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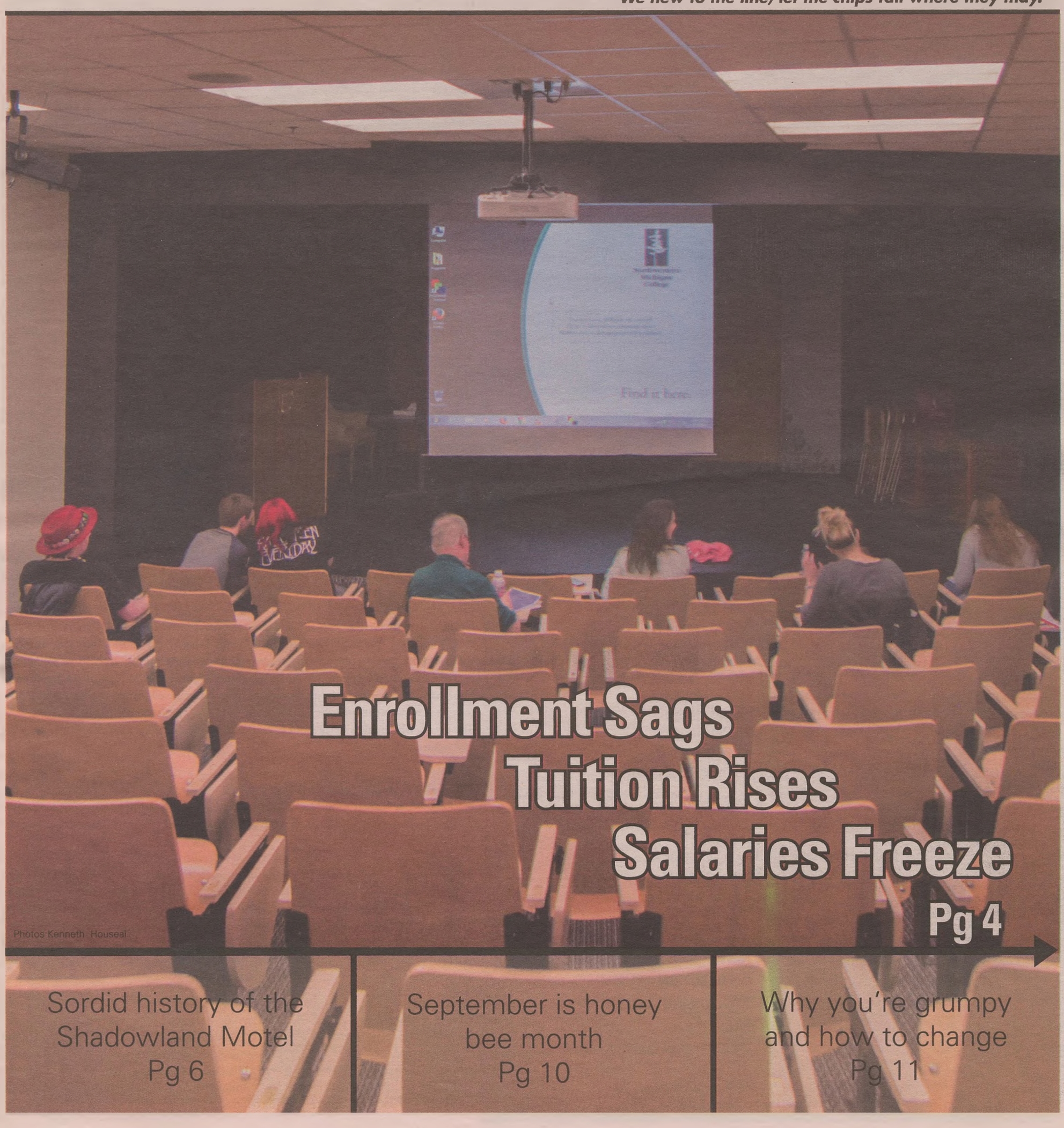
NORTHWESTERN MICHIGAN COLLEGE

WHITE PINE PRESS

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



Photos Kenneth Houseal

Enrollment Sags
Tuition Rises
Salaries Freeze

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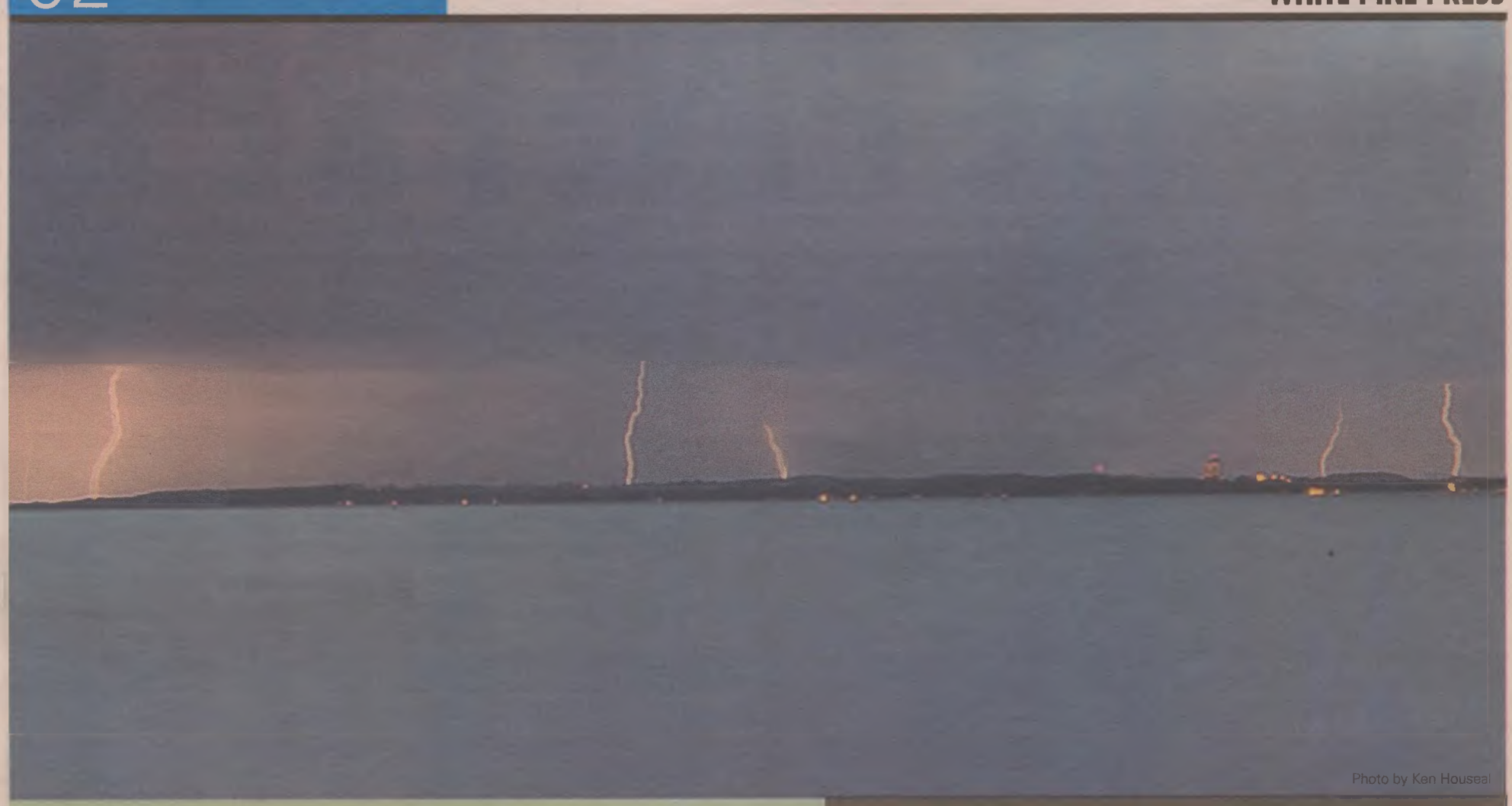

Photo by Ken Houseal

NORTHWESTERN MICHIGAN COLLEGE
WHITE PINE PRESS

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NEWS IN BRIEF

Icelandic Sagas

On Wednesday, Oct. 1, the Michigan Global Awareness Consortium will offer the first presentation of its fall series. The consortium is pleased to welcome Carole Elchert, a photographer, educator and explorer, who has travelled extensively to many countries, including Iceland.

Come listen to Elchert explain Iceland's approaches to the issues that face the rich and poor, and the large and small countries around the world. Her presentation will focus on: how to preserve the environment and develop resources; how to increase literacy; how to reduce poverty while increasing wealth; how to protect the freedom of information and privacy rights; how to eschew war in a well-armed modern world; how to revitalize with the great literature of the past — "The Icelandic Sagas."

The event, which takes place from 6-7:30 p.m. in the Scholars Hall Auditorium, is free and open to the public.

Power of Democracy

National Voter Registration Day is Sept. 23 and NMC, in conjunction with the League of Women Voters, is offering multiple opportunities for students and staff to register to vote.

Sept. 23, 24, and 25 from 10 a.m.-3 p.m. at Osterlin Library

Exercise your right as a free American and register to vote in the Nov. 4 election. On Sept. 29 you can visit the Secretary of State's mobile branch office van, which will be parked between the Osterlin Building and the Power House (west end of the Cedar Parking Lot) from 10 a.m.-4 p.m.

Participants may sign up for TurboVote, an online tool that simplifies voting by mail and also offers text and e-mail reminders about upcoming elections. Oct. 6 is the last day to register to vote in the upcoming election.

Flag Football

For any students interested in playing flag football, the season started on Sept. 15 and runs until late October. Contact sports and recreation supervisor Jim Szur for more information at 231-995-1199 or by emailing jszur@nmc.edu.

The physical education building also offers open recreation hours for basketball, volleyball and soccer. Contact Szur for details.

Global Endorsement

Alex Bondar
Press Staff Writer

Imagine being woken up in your hotel bed by the sun shining on your face and the ocean breeze flowing into your room. Stepping out the door, you view fresh coconut water being sold on the streets by passionate vendors speaking Portuguese and cars whizzing past, all blaring upbeat tunes. Oh yeah, you're in Salvador, Bahia. And in an hour, you will be in your classroom with your Brazilian students. That experience is what the new NMC Global Endorsement program is aiming to capture for students. By combining opportunities like study abroad, foreign presentations, and global education, the Office of International Services and Service Learning has created this new incentive. It allows a chance for students to become globally aware and for their efforts to be recognized on their transcript.

The Global Endorsement is an initiative set forth to allow students to become knowledgeable of the world outside of Northern Michigan through their own efforts. It can be worked on for as long as a student is registered at NMC. The endorsement requires a minimum of 100 points, and in order to earn points, a student must do a number of things. For 15 points, students can stay right on campus by taking at least three classes that are considered Globally Intensive Courses. Some of these 33 classes include Intro to Geography (GEO101), Russian Language and Culture (HUM221), and Eastern Religions (PHL 122)—just to name a few. Every semester, the list will be updated.

Another task students can complete for five points is attending at least four International Activities. These activities, among many others, include the Passport LunchSeries—where an international student holds a presentation during lunch, Chinese Acrobats—where performers from China come to NMC, and the International Affairs Forum— where a forum holds lectures to educate students on global affairs. By attending these events, students are sure to learn more about the happenings from around the world and the cultures that create them.

The final task, called Global Experience, is broken up into three options that students can choose from: complete a minimum of 10 hours of domestic intercultural experience, a research project on an international topic, or participate on a study abroad trip.

The first option, the domestic intercultural experience, is worth anywhere from 10 to 30 points. This requires students to pick an organization and volunteer, work, tutor, intern, or hold an office for a minimum of 10 hours. The places that students will put in these hours are local organizations and businesses around Traverse City. This experience also helps students prepare for the future in the job world.

The second option, the research project, is worth 30 points. Students may choose a research project on an international topic. This includes anything from interactions with individuals from a different culture to ideas from foreign cultures.

The third and final option, the study abroad opportunity, is worth 50 points, which makes up half of the 100 required points. For 2015, the trips that are in development include countries like Brazil, Italy, and England. Nine trips are currently forming. One student who studied abroad is Max Jenner, 20. He went to Brazil in July. To him, the Global Endorsement is a great opportunity. "I'm excited to be interacting with the community on a global level," he said.

During the process of receiving the endorsement, students will be able to track their progress and upload items from the endorsement on their own Moodle page. This Moodle page will be run by the student and can be customized to their liking.

After all is said and done, students that have completed the 100 point-minimum will schedule a 20 minute capstone presentation covering their experience for Jim Bensley, director of the International Services and Service Learning office, as well as two or three faculty members. Using the Moodle page they've created, the student will cover all of the work they've completed in their presentation.

The Global Endorsement benefits students in many ways. When completed, the endorsement is placed on the student's transcript and is also resume applicable. It allows for students to show that they are hard-working, determined, and globally aware. It also allows students to broaden and open their minds to worldly topics that they may not have been able to at another institution.

Jim Bensley is looking forward to the evolution of the endorsement. "We already have, approximately, 40 students signed up within the first three weeks," Bensley said. "It provides students a way to work with interconnected systems around the world." He also said that the endorsement "will provide a springboard to success in industry, commerce, and further education" for students.

To apply for the Global Endorsement, go to https://www.nmc.edu/student-services/international-services/global-endorsement/index.html and click "Apply Now" to the left of the screen. For more information, call (231) 995-2524.

Photos courtesy of Jim Bensley

Enrollment Decline Prompts Salary Freeze, Tuition Hike

Rebecca Reynolds
Press Staff Writer

Student enrollment is down by 3.9 percent at NMC this semester. As a result, tuition is up by 2 percent and President Tim Nelson has frozen faculty salaries. Concerned instructors are organizing, and students are talking. Unprepared for a salary freeze, instructor groups are meeting and planning their response. Many students are rethinking the courses they can afford and the time that it will take to graduate. Some students are now in the category of former students as the increase in tuition eliminates the NMC option of continuing their education. The issues are related, but the decision and action behind the issues are decidedly different.

According to many instructors, the salary increase was made without forewarning; instructors are understandably hesitant to talk on the record, but their disdain is clear, and organization of a collective response is underway. It is true that some instructors were present at various meetings in the past year during which time financial liabilities facing NMC were discussed. The issues primarily ranged from health care cost, state mandated retirement fund increases and the plan for sustaining and increasing enrollment. Anger may have been the initial reaction, but feeling letdown and insulted seem to be the persistent feelings. Anyone can understand the letdown feelings, but when asked why they feel insulted, faculty state that the actual decision to freeze salaries was a total surprise.

Decisions are made daily at NMC and of course, not all decisions mandate a collective meeting of the minds. Nelson is the appointed responsible decision maker at NMC. Clearly, the president's actions and decisions will not always be met with a hoorah attitude, but the salary freeze decision has the ire of the instructors questioning why they were not included in a specific discussion regarding the potential for a salary freeze. During the semester-opening faculty conference at the Hagerty Center on Aug. 18, Nelson admitted he could have been clearer in discussing the reasons behind his actions. In an effort to clear the air, he raised the need to "clarify some things about the compensation and classification."

The first reason was that enrollment is generally not fully known until the semester begins, and since tuition accounts for 54 percent of the revenue, funds were in question. The second reason is to provide time for assessing the compensation changes that typically occur in October, and the third reason is to have the pay increases align with the benefit calendar. The heart of the insult felt by faculty lies in the fact that there was not a clear understanding or any opportunity to have a voice in the matter to discuss possible alternatives. The feeling by many NMC instructors is that they are more than invested in their careers as educators since they are personally invested in the NMC community. Several instructors agree the realignment has its value, but how it came about is an oversight that opened the door of mistrust.

Enrollment is actually down by a smaller percentage than anticipated at the time of implementing the salary freeze, but nonetheless, it is down. Of the 28 Michigan community colleges, 25 schools reflected a decline in their enrollment.

Tuition and fee increases are contributing factors to the decrease of student enrollment. NMC traditional student Chloe lives at home with her parents. Chloe works and pays her tuition, and the increase affected her selection of classes. NMC non-traditional student Lori Herald works 30 hours per week and has the responsibility of a household with two school-age sons; caring for her family and making ends meet is her first priority. Herald, a veteran of the US Navy, understands the meaning of sacrifice but financially the tuition increase has her contemplating a second job in the coming 2015 spring semester.

Many students choosing not to return this semester voiced nearly identical reasons; the first and most common reason was money and time, and the second reason was cost and time. Sounds like the two reasons are the same, but there is a difference. The gradual upswing in the economy has the result of creating an improved job market. Taking care of the basics and spending additional time away from the family is a difficult decision. Right now many are focused toward regaining their self-sufficiency, and furthering one's education doesn't guarantee a job. The second reason of cost and time is tied to the assertion that tuition costs too much and takes too much time to obtain even an associate degree. In addition, there are other segments of students not returning to NMC: students transferring to a four-year university program and students taking the approach of online education.

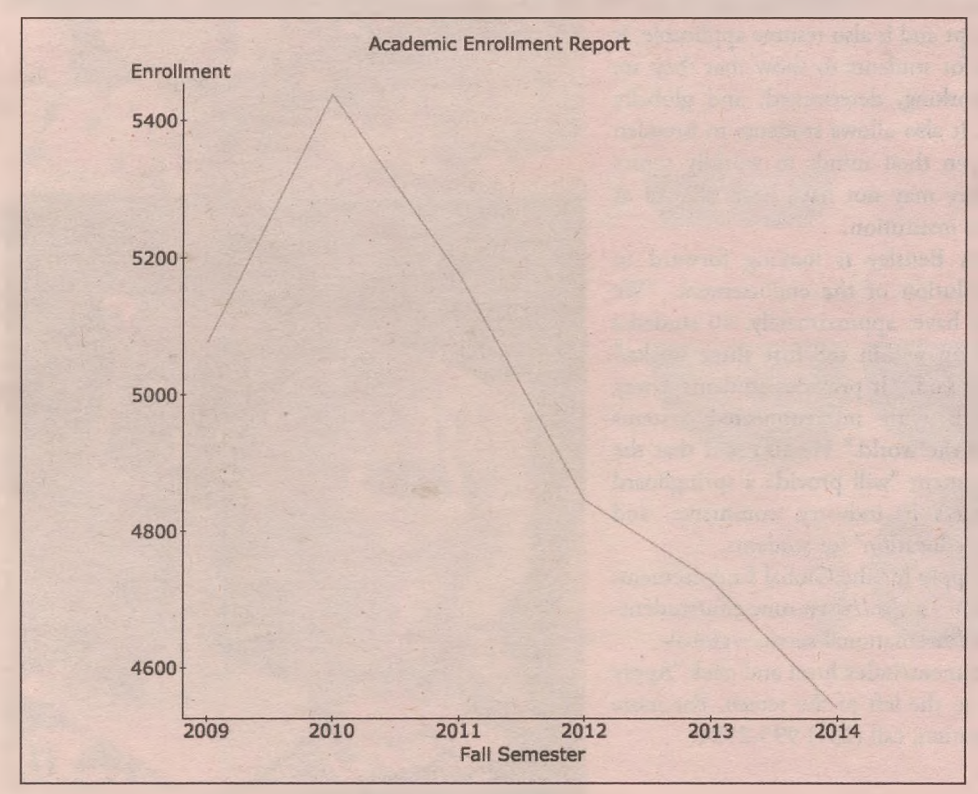
Rick Haglund, a correspondent for *Bridge Magazine*, which is published by The Center for Michigan, reports that statewide community colleges are facing similar issues regarding falling enrollment and tuition increases, and as earlier stated, much of it has to do with the improving job market. Fall enrollment at Michigan community colleges has fallen from a record of 260,179 students in 2010 (the depths of Great Recession) to 212,867 students this year, a decline of 47,312 students, reported *Bridge*. "It's certainly under one's definition of something we should be proud of," Brandy Johnson, executive director of the Michigan College Access Network, told Haglund.

Tim Nelson described in a recent interview how NMC is adjusting to the changing profile of the student body and the demands of an ever-changing workforce. Haglund echoes the necessity of these changes as well. The average age of an NMC student is 27 with female students slightly outnumbering male students. Students are a combination of high-school graduates, dual enrollees, non-traditional students and those with their GED certificate. Many students are often faced with remedial course work before accumulating credits. Remedial work is necessary for some, but this line of requirements can be time consuming and discouraging, causing many students to drop out. With an increasing internationally mixed population, English courses can be a barrier, and math course work can be a hindrance for many students with a lapse of years between high school and college. Potential and existing students resist the cost of taking a course that holds little added value to their personal or career paths and often these required courses will hold the student back if they graduate at all. Graduates are counted by the state and federal governments; this information functions in a number of ways, including calculating available funding sources.

Each year NMC enrollment goals are projected using a national model that incorporates information of the local, state and national economic trends. The model incorporates too many statistics to mention, but suffice it to say, the projections are not assumptions. So what exactly is NMC doing to stimulate growth and maintain students through graduation?

Small changes can have a large impact and the requirement for math is one such change. NMC has introduced Math 120. This course is aligned with the practical use of math in day-to-day living. For someone not entering into an engineering, medical or science-driven field, this is a welcome change over formerly-required algebra. The nursing and maritime programs are two well-known higher education programs with a reputation for turning out the best. In 2013, NMC became the first community college to offer a Bachelor of Science degree in Maritime Technology. NMC holds the honor of being the first in the nation to offer an Associate Degree in Fresh Water Studies. The Aviation program is soaring, the Viticulture program has its roots soundly planted, and of course 'foodies' know the Great Lakes Culinary Institute is one of the best places for hands-on training. Military veterans can receive credits for their job-specific training acquired during their service that can assist veterans in fast-tracking their degree and career goals. Many programs feature the option of deferential tuition. Further, NMC encourages the option of obtaining credit for acquired knowledge with testing as outlined in the CLEP program. The higher education programs have many things in common but one commonality stands out: the potential for a career. Some careers in these fields can begin prior to graduating, which is beneficial for the student, NMC and the community.

Over 2,000 potential students toured the NMC campus in the past eight months. The administration is working diligently to improve enrollment, but instructors need a resolution now to their concerns of trust; additionally, although the economic picture is improving, individuals and families are still in a state of recovery, and tuition increases are a barrier to enrollment that NMC cannot afford.

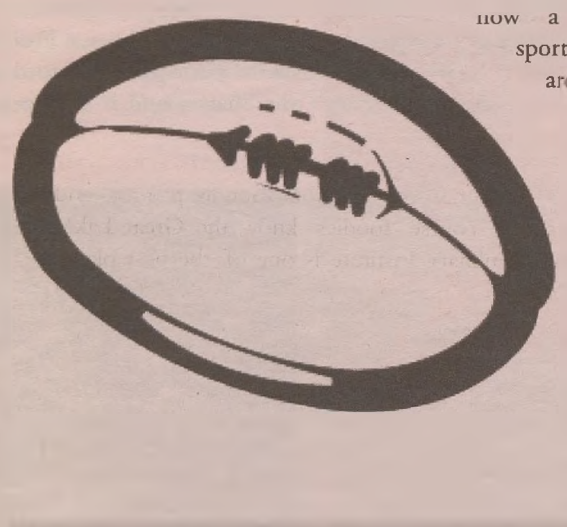


Getting Down and Dirty with Rugby

Nicole Kluth
Press Staff Writer

Blood, elegant violence, and tradition are a few things that make up the sport of rugby. What is rugby? Where does this sport originate? What makes it so fun? There are many complex things I could say about rugby that may confuse a non-rugby player, but I'll stick to the basics. Let's get down and dirty with rugby!

Rugby began in the UK around 1823 and worked its way through most of Western Europe. Its founder, William Webb Ellis, was the son of an Irish soldier. He went to university at the age of 18 in Oxford where he played cricket at Lorde Cricket Ground. With a mixture of rules from cricket and then-popular folk football, Webb Ellis created rugby and began the first team. In 1839, Arthur Pell, a Cambridge undergraduate who later became a member of Parliament, created a Cambridge University Rugby House Team. At one of their games, the entire team wore red velvet caps to impress Princess Adelaide, daughter of the Duke of Saxe-Meliningen and later the wife of the King. This act of wearing matching caps later turned into what we now know as uniforms.



You can see that rugby started another continent away many years ago and is now a growing sport all around the United States and Canada. Many colleges are beginning to push rugby towards becoming a mainstream sport. Some of the major universities in Michigan that have successful college rugby teams are Davenport, Michigan State, and Grand Valley State University. During high school, I joined a community high school team and fell in love with the sport. Now that I'm in college, there's an opportunity to enjoy it again and have many people fall in love with rugby just like I did. There are no community college teams in Michigan; this means that almost every game that the Hawk Owls would play would be against a university. If you're interested in the sport and possibly playing, contact the *White Pine Press* on our Facebook page or email us at whitepinepress@gmail.com. I encourage boys and girls of all sizes and ages to try this out; there is a position for every size. No one would be left out, plus this game is fun and worth the time put into it.

CAMPUS **QUOTES**

Compiled by **Cassandra Chase**

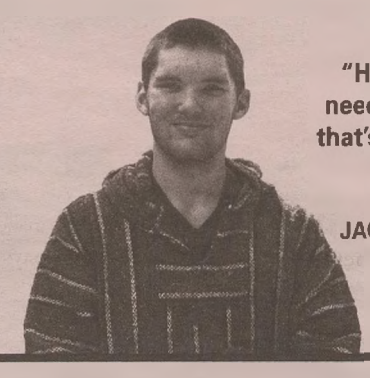
An 11-year-old boy in Kingsley recently brought a gun to school. What should happen to him?

"Situations like this are society's problem. We should be helping people. Where were the kid's parents? I don't think the bullying was handled properly, or else this wouldn't happen. It could have been prevented and it's our responsibility."

JOSH BROWN
Political Science

"The kid needs psychological help. He needs one-on-one help with a school counselor. He needs proper medications and guidance. What made him want to do that? It's pretty scary to think about."

ALLI FRUSTI
Child Development



"He should be in trouble and probably needs counseling. He shouldn't go to jail; that's way too extreme. The kid just needs some help."

JACOB KEARNS
Culinary

"The kid should go to counseling. Also, the bullying needs to be addressed. What else would push him? Expelling him is not a good solution to the overall problem."

JOHANNAH BROWN
Business

"He should go through counseling so he feels more comfortable around other students. Hopefully the counseling will help him see that bringing a weapon to school is not okay."

MADDY JENNER
Undecided

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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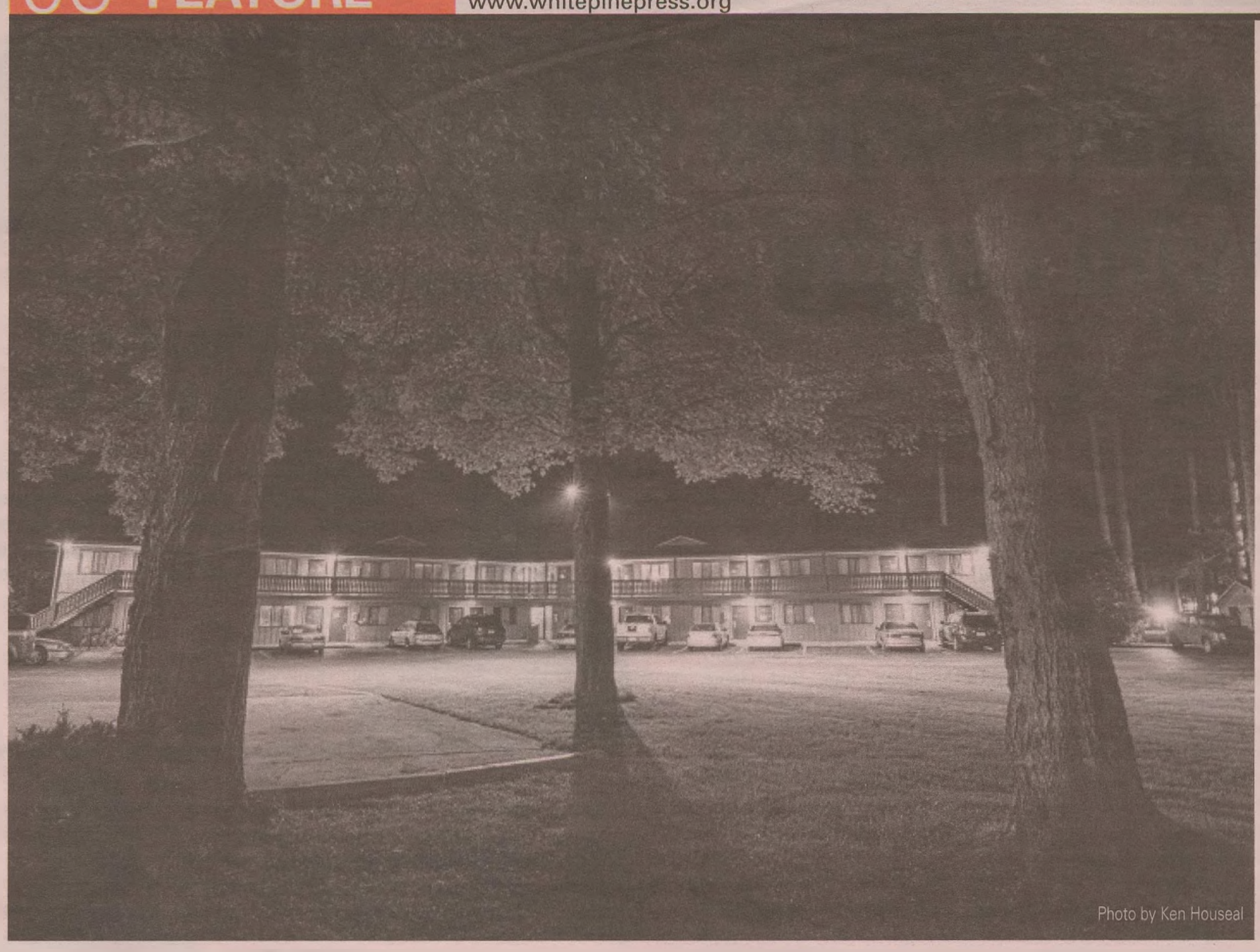

Photo by Ken Houseal

Steppi
NMC Acqu

Laureen Horan
Press Staff Writer

Residents of Traverse City are we
town they call home is nationally recc
the state's (and the nation's) hottest to
From the serene sunsets over the bay
hustle and bustle of downtown's shop
TC residents are reminded daily th
town that is as genuine, unique, and
individual that resides here. Howe
Traverse City just like any other town
or the nation is that it does have its r
There's nothing wrong with a cert
or a certain establishment in a town
up to "beautiful" or "scenic" standa
something wrong with an establis
trafficked a handful of dangerous pe
serious crimes. What's even worse i
establishment is located right next
college, a public school, a civic c
playground/skate park, several neigh
well as a busy business location. Let
to the Shadowland Motel.

Ah, yes. The Shadowland Motel. T
itself is as eerie as the name. Accord
reviews (and personal experience at th
kind of creepy, awful motel you see
even comedy) movies. From the dim
to the poor paint job, to the downri
the Shadowland is an experience on

A cramped room suggests the shadowland's sordid past more than its bright future.

Photo by Ken Houseal

ing Out of the Shadows:

ıires Motel

ll aware that the gnized as one of ırist destinations. o the enchanting s and attractions, at they live in a inspiring as each ver, what makes ı across the state ough spots. ain part of town that doesn't live rds, but there is hment that has ople committing s when such an to a community enter and public borhoods and as ne introduce you

he establishment ing to some bad ıe motel), it's the in scary (or hey, ly lit parking lot, ght nasty rooms, e would wish to forget. The worst part about the Shadowland Motel isn't the less-than appealing physical features, it's the track record of criminal incidences that have occurred there over the years, including multiple meth busts. It's no secret that meth ruins the lives of users and their families, but it's important to remember that the use of meth can spread as quickly as the common cold and can be very dangerous and harmful to our community.

Before diving into the criminal history of Shadowland, let's first take a look at the history of the motel itself. The Shadowland has been around for at least 70 years and used to be a very popular nightclub and cafe of the same name before being converted into a motel. Other than that, trying to find factual information has been quite challenging. Supposedly, Shadowland Bar was a big college hotspot back in the 1970s and was also referred to as "The Pit." It was located where the Dennos Museum is now. Peg Siciliano of the Traverse City History Center was kind enough to go through the archives and found that the earliest date she has recorded for an establishment named "Shadowland" is 1937. Local residents who remember the Shadowland before it was a motel say it was a quaint little local cafe before it turned into a nightclub/bar in the mid 1970s. Perhaps the transition from family cafe to popular nightclub was what eventually turned the light-hearted atmosphere of Shadowland into a place of mischief.

While it was quite a process to find information about the history of the building itself, finding articles and details about the drug busts at Shadowland Motel was not challenging at all. Several local newspapers were quick to report on the criminal happenings at the Shadowland. The most recent incident was in February 2014. According to the *Northern Express* newspaper, three men who were guests at the motel robbed another guest. The day after that, the men stabbed and killed an alleged drug dealer over a bad deal. Before that, two meth lab busts occurred at the motel, in December 2012, and also in April 2013.

What's even more frightening than a stabbing over a drug deal is the fact that the three men who committed the crimes were only 15, 18, and 21 years of age. The recent occurrences at the motel put the Shadowland in a dark place, making the name "Shadowland" even more applicable and true. Reviews of the Shadowland didn't have anything good to say about the motel, either. One 2008 review claims,

"It was the worst hotel experience I've ever had! My husband and I have traveled all over the world, including 3rd world countries, and have never been to a more disgusting place."

Hank Herreman, an Indiana-native blogger, described his trip to be "comparable to the Bates Motel," and that he and his wife always make sure to book their rooms well in advance, as to avoid ever ending up in any establishment similar to Shadowland. Fortunately, there is indeed a light at the end of the tunnel to change the dark fate of the Shadowland Motel.

In August 2014, UpNorthLive.com reported that our own Northwestern Michigan College signed a year-long lease to obtain the Shadowland Motel for much needed extra student housing. Only two weeks after the signing of the lease in late July 2014, all 24 of the units were filled. NMC's Vice President of Finance and Administration, Vicki Cook, says NMC is still in the works on figuring out student housing options for after the lease is up. The building will then be returned to the management of Cambria Suites, which plans to renovate the establishment. For now, the property formerly known as the Shadowland Motel has taken the name "Hawk's Nest" to suit NMC's new mascot, the Hawk Owl. Thanks to NMC, we are able to house our growing number of on-campus residents so that more individuals are able to pursue their educational goals. In doing this, NMC has also relieved the area of perpetrators and life-threatening crimes, which makes our community a happier, healthier and overall more safer place to live and visit.

Photo by Ken Houseal

Dennos Museum to Feature Ken Scott Photography

The Dennos Museum Center at Northwestern Michigan College will present an exhibition by photographer Ken Scott, Sept. 21-Oct. 26. The exhibition is being presented in collaboration with the Leelanau Conservancy.

In celebration of its 25th anniversary, the Leelanau Conservancy commissioned landscape photographer Ken Scott to take pictures of the natural areas and farm land it has preserved on the Leelanau peninsula. Scott, self-taught, has been photographing nature for more than 20 years.

"His delight and amazement in his subject are contagious," said Barbara Krause, exhibition curator at the Leelanau Conservancy. "Ken is fully attuned to his surroundings and exercising great patience. He waits for the perfect moment and then captures the unique qualities of the place. Each of the photographs selected for the exhibition invites viewers to look closely, engage their senses, and, like the photographer, savor their experience."

The exhibition will consist of a selection of framed works by Scott as well as a digital presentation of additional photographs from the commissioned work on a flat screen in the gallery.

Scott has gained local fame for his book *Ice Caves of Leelanau*, which was published this spring by the Leelanau Press and includes an essay by Traverse City author Jerry Dennis. *Ice Caves* features Scott's photographs of the rare ice formations he captured this past winter off the shores of Lake Michigan in Leelanau County. Through his lens, the viewer experiences ice caves in early winter, after a March thaw and refreeze, ice balls, ridges, volcanoes and pancake ice in a color spectrum from white to green to blue. Words cannot describe the beauty of these unusual natural ice structures that only a few brave souls have experienced.

Your feet will feel the rumble as waves crash into the shoreline and carve out these ice caves covered in crystals. Ken Scott's Facebook friend and meteorologist, Ernie Ostuno of Grand Rapids, supplies ice terminology and explanation for what is being viewed.

"Ken and I collaborated closely on our 2000 book, *Leelanau: A Portrait of Place in Photographs and Text*, but this time the inspiration was all Ken's," says Dennis. "He has such an amazing eye and is the most intrepid photographic artist I've ever known. He's out there night and day, in all seasons and all weather, and is constantly trying new ways of looking at the world. When he called in March to ask if my wife Gail and I wanted to see the ice caves with him, we jumped at the chance. We knew it was not just a chance to see an extraordinary natural phenomenon—one we were likely never to see again—but to watch Ken at work, which is always tremendous fun. He's like a kid at play. And the results are magical."

For more information on Ken Scott visit KenScottPhotography.com.

The Dennos education department is planning two programs in association with the exhibition:

A Conversation with Ken Scott

Thursday, Oct. 2, 6:30 p.m. Free with paid admission to the Museum.

Join Dennos Curator of Education, Jason Dake, and photographer Ken Scott as they discuss the exhibition, Leelanau Conservancy Legacy, through the lens of Ken Scott. Using the photographs and related materials as a backdrop, this informal conversation will shed light on Scott's process while focusing on the images, not the technical jargon.

Sunday with the Leelanau Conservancy

Sunday, Oct. 19, 1:30 & 2:30 p.m. Free with paid admission to the Museum.

Visitors of all ages will enjoy an interactive tour of the Ken Scott photography exhibition with Leelanau Conservancy executive director Brian Price. Learn about the Conservancy's mission and the land it protects.

This exhibition is made possible at the Dennos with support from the Leelanau Conservancy, The Camera Shop, the Michigan Council for Arts and Cultural Affairs, the National Endowment for the Arts, and the Robert T. and Ruth Haidt Hughes Memorial Endowment Fund.

The Dennos Museum Center is open Monday to Saturday from 10 a.m. until 5 p.m., Thursday until 8 p.m. and Sundays from 1-5 p.m. Admission is $6 for adults, $4 for children and free to museum members. For more information on the Museum and its programs, visit DennosMuseum.org or call 231-995-1055. The Dennos Museum Center is located at 1410 College Drive, Traverse City, MI 49686, at the entrance to the campus of Northwestern Michigan College.

Photo by Ken Scott

Apprentice to Practiced Poet

Laureen Horan
Press Staff Writer

Do you enjoy writing or reading poetry? Do you ever find yourself rhyming your way through a less than satisfying day? Do you keep a journal or like to express yourself with writing of any kind? Consider joining NMC's Live Poets Society (LPS)!

The group is led by Jim Crockett and Deb Maison. Crockett is a retired NMC English, Spanish, and writing professor with a passion for all things language. Crockett is passionate about LPS and sees it as "an opportunity to pull students into the world of serious writing, and show them they can engage the world through poetry." He went on to describe LPS as an outlet from the seriousness in life. Maison is a professional counselor as well as adjunct Psychology and Sociology teacher here at NMC. She loves being a part of LPS because it's a place where "I actually have time to write." She loves that it's an escape from her busy everyday life. "It's amazing to see someone new come to the group. This is a new experience for most of us and it's an inspiring atmosphere where students can grow and improve in their writing."

Writing is considered a form of therapy according to the American Psychology Association. It really is an excellent way to relieve stress, express hidden feelings or obvious emotions, and also a great way to meet and inspire other students who also have a passion for writing. Writing is portable yet permanent; it makes your thinking visible. It also preserves ideas and thoughts for you to come back to at any time. Writing poetry doesn't just improve poetry skills, it will help you strengthen your writing as a whole, whether it's academic or business oriented.

The Live Poets Society meets Wednesday afternoons from 3:30-5p.m. in Scholars Hall room 106. It's an inspiring, creative atmosphere where creative writers of all abilities and levels of experience can gather to share and improve their work or use simply as a creative outlet. It's a break from the chaos of class and work! Come every week or drop in when you can! For nearly four years, Crochett and Maison have enthusiastically dedicated their Wednesday afternoons, sharing their own poetry and encouraging students to express themselves in their writing. If this sounds like something you or a friend would enjoy, please don't hesitate to join the group! The Live Poets Society can be found on Facebook. For more information, contact Maison at dmaison@nmc.edu or Crockett at jcrockett@nmc.edu.

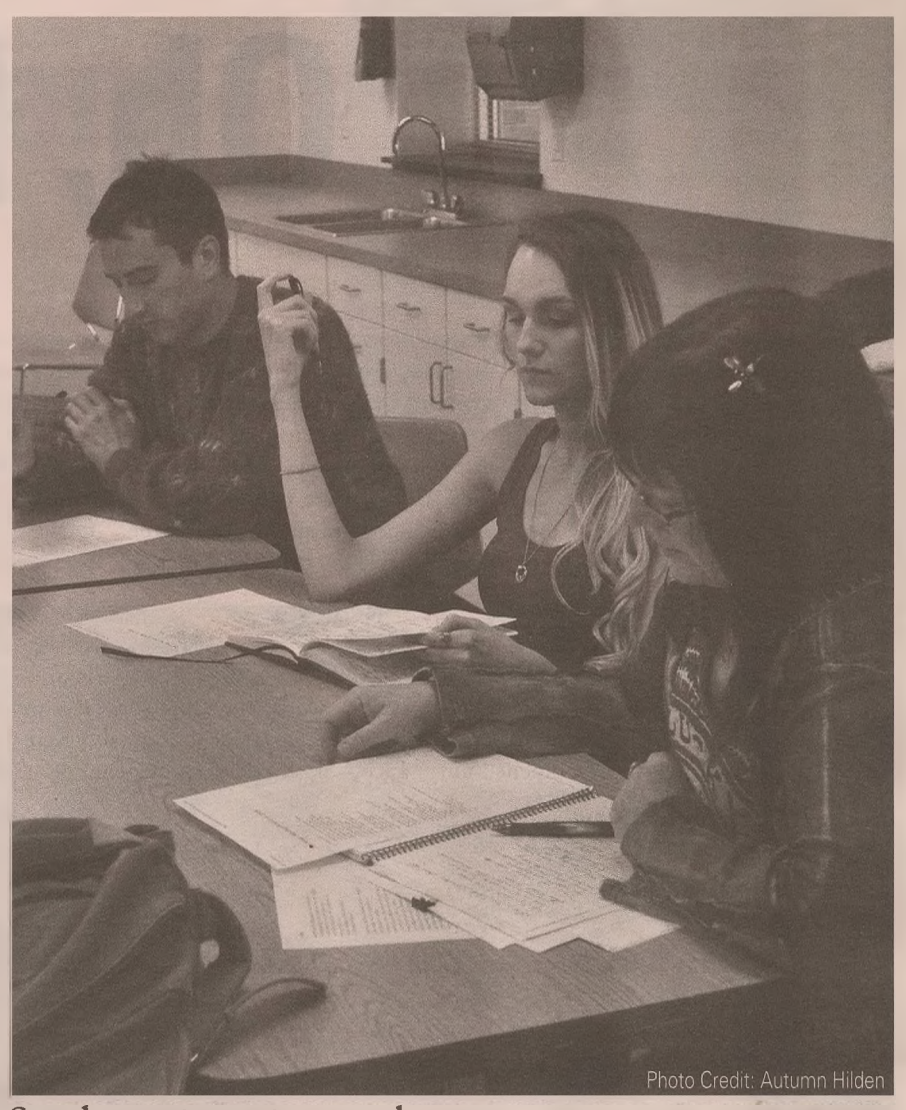

Photo Credit: Autumn Hilden

Students imagine and create

We share and inspire,
We imagine and create,
We write and escape.
A haiku by Laureen Horan

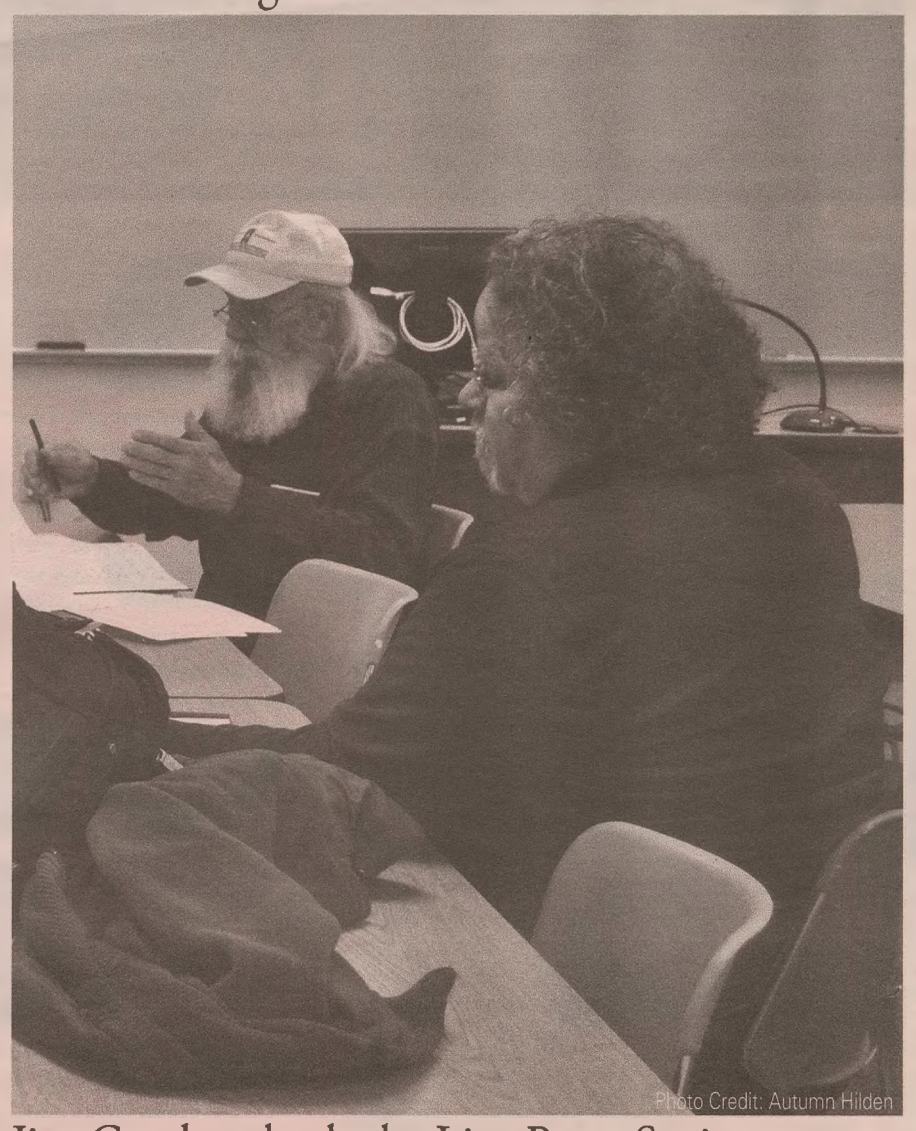

Photo Credit: Autumn Hilden

Jim Crockett leads the Live Poets Society

Oh, Honey!

Laureen Horan
Press Staff Writer

Ahh, September. The month that marks the end of summer and the beginning of fall, which inevitably leads us into our chilly, Michigan winters. Some people find the month of September to be depressing, as the temperature drops and all of the beautiful green forestry dulls to a frosted brown. Many others know that September is the time to enjoy spending hours outside without sweating immensely and suffering through the muggy heat. It's the time to appreciate nature, and not just the beautiful autumn colors the plant life phases through, but also to appreciate the wonderful things nature provides for us. September is National Honey Month, and sometimes we don't realize the many benefits that can be received from honey. That being said, we also forget to recognize how important bees are to human life.

First of all, honey works wonders on the insides of our bodies. Honey contains flavonoids, which are antioxidants that can help to reduce the risk of cancer and heart disease. Additionally, "All honey is antibacterial, because the bees add an enzyme that makes hydrogen peroxide," said Peter Molan, director of the Honey Research Unit at the University of Waikato in New Zealand. Honey also curbs coughs, specifically buckwheat honey. In a study of 110 children, a single dose of buckwheat honey was just as effective as a single dose of dextromethorphan in relieving night time cough and allowing the proper amount of sleep. Also, topical application of honey has been shown to be as effective as conventional treatment with silver sulfadiazene (your typical burn cream). Conclusively, honey's antibacterial qualities are particularly useful for the skin and can also be moisturizing and nourishing! Personally, I love to use a honey and brown sugar mixture on my skin. It's an excellent exfoliant, and the honey leaves my skin feeling soft and gives me a lovely glow.

Keep in mind, if you're seeking the benefits of honey, then you need raw, organic (and preferably local) honey. Avoid processed and filtered honey—you want the real deal! Honey's antibacterial properties have also been shown to help acne and keep the elasticity of the skin intact. Honey can also be used to replace sugar in food in many instances. According to MOMables.com, 1 teaspoon of sugar is equivalent to ¼ teaspoon of honey.

Now that we've established only a few of honey's numerous benefits, let's take the time to appreciate the source of honey itself—the humble bumble bee. Obviously, it's no fun to get stung by a bee, and you have to take extra precaution around bees if you have an allergy to them. However, losing bees forever would hurt the human race much more than just a sting. It may be hard to comprehend the importance of bees, but it's crucial to recognize how much bee-pollinated food we consume every day. According to the Honey Bee Conservancy, 1 out of every 3 bites of food comes from a bee-pollinated plant. As if that's not troubling enough, the inexistence of bees would lead to the loss of $15 billion to the farm and food industry, which would cause the expense of food to rise exponentially.

Without bees, the entire concept of pollination would be eliminated from our eco-system, and the lack of pollination would result in the absence of hundreds of crops—including apples, blueberries, cherries, pears, olives, broccoli, carrots, celery, gourds and melons, and even peanuts and sunflowers.

You may not realize it, but bees are starting to decrease dramatically in population, and there's not any specific reason as to why. A very recent *New York Times* article, entitled "Our Bees, Ourselves" by Mark Winston, expounds upon the benefits of bees and points out that ⅓ of all bee colonies have vanished in the last decade. Some of the causes as to why bees are disappearing can be herbicides, pesticides, pathogens, parasites, global warming, and poor nutrition. On that note, what can we do to help the bees as much as they help us? There are many ways! The best ways are to plant a bee friendly garden full of flowers (try to plant Michigan-native flowers!) or to start your own beehive. If you don't have the time or resources to properly care for the bees, consider sponsoring a beehive project. Don't forget that every time you purchase local, organic honey you are contributing not only to your local economy, but also to the bees!

Why am I Grumpy?

Emily Lechowicz
Press Writer

Sorry ladies. You can no longer use the excuse "I'm on my period" to make up for your bad mood. There is scientific evidence that shows why people sometimes have rain clouds over their heads.

So where does your bad mood come from? Your body is full of hormones. One of the hormones associated with mood is called cortisol, which is usually produced when a person is stressed out. Your body also produces estrogen, which plays a huge role when it comes to moodiness. When there is an unhealthy balance of these hormones, you tend to feel down in the dumps. Are you ever in a bad mood and don't know why? Your body is producing too many of these hormones, which become unbalanced, making you feel irritated.

There are other reasons why you are in a bad mood as well. Studies show that self-control, or lack of self-control, can be linked to being in a bad mood. Sometimes, self-control can be aggravating. You want a Snickers bar, but since you're on a diet, you should eat an apple. Choosing the option you don't want can stimulate stress, and in turn, can aggravate you. Also, the types of foods you eat can affect your mood. If you are trying to lose weight and have been skipping breakfast or counting carbs, you may want to reconsider if you've been feeling a bit blah lately. If you're watching your weight, don't eliminate carbs but simply choose the smart ones instead.

Next time you are in a bad mood, here are some tips to help bust your blues and how NMC can help.

Embrace your bad mood. It's time to face the music. You're not always going to be a happy-go-lucky ball of sunshine that everyone wants to be around. Good and bad moods are a part of life; they are inevitable. Ups and downs are a part of your mind's natural process and functions. Bad moods aren't all bad. Take the time that you're feeling down and focus on something that has been bothering you. When you are irritated, it usually leads to wanting to be alone and helps you become more attentive to important thoughts and decisions.

Eat a balanced diet. Unfortunately, girls, this does not mean sitting in bed watching Netflix and eating an entire pint of Ben and Jerry's. Eat a healthy, balanced meal from the cafeteria if you're on campus, and stay away from carb-heavy fast food.

Exercise. Nothing puts hormones back in their place more than exercising. The NMC Fitness Center offers plenty of ways to burn off your anger in a healthy way, or play a pick-up game of volleyball with friends at the sand courts.

Get involved with people. When you're around others who are in good moods, your mood will start to improve. When friends frequently come in contact with each other, the moods of those people will start to synchronize, so choose friends who will lift you up with their good moods. Join a club on campus with others who love to do what you do. Also, Student Life of NMC offers free counseling to those who have more serious behavioral issues, as well for those who just need someone supportive to talk to. Following these simple life hacks can turn your moodiness around and will get you back on the path of happiness.

So All Your Friends Transferred to University

A Step by Step Guide to Maintain Sanity this Year

Kat Trumbull
Press Editor in Chief

Ah yes, last year contained a plethora of inside jokes, parties, late night hang outs, mid-day hangover support and hilarious texts. You knew the day would come when you had to help your friends move into their new dorms at some expensive university. You knew you would have to meet their new roommates/potential new best friends and pretend you like this stranger that gets to hog your BFF for the next year or four. We all know this struggle, but we can all band together to get through these trying times.

Step 1: Drown yourself in Netflix. Find a show and binge watch it. I suggest *Lost, Supernatural,* or something that was on for several seasons so you're set for an entire semester of lonely weekends.

Step 2: Collect things. It's always fun to watch a collection grow and flourish into something big and fun. You can focus your sadness on hoarding your favorite knick knacks like snowglobes—which you already have a good collection of after all those Christmases when your weird aunt didn't know what to get you. If you don't have as weird of an aunt as the rest of us, a pet rock collection would make you look totally sane to your acquaintances as well as be a fun way to spend time! Who doesn't want a pet rock named Rocky? I know I do!

Step 3: Among doing these other things, try your best never to leave your dorm room. The outside world is scary and there are several things out there that will remind you of your distant BFF. Besides class, stay inside as much as possible. Low on groceries? Delivery. Laundry needs to be done? Pay a freshman to do it for you. Mom wants you to come over for dinner? Explain to her that you are in a world of endless sorrow and she'll never understand (that always works). Just stay in and cruise the internet, but stay off Facebook. You don't want to see the posts from your BFF about how much they're enjoying their new school and new friends. Just delete your Facebook account completely—everything will make you sad.

Step 4: This one is the most important of all! Ignore steps one through three. Yes, ignore them. Rip them right out of this paper if you have to! Don't do any of that! What are you, crazy? Those are awful things to do! Never follow my advice. What you should do is go out, be social, make new friends in class or outside of school and live your life to the fullest. That way, when your friend comes back from University, you'll have tons of awesome stories to tell them and they won't think you've spent the whole year being a total loser/stick-in-the-mud. Now that sounds like a much better solution, doesn't it? No worries, it's not the end of the world, even if it really does seem that way right now. You'll pull through it!

Giving Homelessness a Voice

Northern Michigan's homeless population too often gets shoved into the shadows. Plans to build a shelter near Traverse City's bustling downtown faced heated opposition from business owners. Headlines about deaths of homeless people over the winter marred local newspapers.

But there's reason for hope. A magazine for the homeless, called *Speak Up*, launched this summer in Traverse City. And a weekly writing workshop launched this semester at Northwestern Michigan College that seeks to give a voice to anyone who has experienced homelessness. Many NMC students are "housing vulnerable," which includes living in tents, surfing on a couch or moving from one temporary home to another.

The workshop, which meets every Tuesday, from 7-9 p.m. at Scholars Hall 204, is led by Communications faculty instructors Melissa Sprenkle and Michael Anderson and will run until December 16. Participants, who need not be enrolled at NMC, can drop in any week that works for them. Writers will have the opportunity to submit their work to *Speak Up*. Free refreshments and writing supplies will be provided.

The workshop is supported this semester by an NMC Foundation Innovation Grant.