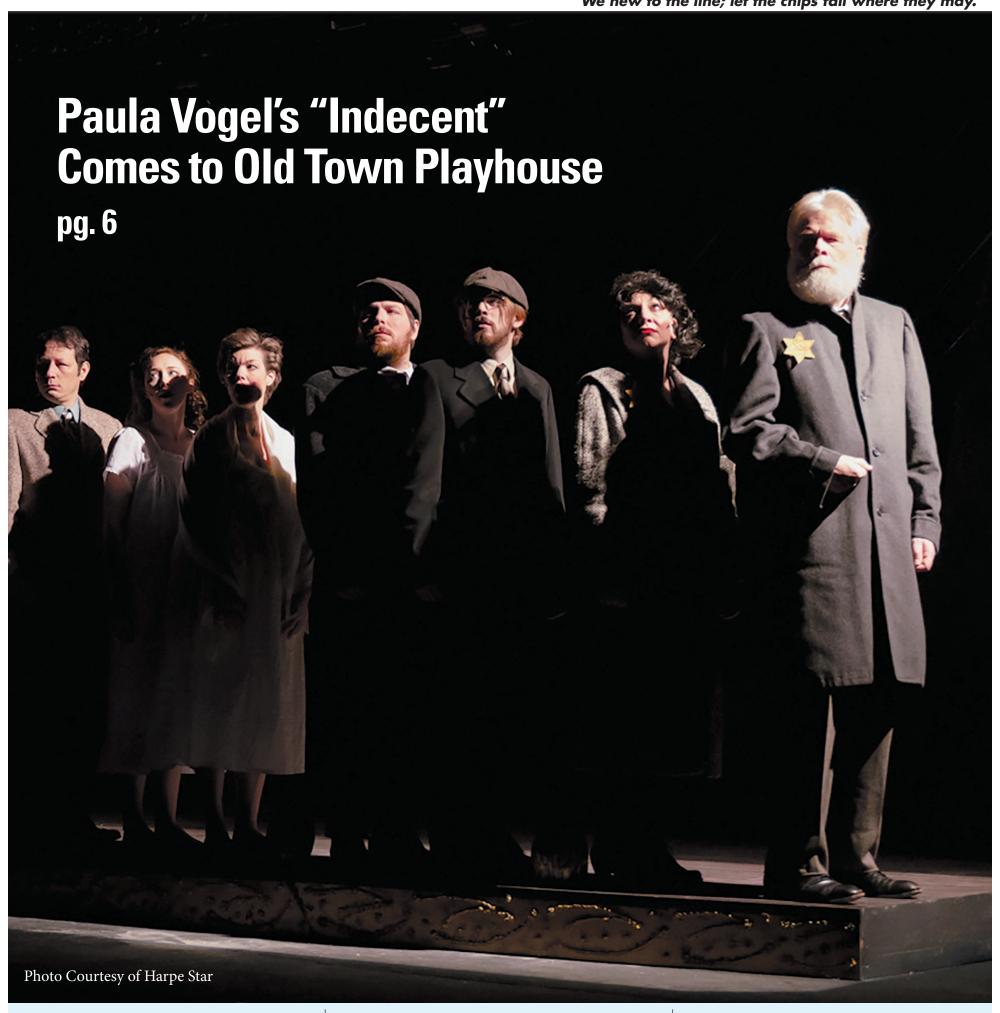
We hew to the line; let the chips fall where they may.







Before the program relocated to the Great Lakes campus, NMC culinary students took classes in the Oleson Center on main campus. In this 1990s photo, a group of students, joined by now-retired Great Lakes Culinary Institute director Fred Laughlin (upper left, in the suit), gather around a table for instruction.

The NMC Archives seeks to identify the individuals in this photo, as well as the exact year it was taken. If you have any information contact Ann Swaney at aswaney@nmc.edu.

NORTHWESTERN MICHIGAN COLLEGE

WHITE PINE PRESS

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

STAFF WRITERS Mikayla Brady

Kathryn DePauw Micah Mabey Kennedy Krieger Hannah Krohn Randi Upton Tamara Wiget

PAGE DESIGNER Samuel Riddle

PHOTOGRAPHER Logan Schweizer Courtney Ockert

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 ADVERTISING EMAIL** whitepinepress@gmail.com

Printed by Stafford Media Solutions and distributed free.

Printed on 100% recycled paper

Campus Briefs

The Zuzu African Acrobats are coming to NMC! In honor of Black History month, The Zuzu African Acrobats will perform at the Milliken Auditorium, presented by Student Life Services. The Zuzu African Acrobats is a five person Kenyan acrobatic team that embodies the Bantu culture of East Africa. This high energy, interactive show is family friendly and free of charge. Feb. 5, 6pm in the Milliken Auditorium.

Scholarship Success Workshop. Grand Valley State University will partner with the Grand Traverse Regional Community Foundation to bring a one hour workshop on local scholarships available to you. Learn tips and tricks to writing a successful essay and find out what scholarship committees are looking for. This event is free and open to the public, but space is limited so reserve your spot at gvsu.edu/traverse/events. Feb. 11, 5:30-6:30pm, University Center room 204.

Flu shots still available. The CDC has reported that this season's influenza virus is the worst encountered in many years. Stop by Health Serves, LB106, anytime between 9am and 4pm Monday through Friday for a flu shot. Shots are free for NMC staff and faculty with NMC health insurance, \$20 for those without, and \$15 for NMC students.

Festival of Foods. Learn new cooking skills, enjoy tasty samplings, and get fresh ideas from local chefs and gourmet food artisans. Choose four workshops (out of sixteen!) to attend and spend the day immersed in the delicious world of food and culinary arts. \$99 per person (some discounts available). Registration and workshop descriptions can be found at nmc/edu/festival-of-foods.

Correction: On page 6 of the previous issue, the third question should have read "Where do you prefer to spend your holidays?" with 82% "Home" and 18% "Traveling."

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

Rochelle Hammontree Turns a New Page

Emily Slater
Staff Writer

In 2020, NMC's Osterlin
Library will move from
its spot among the shady pines to the West
Hall Innovation Center, the college's newest
building. It'll become a 24-hour entity and
will continue to build on its goal of helping
NMC students, faculty, and the community
at large, which it has been doing since the
college was founded in 1951.

The library moves forward without one integral piece of it, though. Rochelle Hammontree, who has spent the last 35 years working first as an office manager and then as a paraprofessional who hired and trained student workers, retired at the end of 2019, just months before the big switch to the Innovation Center.

Hammontree never set out to make a career for herself at the library. Having recently moved to the area with her husband and young son, she began her time at NMC as a part-time office manager in the business department. She stayed in that job for a year then applied at the library when the same position opened with full-time hours. However, on the day of the interview she had no one to watch her one-year-old son and she worried that it would affect her ability to get the job. "I called and asked if I could bring my son with me, and they said, 'Sure, bring him in!" She interviewed for the job while a staff worker, Elaine Beardslee, played with her son outside. Hammontree received the job and grew a deep appreciation for the staff who had been so generous and accommodating.

Beardslee would go on to take Hammontree under her wing, mentoring her and becoming a fast friend. When Beardslee retired in the early '90s, Hammontree took over her job of hiring and training student workers. "It is the best job. I like the training and the nurturing of the student workers.

To get to know them, to see them grow, and then to see them go out into life," says Hammontree.

Having worked in Osterlin for so many years, Hammontree has seen the library through many phases and upgrades. The space has been rearranged and new departments have set up offices within the building. In the early '90s, the staff shut down the library for a week to switch from the Dewey Decimal System to the Library of Congress Classification—a process that involved retagging every book in the library. In 2018, a new online catalogue and self-checkout system was set up for the student body—another process that required adding radio-frequency identification tags to every book.

But Hammontree's favorite upgrade was a project of her own undertaking. Over the course of a few summers, she archived nearly 70 years of NMC's various newspapers online, including the *White Pine Press.* "I was really pushing for it a few years ago, and then knowing I was going to retire I didn't want to leave it out there unfinished," she explained. Her contribution to preserving the work of NMC's student-run newspapers can be found at whitepinepresstc.com

While the campus's new library will no doubt be an asset to the college and its members, Hammontree is content to retire while its books still reside within the Osterlin building. The space within its walls holds memories of not only the work she did but the people she spent over three decades working alongside.

"I love this building," Hammontree said. "And it feels like a family here. People talk a lot about 'teams' and the 'team is doing great' but that word doesn't really do anything for me. It feels like a family. It's been a great place."



Rochelle Hammontree and NMC archivist, Ann Swaney



4/3/87 R.E. Congratulations Rochelle Hammontree

Library Secretary Northwestern Michigan College

February '87 Employee of the Month



NEWS

Great Lakes Maritime Celebrates 50 Years

Students, faculty, and community members came together on Dec. 7 to celebrate 50 years of the Great Lakes Maritime Academy (GLMA). RADM Mark H. Buzby, administrator of the United States Maritime Administration, presented the GLMA with the Merchant Marine Medal for Outstanding Achievement. NMC archivist Ann Swaney was also recognized for her work compiling the history of GLMA for the book celebrating the maritime academy's 50th anniversary.



RADM Achenbach, GLMA Superintendent



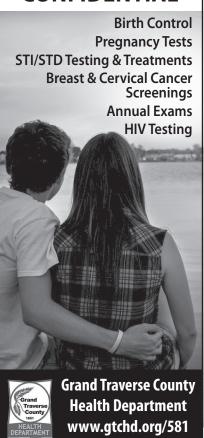




Center top: RADM Mark Buzby, U.S. Maritime Administration
Center bottom: RADM Mark Buzby and Tim

Right: RADM Mark Buzby and NMC Archivist, Ann Swaney

COMPASSIONATE CONVENIENT CONFIDENTIAL



231-995-6113 caid Accepted/Uninsured Welcome

Women's March

The fourth annual Women's March took place in Traverse City on Saturday, Jan. 18. People from all over northern Michigan came with signs and pink hats, and one handmaid, to march and discuss the issues at hand. Over the years the issues have changed—this year there was an emphasis on climate change and immigrant rights.







Photos by Randi Uptor



What the Tech?!

The Rise and Rise of eSports

Stewart Jack The rise of eSports has gone largely unnoticed. For Contributing Writer those unfamiliar with the term, eSports are video game competitions that may be played by teams or individuals (depending on the game) and are often broadcast live to viewers over the internet. If you don't play games yourself it may be easy or tempting to dismiss eSports as a frivolous or fringe activity—but some of the most watched sports competitions on the planet are eSports events.

Currently, there is no "national video game league" (watch this space) the way there is for football or baseball. Comparing traditional and eSports in such a way isn't really fair. Instead, eSports revolves around many individual events, the largest offerings prize pools running well into the tens of millions of dollars.

The 2018 "DOTA 2" international championship had a total prize pool of \$25.5 million and a peak viewership of 15 million people. Compare that to a traditional sporting event like the Daytona 500 (prize pool: \$15.5 million; viewers: 9.3 million) or the U.S. Golf Open (prize pool: \$12 million; viewers: 9.1 million).

eSports events have achieved soaring numbers in just a couple of decades, with little to no traditional media coverage.

U.S. colleges have not missed this trend. In 2016, just seven colleges had varsity eSports programs; by 2018, that number rose to 63 and continues its quick ascent. Part of its popularity comes down to cost. It is significantly cheaper to create an eSports training facility than a traditional one, but it's also a recognition of a changing society. For students, it means new scholarship opportunities, career paths, and entertainment options.

If eSports haven't arrived at your local college or university yet, then don't be surprised to see new facilities or programs appear soon.

Stewart Jack is an instructor in the CIT Developer program at NMC.

Video Game Review

"Flower"

Ann Hosler PlayStation 3 owners enjoyed That Game Company's BAFTA awardwinning "Flower" when it first released a decade ago. The game's 2019 Steam release expanded its availability to PC users as well.

"Flower" is both as simple and as complex as your imagination allows. In each level, you start as a single flower petal. The objective is to guide the petal to graze other flowers, collecting their petals as well, until you've grazed every flower required to complete that level.

Its musical score sets the tone for each scene—serene in a lush, sunny field, sinister as the night falls, chaotic in a crumbling city, triumphant as the world is rebuilt. Each petal has its own musical note, adding to the orchestra of your contrail.

Yet "Flower" is also so much more than puzzles and music. It speaks to a deeper level of humanity where a single voice is joined by many to accomplish great things. It shows that darkness may find a foothold, but persistence overcomes a bleak situation. Most importantly, shape, size, and color doesn't matter: every single petal is important to the whole.

The ingenuity of "Flower" lies with its ability to say so much without uttering a single word. The game is not only a relaxing challenge but also a welcome experience.



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

- 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.







NEWS

"Indecent" Comes to Michigan

The True Story of a Little Jewish Play

Micah Mabey On Jan. 17, the first-ever Michigan production of Paula Vogel's "Indecent" hit the stage of Traverse City's Old Town Playhouse.

Following the life of prominent Yiddish playwright Sholem Asch and his 1907 play "Got Fun Nekome" (translated to English as "God of Vengeance"), "Indecent" tells the story of Asch's controversial play.

Asch's "God of Vengeance" weaves a tale about the daughter of a brothel owner who falls in ove with one of her father's prostitutes. It rose to great success in Europe, but a 1923 English-ranslation on Broadway was considered too scandalous, with both cast and producer charged vith obscenity.

"Indecent" resurrects "God of Vengeance" in a new light and celebrates the love, magic, and 10pe of the theater in the face of great adversity. It touches the hearts of audience members as hey watch the actors portray the heartache of very real people.

After her Tony award-winning play "How I Learned to Drive," Vogel teamed up with 3roadway director Rebecca Taichman to work on "Indecent." Taichman wrote a "first draft" of the play for her graduate thesis at Yale, then called "The People vs. The God of Vengeance." t featured live music by Michael Alpert of the band "Brave Old World" and was based on the proceedings against the 1923 Broadway production.

By interweaving text from the play with transcript from the obscenity trial, "The People vs. The God of Vengeance" attempted to capture a vital moment in theater history. It explored the complex story of how a piece of art was manipulated and twisted in an excruciating fight for ustice, as well as the internal drama of how the censorious mind worked.

The world premiere of this new production took place at the Yale Drama School in May 2000 and was featured at the conference "Sholem Asch Reconsidered" shortly thereafter.

After realizing its potential, Taichman and Vogel worked to expand and enhance her original cript into a 2017 Tony award-winning play.

"Indecent" deals with queer themes and opens an eye to potentially unknown facets of ewish culture, as well as the weight that the Jewish people have felt on their shoulders for many, nany years. These themes are echoed in today's current political climate—one reason why the 'layhouse is holding this show now.

"The January timeslot is often where the edgier theatre is placed for Old Town Playhouse shows," explained producer Kristen Lea Stewart. She also designed all of the play's projection slides, which help guide the story for the audience members. "Last season we did 'Fun Home' in this slot," Stewart added.

"Fun Home" is a musical adaptation by Lisa Kron and Jeanine Tesori from Alison Bechdel's 2006 graphic memoir of the same name. The story concerns Bechdel's discovery of her own sexuality, her relationship with her gay father, and her attempts to unlock the mysteries surrounding his life. "Fun Home" is told in a series of non-linear vignettes connected by narration provided by and adult version of Alison.

"To quote 'Indecent': 'We are but a few players' in a small town, but we do what we can, where we are to share important stories in our own corner of the world; hoping that it makes a difference," said actress Sara Hartley, who plays a few different parts in "Indecent," and also played Alison Bechdel in "Fun Home."

The Old Town Playhouse's production features a cast of seven actors (John Klapko, Jan Dalton, myself, Kendra Carr, Mindy Cotner Loomis, Patrick Cotner, and Hartley) and three musicians: Steve Ford (who went through the arduous task of learning accordion for this production), Karin Pierson (violin, mandolin), and Pete Willis (clarinet, bass clarinet). Between them, the cast plays a total of 45 characters.

"In a season like this where we're also doing 'Elf' and 'Chicago,' it's really great to have a balance of feeling. It's because of those big ticket, well-known shows that we can do these smaller, more intimate and intense shows," Stewart said.

"Paula Vogel pays homage to the Yiddish world that was lost," said director Debbie Hershey. "The play connects the challenges Asch and his traveling company face including treatment of immigrants, LGBTQ+ rights, censorship, the survival of an art form, and the fortitude of the human spirit. It is an important work to produce as its themes resonate in today's political and social climate."

"Indecent" runs through Feb. 1 at the Old Town Playhouse. Tickets are on sale at oldtownplayhouse. com or by calling the box office at 231-947-2210.



Foreground: Kendra Carr (left) and Sarah Hartley recreate a scene from "The God of Vengeance" while Micah Mabey and John Klapko look on in the background.

ACCELERATE YOUR CAREER

Learn from industry pros and move your career forward fast at Ferris. Take advantage of convenient classes right here in Traverse City and transfer up to 90 credit hours. Make your move. Meet a Ferris advisor now.

FERRIS.EDU/TRAVERSECITY



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. 20200110

OPINION

Hannah Krohn Staff Writer

Campus Quotes

What is the most important life lesson you've learned?



Carlos Hernandez, Physical Sciences/Geology

"I think you should probably take some time to look around you, realize what you have, be grateful for what you do, and try to make the best of whatever opportunities are given to you."

Mason Pence, Social Work and Therapy

"There isn't one way to go about life. I've spent time in rural farming Michigan, I've spent time in Flint, I've been around rich white friends, and across the board everyone has a different idea about what life should look like and what you should achieve. And I don't think any one way is more correct than another."



Georgia Bolek, Chemistry

"Sometimes it's better to take a break or stray from the normal path of other students. I went on an internship for a whole semester and it was the most beneficial thing I could do because I got to confirm that chemistry is what I wanted to study by doing hands-on, real-world work in a lab."



Sarah Reynolds, Criminal Justice

"Know who to rely on when you really need it."



Photos by Hannah Krohn

Looking For the Helpers

Searching For Kindness in Dark Times

Randi UptonStaff Writer
How do you make sense of the world and its negative aspects? Neo-Nazis hold rallies to defend Confederate monuments, and one of them drives a car into a crowd and kills people. Innocent immigrants, including children, are held in what are basically profit-driven concentration camps. People of color are shot down and killed by police officers. We could be facing another intense war with a country that most Americans could not even find on a map.

When the world makes no sense to you, how do you get by? How do you explain these things to your children?

Many people have found some kind of an answer. In the past decade, there has been a resurgence of what could be called "wholesome content." Bob Ross and his happy trees are found everywhere, as people watch the artist on streaming services such

as Netflix and hold Bob Ross painting parties. "Golden Girls" has seen a resurgence among a younger demographic; a show

that discussed progressive issues for its time while being uplifting. Most of all, the Patron Saint of Kindness himself, Mr. Fred Rogers, has become mainstream popular again. Why is it, in the past three years, two movies have been made and three books written about him, nearly 20 years after his death? Is it nostalgia, looking to the past to remember times when things were simpler, or is it a

generation of people desperately seeking love and validation of their

emotions as they struggle to process this world?

Mr. Rogers was the embodiment of empathy and love. He is what most of us should set to achieve in how we view the world, and how we treat others. His children's show, which aired on PBS since the 1960s, is a household favorite in almost every socioeconomic demographic. It is magical and fun, taking children and adults to the "Land of Make Believe," where puppets and humans tackle everyday issues. His show had guests who talked about everything from how to make certain objects or being in a career.

Most of all, Mr. Rogers himself discussed issues, from the frustrations of siblings and divorce, to the death of a pet, to learning how to tie a shoe. Mr. Rogers understood that children are humans with real thoughts and emotions. He helped them work through those emotions with patience, love, and understanding.

Mr. Rogers died in 2004. Today, his show still airs on PBS and is available on online streaming services. The children who grew up with him still return

to the neighborhood in times of darkness. We go back to his monologue after 9/11, when he told people like he had many times before, to "look for the helpers. There will always be people helping."

As horrible things continue to happen in the world, either local or international, we must continue to look to Mr. Rogers. Look for the helpers, but also be a helper. Be the person Mr Rogers knows you can be,

because you are special, and he loves you just the way you are.

OPINION

The Unfortunate Truth of Anti-Semitism

Micah Mabey Staff Writer On Dec. 10, 2019, the American public was made aware of an upcoming Trump administration executive order which

reclassifies being Jewish as one of three things under the Civil Rights Act of 1964: "a race, color, or national origin."

The New York Times broke the news, stating on Twitter that "President Trump plans to sign an executive order on Wednesday that would protect Judaism under civil rights law and could empower the Education Department to withhold money from institutions that tolerate anti-Israel movements."

The reason this is scary is that it once again classifies the Jewish people as something that will so easily be considered "different," or "out-of-the-ordinary."

If the goal of Trump's move is simply a change in rhetoric, and a gain in respect toward the Jewish people due to the unsettling constantism of anti-Semitism, perhaps a crackdown on the white supremacists and white supremacy groups was more the route to take, and maybe not rounding up and simplifying an entire people.

Of course it is true that the president says he is issuing this order to help the Jewish people—so, his imperfections aside, why be concerned? Unfortunately, there are many reasons.

It's easy to envision a situation in which the many legitimate criticisms of Israel, including criticism by Jews, is determined to be anti-Semitic, and could bring to rise the funding of the very institutions we need to foster new and productive discourse on the idea.

However, this approach attacks symptoms, not causes. Nowhere does this enhance the quality of debate. It threatens those who dare to do it. It is also possible to envision Israelis being concerned about Trump's methods. The Israeli government may want American Jews to become Israeli ones, but making Jews a separate nationality in our own nation doesn't help that cause.

Again, this conversation really should be less about the changing of the Jewish titles in America by Trump, and more about what he's going to do to get to the root of the problem. Neo-Nazis, white supremacists, and hatred in America. How, after years of fighting, is this still a topic of debate? That's the big ticket fight that we should be preparing for.

Making these American citizens take over the title of

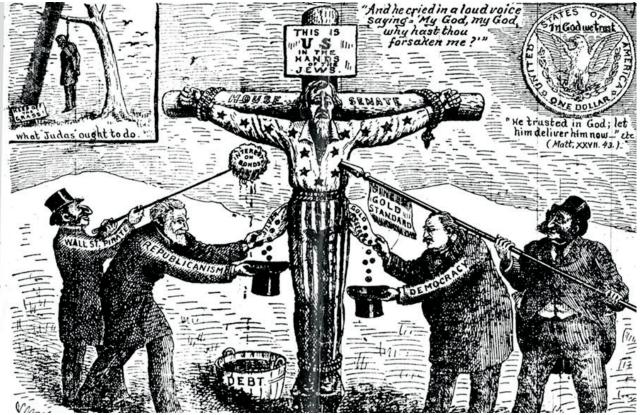
"dual citizenship," adds weight to the incorrect trope of "dual loyalty" that has been a source of segregating, ghettoizing, and murdering Jews for centuries.

This all feeds into the ever-looming fear of the Jewish people that they've been dealing with during the centuries of persecution. It's a heavy and terrifying topic—but it's a serious topic to be dealt with and to keep on our minds and on the public tongue.

Back in October 2019, a synagogue in Grand Rapids was vandalized and defaced with language of hatred. CNN said, "Temple Emanuel Rabbi Michael Schadick arrived Sunday morning around 8 a.m. and found some disturbing posters. One had a picture of Hitler with the words 'Did you forget about me?' The other read, 'A crusade against Semite-led subhumans."

With this change in the government ideals, on top of the countless bombings and other anti-Semitic attacks towards synagogues and other Jewish gathering places, it's understandably a scary time to be Jewish, and not only in America, but all over the world. As it, unfortunately, has been for a long time.

"I owe my life to those outside the Jewish community who risked so much to keep me, and so many others, safe," writes Holocaust survivor Rachel Epstein in her Jan. 15 opinion piece for the "Forward" Jewish website. "I am calling on my non-Jewish friends and neighbors to continue to stand up for the Jewish community — and all persecuted communities — in the face of hate. Join me and act so that 'Never Again' can truly mean never again."



"This is the U.S. in the Hands of the Jews" an anti-Semitic American political cartoon from 189

Living in the Age of Fear and Mass Shootings

Randi Upton Staff Writer Shortly after noon on Nov. 4, 2019, NMC staff and students received an alert to an emergency situation. Aero Park campus was on lockdown; people were told to stay away and students on campus were told to stay inside. The

only information given to students and faculty from NMC itself was that there was "a credible threat." Traverse Ticker spoke with Traverse City Police Department captain James Bussell, who explained that "officers are searching the property as a precautionary measure after receiving a report of a man in the area with a gun sticking out of his pants."

In a panic, people flocked to social media to reach out to friends and family, as well as try to get more information. Everyone assumed the worst—that it was happening, right here at NMC. Nearly two hours later the Aero Park lockdown was lifted after police and security checked rooms. No weapons were found.

A few months before, on Aug. 7, a motorcycle backfired several times at Times Square in New York City. Thousands of people ran without thinking, fearing it was gunshots. The EarthCam footage of this is chilling—people immediately reacted without trying to discover what had made the sound. The weekend before that occurred, 31 individuals were killed in Dayton, Ohio, and El Paso, Texas. People were on edge, even the thousands of tourists in Times Square who are from other countries.

This is the America that we all live in. The problem is that we live in a state of terror everyday—particularly students. "I was always alert about anything happening and I made

tentative plans in each classroom in case I heard gunshots," said NMC alumni Kyle Jasper. "I had an idea of where I would go, and almost none of those plans included staying locked up in the classroom like we were supposed to."

"When I received the message last semester, I was obviously off campus but I felt scared for my friends and former teachers," Jasper added.

Talking about mass shootings and school shootings tends to dissolve into people screaming about politics, the left or the right, snowflakes or deplorables. Few people discuss what the effect of domestic terrorism has on children from a young age and well into adulthood, as now we can not go to a concert or a club without the fear of a shooting. Children as young as kindergarten age have mass shooter drills, are shown how to hide from a gunman, and told not to cry so as to not give away their position. This constant fight-or-flight state of being alert becomes second nature from a young age.

Mass shootings, gun laws, and other such issues cannot be solved with a simple article. But the conversation needs to happen on the damage that this is doing to all of us, as Americans. We should be able to see something odd in someone's pocket and not fear it is a handgun, sending an entire college campus into lockdown. We should be able to hear a motorcycle backfire and have a second to stop and investigate what it was instead of running for our lives. We have the right to not live in fear.



Vegan on a Budget

Easy White Bread

It is surprising how difficult it can be to find bread that contains no milk or eggs. **Randi Upton** Bread does not require any of these ingredients, yet companies still find ways to sneak it in for whatever reason. Making simple bread is actually, well, simple. It is not nearly as time consuming as people may think it is, either.

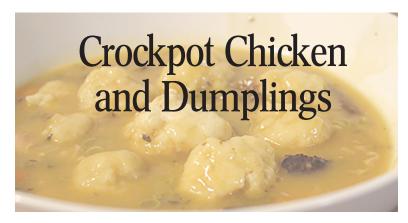
Ingredients:

- 1 package of active dry yeast
- 1/4 cup sugar
- 1 cup warm water
- 1/3 cup oil
- a dash of salt
- 3 cups flour

Directions:

- 1. In a medium bowl, mix together the warm water and sugar. Add the package of dry yeast, and mix well. Let this sit for about 15 minutes, watch some YouTube videos until the yeast gets all frothy on top of the water. This is activating the yeast. I know the package says it is active already, but it needs to be more active—but don't we all.
- Add the oil and salt to frothy water, and mix. Add the flour, one cup at a time, mixing between each cup. With (clean) hands, begin kneading the dough on a floured surface. Do this for about 5
- Throw the dough into a large bowl and set a towel on top. Let it rise for about an hour, or until it has doubled in size. Watch an episode of "The Handmaid's Tale" while waiting, make connections to our world and the dystopian world Offred is in.
- Preheat oven to 350°F. Knead down again for about 5 minutes, and put in an oiled loaf pan. Let it set for about 15 minutes, letting it rise until it is about an inch from the top of the pan.
- Cook for 30 minutes or until the top is golden brown. Let it sit in the pan for a few minutes, then remove and let cool before eating.





Mikayla Brandy Bring warmth and comfort into your home with an easy no-fuss crockpot dinner. Chicken and dumplings is a great recipe to make that everyone loves. With the new year comes a busy schedule, so make this recipe and have no worries!

Yields: about 4 servings Prep time: 10 mins Total time: 4 hours 10 mins

INGREDIENTS

- 1 onion, chopped
- 1 1/4 lb boneless skinless chicken breasts
- 1 tsp dried oregano
- dash of kosher salt
- dash of freshly ground black pepper
- 2 (10.5-oz) cans cream of chicken soup
- 2 cups low-sodium chicken broth
- 4 sprigs fresh thyme
- 1 bay leaf
- 2 stalks celery, chopped
- 2 large carrots, peeled and chopped
- 1 cup frozen peas, thawed (or green beans)
- 3 cloves garlic, minced
- 1 (16.3-oz) can refrigerated biscuits

DIRECTIONS

- Scatter onion in the bottom of a large slow cooker then top with chicken. Season with oregano, salt, and pepper.
- Pour over soup and broth then add thyme and bay leaf. Cover and cook on high until the chicken is cooked through, about 3 hours.
- Discard thyme and bay leaf, then shred chicken with two forks. Stir in celery, carrots, peas, and garlic.
- Cut biscuits into small pieces, then stir into chicken mixture. Spoon liquid over any biscuits at the top. Cook on high until vegetables are tender and biscuits are cooked through, about 1 hour.



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





FREAKY FRESH * FREAKY FAST

1217 E. FRONT ST. 231.929.2999

1294 W. SOUTH AIRPORT RD. 231.935.9355

Music that is Sometimes Good but also Sometimes Not Good

Cold Winter Records

Liam Strong

Contributing Writer

Departures - "Teenage Haze" (2012)

When you find a band whose name is so inextricably linked to the tone of their music, you have to appreciate the effects the music elicits. Departures, a now defunct melodic hardcore band, were always draining to listen to, especially on "Teenage Haze," an album that, in one word, feels like an aftermath. The glittery guitars, tortured vocals, and elegiac lyrics all weave into the soundtrack for a car ride home at night, the snow narrowly avoiding the headlights.

sleepmakeswaves - "Made of Breath Only" (2017)

The best memory I have of my grandfather is of holding onto him as we sped alongside Brown Bridge Pond on a snowmobile. We drank Pepsi and ate jerky. He offered 10-year-old me some of his beer, but I refused. Now, I would have taken a swig—even if it just tastes like urine to me—and sang along with him to classic rock songs on the radio he kept beside the tackle box. I remember staring out the shanty toward the night—and approaching ice storm—and dragging my feet to leave. We did a whole lot of nothing, catching only skimpy rock bass, but that was our nothing. Now, there's an even greater nothing between us.

Cantique Lépreux - "Paysages Polaires" (2018)

Black metal is an easy genre to resort to for cold, harsh, dark music. Often, the black metal I search for encapsulates the atmosphere of the winter season. Cantique Lepreux, from Quebec, offer what little warmth they can from the sun in their sophomore effort, "Paysages Polaires." The winter winds bite me less than they used to and I regularly welcome the chill of the season whenever it comes. Maybe the push from the final notes of "Les étoiles Endeuillées" is enough to send me home, back to a warmth that feels all but temporal.

A Winged Victory for the Sullen - "The Undivided Five" (2019)

Nothing in my life has ever felt cinematic. I'm constantly reminded of my grounding in reality, especially with my adoration of film. (The first time I saw the remake of "Suspiria," the soundtrack by Thom Yorke low-key made me tear up.) The sounds of ambient music mesmerize me the way a remarkable film can stun me in my seat (praise "Upstream Color," praise "The End of the Tour," and praise "Midsommar"). "The Undivided Five," by A Winged Victory for the Sullen, an ambient/classical duo, removes me from my body, if only briefly, to a place of calm respite. When I come back to the world, I'm right where I was, and all I can do is convince myself I spaced out.

Cozy Up with a Good (Museum) Book This Winter

Craig Hadley As the weather turns cold outside, now is the perfect time to update your reading list with a few arts and culture books. Happy reading!

Art History

"But Is It Art?: An Introduction to Art Theory" by Cynthia Freeland (2002)

A pocket-sized introduction to understanding the way visual art has played a critical role in society, "But Is It Art?" reveals how artists respond to and critique the world around us.

Suspense

"Provenance: How a Con Man and a Forger Rewrote the History of Modern Art" by Laney Salisbury and Aly Sujo (2014)

The quiet life of art teacher John Myatt takes an unexpected turn when he meets Dr. John Drewe, resulting in one of the biggest art forgery scandals in recent history.

U.S. History/Law

"Who Owns America's Past? The Smithsonian and the Problem of History" by Robert C. Post (2013)

Post takes us behind the scenes at the Smithsonian and explores the origins of our national museum system, along with the way in which it grew over the past century to encompass everything from art and science to aviation and culture.



The Old Town Playhouse Isn't Just For Theatre

Micah Mabey The theatres and performances spaces around town have been home Staff Writer to a plethora of different sorts of events and shows over the years. Young Playwrights Festivals, New Year's Eve magic phenomenons, rehearsals that lead to beautiful productions, and whatever else you can think that a theatre might do. But this past summer, the Old Town Playhouse has started doing something a little bit new: workshops.

In the past, the Playhouse has carried workshops in tap dancing, theatre hair and makeup, sound design, musical theatre dance, improv, and more just since they started mid-summer. On Nov. 24 there was a social media and digital marketing workshop. Hosted by Kristen Lea Stewart, it focused on branding (your theatre or yourself), and the workshop showed you how much goes into the process.

The amount that Stewart was able to share in that one hour span was thoroughly impressive, just like every workshop at the Playhouse. She covered some brief history of social media sites like Instagram and Facebook, gave some tips and tricks around paying royalties for song usage in videos (the trick is to keep the clips short, and the music shorter), and talked about keeping an eye out on analytic growth for your social media page.

It's clear that the Old Town Playhouse chooses these workshops and the mentors with patience and care, and that they're dedicated to furthering the adult education program of their theatre. These workshops aren't only informational and educational, they are also a lot of

fun. You spend your time with great people who are there for the same reason you are: to learn something new.

It's important that we as people never stop learning, or we become stagnant. The Playhouse sees this and is giving us a way to work on it. You don't need to be an actor, dancer, or musician to take these classes. They're for everybody and anybody. Can't dance? Go to the next tap workshop and they'll get you one step further. Want to learn basic makeup skills? They've got you covered.

Typically hosted in the Schmuckal Theatre of the Old Town Playhouse once a month, the workshops are an attempt to further the scene of adult education programs in the arts scene of Traverse City. It doesn't break the bank either. You can pay \$5 for each class individually, or become a member at the Old Town Playhouse and get them for free. It's a great opportunity to be a life-long learner and to never stop pushing yourself—and you'll barely notice the blip in your bank account.

You can find more information on these workshops at the Old Town Playhouse Facebook page. That's where you'll learn what the upcoming workshop is, who's leading it, and how you can sign up to be both a member or for the workshop itself.

It's never too late to learn something new.





The Math Center is found in the basement of the building. The annual summer "picnic under the pines" is called the NMC A giant 3D cherry is located in this building. On the east side of the Dennos is David Barr's sculpture called The T/S State of Michigan was once a Navy surveillance ship. The Dennos Museum has one of the largest collections of art in the U.S. The and Writing Center is located in Scholars Hall. The Veterans Lounge is located in the building. The campus has four buildings near the airport. 1. Astronomy classes take place at the Observatory. 2. NMC's teaching restaurant is called 3. NMC is accredited by the Learning Commission. 5. Both a campus parking lot and a chain of dentist offices. 7. The college has a creative arts and literary journa called the NMC 8. NMC was in 1951. 9. Plant Science students use the attached to the Health & Science building. 10. This animal is found everywhere on campus. 11. WNMC 90.7 is the radio station on campus. 13. Hawk Owls are native to this state.	Hannah Krohn Staff Writer Betv	veen the Pines
The Math Center is found in the basement of the building. The annual summer "picnic under the pines" is called the NMC A giant 3D cherry is located in this building. On the east side of the Dennos is David Barr's sculpture called The T/S State of Michigan was once a Navy surveillance ship. The Dennos Museum has one of the largest collections of art in the U.S. The and Writing Center is located in Scholars Hall. The Veterans Lounge is located in the building. The campus has four buildings near the airport. 1. Astronomy classes take place at the Observatory. 2. NMC's teaching restaurant is called 3. NMC is accredited by the Learning Commission. 5. Both a campus parking lot and a chain of dentist offices. 7. The college has a creative arts and literary journa called the NMC 8. NMC was in 1951. 9. Plant Science students use the attached to the Health & Science building. 10. This animal is found everywhere on campus. 11. WNMC 90.7 is the radio station on campus. 13. Hawk Owls are native to this state.	6 11 13 13 13 14 15 15 15 15 15 15 15	7 10 14 16 16 16 16 17 17 18 18 18 18 18 18
au	The Math Center is found in the basement of building. The annual summer "picnic under the pines" is called the NMC A giant 3D cherry is located in this building. On the east side of the Dennos is David Barr's sculpture called The T/S State of Michigan was once a Navy surveillance ship. The Dennos Museum has one of the largest collections of art in the U.S. The and Writing Center is located in Scholars Hall. The Veterans Lounge is located in the building. The campus has four buildings in	the Observatory. 2. NMC's teaching restaurant is called 3. NMC is accredited by the Learning Commission. 5. Both a campus parking lot and a chain of dentist offices. 7. The college has a creative arts and literary journa called the NMC 8. NMC was in 1951. 9. Plant Science students use the attached to the Health & Science building. 10. This animal is found everywhere on campus. 11. WNMC 90.7 is the radio station on campus. 13. Hawk Owls are native to this state.

4.

8. 10.

12.

14.

15.

16.

17.