

WHITE PINE PRESS

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



Photography by Devon Hains

Service Learning

Marilyn Berry
Staff Writer

Are you currently enrolled in classes such as Intro to Social Work, English, or Intro to Sociology? If so, depending on your course instructor, you may have noticed a different format than other courses you have taken. Many of these classes take a more hands-on approach to learning and don't use a textbook. All of these changes are part of a new program called Service-based learning. Service-based learning gives students a new approach to learning by putting them in the field and getting involved in the community. The classes team up according to a theme; this semester's theme is homelessness.

In Traverse City, the homeless issue isn't always apparent. Most residents know that homelessness is a major issue here; however, it is not a common thing to see a homeless person walking around town. Never the less, but some NMC students are homeless. The theme of homelessness awakens students to realize our seemingly idyllic town is not what it appears to be. According to Safeharbor.org, 94 people live on the streets, and that doesn't include those who go from couch to couch without a place to call their own. Homelessness is a problem which has solutions available. Students at NMC now have the opportunity to learn and aid in discovering and utilizing those solutions. For many students, this type of learning will help create contacts within the community they can collaborate with again in the future as they forward their career.

The teachers currently involved with this project are Melissa Sprenkle, Lisa Blackford and Brandon Everest. If you're currently enrolled in their classes, they have probably already informed you of this new way of learning and how they plan to incorporate the theme of homelessness in their class.

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Surviving the Semester

How to Achieve Your Academic Goals

Laureen Horan
Editor in Chief

Ah, here we are again. It's a new semester, the warm air is starting to cool, and students across the world are getting into a fresh routine. Most of us run ourselves into the ground trying to juggle classes, work, personal lives, kids and homework. Can't forget to make time to study! So where is the "me" time? The chance to relax and enjoy life? As important as it is to fulfill your adult commitments, it's equally important to take time to do things you enjoy and clear your mind of stress-causing thoughts. Having balance is the main way to stay chill and still have kick-ass grades at the end of the semester.

We're only about a month into the semester now, but some of you are wondering how you will survive the next 12 weeks. Whether this is your first semester of college or you're a seasoned scholar, each semester brings new changes and challenges that you are expected to work through and overcome. Fortunately, the chaos is within your control and there are many steps you can take to be proactive about your workload, plan accordingly, and manage the crazy life of the American college student.

The first thing you absolutely must do to achieve your academic goal is to create a goal! Create a goal that is both challenging but achievable. Perhaps you want to get better at saving money, so you'll

set a goal to save \$1,000 by the end of the year. Maybe you want to push yourself academically so you set a goal to get at least 3.5 in all your classes. Whatever it is that you want to achieve by the end of the semester, write it down and become conscious of it. Once you reach that goal, you'll be more inspired to set greater goals. After all, you can't achieve a goal if you haven't set a goal to achieve.

Organization and time management are also key to a successful semester. Many professors have handed out a detailed syllabus of future assignments posted on Moodle. Most professors have very strict "no late work" policies, meaning that any assignments that are not turned in on time get a zero without any chance to make up

for it. Get a planner with a decent amount of writing space and write down homework due dates, quizzes, tests, and other important deadlines as far ahead of time as you possibly can. If you're unable to jot down all of the assignment dates for the semester, be sure to check Moodle and your NMC email regularly so that you're always up to date. This will prevent you from procrastinating or forgetting about assignments altogether.

You have a calendar for the week or month, but you need a weekly study schedule, too. You will see just how much time you can devote to each class and when it makes the most sense to study for each one. Use your better judgement when

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Photo courtesy of Devon Hains

NORTHWESTERN MICHIGAN COLLEGE

WHITE PINE PRESS

EDITOR-IN-CHIEF Laureen Horan

COPY EDITOR Kristine Groth
STAFF WRITERS Marilyn Berry
 Andrew Lurndahl
 Taylor McLain

PRODUCTION MANAGER
PAGE DESIGNERS Kenna Marar
 Breanne Russell

STAFF PHOTOGRAPHER Devon Hains

WEB EDITOR

FACULTY ADVISER Jacob Wheeler
DESIGN ADVISER Kathy Schwartz

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NEWS IN BRIEF

Compiled by Laureen Horan

Doing The Dennos

The Dennos Museum at Northwestern Michigan College (NMC) has received a \$2 million gift from benefactors Diana and Richard Milock. The money represents the largest gift that NMC has ever received from a living donor. The Milocks' gift will fund a permanent collection gallery and sculpture gallery. The project is schedule to break ground next spring, which coincides with the 25th anniversary of the Dennos Museum.

Latest iPhone Drop

Hitting stores on Friday, Sept. 25 is Apple's latest innovation in their smartphone line. The iPhone 6s and 6s Plus are available in Silver, Space Grey, Gold and a new Rose Gold finish.

Pope Francis

Tuesday, Sept. 22, Pope Francis visited the United States for the first time ever. He was greeted in Washington, D.C. by President Obama and family. The Pope will remain in the United States until Sept. 28. Within that time, he plans to visit New York and Philadelphia as well.

Surviving the Semester

Continued from pg.1

allotting study time for each class; if you know one class is more intense than another, then devote more study time to the tougher class.

Organizing whatever items you use every day helps your mind feel clutter-free. It may sound silly, but when your visual environment is simple and orderly, your mind can concentrate on the more important stuff. Once a week, clean out your backpack and organize your desk. It only takes a couple minutes. You won't lose anything if you always put it where it belongs!

If you wish to succeed academically, you need to know your learning style. It's a fact that certain techniques don't work for certain people. Some of us learn with our hands, some of us with our eyes, some of us with our ears, and for others it's combination. If you can't remember a thing your professor said, maybe you're going about it the wrong way. Once you discover your learning style, you can do what's best for you. Do you remember best the things you've seen? Then study those notes and make graphs! The things you've heard? Go to class and record those lectures. Things you do with your hands? Turn the concepts into something you can build. If you want to gain anything from your time in the classroom, be willing to put in the effort to truly learn the information. Read your textbook, because as boring as it may be, the book usually contains great information that the professors

may not have covered in the lecture. Take good notes to, refer to as well, because writing down the information you're learning will help you remember it.

You can't achieve your goals if you don't participate in class. You've done your homework, so you're prepared to contribute. Show that you know your stuff. Participating in class will solidify the information in your brain. Seriously. Talking about it out loud (especially in class, where it's more stressful than when with a friend) uses a different part of your brain than just writing about it. This way, you're covering all your bases. Additionally, many professors grade students based on their amount of participation in the class. If raising your hand at least once per class will help your grade, then do it!

Finally, when it comes to achieving goals, never be afraid to ask for support and help. If you're not sure what's required for a good grade or are struggling with the coursework, ask your teacher for help. It doesn't have to be a complex question; your teacher is always happy to help. Ask after class, during office hours, or in an e-mail. They may give you exactly what you need to further your success. So don't sweat the semester, just stay organized and make time to have fun!

Service Learning

Continued from pg.1

Lisa Blackford said one of the things she looks forward to most with service learning is "the active engagement of the students, to see students learning real skills and becoming very involved in their own community... raising an awareness of social justice as well as their ability to create change." Everest, another teacher whose classes will participate in this new format, mostly looks forward to "student enthusiasm! They are invested in their learning in a new and different way that promotes better performance as well as an opportunity to develop transferable skills in the professions. Mainly, it addresses ongoing issues in our area, from unequal housing access to workforce development and the challenges facing people living on low income." I am currently enrolled in Introduction to Social Work with Blackford, and one of the things I look forward to most is getting into the community service aspect and being able to make a difference in the town I call my home.

Student Bradley Geiger spoke of the new format, saying, "Meeting once per week is new for me, but it's pretty convenient. The hybrid format gives students the opportunity to put their education into their own hands and be responsible for what they hope to gain from the class." Another Social Work student, Emmy

Hendry, says, "I'm looking forward to hands-on social work in the community and furthering myself in this field."

Another added benefit of this new way of learning is that students are saving money because a textbook is not required, as the class uses Moodle to upload assignments that relate to real life. Articles from magazines, TED talks videos, and other media sources will be uploaded and perused by students outside of class as homework. Students will also be graded on an end-of-semester project focusing on the theme and what the students have been doing in class during the semester. In November, near the end of the semester, the skills and lessons the students have learned will be showcased in an event. *White Pine Press* will publish further details as the semester progresses.

From what I am experiencing and learning through this format, I am eager to see how this semester will go. I find that hands-on learning uses more areas of the brain and allows long-term memory to be utilized when there are multiple learning styles being incorporated. The students in these courses are looking forward to connecting the concepts learned in class with the community service aspect that we will be involved with, and we are sure to make lasting memories.



Personal Care Staff

Summertree Residential Centers has immediate openings available in the Traverse City area providing personal support services to physically and mentally disabled adults in a six bed adult foster care home. This is a great experience for individuals interested in the medical, healthcare or human services fields.

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Contact Kathy at 231-620-1518 or email kammberman@summertreecc.org for more information or to apply.

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No Animals, No Options

Andrew Lurndahl
Staff Writer

Of all the things humans find joy and comfort in, food is arguably the most significant. We form a special bond with food due to the fact that it's necessary to our survival. When you're hungry, you likely have plenty of options when you do not feel like staying in and cooking your family's meal. Most restaurants offer different options for individuals who are looking for a dining experience, and many of these options include meat or dairy in their dishes. What about those individuals who do not consume animal products? What options are available in Traverse City for the small minority that call themselves vegan? For those of you who may not be aware, a vegan is someone who consumes no animal products. No milk, no cheese, and no meat. If it comes from an animal, a vegan goes nowhere near it.

What options are available to vegans when vegans want a dining experience outside of the home? If you live in Traverse City, the options are limited. Many local restaurants offer numerous accommodations for vegetarians, but fully vegan options are few. Oryana is an organic food store that offers meat substitutes, soy and almond milks, soy ice cream and Daiya cheese, which is a vegan cheese alternative. Oryana does give vegans options when it comes to eating out or cooking at home. House of Doggs offers veggie hotdogs that are vegan, but that is the only option on the menu. At Qdoba, you can have a vegan burrito if you know what can and can't be put on it, but, options are slim. Red Mesa actually has a small menu specifically for vegans. Although the menu is smaller than the regular menu, they have quite a few options and are willing to accommodate vegans.

The reality for vegans in Traverse City is that the options are slim when eating out. Being vegan is more than a choice. It is a lifestyle change. It is something that in the beginning takes dedication to persevere. Individuals become vegan for different reasons. Some find that the health benefits lead to a long life. Others make the choice on behalf of the animals who suffer and die in order for dairy and meat to be options in your local grocery store. The reality is that most vegans do not give up meat and dairy because they do not enjoy how it tastes, but rather because they have made a choice for personal and moral reasons. Vegans are in the minority, but it is a growing minority. More and more individuals are giving up meat and some are giving up dairy as well. Should restaurants go a little further for those of us who have given up not just meat but animal products all together so we can enjoy a nice evening dining out? For many vegans, the answer may be yes.

If the answer is as simple as offering vegan options, why don't restaurants offer more options to vegans? If you live in bigger cities than Traverse City, the demand is there. Traverse City is no small town, but living in an area where hunting and fishing are extremely popular, the vegan lifestyle tends to be overlooked. The vegan population of Traverse City is the minority, and many restaurants will not cater to a need that isn't evident on a daily basis. This becomes frustrating for the

vegans who live in this area and desire a few more options than what's currently available.

Now is an ideal time for restaurants to answer this request. Affordable options for vegans would mean affordable, healthy food options for all. Just because someone doesn't identify as vegan doesn't mean they can't enjoy certain vegan dishes. We live in a society where a nice salad costs \$5 or more, while a double cheeseburger with fries and a drink is only \$2.50. Bringing more vegan

options to the area would help others lead a healthy lifestyle without going broke.

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Letter From the Editor

Happy fall, everyone! The semester is officially back in full swing, and so is the *White Pine Press*! For those of you who've been here before, welcome back! To those of you who are new to Traverse City and the NMC community, welcome! As the first edition of the 2015-16 academic year, this issue of the *White Pine Press* doubles as your very own campus guidebook. You'll see that we've introduced a variety of NMC's most active student groups; try something new this year and get involved on campus! We've shown you where all of your most important on-campus resources are and hours of operation, so don't be afraid to ask for help when you need it. This copy of *WPP* informs you about upcoming October blockbuster movies to see with your friends, as well as other fun events around town and at NMC, and we've also given you solid tips on how to stay organized, prioritize, and achieve your goals for this semester!

What do you want to read in the *White Pine Press*? Email ideas and suggestions to lhoran@nmc.edu. Check out whitepinepress.org for more!

Best of luck this semester! Lauren

WRITE US A LETTER

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

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CAMPUS QUOTES

Compiled by Marilyn Berry

How are you hoping to grow this year?



"Professionally... By going to some conferences and trying to get a handle on Moodle."

SEAN RUANE
Social Science

"I want to do an internship or job shadow."

MACKENZIE RENSHAW
ASA General



"I hope to grow by pushing my students to grow in ways I never thought imaginable."

CAROLINE SCHAEFER-HILL
Art Department

"I plan to grow academically... I came to NMC to grow."

CASSANDRA MCCRANEY
Business Administration



"I try to live every day by this quote my grandfather would say: 'You're free to break the chains of fate that bind you' and my goal is to do what I can to basically beat my expectation of what will happen."

TRAYVIN HAUGEN
General Associates

Campus Allies

Marilyn Berry
Staff Writer

Welcome back, Hawk Owls! It's that time of year again: gone are the shorts and sunglasses and back are the coffee addictions and budget-killing textbooks. If you're new to campus or just need a refresher, here are a few resources that are available to you as you go along the 2015-16 school year.

Osterlin Library

First and foremost, we have the Osterlin Library. Conveniently located between Scholars Hall and the ever frequented Les Biederman, the library is definitely a resource that all students should utilize. Need a book that is hard to find and may not be in print? No worries, according to Tina Ulrich, Director of Library Services, "NMC students have free access to more than 100,000 ebooks from anywhere using their NMC ID and password." When finals time rolls around, consider making the Osterlin Library your study paradise. They offer local therapy dogs, cocoa, tea, coffee and energy bars to keep the inevitable crash at bay, and they also have extended hours the two weekends before the end of the semester. Perhaps you focus better at home, but you don't have a reliable computer. Never fear, NMC students are also allowed to check out laptops and Chromebooks which you can take home for up to three weeks and use! No more excuses for putting off homework. Finally, one thing that the librarians want you to know is that they are on your side. Feel free to ask them anything. The reason the library exists is to help students. College is frustrating at times and they have a lot of tools to offer to get you through those tough days! The Osterlin Library hours are:

Monday-Thursday 8:00am- 9:00pm
Friday 8:00am- 5:00pm
Saturday Noon-4:00 pm
Sunday 3:00pm- 8:00pm

Veteran's Affairs Office

Are you in the military or a veteran? NMC is here for you. Ranked 68th in the nation among colleges and Universities for Military and veteran support, the process of returning to civilian life is made easier with the help of Scott Herzberg. Between 5 - 6 percent of NMC students have been in the military and a majority of them were combat veterans. Scott Herzberg gives those who have served our country assistance in acclimating to campus society and helping these individuals get involved with the NMC community by having Chili Cook offs, intramural sports teams and many other activities that help students of all kinds get involved and make the most of the years they spend with NMC. Members of the military, veterans, and even family of veterans can contact Veteran's Affairs at (231) 995-2526 or to find and review a checklist on how to apply and discover opportunities go to www.nmc.edu and click student services. Under Admissions click Military & Veteran Services and follow the checklist on the web page.

Student Life

Sometimes no matter how hard we try to keep it together and succeed on our own, we all need a helping hand. NMC's Student Life office provides

emotional support and always has a hand to help you with and an ear to listen. Lisa Thomas, who is the Associate Dean of student life encourages students who are dealing with ongoing stressors that affect their emotional health and academic success to speak with someone in the counseling office. There are both masters degree counselors as well as interns working on their masters that are available to meet with students depending on the student's needs. Whether it be finding housing, depression, or substance abuse, the counseling center is available to students. All sessions are confidential and are free to students. The Student Life office is on the bottom floor of West Hall next to the NMC Bookstore. It is open Monday-Friday 8a.m.-5p.m. and students can make an appointment by calling (231)995-1118. If students have an emergency or crisis when the office is closed they are urged to call Third Level Crisis Center at 231-922-4800. East Hall residents can also request immediate counseling for a crisis situation by accessing counseling staff through the Residence Life Supervisor on duty.

Health Center

Unfortunately, with winter on its way, it's inevitable that students will be sneezing and running on coffee and Dayquil. Fortunately, NMC also has a Student Health Center where a student can be treated for something small such as a runny nose or even get their important annual check up. Students with six or more credit hours can get immunizations, gynecological exams, contraception, and free pregnancy testing as well as many other services. While many services are free, there are some fees for certain tests and medications. Not enrolled in more than six credit hours or are only enrolled at the University Center? That is just fine. For \$40.00 a semester a student can have access to the clinic. NMC strives to give students what they need to stay healthy and feel well. The Student Health Center is open 9a.m.-4p.m. Monday through Friday with walk-ins possible depending on availability. To schedule an appointment at the Health center call (231)995-1255.

Math and Tutoring Centers

Having issues with math or just need tutoring in general? Don't panic, there is both a Math Center and a Tutoring Center at NMC. Located on the bottom floor of Tanis building, the math center is a helpful resource that will help you conquer the equation before the equation makes you say "Y"?! Appointments are not needed at the Math Center; however, you will need to sign in so they can track the student's purpose for stopping by. The Math Center offers assistance for all math courses from pre-algebra to differential equations. The Math Center is a great resource for those last minute questions or even those who need help with the broader concepts discussed in their math course.

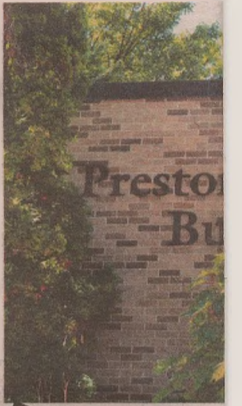
The Tutoring Center can be found in the Osterlin building in room 152. Students can fill out an application and will be scheduled for weekly appointments with a tutor to work on concepts, clarify material and to practice

applying the concepts. The Tutoring Center is open Monday through Friday from 8a.m.-5p.m. students can also call 231-995-1138.

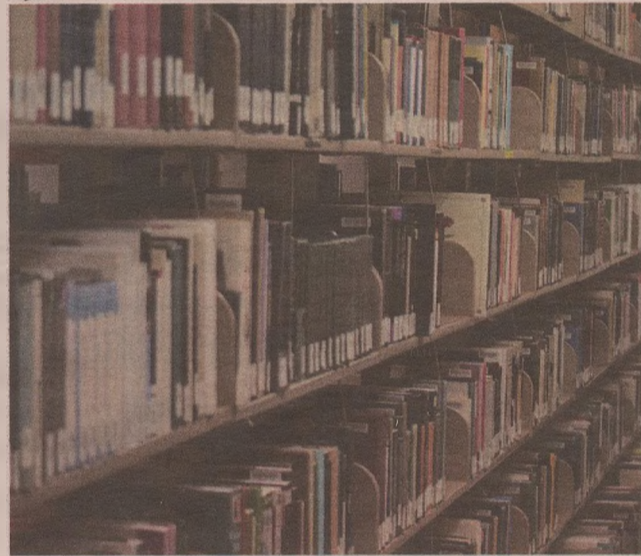
Reading and Writing Center

Taking an English course or any course that requires a lot of writing? Are you struggling to comprehend the information found in your textbooks? The Writing and Reading Center is a resource that can help you turn your rough drafts into grade-savers if you utilize what they offer. The WRC is located on the second floor of Scholars Hall and the staff members are available to help you at whatever point in the writing process you may be. If you need research help or even proofreading, the WRC can do that. It is best to schedule an appointment early on; however, they are also available for drop-ins pending availability. Open Monday and Thursday from 9a.m.-5p.m., Tuesday and Thursday from 9a.m.-6p.m. and Friday from 9a.m.-3p.m.. To schedule an appointment, students can call 231-995-1189.

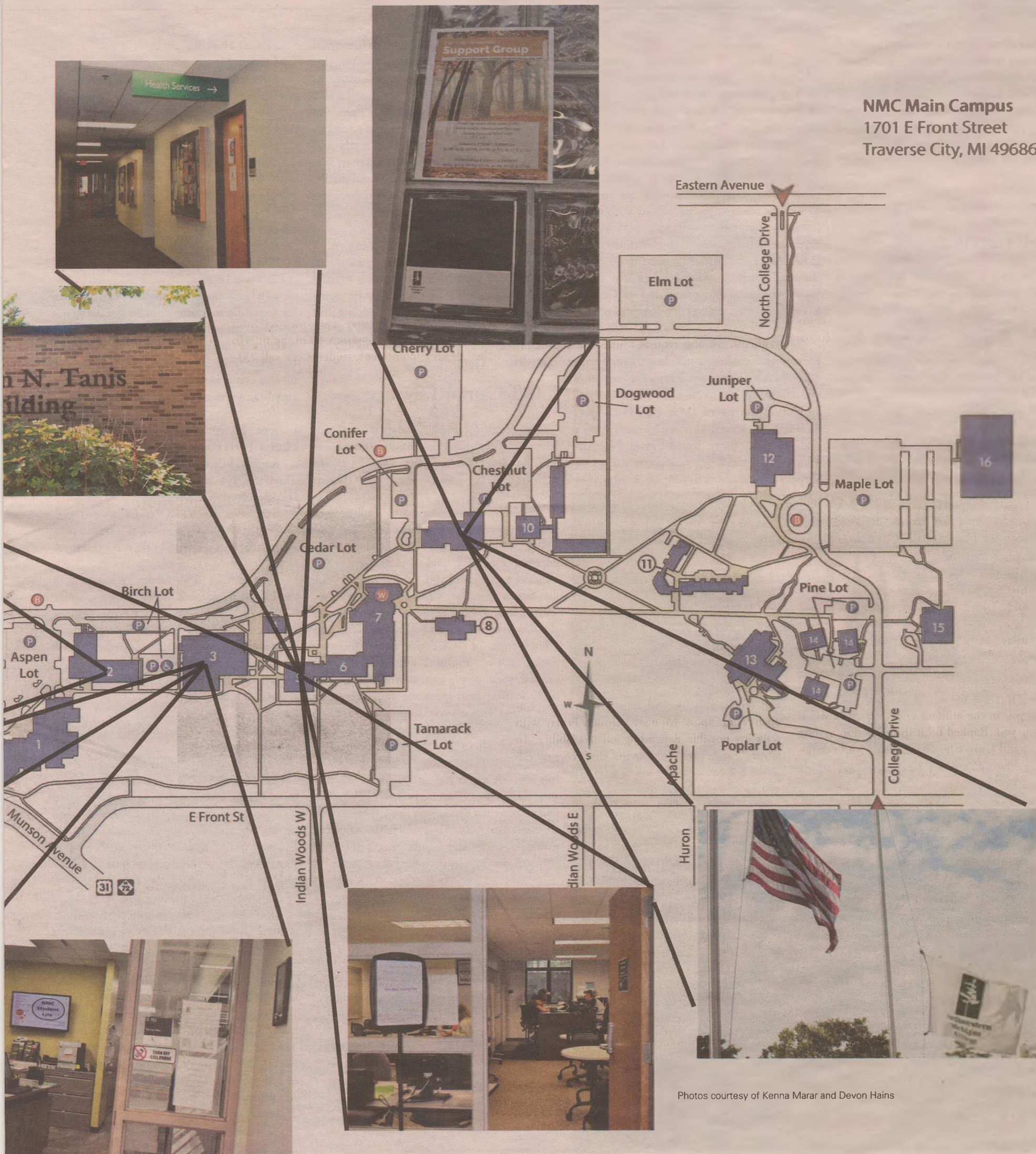
May your pencils stay sharp, your backpacks stay light and your minds filled with academic thought. Good luck on your classes and remember it is O.K. to ask for help. Stay happy and hooting!



College Drive
E Front St
Fair Street



NMC Main Campus
1701 E Front Street
Traverse City, MI 49686



Photos courtesy of Kenna Marar and Devon Hains

Upcoming Events in T.C.

Make Time for Fun

Taylor McLain
Staff Writer

The end of summer is something many of us dread, as it symbolizes the end of anything fun or exciting and the beginning of a long winter. Here at the *White Pine Press*, we love the colors and laid-back vibe of autumn and have made a list of all the cool events happening on and off-campus to celebrate this wonderful, colorful season fall brings us.

On-Campus Events:

We have special offer from The Dennon Museum Store announcing a new change in policy. All students, staff and faculty will now be eligible for our 10 percent member discount in the museum store. Please show your NMC ID when requesting this discount and please tell the store clerk before your sale is complete.

Mark your calendars for the annual Holiday Art Fair Thursday, Oct. 22 from 5-8 p.m., Friday & Saturday, Oct. 23-24 from 10a.m.-5p.m., and Sunday, Oct. 25 1-5 p.m. (you will receive the 10% discount during this

fair).

In addition, a number of events are taking place at The Dennon Museum Center such as presenting the International Society of Experimental Artists 24th Annual Art Exhibition from Sept. 20 to Nov. 29.

Since its inception in 1991, the International Society of Experimental Artists (ISEA) has hosted an annual art exhibit with work submitted from around the world. Works are selected by leading art authorities from thousands of submissions representing experimental techniques and attitudes. The ISEA Art Exhibit has become not only a showcase for ground-breaking art but also a vivid testimonial to the value and importance of exploring new avenues in a variety of media.

The Dennon Museum Center will also present the exhibition *Copper Thunderbird: Works by Norval Morrisseau* from the museum's collection Sept. 20 to Nov. 29, 2015.

Norval Morrisseau, (Mar. 14, 1932 – Dec. 4, 2007), was an artist known by many names and phrases. Born Jean-Baptiste Norman Henry Morrisseau, he was given the name Copper Thunderbird during an Anishinaabe

renaming ceremony meant to cure him from illness when he was 19. After establishing his visionary style of the Woodland School of Art, some referred to Morrisseau as the "Picasso of the North." With thick black lines and bright interior patterns, Morrisseau's artwork was at first inspired by the many myths and legends of his Ojibwe culture. Later in life, the artist incorporated his persona and finally, the Dennon Museum Center will present the exhibition *Liu Bolin—Hiding in Plain Sight* from Sept. 20 to Nov. 29, 2015.

Liu Bolin (Chinese, b. 1973) is a contemporary artist who has gained an international reputation by painting himself into his surrounding environment. In recent years, he has traveled the world, blending into the background of the place he finds himself at the time, from graffiti in New York City to cathedrals in Europe.

Off-Campus Events:

First and foremost is the musical act happening at Sleder's Family Tavern at 717 Randolph St. on Sept. 24. The group performing is called The Way Down Wanderers.

Equal parts fast-paced and soulful, five-piece modern-folk Americana act, The Way Down Wanderers, draw in listeners with energy, originality and soulful generosity. Playing, performing and writing together for just over a year, the Wanderers have built an enthusiastic and fast-growing following across the country, earning *Deli Magazine's* Readers Choice title of "Chicago's Best Emerging Artist, 2014." Youthful and professionally trained, these young men captivate audiences with soaring instrumentals, foot stomping sing-alongs and a lively stage show. They've created a buzz for themselves with their unplugged, off-stage encores and propensity for performing self-titled, "restSTOMPS"—free acoustic sets at rest and truck stops along their tour routes. The band's debut EP, *Path to Follow* and their brand new live EP, *Wellspring* (released on May 5) is available wherever music is sold. The band's first full-length album is due to release in the fall of 2015.

There are also a number of fun events happening at the Right Brain Brewery on 225 E. Sixteenth St.

HOURS OF OPERATION

Sunday: 11 a.m. - 10 p.m.
Monday - Thursday: 11 a.m. - Midnight
Friday - Saturday: 11 a.m. - 1 a.m.

FOOD HOURS

Sunday: 11 a.m. - 9 p.m.
Monday - Thursday: 11 a.m. - 10 p.m.
Friday - Saturday: 11 a.m. - 11 p.m.

HAPPY HOUR

Monday - Friday, they celebrate Super Fantastic Happy Hour from 3 p.m. - 6 p.m. with \$4.25 pints and \$3.75 mug fills for members! There is one exception: Happy Hour pricing does not include premium beers.

Events:

First off, on Sept. 24 from 4:30p.m.-6p.m. is Pints and Politics.

Join Local and State Officials in an informal setting to discuss current challenges facing our business community. The meeting will focus specifically on Traverse City. This event is free but registration is encouraged. For more info on this event, as well as the others, visit www.rightbrainbrewery.com

Sept. 29 from 7p.m.-9p.m. is the Rocky Horror Trivia event.

Rocky Horror Picture Show fans rejoice! Traverse City's only Rocky Horror Production is taking over team trivia!

Costumes are STRONGLY encouraged. Singing is a MUST! Team trivia is free to play. All participants receive \$1 off drinks and food.

Next on Oct. 6 also from 7p.m.-9p.m. is the Comic book trivia night!

The crew from TC Top Comics will be hosting comic book Trivia at the right Brain Brewery. All of your favorite Superheroes will be covered, but NOT the movie versions. All questions will be derived from the true source material, Comic Books!

Then on Oct. 17 they have IPA (or Indian pale ale) Day.

11a.m.-11p.m. IPAs for days! Right Brain Brewery's annual IPA Day features at least 10 different IPAs, including freshly tapped wet-hopped brews. Watch college football on the big screen in the afternoon. Stay late for live music with Robbert Feddersen in the Brewpub! It promises to be a night to remember.

Oct. 19 is another Pints and Politics, remember the event is free but registration is encouraged.

Then on Oct. 31 is the 7th Annual Traverse City 5K Zombie run from 9 a.m. to 12 p.m.

Traverse City's Halloween tradition is back. Run, walk, or crawl around downtown Traverse City, starting and ending at the Right Brain Brewery. Awards will be given to top male/female times and best costumes! All proceeds benefit TART trails of Grand Traverse/Leelanau County.

Here, everyone stands out!

At Olive Garden, each course adds to the next. Every flavor stands out, yet mixes well with the overall essence of the meal. The same is true when you work here: you're valued for your individual tastes and talents. Everyone is a special part of the Hospitaliano experience.

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October Blockbuster

Graphic by Kenna Marar

Kenna Marar
Staff Writer

Halloween isn't far off, and with the mention of ghosts and bats, what better movie to get you in the spooking mood than *Goosebumps*? It's a nostalgic trip for most, because R. L. Stine, played by Jack Black, is the infamous author who keeps these ghouls trapped inside his novels until they are accidentally released by Zach Cooper. Watch the frightful stories come alive Oct. 16!

Even if you weren't into *Goosebumps* as a kid, there's always the frightening *Paranormal Activity* franchise. The fifth movie, which will be released on Oct. 23, is called *The Ghost Dimension*. Grab your friends, bring some clean underwear, and prepare to be spooked! Also scheduled to come out on Oct. 23 is *The Last Witch Hunter* wherein the modern world faces supernatural creatures living in the shadows; some of them with the intent to release the Black Death into the world again. Go see

how it all turns out!
If you're interested in the post-apocalyptic setting, *Scouts' Guide to the Zombie Apocalypse* is right up your alley. The movie is a suspenseful, yet light-hearted take on scouts working together for a greater good. But... what if the apocalypse was a lot more deceptive? Find out on Oct. 30!
The new October movie releases aren't limited to the Halloween theme, either. *Legend* is based on the true story of London's Kray Twins, two gangsters in their

prime, and their ultimate demise. Check out all of the critically-acclaimed action on Oct. 2. In contrast, *Jem and the Holograms* follows the story of a musical young girl who realizes she has a talent for underground videos and is based on the 1980s toy-line by Hasbro. Grab your girls or take the kids to see the fun new film on Oct. 23.
October has a few 3D releases, like *The Martian*. This action-packed, sci-fi narrative is about astronaut Mark Watney (played

by Matt Damon), who was left behind on a mission to the planet Mars. He must keep his wits about him and reserve the little supplies he has left until NASA can manage to bring him home. Watch the excitement unfold on Oct. 2.
With such variety in the theatres this month, there's no excuse not to grab some popcorn and enjoy! But don't forget to light some jack-o-lanterns for good luck!




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End Scene

Taylor McLain
Staff Writer

A Shakespearean tragedy has befallen the NMC Campus, while the Old Town Playhouse joyfully thrives like a midsummer night's dream; the NMC theatre program looks more like the end of *Macbeth*, minus the Scottish castles and three weird witches.

Why was the NMC theatre program closed? Can it come back? The *White Pine Press* has found the answers to these questions and many more concerning the beloved theatre program.

According to Deirdre Mahoney, chair of the Communications Academic Area, the program was lively back in 2002 despite the school being unable to hire a full-time teacher.

This was thanks to Chris Pittinos, a dedicated part-time instructor whose passion helped to bring in and inspire many students.

While Jessica Essebaggers, a past theatre instructor "put her heart and soul into the theatre program," going so far as to advertise the program by handing out fliers, ultimately the enrollment numbers sagged, forcing her to leave the program for other work.

To quote the communication department's head, Jan Root, "Cost was not a factor of the program's demise, thanks to Jessica's work gathering props, costumes and set pieces for the plays, often on her own time."

The school requires at least 90 percent of the seats in any given program to be filled, according to the Course Efficiency Ratings. In the fall 2011 semester, 25 seats were offered for both the basic acting and play production courses. Of those, only 13 and 14 seats were filled, respectively.

The following 2012 fall semester filled only seven for basic acting, and a whopping zero seats for play production.

And while 17 seats were filled in 2014, they dropped to zero this year.

How can this be while just a few miles away we have the thriving Old Town Playhouse?

That's a different animal altogether," Mahoney said. "Putting on a play is difficult in the best of situations; but those at the Playhouse are at a better time in their lives to devote the time and effort needed for play production. Compared to college students who have many requirements to fulfill in order to get their diploma, many students are forced to give up play production and other electives they enjoy in order to devote more time on exams."

It's a reminder of the sad day and age we live in, where art, despite its near infinite worth, is cast aside for things we consider more "real" like math and science.

The endless nagging is all around us to

get a degree in STEM (Science Technology Engineering and Math) and stop wasting our time on silly things like Humanities.

We forget that while science can give us facts, it cannot give us truth; in our day and age, many confuse the two as being the same, but learning the difference (or at least searching for the answer) can mean the difference between a good life and a great one.

And art is an important part of that search for truth, which pages the question:

"What can be done to bring back the theatre program?"

"Is it even worth a try?"

Sure. At least that's what Mahoney told *White Pine Press*.

Right now (as much as we artistic types may dislike it), we need to take a page from the STEM students and look at the facts.

And right now the simple fact is the numbers are simply not there; a big part of this is because of the huge work load.

Lights, curtains and props are just the tip of the iceberg.

Between making costumes, designing set pieces and painting the backdrop, the work simply cannot be done by 20 students who also need to study for all of their other classes.

If only there was a surplus of young people willing to put in their time to get some real life work experience in these fields... Or is there?

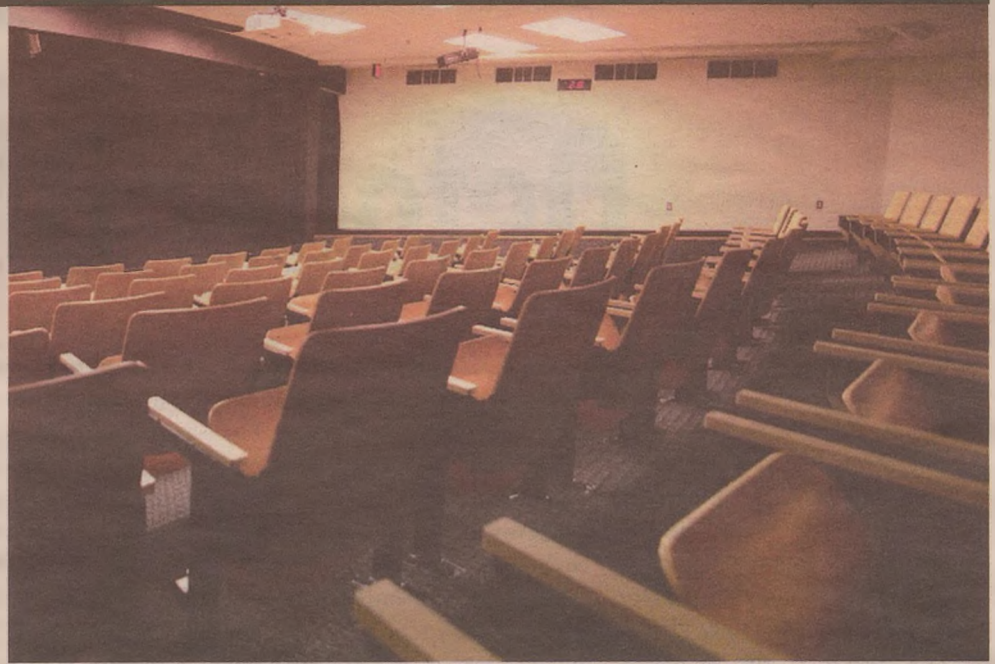
With all the amazing students at NMC in such a wide range of fields, surely some would be willing to donate a share of their free time.

Partnering with other departments would be a worthwhile experience even if college credit isn't offered (We asked... academician nuts say it can't happen without a needlessly long and complicated process of review).

It's heartbreaking to see what's happened to the theatre program, but many of the faculty and students at NMC would love to see it resurrected. Potentially teaming up with other groups to offer the semi-professional collaborative experience community college was made for.

Until then:

Good night sweet program, and may a court of angels sing thee to thy rest.



Photograph by Devon Hains

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Your Student Groups

Get Involved On Campus

Marilyn Berry
Staff Writer

Trying to add some extracurricular activities to your resume? Trying to meet new people and wanting to belong? Look no further, Hawk Owls.

Here are a few of the student groups that are available to you.

First off, we have His House Christian Group which is lead by campus minister Patrick Hill. This Christian group on-campus is open to all and offers a supportive spiritual community for students. According to Mikela Wilson, student leader of the group, the typical meeting begins with a group activity for everyone to get to know each other, followed by songs of worship and then talk of biblical perspectives, with the evening ending in small group discussions and prayer. Throughout the year there are also many fun activities students can participate in. Wilson stated, "I have made lifelong friends in this group." If you are interested in joining this group you can contact Wilson at 352.215.2828 or wilso709@mail.nmc.edu or Abby Douglas at 231.342.8735 or adouglad@mail.nmc.edu. His House Christian Fellowship meets on Thursdays at 7p.m. in Osterlin 205.

Enjoy dancing or wish to learn how to dance? iDance is a group lead by Mykl Werth where students learn his method and enjoy a fun dancing experience. *White Pine Press* spoke with Alexander O'Brien about the club and some of the benefits students can expect from being a part of iDance as well as what makes the group unique. He is very passionate about the group and said that dance is all about the "focus...

on knowing... it's all about connection... aware of softness of touch... of your partner's movement... you develop an intuition for it." There is no dress code; however, if you feel so inclined, it is just fine to get as dressed up as you like or you can just wear jeans and a t-shirt if that suits you. Those who are part of the club will tell you that this kind of dancing is accessible, inexpensive, fun, and it makes you feel good! iDance meets Wednesday for open dance from 9:30p.m. until 11:45p.m. and on Fridays for chance to dance from 10p.m. until 1:30a.m. For more information you can contact Alexander O'Brien or Mykl Werth.

If you have kept up with current events, you are aware of the recent Supreme Court ruling regarding same-sex marriage and the controversy surrounding the topic. Our society supports the right of free speech and opinion, but sometimes it can be hard to fight the criticism alone and it's a lot easier to have peers who understand and support you. NMC students have access to our very own LGBT group. This group supports and offers a safe place for those who need support or want to be a part of change in the world. NMC Pride focuses on different events both local and worldwide which affect the LGBT community. Meetings vary based on activities or activist work. All are welcome and NMC Pride can be found Thursdays at 7p.m. in the West Hall Conference Room. You can also contact the group by emailing nmcpride@yahoo.com.

On Sept. 22, *Pitch Perfect 2* came out on Blu Ray and DVD. Do you sing along to movies like this? Are you one

who sings in the shower or listens to a song until you can sing it better than the artist? Guess what? There is a club for you as well. NMC has an a capella group starting this fall. Those wishing to be part of the group should show up to a meeting with a song prepared that they feel comfortable singing. Kelsey Weber, the new leader of the group informed *White Pine Press* that her goal for the group is for members to get comfortable with one another and start performing towards the end of the semester. She also plans to put together some videos and start a YouTube channel. The group meets Fridays from 11:30 a.m. until 1:30p.m. in the Fine Arts Building.

If you are still looking for the club for you, the student life office has a full list of clubs that you can join and become part of including Engineering club, Theater Club, and VOX. So find what interests you and jump on in. Being a part of something bigger than you teaches more than just teamwork and responsibility, it teaches you how to take initiative, find your passion and not just focus on homework or schoolwork but also on your community. Whether it's your academic community, your city community or even the country as a whole, we all need to play our part in helping it function. Clubs on a smaller scale offer a creative outlet that lets you meet people, and on a bigger scale, clubs teach you to give your time to something that will better more lives than you can imagine.



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Breast Cancer Awareness

Mind Your Melons

Breanne Russell
Staff Writer

Fun bags, melons, chi chi's, cha cha's or chesticals, whatever your chosen moniker, come October, expect tatas on the mind. No, I'm not talking sexy maid costumes. I'm talking color-me-pink-and-get-me-a-mammogram because October is National Breast Cancer awareness month.

Founded 30 years ago, National Breast Cancer Awareness Month (NBCAM) is an international campaign innovated by major charities to increase awareness of breast cancer and raise crucial funding for further research into its cause, prevention, diagnosis, treatment and cure. They've done a pretty good job of spreading the word. The color pink is now synonymous with breast cancer and a simple pink ribbon represents an international community of support. Memorable slogans such as "Save the Tatas" or "Feel For Lumps, Save Your Bumps" draw much needed awareness to the disease.

Breast cancer affects everyone. A Centers for Disease Control (CDC) 2012 report says, "224,147 women and 2,125 men in the United States were diagnosed with breast cancer." White, Black, Hispanic, Asian, or Native American, breast cancer is blind to race. It also attacks regardless of gender. However, according to the CDC, next to skin cancer, breast cancer is the most common cancer diagnosed in women.

Lumps, bumps, thickening, swelling, pain, discharge (Yum!) and changes in shape or size of your breast may indicate cancerous growth. BUT DON'T FREAK OUT! All breasts are different. Get to know your breasts like the back of your hand—you know better than anyone if something warrants alarm. According to John Hopkins Medical Center, "Forty percent of diagnosed breast cancers are detected by women who feel a lump."

Importantly, current advances in modern medicine have led to earlier detection and more effective treatment. Survival rates are more than 90 percent when discovered in the first two stages. Early detection is your best weapon against fighting this ubiquitous disease.

First, be proactive. The National Breast Cancer Foundation recommends self-examination at least once a month, which

includes both physical and visual inspection while standing and lying down.

Secondly, have a mammogram every one to two years after the age of 40, unless you are at higher risk. A mammogram is an x-ray image of breast tissue that can spot lumps before they can be felt. Though not the most pleasant tool for diagnosis, it is pivotal in detecting cancerous tissue.

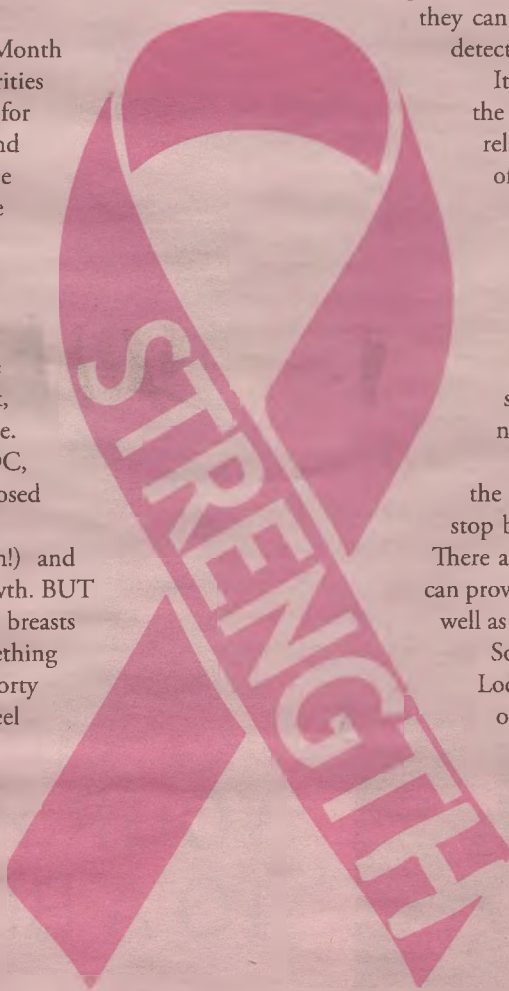
It is imperative to know your risk factors. Genetics play a significant role in the development of breast cancer in those under the age of 45. If you have a relative, multiple relatives or a male relative that was diagnosed before the age of 45, you are at risk.

If you test positive for mutations of the BRCA1 and BRCA2 genes, you are at risk. In addition, exposure of the breast or chest area to radioactive therapy or a diagnosis of dense breast from a mammogram can also put you at risk.

Thirdly, listen to your gut. Singer Kylie Minogue, who was at first misdiagnosed before opting for a second opinion, warns "Just because someone is in a white coat and using big medical instruments doesn't necessarily mean they're right."

While it may be a lot to absorb, don't panic. If you are concerned about the health of your lady twins, reach out to your general health practitioner or stop by the NMC Health Services in the Biederman Building (231-995-1255). There are many online resources as well. The National Breast Cancer Foundation can provide additional education about preventative measures and early detection as well as support for survivors and information about how you can help in the fight. So this October expect a plethora of runs, walks, festivals, bake-sales and more. Locally, the Traverse City Track Club is hosting their annual Remembrance Run on Saturday, Oct. 3 to raise money for the Women's Cancer Fund. Likewise, Bras for a Cause TC will throw their sixth annual fundraiser on Saturday, Oct. 9 at Streeters to support the Munson Healthcare Mammography Assistance Program, which provides mammograms to low-income women.

October will be overflowing with fundraising possibilities so get out and show your support. Set your dates and lock down your pink ribbon yardage now! When October hits, Joann's might be fresh out.



Photos courtesy of Remembrance Run and Bras for a Cause TC



WWW.REMEMBRANCERUN.COM | WWW.BRASFORACAUSETC.COM | WWW.NATIONALBREASTCANCER.ORG