprise the white people around me, that’s the only way I know how to deal with it—until more people look and think like me live here.

I no longer feel like I am required to apprise people, but due to the environment around me that means that I am no longer able to live peacefully. Speaking out for anti-racism is a social death sentence in Traverse City on both political sides. No one wants to feel guilty for problems they may be subconscious and systematically contributing to, and even liberal white people in this area feel as though they are required to dictate how brown people can combat racism from within their own cultural sphere.

Even today I don’t feel completely safe reporting on this subject as a woman of color on campus. Part of me is almost sure that half the people reading this will consider this the special pleading of a sophomore snowflake, and the other half will deny it based on their limited experiences.

I am not writing this with those people in mind. If you are truly interested in understanding how to combat racism and have never put this paper down in a guild-written for age, here are four steps to take:

Find five people of color that you know (who did not grow up in Traverse City). If that’s not possible, try finding some written perspectives online (that do not just say things you want to hear) and LISTEN. Don’t talk, research, and take in the words of people who you usually talk over to assert your own perspective. Understand that by having people raised by white parents or parents (such as myself) may not completely know their own culture until they receive more exposure to urban areas, so they may not be the best authority on what it’s like to be racially profiled or even completely know the statistics of how people of color are systematically exploited.

Reach out far and wide to very educated people. If you listen, they will tell you how you can help them as a white ally.

Raceism is not a joke, no racist jokes need to stop. Those who perpetuate truly racist ideals take racial humor as fuel, especially when it comes out of the mouths of educated individuals.

Don’t ever take authority on race if you are not a person of color. You have never been a person of color. Color has never been a person of color period. End of story. I don’t care where you have been or what you have done, you do not have the credentials to invalidate the experiences of another person of color if you have never been a person of color. Period.

And most importantly, love thy neighbor. If you do not understand that there is no old South without slavery or that there is no such thing as a white genocide (over 40 million people have been killed by racial disparities such as the transatlantic slave trade, police shootings, martial law and lynching throughout the history of our country, and millions more have not been capable of being recorded), just take the flag down because it might be a sign of hate. If you really did support love and freedom, would you hold a symbol that symbolizes someone else’s freedom and country sacrificed that for them? Something wicked this way comes. And with all the love I have for the place I grew up I’m not sure I really want to be here when it does.
Would You Like a Side of Plastic With That?

Macy Schwert  
Staff Writer

While shopping, I often observe at least one person mindlessly take a plastic bag for something they could have easily carried in their hand. How many plastic bags have you used over the course of your lifetime that are now in a landfill? Every year, around 500 billion plastic bags are used worldwide, 500,000,000,000. That's a lot of bags. Over one million bags are used every minute, and the average person uses 13 plastic bags each year. Of those 500 billion bags, 100 billion are consumed in the United States alone.

Though plastic bags can be recycled, only one in every 200 ever finds its way to a recycling unit.

Along these statistics, plastic bag waste is extremely alarming, but now consider how much plastic we accumulate and eventually throw away. Takeout food containers, packaging, straws, lids, plastic utensils, styrofoam cups. It's almost impossible to try and visualize the amount of trash we produce over a lifetime. Styrofoam products are not only non-recyclable, they also fill up 30 percent of landfill space.

Unfortunately the NMC cafeteria uses styrofoam plates, bowls, and plastic utensils—although they do offer washable trays and other options to students eating in the cafeteria. Most of us are accustomed to getting takeout-to-go food or other things with plastic packaging. Though convenient, are they absolutely necessary? And at what price? Unfortunately, our society is a culture of consumption and caters to an "on-the-go" lifestyle. It is up to the individual to make conscious decisions and lead a less wasteful lifestyle.

San Francisco became the first city to institute a plastic bag ban, and California became the first state. Many states around the country have bans or fees in place, including Austin, Seattle, and Chicago. Unfortunately, a new law in Michigan prohibits local governments from banning, regulating, or imposing fees on the use of plastics. You may think it's not a ban on plastic—it's a ban on banning plastics. It is not alone. Idaho, Arizona, and Missouri all have similar laws.

In these cases, proponents defend these laws as a way of protecting businesses from having to comply with additional regulations. The Michigan law was praised by the Michigan Restaurant Association. Shouldn't laws be geared toward efforts to reduce pollution by requiring businesses to upgrade to environmentally sustainable models?

We have been conditioned to some degree not to think twice about our high amount of plastic usage and waste. Small adjustments can go a long way in reducing our impact. For example, I always keep a few reusable grocery bags in my car. It takes such a small amount of planning and money to decide to never use a plastic bag again, but it is worth it. Next time you go to get a drink to-go, skip the plastic lid and straw. Even better, opt for a reusable coffee mug or reusable bottle over a disposable cup. Simple mindfulness can go a long way in reducing waste and helping the environment.

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Book Lady Reviews

DO NOT READ

Ann Holser
Staff Writer

I keep these kinds of books: when I want to read, these I want to reread, and when I want to read, these I want to forget. This book is an excellent addition to my rereads.

If I read the books I’ve read throughout my life, most of them would fall into the “OK” category—meaning they were entertaining, yet not creating the amazement horror. Next are the books that were excellent, many favorites worthy of rereadings and rereadings. Finally there’s the line of the books you either finish simply through willpower alone, or throw across the room in disgust, never knowing what lies on its final pages.

Out of over 500 books I’ve read, the only books that are on the Goodreads website are John’s books. These are the worst fantasy, romance, and science fiction books I’ve had the pleasure of reading.

The Silmarillion
by J.R.R. Tolkien

I was reading a book of fantasy when I bought this book. I had recently finished reading the first book in the series, followed by the second, and then the third. Everything published with Tolkien’s name on it must be good, right?

Described by actual fans of Tolkien as “only for serious fans of Middle-earth”, “this is the best fantasy book you’ll find”, “not for everyone”, this is the worst fantasy book that I’ve ever read. It’s a lot about Middle-earth—in the most verbose and dry way imaginable—and unless your surname is Tolkien, the majority of the information loses its worth.

The Three-Body Problem
by Liu Cixin

This book was assigned for my Science Fiction class. Some of my friends have agreed with me regarding its flaws, while others love it and went on to read later books in the series. For one, instead of using the book, I say yes proceed with caution.

My opinion of this book is that it’s not worth reading. With the exception of the first few pages, it’s just too well-written to be a stand-alone. The fact that it was translated (which is quite well), actually, is an unusual science fiction (outside my normal reading habits). There were two main factors contributing to my disinterest: poorly written characters and horrible plot delivery.

The Three-Body Problem fails to capture any emotional attachment to its characters. The entire cast could die at any point, be completely replaced, and it would not affect anything.

The Sweet Life (e-series)
by Francine Pascal

I got caught in 6th grade reading a Sweet Valley High book during class. It was on Grandparents’ Day, and my grandmother sat in the back of the room, watching as I “conveniently” read inside my desk cubby. She proceeded to tell me not to do it again. The moment we stepped outside the school, she said, “Jessica, Elizabeth, and I go way back.”
Carrot Cake!

Lindsay Schmardt  
Staff Writer

As the weather is finally starting to cool down, the need for warm, seasonally spiced baked goods arises. Subsequently, our recent harvests or bulk purchases need to be put to good use. Almost immediately we think about our good friend, the pumpkin-spiced-everything, but I’m here to sell you on a long-list loved one that needs to make a comeback: carrot cake.

Carrot cake gets a bad rap. It seems strange to throw something we usually use in soups and turkey dinners into a birthday cake, but not only is it incredibly moist and most often coated in cream cheese goodness, thisversion will use up most of those leftover carrots in your refrigerator’s crisper drawer.

This recipe will give you just enough to feed a house of hungry roommates and is perfect for the one- and only time cake you own. And don’t fret! After you fall in love, you can easily double this recipe to impress your family for all your future holiday dessert needs.

You will need:
- 8 ounces plain cream cheese, softened
- 2 cups powdered sugar
- 1 teaspoon vanilla
- 1 teaspoon milk
- 1 cup all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/2 cup vegetable oil
- 1/2 cup granulated sugar
- 1/2 cup brown sugar
- 1 teaspoon vanilla extract
- 1 egg
- 2 cups carrots, peeled and grated
- 1/2 cup pecan or walnuts pieces (optional)

For the frosting:
- 1/2 cup cream cheese, softened
- 2 cups powdered sugar
- 1 teaspoon vanilla
- 1 teaspoon milk

Preheat the oven to 350°F. Grease and flour a small baking pan. Muffin tins work great for carrot cake cupcakes, too! In one small bowl whisk together the dry mixture: flour, baking soda, salt and cinnamon. In another small bowl whisk together the wet mixture: oil, sugar, vanilla and eggs. Stir the grated carrots into the wet mixture until combined, then fold in the dry mix. If you’re adding nuts, fold them in near the end so they don’t sink to the bottom of the cake batter. Pour the batter into the prepared pans and bake for 20-25 minutes or until a toothpick comes out clean when inserted in the middle of the cake.

Which, together the softened cream cheese with milk and vanilla until smooth. Begin whisking in the powdered sugar, adding in 1/2 cup at a time until it is thick and creamy, and frost your cake.

Refrigerate or freeze any leftover cake—but there won’t be any leftover cake.

Tips & Tricks
- This cake doesn’t require you to wait until it’s cooled to frost it. In fact, if you’re going to eat it immediately, treat it like cinnamon rolls and frost it straight from the oven.
- Throwing the carrots into a food processor or blender can cut the cake preparation down and make life a bit easier. This will work with the nuts, too!
- Keeping apple ingredients in glass jars makes it easy to know how much you have and keeps them dry and safe from the elements like moisture. This is also great for cutting down on waste and gives you the opportunity to learn how to buy in bulk—which makes for buying ingredients like pecan pieces exponentially cheaper.
- Carrots are cheap at the store, but even cheaper at the farm. If you don’t already have them at home, consider visiting the outskirts of town and pick some up by the pound that you know were grown close to home. Supporting your local farmers keeps them going and growing!

EVENTS CALENDAR

October 6 – 21

Kelsey Pease  
Staff Writer

Friday, Oct. 6
4pm to 5pm: Voices student group meeting in the Osterlin Building 204.
6pm: Paul Livingston live at Roe Estate Vineyard and Tasting Room.
6pm to 10pm: Volleyball sponsored by Radio Chisiti at the Public Education 100 Gym.

Saturday, Oct. 7
7am to Midnight: Fall Sale and Happy Apple Day in Downtown Traverse City.
7:30am to Noon: Sara Hardy Downtown Farmers Market at Lot B, across from Clutch Park.
8am to Noon: 24th TCTC Annual Remembrance Run for breast cancer awareness.
Noon to 4pm: Linda O’Meara Day of the Arts to inspire our work, whether it’s a drawing, painting, dance, or performance at the Dennos Museum Center.
Noon to 10pm: MSU vs. U of M Takedown at Little Fleet on Front Street.

Sunday, Oct. 8
noon to 4pm: Pumpkin Fest at the Jolly Pumpkin Restaurant, Brewery, & Distillery, featuring live music, craft beer, fall related food, and more.
noon to 3pm: Drawing with Will. Draw your favorite animated characters on the sidewalk or accompanying buildings in the Traverse Area District Library Youth Services Department.
Event continues through Oct. 31 during regular library hours.

Tuesday, Oct. 10
No-classem: Faculty Professional Development Day

Wednesday, Oct. 11
9am to Midnight: NMC Dance club meeting in Physical Education 120.

Thursday, Oct. 12
9:30am to 1pm: College Transfer Fair on the 1st floor of the HealthScience Building and in West Hall.
7:15pm: The Art of Chasing Trane - The John Coltrane Documentary by John Scheinfeld at the Dennos Museum Center.
7:30pm to 9pm: LIV ONalbum performance by Olivia Newton-John, Bloc Niches Chapman and Amy Sky at the City Opera House.
7:30pm Artists from Interlochen at Kildee Hall faculty/Chamber Music - Constellations.

Friday, Oct. 13
4pm to 5pm: Voices student group meetings in the Osterlin Building 204.
5:30pm to Midnight: Brass at Stretten in Traverse City.
6pm to 10pm: Volleyball sponsored by Radio Chisiti at the Public Education 100 Gym.

Wednesday, Oct. 18
9pm to Midnight: NMC Dance club meeting in Physical Education 120.

Friday, Oct. 20
8am to 4pm: DMC Detroit Public Sale at the Zimmermann Sculpture Court.
9:30am & 11:30am: Writing with author-illustrator Blythe Bulley at the Dennos Museum Center. Call 231.995.1029 or email jake@nmc.edu to reserve your seats.
4pm to 5pm: Voices student group meetings in the Osterlin Building 204.
6pm to 10pm: Volleyball sponsored by Radio Chisiti at the Public Education 100 Gym.

Saturday, Oct. 21
7:30pm to Noon: Sara Hardy Downtown Farmers Market at Lot B, across from Clutch Park.
8pm Paul Brown at the Dennos Museum Center.
8pm to Midnight: Ghost Walk—enjoy a leisurely stroll through Traverse City, lit by the dark, with Wood Smoke telling your ghost stories. Meet in front of the Bijou Theatre.
Macy Schwert
Staff Writer

Tadasana (Mountain Pose) – Set a Positive Intention
To begin, start with your feet slightly apart, eyes closed, with your palms facing forward and your shoulders down your back. Close your eyes, take a moment to find balance, and plant a positive seed of intention for the rest of your day. Choose to focus on words that uplift and inspire you. I like to use intentions that help me get ready for the day ahead, such as “I always accomplish everything I need to,” or “I am content in the present moment.”

Anjaneyasana (Low Lunge)
From Downward Dog, step your left foot forward to the inside of your right hand and place your right knee on the ground. Draw the belly and lower ribs in as you lift your heart up toward the sky and mindfully raise your arms overhead. You should feel a great stretch in the right hip. Return your focus to your intention and stay for five breaths.

Tadasana (Mountain Pose) with Side Stretch
Ground both feet and raise your arms overhead. Take your left wrist with your right hand and lean to the right. Find a depth that allows you to feel a stretch on the left side of your body without causing strain. Stay for a few breaths, then repeat on the other side.

Crescent Lunge
Place your hands on either side of the right foot while in Low Lunge, reach the back toes and raise the back knee, coming up to High Lunge. Reach your arms overhead, palms facing each other. The right knee should be directly over the right ankle, and the back leg should be strong. Keep the abdominal muscles engaged. Stay for 3–5 breaths.

Adho Mukha Svanasana (Downward Facing Dog)
Place your hands on the mat shoulder distance apart and with your feet back so your body is in an upside down V. Find whatever movements feel good that stretches the back of the legs. I like to alternate bending each knee.

Crescent Lunge with Twist
While in Crescent Lunge, place your arms out wide at shoulder height. From the navel, twist the upper body toward the right, keeping the arms open wide.
After you complete this Twist on both sides, return to Downward Dog.
After any final stretches in Downward Dog, return to your Mountain Pose with your palms together at the heart space. Close your eyes and spend a few moments cultivating gratitude for yourself. Return your mind to your positive intention you set at the beginning.

Uttanasana (Standing Forward Fold)
Raise your arms overhead and with your core muscles engaged, hug from the hips, and allow your upper body to fold forward. Tilt your head back, and find a steady breath.
Bend the knees as much as you need. Find some free movement here. It may feel good to sway a bit from side to side, or release tension from the neck by moving the head from side to side.

Photos by Macy Schwert