

N O R T H W E S T E R N M I C H I G A N C O L L E G E

# WHITE PINE PRESS

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



Nick Nissley Named  
Top Choice for  
NMC's Next President  
Story on pg. 4

Photo by Patrick Cavan Brown





Photo courtesy of Ann Swaney / NMC archives

NMC wasn't very particular in choosing its original school colors. One year, while ordering uniforms, scarlet and white (as pictured) was decided upon. Despite the choice, the college unofficially used green and white for its stationary, publications, and vehicles. In 1993, NMC established the current forest green and white as its colors. According to Karen Anderson, the former director of marketing and public relations, the change was "a case of actual practice replacing historical precedent."

NORTHWESTERN MICHIGAN COLLEGE

# WHITE PINE PRESS

**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
Jasmine Miles	Zoe Zinchook

**PAGE DESIGNER** Samuel Riddle  
**PHOTOGRAPHER** Logan Schweizer

**FACULTY ADVISER** Jacob Wheeler  
**DESIGN ADVISER** Kathy Schwartz

The *White Pine Press* welcomes comments, suggestions, ideas for news stories and calendar items.

**NEWSROOM** 231.995.1173  
**DISTRIBUTION** 231.995.1322  
**ADVERTISING** 231.995.1996  
**EMAIL** [whitepinepress@gmail.com](mailto:whitepinepress@gmail.com)

Printed by *Stafford Media Solutions* and distributed free.  
**Printed on 100% recycled paper**

## NMC MAGAZINE FALL 2019

Call for Submissions



NMC Magazine Fall 2019

### Creatures

Kami, Kraken and dinosaurs- oh my!

Cryptids creeping in the dark.  
Monsters lurking within.  
A feel-good furry friend.  
Whatever your creature, share it with us in the form of art, design, essay, fiction, illustration, nonfiction, photography, poetry, sculpture, and more. Students, faculty, staff, and alumni are all welcome to submit their creation to NMC Magazine by Friday, October 18, 2019.

Email your submission\* to [nmcmag@mail.nmc.edu](mailto:nmcmag@mail.nmc.edu).  
Deliver hard copies to Fine Arts (attn: Caroline Schaefer-Hills) or Scholars Hall 214 (attn: Alistia Lingaur).

Visit [nmc.edu/nmcmagazine](http://nmc.edu/nmcmagazine) to download and complete a submission form with each entry.

\*Submissions unaccompanied by completed submission forms will not be considered for publication.

## Non-Discrimination Policy Notice

Northwestern Michigan College is committed to a policy of equal opportunity for all persons and does not unlawfully discriminate on the basis of race, color, national origin, religion, disability, genetic information, height, weight, marital status or veteran status in employment, educational programs and activities, and admissions. [nmc.edu/nondiscrimination](http://nmc.edu/nondiscrimination)



# Immigrant Detention Center to Open in Baldwin

**Randi Upton** Staff Writer Geo-Group, a private company that owns prison systems across the country, will open an immigrant detention center for “non-citizens” set to serve prison sentences.

The North Lake Correctional Facility in Baldwin is scheduled to open in October, at the beginning of the fourth fiscal quarter. The prison will open under a contract with the Federal Bureau of Prisons. This means that the state of Michigan has no control over its opening or regulation. In February of this year, Governor Gretchen Whitmer prevented a separate private prison company from buying a facility in Ionia.

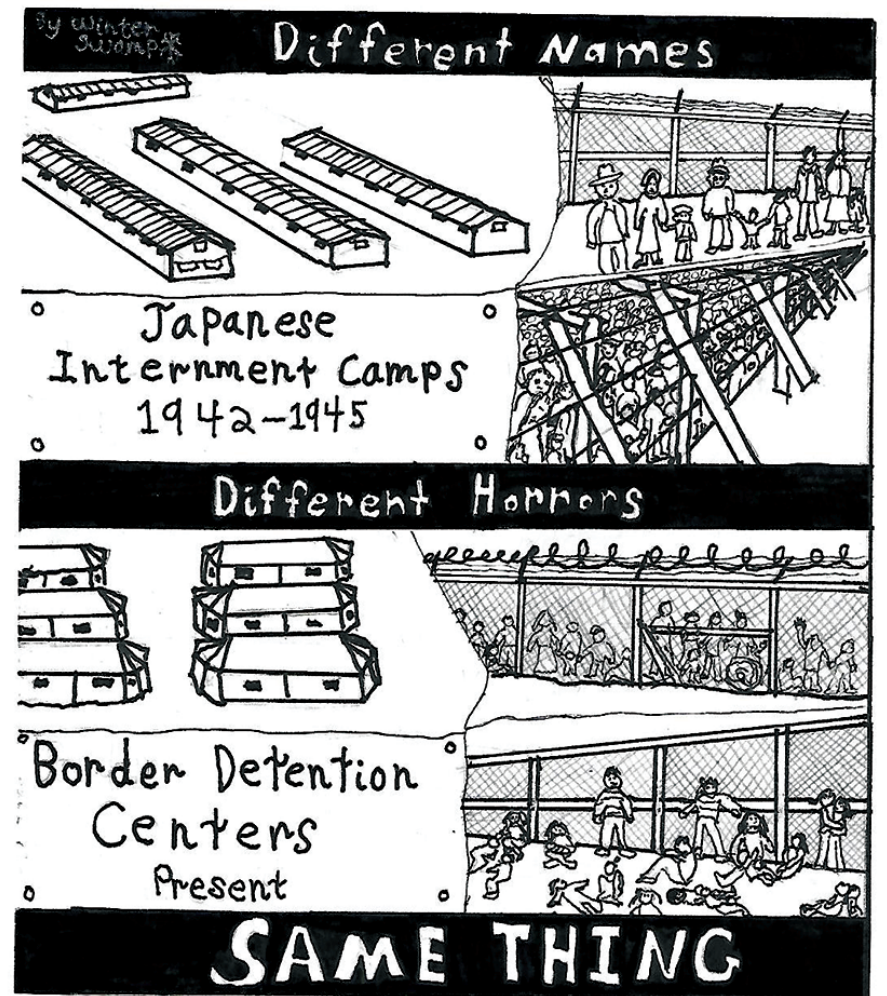
The company has defended the detention center, stating that this facility will not be for “non-citizen minors” but instead for “non-citizen adult males” convicted of felonies. These felonies include crossing the border a second time after a deportation—a federal offense that prevents the person from being allowed to seek asylum.

Geo-group is the largest private prison company in America. Private prisons are for-profit prisons that make money by setting contracts with the government. The contracts pay out for each prisoner in the facility. It has been a multi-billion dollar business since the 1980s, when the “War on Drugs” and mandatory minimum sentencing led to high prison populations. Geo-group has had several human rights violations and some of their prisons have been closed due to being too expensive to continue operating.

In the past six months, governors of many states, including Indiana, have vowed to not allow any immigrant detention centers, including private ones, in their states. But when the prison is under federal contract, the state cannot stop it.

Baldwin is in Lake County, one of the poorest counties in the state with the highest rates of unemployment according to a January 2018 article published by 24/7 Wall St. The facility will bring over 300 permanent jobs in an area high in poverty.

Governor Whitmer has not commented on the immigrant detention facility.



by Winter Swamp



## Transfer more of your credits!

We pride ourselves on being one of the most transfer-friendly universities around. We accept up to 90 transfer credits, including both classroom and work experience. We have programs that can help you earn your bachelor's degree in as little as one year. And we offer generous scholarships and grants worth up to 20% off your tuition!

Contact us today about earning your degree in business, technology or health!

(800) 686-1600 | [davenport.edu/apply](https://davenport.edu/apply)





# Nick Nissley Named Top Choice for NMC's Next President

## Beneficiary of Servant Leadership Hopes to Pay it Forward

**Emily Slater** Editor-in-Chief Nick Nissley has traveled a journey that may help him relate to the multi-faceted experiences of students at NMC. Nissley, the college's likely incoming president in January 2020, graduated from the Milton Hershey School in Pennsylvania. The school's stated goal is to provide an education to children in poverty, specifically those who have been either orphaned or "socially orphaned" — meaning the child's parents are no longer able to care for them.

The Hershey School was founded in 1909 by the chocolate tycoon of the same name. In a stunning act of generosity, the Hersheys transferred the majority of their assets, including controlling stakes in the company, over to the school. That allowed not only the education, but the clothes, school supplies, room and board, and health and dental care to be provided for every student that attends. Currently, the school serves nearly 2,000 students a year.

More than 30 years ago, Nissley was one such student. His mother died when he was a young child, leaving him with an alcoholic father who was unable to care for him. Nissley calls this time in life his "mess" and what ultimately lead him to the Hershey School, a move that changed the course of his life. The servant leadership exemplified by the school's founder acutely affected Nissley and his approach to life.

"It's really made me deeply grateful as someone who has benefited thanks to that generosity," Nissley said. "And I feel an obligation to pay it forward."

Last fall, NMC president Tim Nelson announced his decision to retire at the end of 2019. This kicked off a nearly year-long search for his replacement. On Sept. 3, the NMC Board of Trustees selected Nissley as their top choice for the job in a 4-3 approval vote. A subsequent vote by the

Board unanimously affirmed all seven trustees' full support of Nissley should he accept the position. He is expected to take over on Jan. 1, 2020. As of press time, Nissley has yet to formally accept the position as he and NMC work out the details of his contract.

"Nick Nissley has a compelling story that will appeal to many NMC learners," Brandon Everest, faculty association president and a member of the presidential search committee, told the *White Pine Press*. "This decision seems like proof of a judicious process. I think we can feel confident with this choice moving forward."

Nissley moves to Traverse City from the School for Creative and Performing Arts in Cincinnati, a K-12 pre-professional arts training and advanced college preparatory school, where he has served since 2015 as executive director. Nissley has also been dean of the business technologies division at Cincinnati State Technical and Community College, executive director of leadership development institution The Banff Center for Arts & Creativity in Alberta, and in professorial positions at the McGregor School of Antioch University and at the University of St. Thomas. He has a doctorate degree in human resources development from George Washington University.

Nissley credits the Milton Hershey School with instilling in him a mission-driven focus.

"The types of institutions I've worked for have always been institutions with profound social missions," says Nissley. "And I think NMC fits that because a community college has a profound social mission in providing affordable, accessible education."

NMC benefits the region, says Nissley. He credits Nelson for helping to build the institution over the course of his historic more than 18 years as president. "It's a very strong college and a strong community. There's a wonderful opportunity coming into the role [as president], to leverage the strengths that are already at NMC."

Nissley points to the Maritime Academy and Culinary Institute as specific examples of the college using the region's defining characteristics, its Great Lakes and tourism capabilities, to bolster students' workforce opportunities. "I think what excites me most is all of the innovations that have already occurred are very mindful of connecting the place of northwest Michigan with the needs [of the community] that obviously the institution is listening to."

During the interview process, Nissley had the opportunity to speak not only with Nelson and the Board of Trustees, but to also hold forums with NMC faculty and the community at large.

He says he was grateful "to be able to hear not only what the campus believes about the institution and what its hopes are for the future and the challenges, but also being able to hear from the broader community. It allowed me to understand not just intellectually or rationally, but also feel some of the emotions from folks." That emotion was the key factor in Nissley seeing the heart of NMC through its community. "There is a tremendous amount of passion, deep care, and love for the institution and for the region. That excites me. I want to be a part of something that is growing and that believes in that possibility."



Nissley and his wife, Elise Ballinger

## Ongoing Salary Negotiations

Despite NMC's success in certain areas under Nelson's leadership, the administration and the unionized faculty remain locked in a stalemate over salary negotiations. Faculty have worked without a contract since Jan. 1 of this year — a period of nearly 10 months.

A major concern for the Faculty Association and Faculty Chair Association, which represent the unionized faculty, is what they call the higher cost of living in the Grand Traverse region compared to other Michigan community colleges. By one metric, Traverse City's cost of living is two percent higher than the national average. Other locations with community colleges comparable to NMC have lower costs. Muskegon, for example, is about 21% less expensive to live in than Traverse City.

"NMC faculty pay is 8% below the average of their peers," math instructor Deb Pharo told the *Traverse City Record-Eagle* in February.

Because of the impasse, NMC forwarded the issue to Lansing where the Michigan Employment Relations Commission (MERC) conducted and released a Fact Finder's report last month. Both sides are reviewing and evaluating MERC's Fact Finder recommendations. Brandon Everest, president of the NMC Faculty Association, told the *Traverse Ticker* on Aug. 24 that the Fact Finder's report includes recommendations "that the faculty get significantly larger salary increases than the administration had offered during bargaining."

Unless a deal is reached this fall, Nissley will inherit that situation when he takes the helm on Jan. 1, 2020.

"It's fair to say (working without a contract) harms morale," Everest told the *White Pine Press* this past March. "Especially if you feel like you're not being treated fairly."



Nissley, Ballinger, and their daughters Meredith and Isabel



# Women in Culinary

## From 1950s Housewives to Executive Chefs

**Maddy Sharpe** Women have always been an influential part of the culinary world. They were viewed as those who are supposed to be “in the kitchen,” but not in the context that we would want.

When you think of that sentence you probably think about the 1950s and women being housewives. Despite many women being amazing home cooks, until about 40 years ago, culinary was not a viable professional path.

When you think of great chefs who comes to mind? Gordon Ramsey? Thomas Keller? Anthony Bourdain?

How many of you said Julia Child? Chances are pretty good that a man first crossed your mind. When you think of classic great chefs, Julia Child is one of the few females that people can actually think of. The truth is that the culinary field was primarily based (classically) with male professionals. Auguste Escoffier and Marie-Antoine Careme were the two who spearheaded French cuisine.

However, without a woman from Italy we wouldn't have food as we know it today. Catherine de Medici was an Italian countess who later became the queen of France. She brought to France her Italian chefs who changed the food game for France forever, thus altering food culture across the globe.

Men still led the charge in the culinary world, and that's fine. The real question is: why are women not being recognized as prominent in the workforce? Why are there so many male executive chefs and so few female? Why has the American Culinary Federation never had a female president?

People forget that when a woman is in the kitchen today, it is because she is choosing to do so. When an individual makes the decision to become a chef, it is because they have found a true outlet to express a passion and creativity. All chefs are incredible in their ability to craft something out of nothing and use a clean plate as a blank canvas. Chefs evoke emotion simply from food. All chefs are capable of this, regardless of gender. So why do women struggle with lower wages, fewer promotions, and less acknowledgment?

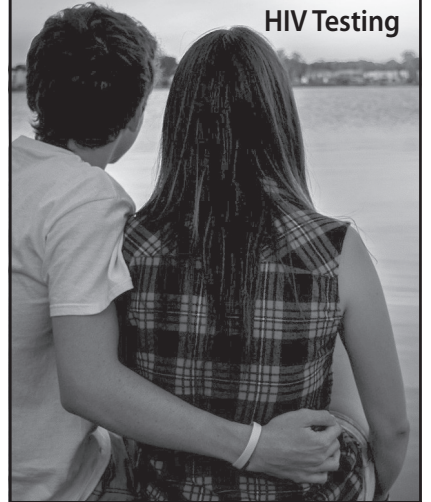
Most women in the culinary industry will attest to, at some point, encountering either verbal or physical sexual harassment. Kitchens are rough places to work daily. Women are sexualized by predominantly male kitchens where there may be only one or two women working. This is seen as “normal.” Recent shifts in society has sparked a change in the thought process as to whether or not these practices are ethical and acceptable. This shift in thinking opens the door of opportunity and advancement for women to become executive chefs and saturate the industry as a whole.

We are on the right track when it comes to change. Women are recognized and take a more prominent role in the industry overall. There are more women looking at the industry as a viable career path. Women are more involved.

This gender shift in the industry is for the better—not because women are better, but because an equal workplace where you are valued for your talents and passion despite your gender is as important as anything else on a resume.

### COMPASSIONATE CONVENIENT CONFIDENTIAL

Birth Control  
Pregnancy Tests  
STI/STD Testing & Treatments  
Breast & Cervical Cancer Screenings  
Annual Exams  
HIV Testing



**Grand Traverse County  
Health Department**  
[www.gtchd.org/581](http://www.gtchd.org/581)  
**231-995-6113**

Medicaid Accepted/Uninsured Welcome

## FLEXIBLE BACHELOR'S DEGREE. ROCK-SOLID CAREER OPPORTUNITIES.

### The Integrative Studies Bachelor's Degree from GVSU in Traverse City

Our integrative studies bachelor's degree not only fits your busy life, it helps you achieve your unique career goals. The flexible program lets you focus on topics most relevant to you, while giving you the critical knowledge and decision-making skills you need to succeed in any field. Contact us to learn more.

**(231) 995-1785** [gvsu.edu/tcstudies](http://gvsu.edu/tcstudies)

- **Convenient and flexible.** In person, online, and hybrid class options for working professionals
- **Career focused.** Customized field experiences provide you with practical expertise in your area of interest.
- **Advanced networking.** Create job connections by interacting with faculty who are experts in their field, student professionals, and industry leaders
- **Seamless transfer.** Meet with an advisor to see how your NMC credits can apply to a GVSU degree.



Tori Rhoades  
Integrative Studies bachelor's degree  
Pursuing master's in  
Occupational Therapy M.S.O.T.





# NMC Welcomes New Directors

Here are some of the faces you'll be seeing around campus

**Kathryn DePauw**  
Staff Writer



## Craig Hadley

Craig Hadley is the executive director of the Dennon Museum Center. Hadley enjoys the variety the position offers: creating new exhibits, event planning, educational programs, and more. He spent almost eight years leading the museum program at DePauw University in Greencastle, Indiana prior to joining NMC.

Hadley is excited to explore new collaborations on our campus and in the community and wants to hear from students. He encourages students to stop by or email to share their thoughts and follow the Dennon Museum on Facebook, Twitter, Instagram, and YouTube for news and updates about upcoming changes.

### What does your job encompass?

“As the new director of the Dennon Museum Center at NMC, I have the privilege of working with a very talented team of professional staff members, docents, volunteers, and interns in pursuit of a common goal—provide new, unexpected, and thought-provoking experiences for museum visitors of all ages.”

### How has your background prepared you for this new role?

“I curated exhibitions from the permanent collection, worked with contemporary artists, taught courses in a new museum studies

program, and guided the program through accreditation from American Alliance of Museums.”

### What are you most excited to accomplish in your new position?

“I look forward to working with the Dennon team to craft a new five-year plan that will encompass nearly every aspect of the museum and its operations.”

### What was your favorite class in college?

“I took a summer intensive second-year Japanese language class while I was an undergraduate student. It was the hardest yet most rewarding course I’ve ever taken, as it compressed one full year of college Japanese into just two short months over the summer. We lived in the same dorms with our language instructors and practiced our chosen language day and night. You make friends very quickly when you spend 12 hours a day in the classroom together!”

Jason Slade is the director of NMC’s Technical Academic Area. As the director, Slade oversees the numerous programs that fall under that division, such as Engineering, Welding, Construction Management, and more.

In addition to focusing on employment, he looks forward to expanding university transfer opportunities while continuing to teach as well. Slade has industrial experience and previously worked as a program coordinator at Mott Community College.

Slade wants to keep the public informed about all the Technical Division has to offer. It has many amazing opportunities such as 100% job placement with the Marine Tech Bachelor’s degree, one of the top drone programs in the country, and an electrical program that meets state requirements for electrician apprentices.

### What does your job encompass?

“There are so many moving parts here as we try to align our classes with the needs of industry, provide internship and apprenticeship experiences and more, that it couldn’t be done without the hard work and dedication of everyone. Staying in the classroom and being connected to our students is important to me as it helps me better understand their needs and goals.”

## Jason Slade

### How has your background prepared you for this new role?

“I have been fortunate to be a faculty in Engineering Technology for the last five years with an expanding role and responsibilities. This has allowed me to understand our programs and create relationships with the various departments and numerous individuals on campus.”

### What are you most excited to accomplish in your new position?

“For me, it is continuing the great work done by so many in Technology.”

### What was your favorite class in college?

While his favorite electrical engineering class required him to design and build an antenna capable of finding a beacon hidden in the woods, not everything Slade took was focused on his program. “I was also notorious for taking one credit elective whenever I could fit them in my schedule,” he explained. “One of those classes was a Wilderness Survival Course taught by a Green Beret that was really intense!”





## Les Eckert

Les Eckert is the director of the Great Lakes Culinary Institute.

### What does your job encompass?

"I oversee the operation of Great Lakes Culinary Institute. This includes things like faculty, staff, students, student enrollment, retention and graduation, financial operations and community involvement."

### How has your background prepared you for this new role?

"Having been a chef for over 25 years, a higher education instructor for over 10 years and a culinary director for over five years I believed my experiences prepared me for this position."

### What are you most excited to accomplish in your new position?

"Growth and continued student success. Our students come to us having many different backgrounds and ages." When it comes to growing the program Eckert adds, "Keeping our programs exciting and current draws in students. Building a knowledgeable and professional faculty and staff team promotes student success in the classrooms and labs."

### What was your favorite class in college?

"My favorite college class was Pop Culture. I enjoyed learning about what made our culture the way it is today."

## Brian Heffner

Brian Heffner serves dual roles at NMC as the department chair of the Business division and the director of Academic Affairs. During his 12-year career at NMC, he started as an instructor in the social science department and, most recently, served as the director of the Police Academy.

### What does your job encompass?

As the Business chair, Heffner "manages academic programs and operations in the Business Academic area." In his other role, he manages and supervises Central Scheduling, coordinates work related to curriculum approval and review, course program assessment, and academic record keeping related to faculty, curriculum, and academic processes."

### How has your background prepared you for this new role?

"Beginning as an instructor has really helped me focus on the reason that we are all here at NMC and that is to help students achieve

their goals. With a teaching background, as I have moved into administrator roles, my focus is still on helping students succeed, I am still able to focus on student success it is just in a different capacity now."

### What are you most excited to accomplish in your new position?

"To help in whatever way I can in increasing student success, increasing enrollment, and working with our community stakeholders to meet our students and our region's needs."

### What was your favorite class in college?

"Having attended NMC as well as three other universities my favorite class that I remember was right here at NMC. It was a philosophy class that I took at NMC in 1987 with Mr. Roy Terdal. His passion for teaching and for student's success have resonated with me throughout my career."



## Leila Hilal

Leila Hilal is the director of the International Affairs Forum (IAF). In this position, she focuses on relationships. In addition to looking out for the interests of students, staff, the community at large, and various other groups, she also works to obtain the donations required to support the program.

### What does your job encompass?

"I have the pleasure of working with all of these different people to ensure that we can continue to operate and fulfil our mission on behalf of NMC and the community. The added benefit is that I get to interact with a lot of interesting people from invited journalists, diplomats, and nonprofit leaders who come to speak at IAF regular events, as well as students and volunteers."

### How has your background prepared you for this new role?

"I worked in international politics as a program director at a think tank in Washington and with international peace-building organizations around the world. Having good relationships with

NMC staff, IAF board members and donors is super important for my success as well."

### What are you most excited to accomplish in your new position?

"We are very excited to be able to host the former Peace Corps director and healthcare expert, Carrie Hessler-Radelet on Thursday, Nov. 21 at the Great Lakes Campus / Hagerty Center." Hilal looks forward to hosting the Michigan native for her presentation "Engaging for Good: Can one volunteer change the world?". The topic is important to Hilal, which she says is "hugely central to a more peaceful, engaged world, which is in the end what we all hope for."

### Just for fun, what was your favorite class in college?

"I went to a non-traditional liberal arts college in Washington state and got credit for camping in the Olympic [National Park] rainforest!"

## Congrats to NMC's other new directors:

Amy Jones, Director of Nursing and Allied Health

Kerrey Woughter, Director of Library Services

Gail Kurowski, Director of Police Academy

Ed Bailey, Director of Business Development  
for NMC Marine Center



# MADE TO MOVE ONWARD AND UPWARD

Your future, your opportunity, your next move. Find it all here.  
Ferris offers flexible, convenient classes in Traverse City and online.  
Transfer up to 90 Northwestern Michigan College credit hours. Meet with  
an advisor now to maximize your transfer credit and move Ferris Forward.



## FERRIS STATE UNIVERSITY

TRAVERSE CITY



Ferris State University is an equal opportunity institution. For information on the  
University's Policy on Non-Discrimination, visit [ferris.edu/non-discrimination](http://ferris.edu/non-discrimination). 20190906



# Flavored E-Cigarettes Ban: Pro

**Samuel Gorcyca** Staff Writer Vaping devices are the latest product that makes you look cool. They are slim, compact, and come in a variety of colors. E-liquids come in a variety of flavors—the problem at the heart of a new Michigan ban.

Michigan was the first state, joining the cities of San Francisco and Boulder, Colorado, to tackle this issue by banning the sale of flavored e-cigarettes. The six-month renewable ban was issued via executive order by Governor Gretchen Whitmer on Sept. 4. It has become controversial among Michigan communities, with some believing the ban is too strict while others agree it is an appropriate measure.

The first point we need to address though is, why worry about the flavor instead of e-cigarettes' most addictive ingredient: the nicotine.

Much of what we taste is based on what we can smell. If the nose is plugged, these e-liquids would likely have minimal impact.

The growing epidemic of teen vaping is another concern. In a Feb. 15 report, the Centers for Disease Control and Prevention reported that in 2018, more than three million high school students and 570,000 middle school students used e-cigarettes. Proponents believe that attractive flavors lure teens to vape.

Advocates believe that the flavors encourage adults to stop smoking by using vapes as an alternative.

On Sept. 11, the Trump administration followed Michigan's lead and announced plans to ban flavored e-cigarettes. The American Vaping Association spoke out against the move, stating that the ban will remove "life-changing options from the market that have been used by several million American adults to quit smoking." Notably, the association does not acknowledge teen usage in its statement, which is the stated intent behind the ban, nor does it address the health risks associated with vaping as a smoking alternative.

Marketing—another facet of Whitmer's ban—is misleading as well. Advertisements use language that portray vaping products as safe, clean, or healthy. Whitmer is restricting marketers from using misleading terminology that could make the products seem harmless.

Vaping devices are here to stay, but it doesn't mean that preventative measures can't be taken to curb teen usage. Whitmer's flavor ban is a step in the right direction.

*White Pine Press copy editor Ann Hosler contributed to this story.*

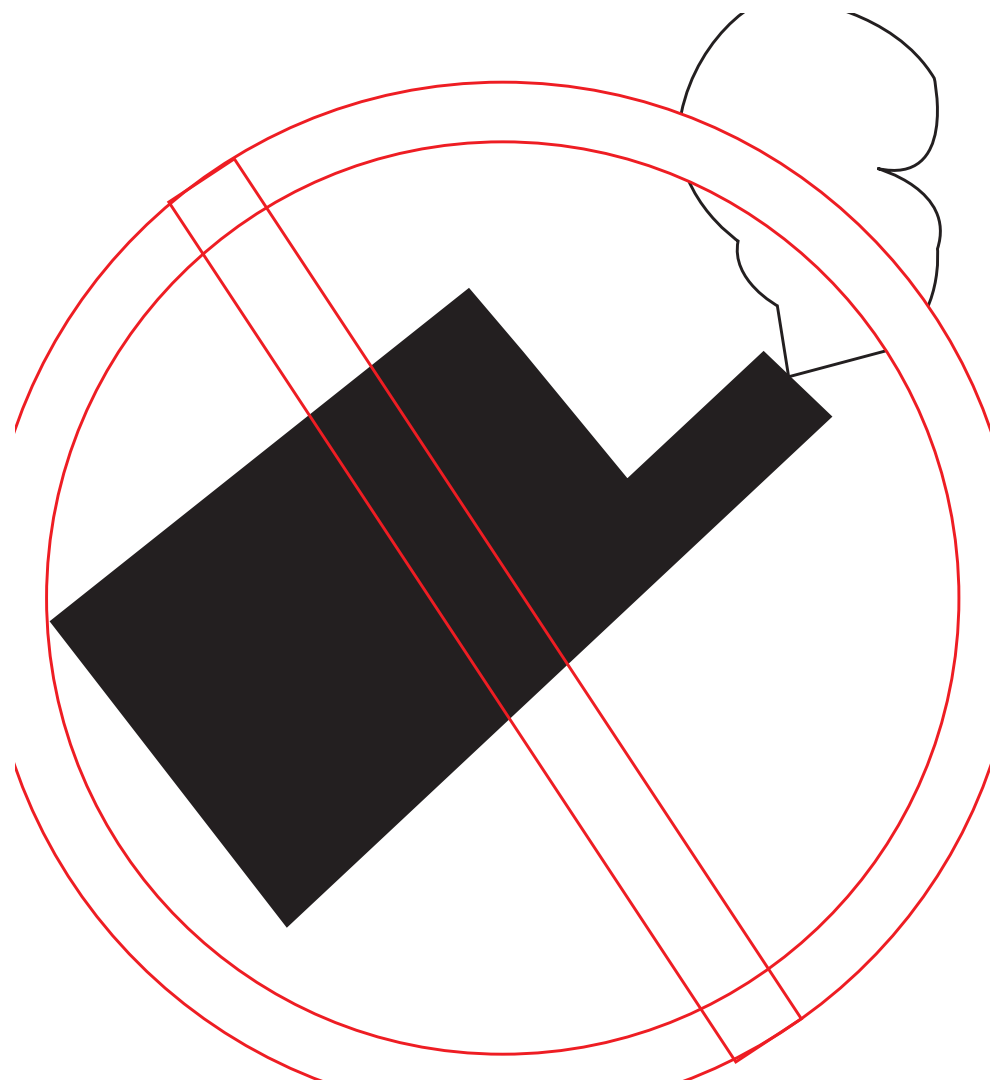


Illustration by Samuel Riddle

# Flavored E-Cigarettes Ban: Con

**Randi Upton** Staff Writer On Sept. 4, Michigan became the first state to ban the use of flavored e-cigarettes and flavored vapes. Governor Gretchen Whitmer made the decision as a response to an increase in teenagers using e-cigarettes. The reasoning for this ban is that flavors like "cotton candy" and "gummy bear" are marketed to the teen demographic to get them hooked on nicotine. This ban includes mint and menthol flavors. Tobacco and unflavored will continue to be allowed.

This ban is an overreach of the government in an attempt to solve a problem with a solution that will do nothing to fix it. Vaping became popular about six years ago among smokers. It is an avenue to quit a bad habit with positive results. Sales and use of cigarettes dropped significantly, with no real increase of usage of nicotine.

The majority of adults who use e-cigarettes do so because they used analog cigarettes at some prior point in their life. Vaping has not been viewed as harmless. It's merely the lesser of two evils for those who suffer from a nicotine addiction.

In the past few years, we have seen an increase in teenagers who use e-cigarettes—typically the popular brand Juul. Teens wanting to use nicotine have turned to Juul mostly because the product does not smell like traditional cigarettes, making it easier to hide. If a Michigan teenager wants to continue using an e-cigarette, they will just get the non-flavored one, or end up switching to cigarettes if they are too addicted to the nicotine.

This ban won't affect teenagers as much as adults. Claiming that only kids like the flavors of candy or other sweets is inaccurate. I am an adult. I like Captain Crunch and Sour Patch Kids. Governor Whitmer also said that the bright, colorful packaging is meant to attract children. Children are not the only ones drawn to bright packaging with flowers and cartoons. An easier resolution would be to regulate the packaging as packs of cigarettes are regulated: have them be plain with simple writing. Many other countries with strict tobacco laws have changed packaging to be plain and without flair.

An outright ban will have no positive results as history tells us that prohibition of any substance does not work out well.

The week following Governor Whitmer's announcement, President Donald Trump announced that he will be placing a ban on flavored e-juice across the country. His ban is focused on the lung illness and rare deaths that can not be explained. Across the country, a small handful of people have come down with a lung condition with unexplained origins, and the only thing these people have in common is that they all vape.

Correlation is not causation. Upon looking into it further, the people who got sick, and the couple that have died, used an illegal black market THC cartridge. These are usually cut with a cheap knock-off of coconut or medium-chain triglyceride (MCT) oil, which can cause the fat buildup and crystallization in the lungs, as seen in the individuals who have fallen ill.

A ban is not the answer. All of these problems could be solved with market regulation and funded studies to see if there are any long term effects of using vape products. If there is a fear of these products being marketed to teenagers, perhaps regulate companies on how they advertise and say they have to use plain packaging instead of boxes with fruits and flowers on them. Do not force adults to turn to a black market for products they have the right to use when it is the black market products that are actually killing people in the first place.

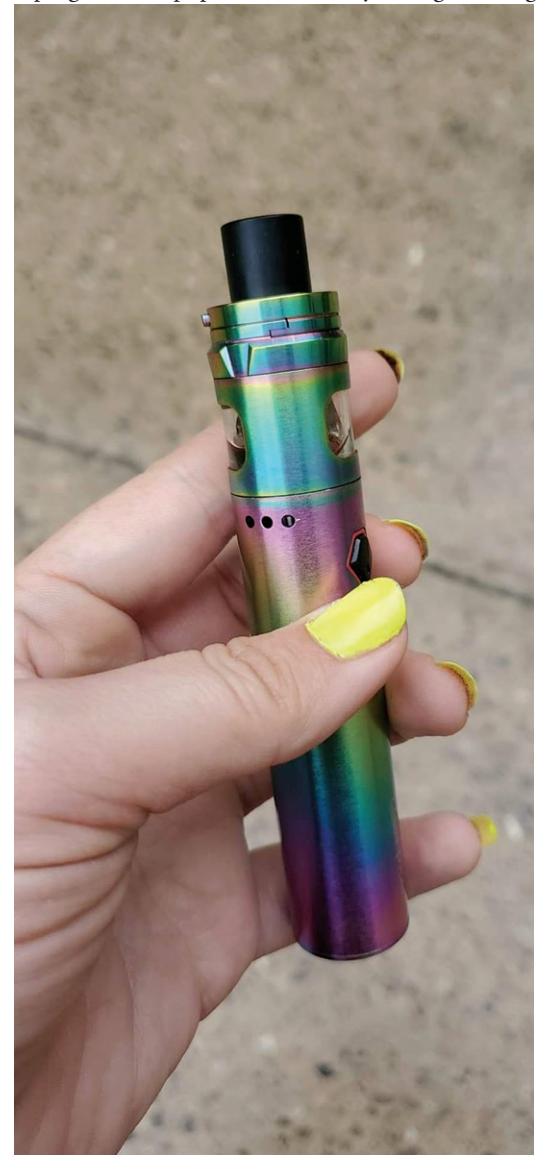


Photo by Randi Upton



# What the Tech?!

## Phoning Ahead

**David Hosler**  
Contributing Writer

Is your cell phone making you horny?

In February 2018, two Australian researchers published a study in *Scientific Reports* proposing the idea that a “prominent exostosis,” or bone spur, on the base of the skull in youth is caused by excessive cell phone use. The study was authored by David Shahar, a chiropractor and researcher in clinical biomechanics, and Mark G.L. Sayers, a sports biomechanics professor, who both work at the University of Sunshine Coast in Queensland.

The peer-reviewed article was studied by the Beckman Institute with mixed results. On the one hand that isn’t holding your cell phone, scientists have confirmed that it is theoretically possible to evince physiological changes to the body from repeated actions. Juggled with your device in the other hand, there is a growing amount of evidence contrary to the scientific findings.

The original study, conducted in 2016 and published in February 2018, focused on taking radiological images of 1,200 subjects. The individuals were between the ages of 18 and 86, allowing a sampling field of near-equal proportions in gender and age. Each subject was x-rayed in the same position, using the same radiological imaging, to reduce potential impurities in results. The study focused primarily on the forward head projection (FHP) of the subjects. Its findings showed that males between 18 and 30 were 5.48 times more likely to have a greater FHP than women, and 34.5% greater than males 60 or older.

The study theorized that prolonged use of hand-held devices was the reason for these significant increases in young men. It proposed that this spur is caused by FHP, which leads to poor posture, and they theorized that it is caused by prolonged cell phone usage. The study does not indicate that Shahar and Sayers researched the amount of time subjects spent on their mobile devices.

Shahar and Sayers did not refer to this phenomenon as a horn. Instead, the researchers used the term “enlarged external occipital protuberance.” In a June 20 *Washington Post* article, the newspaper coined the term “horn” in reference to the bone spur.

Mariana Kersh, an assistant biomedical engineering professor at the Beckman Institute, studied a different set of 2,100 subjects, aged 18 to 68, between June 2018 and March 2019. Kersh found no evidence to support the Shahar and Sayers’ claims. She states that the possibility of trying to change the bone structure of a body through repeated action, even static action such as looking down at your phone, cannot be replicated.

Kersh is not alone in speaking out against this purported phenomenon. John Hawks, a paleoanthropologist at the University of Wisconsin, questions the original study itself due to the low number of subjects studied and the methodology used. “The basic data do not convince [sic] me that anything is being measured consistently,” Hawks stated in a June 24 blog post. “Maybe this trait is changing in Australia. It would be really cool if it’s true. But these studies don’t show that.”

Dr. David J. Langer, chairman of neurosurgery at Lenox Hill Hospital in New York, agrees that the study is inconclusive. In a June 20 article, Langer explained that there are well-known disc problems associated with spending long periods of time looking downward—not horns. “You’re more likely to get degenerative disc disease or misalignment in your neck than a bone spur growing out of your skull,” Langer told *The New York Times*.

If you touch the base of your skull and feel a bone spur, maybe it is caused by your cell phone use. Maybe you even want to refer to it affectionately as a horn. Or maybe this entire study was fabricated by weaving in slivers of truth to help sell posture pillows from Shahar’s Dr. Posture website.

*David Hosler is an instructor in the CIT Infrastructure program at NMC.*

# Gadgets for Students

**Samuel Gorcyca**  
Staff Writer

Welcome week has come and gone at NMC. Several weeks into the semester, classwork is both physically and mentally draining. Here are some useful gadgets to make this semester a little easier.

Headphones are a necessity if you want to work in the library or a dorm room. An over-the-ear style is comfortable and has great noise cancellation and sound quality.

Audio Technica offers studio grade quality over-the-ear headphones with a long cord for around \$50. While pricey, the headphones are durable. Music majors will enjoy the special attachment that allows you to plug them into AMPs

or any electronic instruments for those late night sessions in the piano room.

For those on a budget, Skullcandy earbuds are available in NMC’s bookstore and most consumer stores. Costing roughly \$8, they are highly portable and most of the sound quality is on point with other brands.

Dorm room lighting is industrial and harsh. When homework or those awesome gaming sessions are happening, the last thing anyone wants is sore eyes. With the holidays come a possible solution. Outside decorative rope lights offer a convenient and safe solution. They are rugged and durable

while emitting a softer lighting. The ropes are easy to manage and can be run around the room or along the floor. Stores like Hobby Lobby offer a 12-foot strand starting at \$8.

Local thrift stores offer an alternative for those who want just a simple lamp. These locations often have many household items that a dorm room can use.

Lacking your own laptop? The Osterlin library has Chromebooks and laptops available for three-week checkouts. Study wherever you want to on campus: whether it be in the comfort of your own dorm room, with fellow students in the library, or outside in a hammock on a sunny day.

Think you might be

# PREGNANT?

Here's your step-by-step guide:

- ✓ **Take a pregnancy test!**  
We provide these completely free!
- ✓ **Confirm!** You need to know how far along you are. Our **free** confirmation ultrasound can help you know for sure.
- ✓ **Get the facts!** We'll explain all your options & help you plan your next steps in a safe, caring, judgment-free space.

231.929.3488

**KNOW4SURE.ORG**

PREGNANCY CARE CENTER





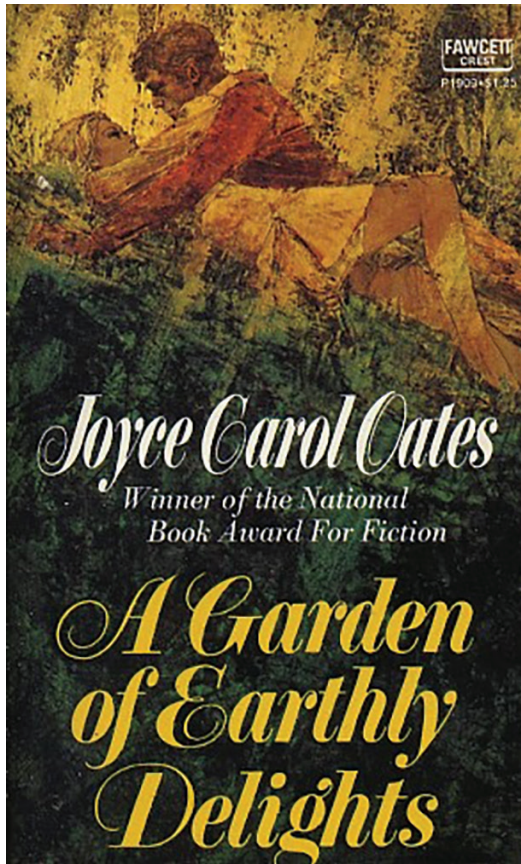
**1217 E. FRONT ST.**  
**231.929.2999**

# FREAK YEAH

**FREAKY FRESH ★ FREAKY FAST**

**1294 W. SOUTH AIRPORT RD.**  
**231.935.9355**





# Book *Shady Lady* Review

"A Garden of Earthly Delights"

**Tamara Wiget** Staff Writer I first fell in love with Joyce Carol Oates when I crossed paths with a copy of her novella "Beasts." I took it home and devoured it in an afternoon. Since then, I've religiously read everything she's written since the turn of the century. However, her career spans nearly seven decades, leaving me feeling like, despite my voracious reading, I'd barely made a dent in her bibliography.

I don't know how this weathered paperback copy of her 1967 novel "A Garden of Earthly Delights" made its way onto my bookcase, but last month I decided to finally delve into classic JCO. As only her second novel, this one holds

hints of the modern American gothic style to come in her later writing.

The novel begins with Carlton, a disgruntled Depression-era field hand, who is a secondary character that lays the groundwork for the tale of his favorite child, Clara. Clara is the only character with any significant development, which is likely not an accident. Oates is known for crafting her stories around female characters, particularly how they change in order to gain control of their relationships with men. Although initially a young damsel in distress, Clara is a fast learner who quickly grows into a calculating, manipulative woman. She tries to impart these qualities to her only

child, Steven. The shift to his perspective is curious, unnecessary, and quite frankly, bland. He's a two dimensional character, a shy and sullen child who grows up to be the quintessential "sad boi." His life is described only in relation to others, leaving the reader alienated and disconnected from his character. The story eventually circles back to Clara in a way that feels forced.

"A Garden of Earthly Delights" is the first book in what has come to be known as Oates' Wonderland series, but I personally don't intend to spend anymore time mucking through messy plot and drab characters.

## Cat Apps to Spice Up Your Downtime

**Ann Hosler**  
Copy Editor

Attending classes, writing essays, and studying for exams keeps us students busy. But sometimes we need to take a few minutes away from the mundane and focus on the fun.

I mean cats, of course!

These cat apps, available on Google Play or the Apple App Store, will keep you entertained whether you want to build a cat city, attract all the neighborhood strays, or embrace the power of fashion.

**Cats Are Cute**  
by Kkiruk Studio

The road to success is paved with two-dimensional lines and surrounded by ridiculous buildings. In this app, establish an entire cat town by attracting common, uncommon, and rare felines and placing their establishments. Collect enough fish to lure in Catsby and his Hot Spring, or seek out Gizmo and his hardware store Meow Depot. All 42 cats and their buildings can be leveled up to 60—and you can invest in unique skills and decorations as well.

Don't forget to double-up that fish with meow time!

**Neko Atsume**  
by Hit-Point

Set out those food bowls and cat toys, because in this app you're going to attract a bizarre mix of strays to your yard. Visiting cats will leave behind silver or gold fish, which you use to purchase more extravagant toys (and thus attract rarer cats). The common cats have adorable names such as Snowball, Pumpkin, and Ginger, while the rare cats have hilarious names such as Hermeowne, Billy the Kitten, and Guy Furry.

Can you collect them all? (I'm so close: still missing three!)

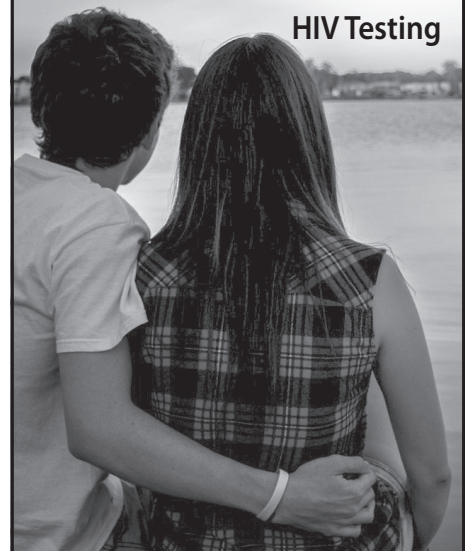
**Knittens!**  
by Big Fish

This app is all about what it sounds like: knitting and kittens. Don't worry, you don't need to grab a pair of knitting needles! Traverse through hundreds of match-3 levels and earn gems, coins, and most importantly—spools of yarn. Earn fashion power and unlock bonuses by collecting sweaters, scarves, and hats that you knit. The graphics are lovely with fun animations to liven up each scene.

These kittens know how to have fun, so don't forget to attend the occasional party event!

### COMPASSIONATE CONVENIENT CONFIDENTIAL

Birth Control  
Pregnancy Tests  
STI/STD Testing & Treatments  
Breast & Cervical Cancer  
Screenings  
Annual Exams  
HIV Testing



**Grand Traverse County  
Health Department**  
[www.gtchd.org/581](http://www.gtchd.org/581)  
**231-995-6113**

Medicaid Accepted/Uninsured Welcome



# The Crane Wives in Concert

**Micah Mabey** The Michigan music scene is not to be trifled with. Grand Rapids native Staff Writer band The Crane Wives do their part to make sure of that.

The band keeps that Michigan music quality alive and well, and no show goes without magic. Saturday, Sept. 7 at the Filling Station Microbrewery was no different. The Crane Wives has four distinct members that all bring some sort of mystical quality to the table. If any of the four of them go missing, it'd only be wise to start a full-scale investigation to bring them back and get them playing again.

Emilee Petermark (guitar, vocals, banjo) has the style: unparalleled sass and the boots to match. When she's singing lead, you better get out of her way.

Kate Pillsbury (guitar, vocals) has the girl next door look to her, but don't let that fool you. She sees right through your bullshit and will call you on it without question.

Dan Rickabus (drums, harmony, sound engineering) would pull you out of a burning building and somehow give you a kitten at the same time, all while smiling that dazzling smile of his.

Ben Zito (bass, occasional howls) has a quiet energy. He watches over the crowd like a majestic lion atop his Pride Rock, all while bobbing his head to whatever tune the group is jamming to.

That Saturday night, the Filling Station was packed, the heat lamps flickered with fire, and the beer was pouring.

The song that stole the whole show was "High Horse." While it's not yet on an album, the live recording available on Spotify is electrifying.

"We get what we deserve. We never really learn, or do we?" Petermark and Pillsbury sing together. The crowd zoned in on the stage. The band moved together, feeling the music it is so passionate about.

The show ended the second set with that track, leaving everyone on a high. The Crane Wives returned with a powerful encore, performing "Empty Page."

"I am a light that's burning out," Petermark sings again. Melodic tones of pain caused the audience's hearts to beat for her. Genuine emotion painted across her face: the hurt, the fear. "Someday I'll make something out of me," she promises.

If you haven't seen The Crane Wives yet, you're missing out. Whether it's a new, cool autumn night, or a summer shindig, the gang always knows how to find the vibe of the crowd and bop right along with them.

Whether you want to hear about pain, fear, hope, life or love, The Crane Wives are for you.



Katy Pillsbury rocks out on the mic



The Crane Wives bring magic to the Filling Station



Emilee Petersmark—bootstomper extraordinaire

Photos by Micah Mabey

# A Festival of Porches

**Micah Mabey** The leaves are turning, it smells like Staff Writer cinnamon, and music falls from the sky.

Have you ever wanted to sit in a stranger's front lawn and listen as weird local live tunes come in from every direction? Thanks to Traverse City's Central Neighborhood Association, you can.

The first annual Porch Festival was held on Sept. 8. From loved local names like breeze-rock vibe band Jack Pine, to new indie-rock groups like Hunter Bell and my band, Doughboys, to the beloved party-pop cover band The Time-Bombs, Porch Fest brings a variety of faces to grace the sidewalks with sweet tunes.

Madlynn Vlach, the founder of Porch Festival, got the idea while visiting her daughter at the University of Michigan. Vlach found herself in the middle of Ann Arbor's version

of a porch festival during the Water Hill Music Festival. She figured that Traverse City had plenty of local talent, and Central Neighborhood was perfect for porch to porch visits.

Porch Festival was a huge community event. Every porch with a musician playing had a large gathering of people just rocking out. There were snack stands along the sidewalks, kids danced and played in the yards, and adults chatted with friends old and new. The bands played their hearts out. After wrapping up their sets, they walked around the venues to watch their fellow local groups play. Traverse City truly felt like a small town in those moments.

Advertising for the festival was limited. There was an event on Facebook and a few fliers were passed around town. The majority of marketing was simple word of mouth. Band members told friends to show up and neighbors heard the

music playing outside their doors. It was a low-cost, low-risk, all-fun event.

Porch Festival accomplished exactly that and more. Each porch was offered up for free by its owners, and each band played just for the sake of playing—bringing their own equipment and doing setup on their own. It was a musical phenomenon for the people, by the people.

With a total of 24 groups and about 18 porches, the people of Traverse City were saturated with new music from bands and musicians that they'd never heard before.

Don't worry if you missed Porch Festival. The plan is to run the event annually, right at the beginning of fall.

Sweater weather, colors changing, good friends, and sweet tunes. What more could you want to ring in the best season of the year?



Jabo plays a set on the porch of the Crooked Tree Arts Center



Hunter Bell and Micah Mabey of the Doughboys play "Dancing Bug," off their debut EP.



The Mackinaw Harvest Music Group play a set for Traverse City's first annual Porch Festival

Photos by Micah Mabey