

# GREENER GARDENS

## New culinary class teaches organic gardening

BY NATALIE WRIGHT  
Editor

Kasey Shelton spent the last five of her 27 years sitting in a cubicle. One day she realized it wasn't what she wanted.

"So you sit at your job every day, and if you like it, you love it, and if you don't, you think about what you'd rather be doing," Shelton said. "For me it was food."

Shelton, of Ypsilanti, quit her job working for an auto supplier, got a job at Whole Foods and signed up for culinary classes at Washtenaw. Now, she is studying baking and pastry and is pursuing her interest in organic gardening in the Farm Harvesting and Management class that began this semester.

The class, which is a part of the culinary department, was developed by divisional counselor Kim Groce, as a support for the Core Garden project she spearheaded last year. It brings a body of labor to the garden that was desperately needed, Groce said, and gives her an opportunity to teach students, which is why she created the garden in the first place.

"It was always my plan to be able to teach students how to grow," she said. "I didn't know I would be able to actually have a class."

When Vice President of Instruction Bill Abernethy had the idea to create a formal class, Groce was excited, she said, but also overwhelmed.

"We really only had six weeks. Normally, it takes about a year to put together a whole new class."

The course could have gone into a variety of areas, Groce said, like business or environmental science, but culinary is the best fit, she said.

"We can look at the concept of 'farm-to-table' and teach students the importance of growing and knowing where your food comes from," Groce said.

Charles Schwarz, a student in the class and lifelong farmer, said that even if students continue to go to the grocery store for their fruits and vegetables, this class will help make them better consumers.

"All the time people at the grocery store put down a fruit or vegetable for a 'better one,' because it looks brighter; it's shinier; it has more wax on it, but that doesn't make it better," Schwarz said.

Learning how to grow also means learning what to look for in the best food products.

Schwarz admitted that he was a little disappointed when the class started. A farmer all



Instructor Kim Groce, center, works with students Holden Knapp, 19, left, and Charles Schwarz, in the LA building's greenhouse before they plant another batch of tomato seeds. The plants will remain in the greenhouse until the weather permits their transfer to the Core Garden. GRAY BANCROFT | WASHTENAW VOICE

See **GARDENS**, Page A8

## 5 THINGS YOU MISSED

### AT THE FEB. 24 BOARD OF TRUSTEES MEETING

BY PAULETTE PARKER  
News Editor  
AND TAYLOR ROBINSON  
Staff Writer

#### 1. COLLEGE HIRES ADVANCED TRANSPORTATION DIRECTOR

Alan Lecz, previously director of employer strategies at the Workforce Intelligence Network for Southeast Michigan, was hired as the director for WCC's prospective Advanced Transportation Center. He will be paid \$104,000 annually.

#### 2. WCC RECEIVES \$3 MILLION SKILLED TRADES GRANT

As a part of Gov. Snyder's \$50 million skilled trades grant program, WCC will receive \$3 million to purchase equipment for educational programs that emphasize high-wage, high-skill, and high-demand occupations.

See **MEETING**, Page A3

## What do you consider to be the biggest challenge women face today?

SEE MORE ANSWERS  
PAGE A5



Taylor Aeschliman, 21, Dexter, nursing

# What's hiding in your policies?

BY TAYLOR ROBINSON  
Staff Writer

In early February, news began to spread about Samsung television microphones recording more than just typical voice commands.

Samsung simply replied that the user can deactivate this feature along with completely deactivating the ability for voice recognition. They also made it clear that consumers were not blind-sided and the information was provided within the privacy policy.

This raises questions about privacy policies in general. Is the intent of these policies to protect the consumer or the company?

According to a 2012 article in "The Atlantic," it would take the average person approximately

eight hours a day for 76 days straight to read all of the content provided by the average number of privacy policies they encounter in one year.

Oh, privacy policies. The barriers for every downloadable application on a smartphone device.

Every day, at all times of the day, millions of people stay constantly connected to the Internet via cellphones and other small devices.

While apps continue to make accessing information easier for the consumer, it also becomes easier for advertisers and other unknown third parties to access personal information.

Washtenaw Community College's web design and development instructor, Kelley Gottschang, is no stranger to the concerns over privacy policies.

"The problem with these little devices is that they start to become you. I love my device. People sleep with their device. They put it under their pillow. It's never more than a foot away from them," Gottschang said. "This whole thing is you. It goes where you go and leaves a trail."

When agreeing to a privacy policy, the application will ask for access regarding certain information including and not limited to the person's contacts, photos, location, media files, identity, microphone, camera and so on. While some apps find this necessary for protection, sometimes more harm is being done than help.

Ashlee Rothfuss, a 20-year-old graphic design student from Manchester, is familiar with Apple and Android devices. Now an Android user, she commented that Android applications are much more blunt when it comes to the information being accessed. A drop down list appears briefly explaining the terms and conditions for downloading that app. Apple, on the other hand, gives the long-winded version. "I like the Android better. I feel like they are more upfront. It will give you bigger hints such as using your contacts or messaging. Apple just gives you the straight up policy that nobody wants to read so you just hit 'Accept,'" said Rothfuss.

## How do you feel when an app asks for your personal information to use or download it?

"It's a trade off we take between the freedoms that we have and the amount of service we get from the app. Things like Google require a lot of information, but we get so many free benefits. I'm willing to give up my privacy to get these free services that I might have had to pay for if I had used other companies."

Daniel Harsh, 19,  
Tipton, undecided



SEE MORE ABOUT  
PRIVACY POLICIES  
PAGE A6



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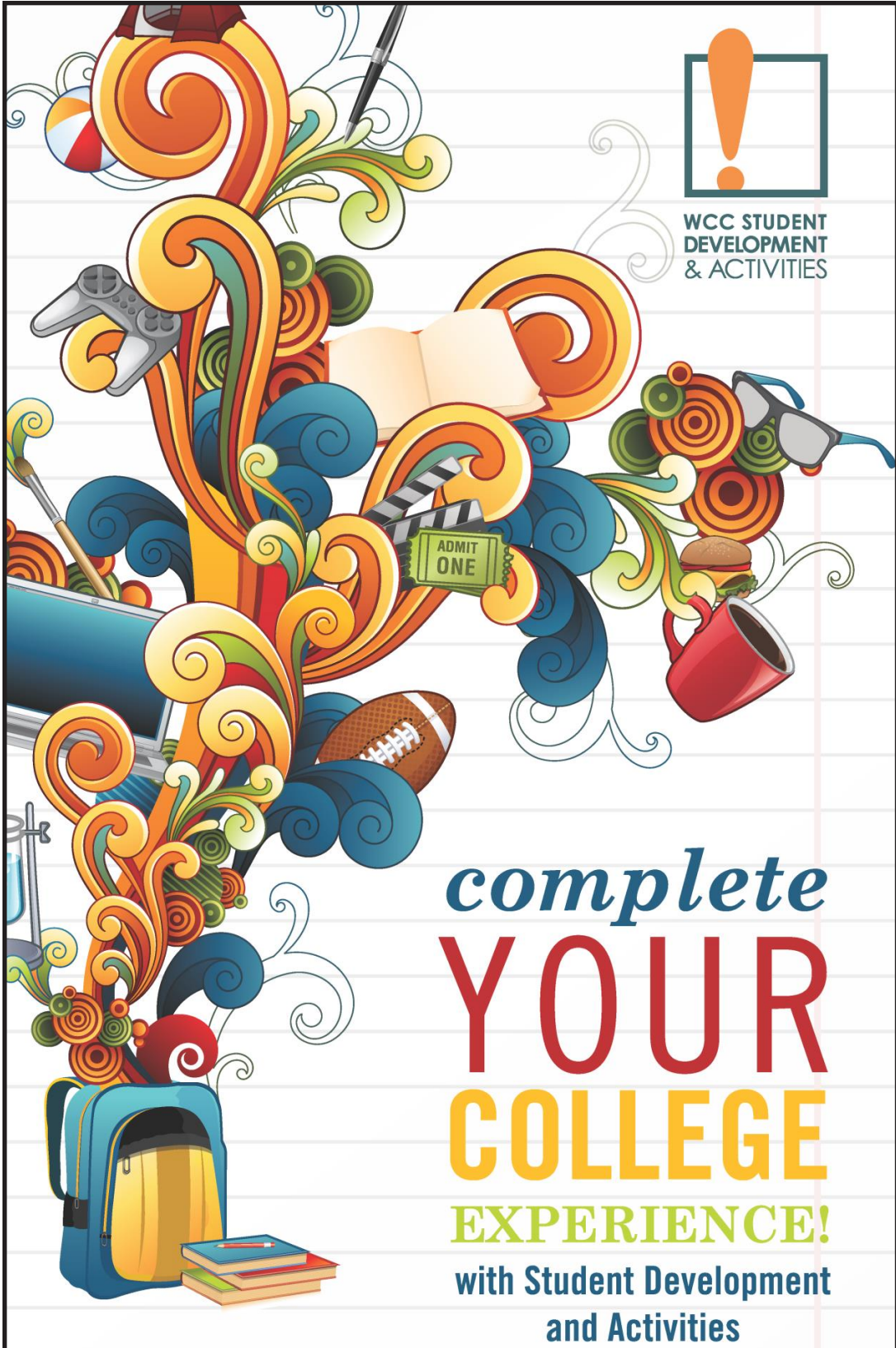


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**YOUR COLLEGE EXPERIENCE!**  
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UPCOMING EVENTS

Rachel Barsch  
rbarsch@wccnet.edu

**Blood Drive!**

**Where:** ML 101  
**When:** Mar. 31<sup>st</sup>, 2015  
**Times:** 10:00 A.M. - 4:00 P.M.  
Donate blood, you could save up to 3 lives! Schedule a visit at [www.redcrossblood.org](http://www.redcrossblood.org) code: WCC13 or stop in!

**Bravo Awards**

Do you have a favorite teacher or staff member? Nominate them for a Bravo Award, and they could receive a prize for all their hard work!  
<http://tinyurl.com/WCCBravoAward15>

**Cool Careers**

**Where:** LA 355  
**When:** Mar.26<sup>th</sup> 3:30 PM-5:00  
If you're thinking about a career in writing, please come to this event to learn about career options and hear from experts in the field. Light refreshments will be served.

**Free College Day**

Come and Volunteer at free college day!  
**Where:** WCC, ML Building.  
**When:** Mar. 28<sup>th</sup> 2015  
8:00 A.M.-6:00 P.M.  
**Pre-registration is required.**  
<http://tinyurl.com/WCCFreeCollegeDayMarch2015>

CLUBS & ORGANIZATIONS

Alexandria Judkins    [ajudkins@wccnet.edu](mailto:ajudkins@wccnet.edu)

**Find Your Passion!**

Is it video games? Faith? Political Science? We have a diverse range of clubs, organizations, and honor societies. There are so many ways to *get involved!!* For info on starting a club stop by the Student Activities Office SC 112 or contact Alexandria Judkins!

**Are you a Phi Theta Kappa Member?**

Interested in getting involved with PTK? Join us at our weekly, Thursday meetings from 3:30 P.M.-5:30 P.M. in TI 240. Learn how to stand out from the crowd! Currently we are brainstorming events for the coming year, come share your ideas with us!

Interested in becoming a member?  
Contact Alexandria Judkins!

SPORTS

Matthew Lucas    [mflucas@wccnet.edu](mailto:mflucas@wccnet.edu)

**Club Softball:** We need players! The season starts on Monday, March 30<sup>th</sup>. Make sure to sign up in the Sports Office and get for more information!

**Intramural Flag Football:** On March 18<sup>th</sup>, we are kicking off the spring intramural flag football season! Help us make it a huge success! Register by yourself or with a team at SC 116, the Sports Office!

**Intramural Tennis:** Tennis sign-ups are in full gear! With tennis starting March 16, registration will be ending on Friday, March 13<sup>th</sup> at noon. Stop into the office, SC 116, and register!

**Intramural Bowling:** There are only a few spots left for our intramural bowling! With the interest we have had, these last few spots will be on a waitlist. More information will be available in the office, SC 116!

**Club Baseball:** Baseball officially starts on Monday, March 2<sup>nd</sup>! Tryouts will be Monday through Thursday, from 8:30pm to 10:30pm at Advantage Sports. Please sign up in the WCC Sports Office today!

Tickets for shows, trips and events are available in the cashier's office, 2<sup>nd</sup> floor of the SC building!



**STAY CONNECTED!**  
[HTTP://TINYW.CC/SDA](http://tinyw.cc/sda)

*Be the first to find out about new tickets and activities!*



**Commencement Ceremony  
is May 16**

**APPLY  
to  
Graduate!**

Go to  
***wccnet.edu/graduation***

 **Washtenaw Community College**

<b>Event:</b>	<b>Lucky Lab Rescue “Furever Homes” – Dock of the Bay</b>
<b>Date:</b>	Friday, March 20, 2015
<b>Time:</b>	7-9 p.m.
<b>Category:</b>	2-hour class, FUNdraisers
<b>Organizer:</b>	Paint and Pour
<b>Phone:</b>	(734) 720-9777
<b>Email:</b>	<a href="mailto:info@thepaintandpour.com">info@thepaintandpour.com</a>
<b>Price:</b>	\$45

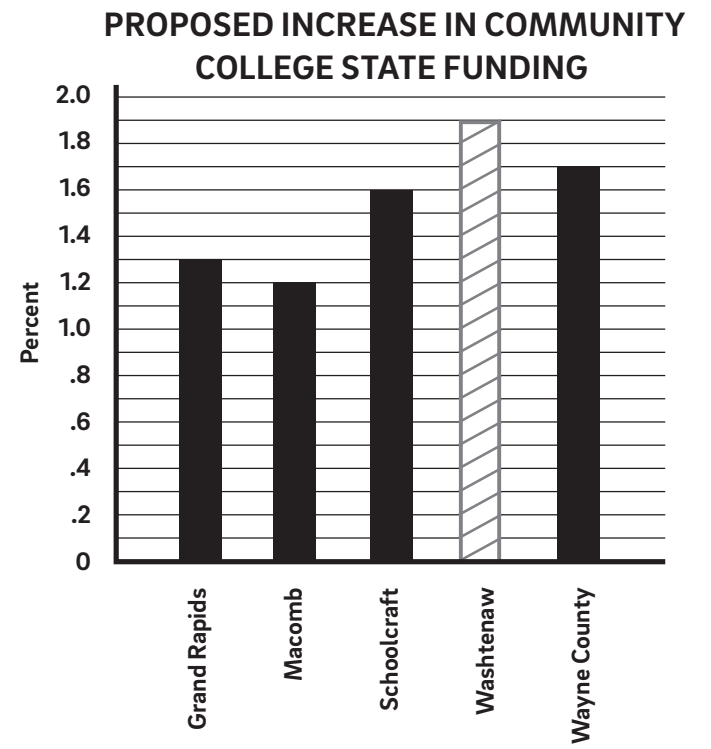


**Washtenaw Community College  
Morris Lawrence Bldg – Room 160  
4800 E Huron River Dr., Ann Arbor, MI 48105**  
Come enjoy a couple hours with friends sitting by the Dock of the Bay, all the while you are helping Lucky Lab Rescue save Labrador Retrievers and find them their “Furever” homes.  
<http://www.luckylabrescuemi.com>  
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Limited seating so purchase your tickets today at:  
<http://thepaintandpour.com/event/lucky-lab-rescue-furever-homes-dock-of-the-bay-mar-20th-7-9-pm/>



# Governor recommends increased funding for community colleges



**BY PAULETTE PARKER**  
*News Editor*

Governor Snyder released his 2016 fiscal year budget recommendation on Feb. 11, which includes positive investments for Michigan’s 28 community colleges, particularly Washtenaw Community College.

The proposed budget includes a 1.4 percent increase of \$4.3 million overall in community college operations funding, bringing total operations funding to \$311.5 million. For the third consecutive year, it is recommended that WCC receive the highest operations funding percentage rate increase at 1.9 percent.

“It’s a recommendation of how well we perform according

to state performance metrics,” said Jason Morgan, director of government relations at WCC. Washtenaw was involved in the creation of these metrics three years ago.

“It’s not the highest dollar increase because there are some colleges that are bigger and have traditionally received more money than we have,” Morgan said. “But this is getting us closer to being with those higher schools.”

“That is very, very impressive. I am so glad to hear this because that shows what our faculty and what everybody is doing at this institution to make this a better institution,” WCC trustee, Diana McKnight-Morton said at February’s board meeting.

With the small operations increase, coupled with proposed increased state support for the Michigan Public School Employee Retirement System (MPERS), community college funding would grow by \$29 million over current year funding, an 8 percent increase in total state appropriations.

The proposed budget also includes funding for independent, part-time student grants recommended at \$6 million, representing the first time since fiscal year 2009 that the program has been funded.

This financial aid program targets part-time, adult students at community colleges. The governor encourages community colleges to use this funding to re-enroll former students who may have dropped out without earning a degree or other credential.

The governor also proposed doubling the skilled trades training fund from \$10 million to \$20 million. He recommended \$17.8 million in the K-12 budget for career tech programs and early middle college programs focusing on skilled trades.

The expectation is that this funding comes with increased collaboration between K-12, community colleges and universities.

While this is the governor’s recommendation, the legislature will decide on its own budget.

“We are extremely pleased with the governor’s recommendation of WCC and we really hope the legislature will pass that version,” Morgan said.

**MEETING, From A1**

**3. BOARD APPROVES VPI SEARCH FIRM CONTRACT**

The board of trustees approved a \$53,000 contract with RPA Inc. to aid in the search for a new vice president of instruction. It is expected that a permanent VPI be in place for the start of the fall 2015 semester.

**4. AMENDMENTS TO AFFIRMATIVE ACTION POLICY APPROVED**

Amendments to the policy include an emphasis on nondiscrimination against any person “because of sexual orientation, gender identity, or gender expression.” The changes add that women and minorities employed by the college align with the employed population of Washtenaw County.

**5. BOARD APPROVES AMENDMENTS TO INVESTMENT POLICY**

Previously, community colleges were permitted by law to invest only in bonds, bills or notes of only the U.S. Treasury or the State of Michigan. Recent changes to the law allow the policy to change to permit investments in local governments, municipalities, school districts and other qualified, local investments to attain higher rates of return.

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## IN BRIEF

### BEWARE OF SCAM AIMED AT STUDENTS

A national scam targeting college students consists of someone, identifying themselves as an Internal Revenue Service employee, calling students and telling them that they own money to the IRS. The call asks for banking or credit card information. The best way to protect yourself is to never give out personal information, especially banking or credit card information, over the phone unless you have generated the contact.

If you believe you have been a victim of this scam, contact your local police agency.

### BECOME A WCC STUDENT AMBASSADOR

The New Student Programming department is looking for ambassadors for the 2015-16 academic year. These ambassadors assist with orientation sessions for new students and other campus events, lead campus tours, share experiences through social media and act as mentors to other students.

Those interested can apply at <https://jobs.wccnet.edu>.

### SPRING INTRAMURAL SPORTS BEGIN

**TENNIS:** Starting on March 16, intramural tennis will be held on Mondays from 9 p.m.-10 p.m. at the Chippewa Tennis Club on Golfside Drive. Students can register through March 13 at noon in the Club Sports office on the first floor of the Student Center.

**FLAG FOOTBALL:** On March 18, WCC kicks off the spring flag football season. Students can register in the Club Sports office.

### DO YOU HAVE A GREAT TEACHER?

Students can nominate faculty and staff who have made an impact on them and shown a great commitment to serving students for a Bravo award. Nominations are taken through March 16, and selected nominees will receive recognition and a prize. To submit a nomination, visit <http://tinyurl.com/WCCBravoAward15>.

### CALLING ALL EAGER ENTREPRENEURS

WCC’s Entrepreneurship Center will hold a grand opening reception on Tuesday, March 10 at 5:30 p.m. in the Plant Operations Building. Tours of the center will be held until 7 p.m. food will be provided by former and current WCC entrepreneurs.

### COLLEGE HOSTS SPRING CAREER FAIR

Dozens of employers will visit Washtenaw’s campus hoping to recruit talented students on Tuesday, March 17 from 1-4 p.m. in the Morris Lawrence building. Employers will be looking for applicants to fill positions including: sales department manager, home furnishing sales, cook/assistant cook, maintenance technician, certified nurse assistant and network field engineers.

Job seekers should bring several copies of their resumes and dress professionally.

### SECONDARY EDUCATION INFO SESSIONS

Secondary education students who would like to learn more about the steps they need to take to accomplish the program can attend a seminar in Washtenaw’s Liberal Arts and Sciences building on Thursday March 12. The seminar will be held at 12:30-1:30 p.m. in LA 254 and again at 5:30-6:30 p.m. in LA 256. Seats are limited, so those interested must reserve space at <http://www.wccnet.edu/ed-advising>. For more information, contact Kim Groce, HBSS Divisional Counselor at [kgroce@wccnet.edu](mailto:kgroce@wccnet.edu).

### WCC FUNDRAISER FOR UNITED WAY

On Tuesday, March 17, from 11 a.m.-1 p.m., on the first floor of the Student Center, students will be able to purchase tickets, two for \$1, for root beer floats, cookie decorating, bead necklaces and clover-grams. Proceeds go to WCC’s campaign for the United Way.



EDITORIAL

Why Obama’s community college plans look bleak

During his last stretch in office, President Barack Obama has set his sights on improving accessibility of higher education, but his two major proposals carry conflicting messages. In January, the president proposed development of an ambitious plan “to lower the cost of community college – to zero.” Who can argue with that? Not only would this make a substantial dent in the skyrocketing collective student debt, it would also open doors for students who otherwise could not afford to pursue any form of higher education. If this plan were executed, it would be a monumental achievement in Obama’s legacy, on par with

the Affordable Care Act. But is it a pipe dream? Is there a chance of his passing such significant reform with less than two years remaining in office, especially in higher education, an area where the bureaucracy through which innovation must trudge is as thick as any? It seems Obama himself may have doubts. As he builds a coalition of lawmakers, philanthropists and higher education leaders to develop the plan, the U.S. Department of Education is concurrently working on a restructuring of financial aid disbursement. Last August, the president asked the USDE to develop a new rating system for two- and four-year colleges and universities. For the first time, this system would tie \$150

billion in federal financial aid to performance-based metrics, rather than enrollment. The department released the first outline of the rating system in December, asking the public for feedback. The final system is set to be published before the 2015-16 academic year begins. Financial aid could be tied to the ratings as soon as 2018. Ratings would compare two- and four-year institutions separately and would be based on a number of factors, including the extent to which colleges serve low-income and first-generation students, affordability and completion rates, according to the USDE. After a great deal of controversy was raised over how the system would measure success – as not every student

who attends a community college intends to graduate with a degree – the department is exploring the viability of utilizing various “student success” measures including transfer and employment rates, future income, graduate school attendance and loan repayment. The hope is to improve performance and accessibility of colleges. “There aren’t many things that are more important to that idea of economic mobility, the idea that you can make it if you try, than a good education,” Obama said in August. “In the face of greater and greater global competition, in a knowledge-based economy, a great education is more important than ever.” While these two proposals

seem to have a common goal they also contradict each other. If community college will be free for most, what is the point in restructuring financial aid? Two free years of college for all is incredibly ambitious. Is financial aid restructuring simply Obama’s Plan B? Developing federal metrics for community colleges is a worthwhile effort, whether they’re tied to financial aid or not. Publishing the information will allow students and their families to choose the college that best suits their needs. Today, students have more freedom to choose an institution than ever, with online education breaking down geographical barriers. The Obama administration should continue to craft

the ratings system, but hold off on plans to tie it to financial aid, at least for community colleges, until the two free years of college plan is given a fighting chance. Obama seems to be grasping at straws, desperate to check off “higher education reform” on his to-do list. While the goal of these plans – to help even the playing field for college students – is desperately needed, Obama is hurting the chances of either passing by presenting a scattered message. If he honestly believes that two free years of college are needed and possible, why present a distracting alternative?

‘College Promise’ brings hope to students



Obama recently announced the “College Promise,” an initiative that would make two years of community college free for recent high school graduates. In an ideal world, where the grass is always green and the sky is always blue, this would be amazing. But in reality, the chances of this

proposal passing through our Republican-controlled Congress, with members who have already expressed their criticism and denounced support of the plan, seem pretty close to none. But let’s dream. College is too expensive. Anyone that has attended college would likely agree. And if you ever forget, Sallie Mae will call and remind you. As a community college student who files a Federal Application for Student Aid (FAFSA) each year and receives a Pell Grant, I can attest to the fact that it still isn’t enough to cover my costs. Between tuition, fees and books, I still end up

signing my life over to Sallie each semester to borrow and add on to an expensive and ever-growing loan to make up the difference. And I’m only a part-time student. Higher education, whether it be a college degree, certificate or technical training, has become increasingly important, and almost vital to entering the workforce. Once students graduate, many are already burdened with a mountain of debt before they even get their first paycheck. Doesn’t it seem counterproductive for someone to work to pay off the money that they paid for an education to be able to work?

And what about students who don’t even bother aspiring to go to college because they don’t think it’s financially feasible? This initiative could help low-income or disadvantaged students overcome the perception that college is out of reach by putting it within reach. In countries like Germany, Sweden, Norway and France, Americans can study at universities, in English, for free (or almost free), according to *The Washington Post*. But beginning in the fall of 2015, students won’t have to cross an ocean for a free college education – provided they live in the state of Tennessee or the city of Chicago.

In Tennessee, with the Tennessee Promise Scholarship, students will be able to attend any of Tennessee’s 13 community colleges, 27 colleges of applied technology or other eligible institutions offering an associate degree program. In Chicago, with the Chicago Star Scholarship, students will be able to attend any City College of Chicago (CCC), provided they meet the eligibility requirements, such as a 3.0 GPA. President Obama based his plan off of the Tennessee Promise. Despite the fact that these scholarships have eligibility requirements, I think a guaranteed

post-secondary education will be incentive to work hard to meet these requirements. It’s human nature to work for reward. And if a student is willing to work hard to get the grades to get into college, then I feel like they should be given access to the opportunity. Only time will tell how beneficial these programs turn out to be, but they are a big step in the right direction. Hopefully more cities and states follow suit. “Every student who is willing to work hard should have access to a quality education, regardless of whether they can afford it or not,” Rahm Emmanuel, the mayor of Chicago said. I second that notion.

SHOULD TIPPING BE PHASED OUT?

The tipping system breeds tension



After waiting tables for three years, I firmly believe everyone should work in customer service at some point – waiting tables if possible. Providing service for others teaches invaluable life lessons, and you can make good money doing it. I’ve walked away from some shifts having made \$30 an hour, others I’ve made less than \$5 an hour. It’s a fact you have to accept – the good and bad days even out. Expected tipping creates

The frustrating part is that often tables that require the most work from their server pay off the least. The customers who tip well are usually courteous and thankful. The customers who tip poorly often barely acknowledge their server as a human being. It makes no sense – the harder you work, the less money you get. Some argue that servers need the motivation of tips to provide good service, but plenty of other businesses find employees who provide excellent customer service while being paid an hourly rate. By paying servers a fair wage, we don’t have to ban tipping. It could still be something to strive for.

tension between customers and servers. A less than friendly customer may not be treated well, because it’s assumed they won’t tip decently. A friendly server often appears fake. Working at a restaurant in Ann Arbor, a college town that hosts hundreds of foreign students and faculty, I witnessed another toxic side to tipping: It perpetuates stereotypes and breeds racism. Because tipping customs differ around the world, those not familiar with American standards might not realize that servers are paid next to nothing hourly. Raising the minimum wage for servers, or including a mandatory service fee, can put an end to this tension between servers and customers.

What does your wallet really say?



Even excellence deserves recognition. It’s a value that has been drilled into our heads as Americans, be it as direct advice or simply in our daily observance of the cutthroat society around us. In a culture saturated with mediocre efforts disguised as five-star service, sometimes it’s hard to separate the lackluster from the exceptional, and

even harder to know how to reward excellence when you do see it. As consumers, we exist in a very rigid system – marketplace outcomes largely predetermined by super corporations pulling the puppets strings of our wallets. Not often does it feel like our wallets are doing the voting, and many industries benefit from the contents regardless of our intention or support. Those in the service industry, however, are tasked with providing service to customers of all backgrounds, all needs and all attitudes. Their work is then immediately judged and scored in the form of a monetary tip. In no other industry are one’s efforts so directly tied

to their rewards. Servers are asked to cater hand and foot to their guests, fulfilling requests often well outside of reasonable expectation. And they are asked to do so with a glowing smile and cheerful attitude. It’s a grueling job. It’s a grueling job that should be rewarded for its excellence. Removing the tipping system in our state would minimize the efforts of every service industry worker, and it would take away our power as consumers to quite literally put our money where our mouths are. In a culture slowly stripping away our power as citizens, we ought to fight for the chance to support each other.

NEW SEMESTER, NEW DESIGNERS

APPLY IN PERSON, TI 106

CORRECTION

In the Feb. 16 issue, page B8 informational graphic, the graph titled “WCC tuition” should have been labeled with blue corresponding to in-district tuition and orange corresponding to out-of-state tuition.

THE WASHTENAW VOICE

A NATIONAL PACEMAKER AWARD NEWSPAPER

The Washtenaw Voice is produced fortnightly by students of Washtenaw Community College and the views expressed herein will not imply endorsement or approval by the faculty, administration or Board of Trustees of WCC.

Student publications are important in establishing and maintaining an atmosphere of free and responsible discussion and in bringing matters of concern and importance to the attention of the campus community. Editorial responsibility for *The Voice* lies with the students, who will strive for balance, fairness and integrity in their coverage of issues and events while employing the best habits and practices of free inquiry and expression.

The Washtenaw Voice does not represent or endorse the accuracy or reliability of any of the information or content in advertisements contained in the newspaper or its website, www.washtenawvoice.com, nor the quality of any products, information or other materials displayed or obtained as a result of an advertisement or any other information or offer in or in connection with the services or products advertised.

The Voice welcomes letters to the editor from its readers and will make every effort to publish them. We reserve the right to edit letters for space considerations, and ask that writers limit their comments to no more than 400 words. All letters must include a name and contact information, such as an email address or phone number, so the letters can be verified before they are printed.

The Voice is committed to correcting all errors that appear in the newspaper and on its website, just as it is committed to the kind of careful journalism that will minimize the number of errors printed. To report an error of fact that should be corrected, phone 734-677-5405 or email [thewashtenawvoice@gmail.com](mailto:thewashtenawvoice@gmail.com).

A copy of each edition of *The Washtenaw Voice* is free to everyone. Additional copies are available at The Voice newsroom, TI 106, for 25 cents each.

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# WCC women weigh in for Women’s History Month

What has been the biggest women’s breakthrough in your lifetime?

What do you consider to be the biggest challenge women face today?



**Karma Ede**, 45, Westland, digital video production



**Kelsey May**, 14, Canton, undecided



**Hailey Schrader**, 19, Manchester, creative writing



**Jenna Hassan**, 18, Ypsilanti, entertainment design



**Crystal Khisa**, 24, Pittsfield, computer technician



**Ashley Betts**, 23, Ypsilanti, communications



**Koko Wilkins**, 22, Belleville, liberal arts

## WOMEN IN I.T.

The Washtenaw Community College Student Resource and Women’s Center along with Career Services and WCC faculty will be hosting a “Women in IT” event, highlighting the career opportunities available in the IT field and giving students insight into WCC’s current IT program, including web development and system administration, as well computer science, networking, and programming. All are welcome, and lunch will be provided.

**WHEN:** Thursday, March 26  
**WHERE:** Morris Lawrence building  
**TIME:** 11:00 a.m.–2:00 p.m., registration begins at 10:15 a.m.  
**RSVP:** <http://wccnet.edu/womeninit> by March 19  
**MORE INFO:** Call WCC Career Services at 734-677-5155

– Taylor Mabelitini



**Becky Pagels**, 28, Howell, pre-pharmacy



**Britney O'Neal**, 19, Ann Arbor, liberal arts



## The new ‘it’ couple

# HEALTHY VOICE



**M.M. DONALDSON**  
[mmorrisdonaldson@wccnet.edu](mailto:mmorrisdonaldson@wccnet.edu)

Trends aren’t always found on the fashion runways of Paris or Milan, but so often in the aisles of any grocery store. And right now, a trendy pairing is on everyone’s lips: salted caramel. In this must-have duo, caramel has become an accomplice for delivering mass quantities of sodium. Salt has been a staple of human history and language. Think “salt of the earth,” “worth its weight in salt” and Lot’s wife being turned into a pillar of salt. But more recent history has made NaCl into a health villain. Salt knows everyone loves to follow sexy couples and, despite the hyphenated name, would anyone just choose caramel by itself? Becoming a flavor so common it is on a trajectory to reach the level of go-to vanilla or chocolate. Google “salted caramel” and get about 11 million results in 0.24 seconds for cake, sauce, cupcakes, ice cream, chocolate, caramels, brownies, popcorn and recipes. This sweet and salty couple is now accessorizing pita chips, pretzel bites and popcorn bits, as if brownies and cookies weren’t good enough. And the

rest of the grocery store aisles are pining to get in on the trend. 2015 has been ushered in with a salted caramel protein drink and salted caramel craft beers. Chocolate has always been the little black dress for just about any occasion, but with salted caramel, a black T-shirt and sweat pants are now acceptable at the party. But how much of a good thing should anyone have? Health experts recommend capping sodium at 2300 mg per day. Or less. In real-person-speak 2300 mg is one teaspoon. According to the Dietary Guidelines for Americans, 2010 estimates the average intake is 3400 mg per day with the majority of the sodium found in processed or convenience foods. The Centers for Disease Control warns excessive sodium consumption can raise blood pressure and the risk of heart disease and stroke. Having kidney failure, heart attack or a major blood vessel blow out is way not sexy. Despite the possible health consequences of too much sodium, opponents of the Healthy, Hunger-Free Kids Act of 2010 have successfully lobbied against decreasing the sodium content in the school lunch program. Arguments ranged from school children refusing to eat the healthier food to school administrators complaining the standards cost too much. The original legislation called for step decreases in the maximum amount of

sodium that could be served in a school meal. By the 2022-23 school year, the cap would be at 500 mg. Many children who would be affected by the standard haven’t even been born yet. But the belying and winning argument may have been whispered into the right ears. In the book Salt Sugar Fat: How the Food Giants Hooked Us, Michael Moss interviews salty snack industry experts who state sodium is such a cheap ingredient, it is more cost effective to throw it away than redesign equipment to minimize waste. Food companies are providing more salted caramel options to sate consumers demand while caramel is a delightful flavor and can truly be enjoyed by itself. A safer bet for enjoying the salted caramel duo might be the WoodWick® Sea Salt Caramel candle where you just light the wick and enjoy the scent. See [washtenawvoice.com](http://washtenawvoice.com) for more information on the salted caramel products. M. M. Donaldson is allergic to scented candles and commits to leave the salt for French fries. She has a bachelor of science in family and community services from Michigan State University, and has several years’ experience with nutrition issues affecting infants through older adults.



## Coat couture



**SOFIA LYNCH**  
[snlynch@wccnet.edu](mailto:snlynch@wccnet.edu)



**TAYLOR MABELITINI**  
[tmabelitini@wccnet.edu](mailto:tmabelitini@wccnet.edu)

It’s not news to anyone that winter is not the optimum time for fashion. Winter in general is so horrid you can’t do anything but layer up and make the best of it. If there is one article of clothing that has always helped people avoid the winter fashion doldrums, it’s the “statement coat.” Statement coats are such a staple in winter fashion because of how much they impact an outfit. Coats are versatile and varied, with different patterns, materials and textures, and can easily brighten up a bulky, layered winter look. Amongst some of the top textures noted at February’s New York Fashion Week were the trends of fur and fringe – a perfect trend you can follow by

topping off your outfits with a statement vintage coat. If the throwback styles are too dramatic for you, try a trendy color. Yellow, military green, orange and pink were spotted, by Glamour and StyleList, as the high trends for the season at fashion week. On the other hand, if on-season trends don’t concern you, there are still a wide range of statement coats you could choose from to find a look that expresses “you.” According to Vogue, statement coats were sported by many fashion week attendees. And strutting the halls of Washtenaw Community College, many fashionable students are “in vogue” this winter, sporting their signature statement coats.

### Janice Self, 18, Ypsilanti, liberal arts

**Scarf** - Walmart  
**Coat** - Citi Trends

**Do you have a fashion philosophy? What makes you feel good?**  
I’m in my work uniform. I’m not really feeling, like, all awesome about it, but this little scarf is helping me feel better about the day. I feel like it’s always good to keep things that you like about yourself. We, as women, we know what we like to see ourselves in, and we know what we don’t like. If that makes you feel good, then do it.  
**Do you shop with a trend in mind?**  
Yes, I like bright colors. Jewelry! Jewelry makes a difference. I am so serious. Earrings and necklaces, I’ll always have them on deck; that’s what I shop for.  
**Do you have a favorite store?**  
I like Charlotte Russe. Citi Trends is like a good place to pick up little things when you’re not having a lot of money, and that’s it. I’m a college working student. I do not have a lot to shop for.  
**How crucial is your fashion in how you present yourself to others?**  
I think it’s important. It’s crucial to me because you’re presenting who you are, and if you show yourself like you don’t care, then that’s how people are gonna take you.

**Davida Austin, 24, Detroit, accounting**  
**Star Wars purse** - The Rocket  
**Pants and jacket** - Citi Trends

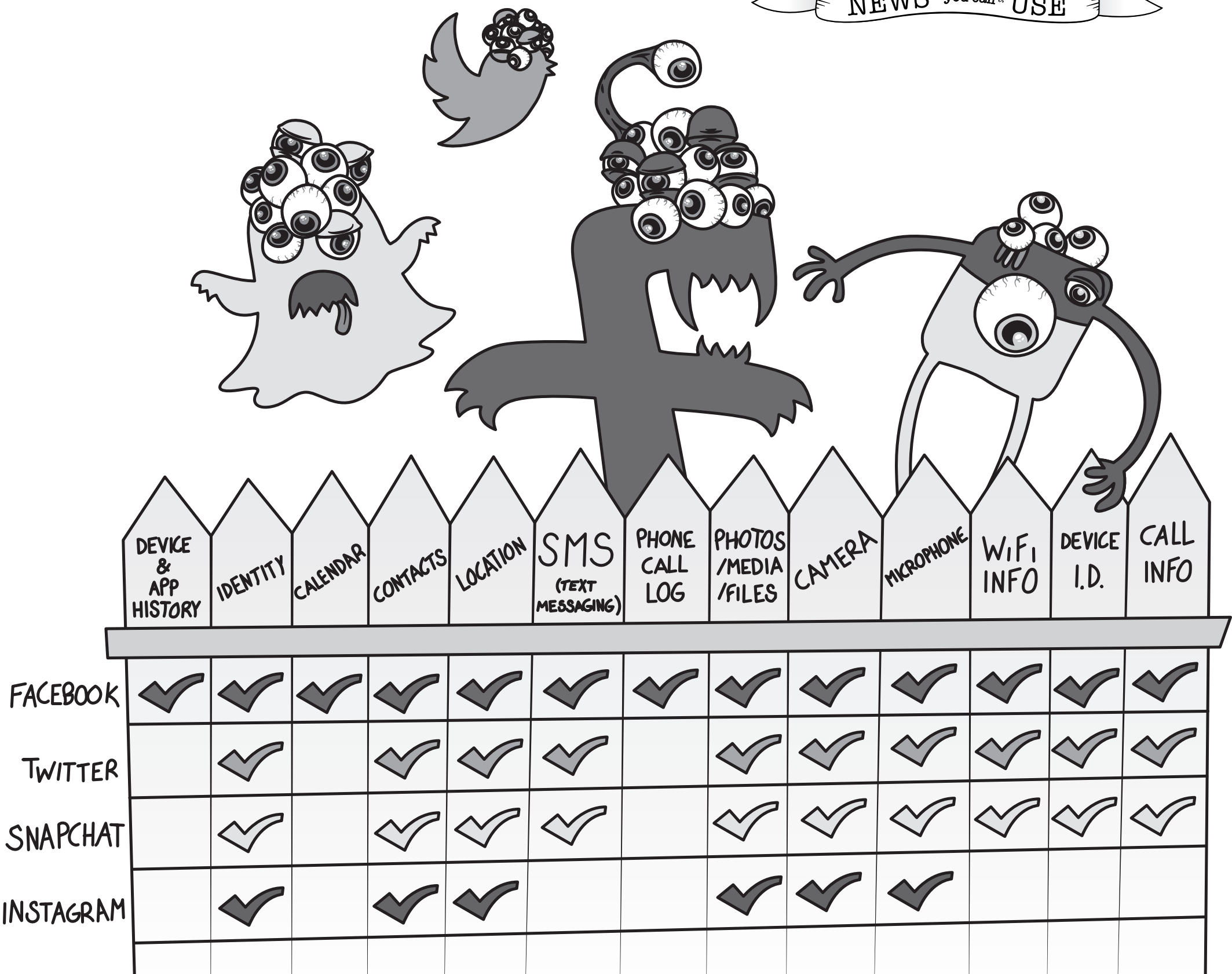
**Do you have a fashion philosophy?**  
Whatever hops out at me is what I’m buying.  
**How would you describe your style?**  
I don’t know; it’s just me.  
**How long do you spend getting ready in the morning?**  
An hour.  
**How crucial is your fashion to how you think you present yourself?**  
Very crucial.  
**Do you have a favorite store?**  
Hot Topic.  
**Do you shop with a trend in mind?**  
I usually have some idea in my head of an outfit I might want from looking at other people and celebrities, but usually if I see something else that pops out at me, that’s what I’m gonna grab.





# MONSTER POLICIES: WHO'S GOT EYES ON YOU

NEWS “you can” USE



Taylor Robinson, Erik Morris | Washtenaw Voice

## Voice Box

How do you feel when an app asks for your personal information to use or download it? And how do you feel about people you don't know being able to access your personal information online?

Interviews by Myisha Kinberg, Staff Writer  
Photos by Morgan Filsinger, Photographer



“I think it’s a good thing because it makes people more aware that they are allowing their information to be out in public. I don’t read privacy policies, but sometimes I do research on why an application would need or how they would use certain things such as my location. Anyone can access a phone number, a full name and possibly a home address just by looking in a phone book whether we want that information to be out there or not it is. And it’s been public for a long time. It’s a more social culture now, and, instead of trying to be closed off from it, I think we should just be accepting.”

Adam Saunders, 25, Ypsilanti, photography



“If I download an app to use its services, I don’t feel like I should be required to give my information. Having that requirement almost feels like a double payment. If apps have my information, they often use it to advertise things to me by sending me emails and potentially phone calls. I keep my account private on Instagram so that I can provide the information I want to, but only people I allow to follow me can see it. I like when you can use privacy settings because I can control everything more easily.”

Anders Smith, 16, Ann Arbor, video production



“I don’t understand why I should give them my information. Sometimes I give out half-truths like the wrong age or a different last name since you have to enter something. When I post on Facebook, I only post things that I want to share, but also won’t hurt me or get me in trouble. I wouldn’t be worried about people I know looking at my information because a lot of it has been public for quite sometime.”

Marc Stephens, 47, Detroit, videography



“I hit “okay” without reading privacy policies and let them have access when I download apps. It can be concerning to think that apps could say they just need to access my photos, but have other stuff hidden in the privacy policy knowing that most people don’t read the policies. If they wind up having stuff hidden, I think that is a bad business practice.”

Colin Gibson, 19, Howell, automotive services



“I don’t mind letting apps access my personal information because I don’t feel like I have anything to hide. Even if I was bothered, I’m not sure I would know what to do since I still want to be on social media, and that’s pretty hard to do without giving out information.”

Christopher Dale, 39, South Lyon, math and science



“It depends on what an app is trying to access – if it’s my photos or microphone, I don’t mind so much. It does make me feel weird to think about strangers looking at my personal information, but I think chances of strangers being interested in my stuff isn’t very big.”

Edgar Vargas-Castillo, 19, Canton, automotive services



“I usually allow apps to access my pictures, but not my location. It scares me to think that random people can view my personal information. When I see other people using location and putting out a lot of information about themselves on social media, it makes me think twice about what I’m posting. Why should I be holding information back and others are so upfront about theirs? It’s actually worrisome to me to think about what this world has come to and how easy it is to find someone and find out so much information about them with just a few clicks. There is no clear line as to how much exposed personal information is too much, and I think we need to set boundaries.”

Kelsey May, 14, Canton, journalism



“If I want to use an app, I’m not going to delete it because it asks to access my photos or location. I do question why so many apps need my information and what it’s used for, but, honestly, I don’t care if apps access it.”

Ryan Green, 17, Ypsilanti, undecided



“It depends of what kind of information the app is asking for, but, generally, I try to make my information as public as possible so people can find me easily.”

Ben Sussman, 19, Brighton, math



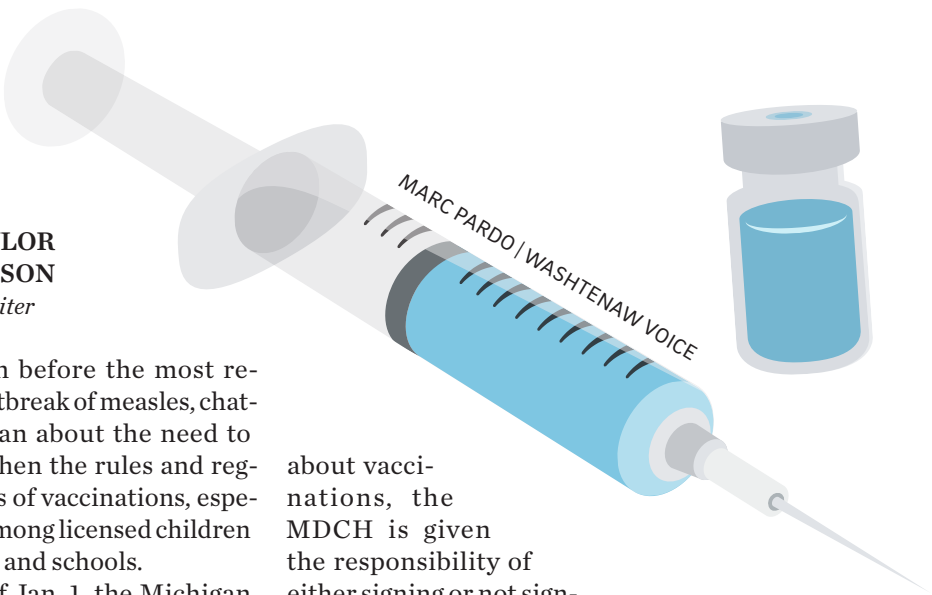
“I find it irritating and time consuming to have to allow access to all the different things apps feel they need to access when I download them. When I use social media, I usually try to keep all my information private.”

Katie McCullough, 19, Ann Arbor, business



# New vaccine laws will stop some children at the door

BY TAYLOR ROBINSON  
Staff Writer



Even before the most recent outbreak of measles, chatter began about the need to strengthen the rules and regulations of vaccinations, especially among licensed children centers and schools.

As of Jan. 1, the Michigan Department of Community Health instated a new rule that parents must obtain a waiver from the MDCH if they choose to not vaccinate their children for non-medical reasons. Non-medical refers to religious or philosophical reasons.

Washtenaw Community College's Children Center is included among the institutions that must abide by this new regulation.

Within the last couple of weeks, the guidelines changed for Trudi Hagen, director of WCC's Children Center. Originally, the center needed one of two documents to allow a child into the daycare. On the day a child is signed up for the center, Hagen either needed an immunization record or a waiver signed by the parent if he/she did not vaccinate the child.

Because of currently registered children, the regulation will not go into effect until early March. If a child does not have proper documents, Hagen said, she must refer the parent to the local health department. After the parent takes a training class

about vaccinations, the MDCH is given the responsibility of either signing or not signing a waiver form. Only after the parent presents a stamped document can Hagen allow the child into the center.

"It has been a kind of issue with daycare centers that we haven't really been happy with, but there's not much you can do because there's never been anything with the agencies that regulate us to back us up, but now there is," Hagen said. "Now the health department has stepped in because of these outbreaks."

Involved for more than 30 years in the childcare field, Hagen recalled the vaccination debate gained attention when people thought a certain chemical in vaccines caused autism. She added that the chemical is no longer used and not proven as a link for the disorder.

Dr. Matthew Davis, a professor at the University of Michigan since 2000, specializes in pediatrics, internal medicine and public policy. Davis spoke on the matter that some parents show hesitance toward vaccinations due to the influence of the Internet and media. "What I advise parents to do

is to not make up their minds about vaccines before getting to their child's doctor office. Often times the information about children's vaccines on the Web or other resources is incomplete," Davis said. "I believe that every parent wants to make a decision for their child based on complete information."

The Center for Disease Control does acknowledge the risks of vaccinations. Its website mentions the most common reaction is redness and swelling surrounding the injection site that usually goes away in a few days. Some children may experience a rare severe allergic reaction, and doctors are trained in dealing with those reactions.

"The vast majority of parents do vaccinate. That is the norm," Davis said. "I do understand that some parents are concerned about vaccinating their kids, and we need to have conversations with those parents."

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# IN THE GREENHOUSE



Above, culinary arts student Chris Colaner, 52, of Ypsilanti, left, and WTMC student Imani Johnson, 17, of Canton, add water to their soil mix to bond the dirt together. Right, Charles Schwarz, of Manchester, makes a fresh batch of soil from which a new group of seedlings will sprout. Below, a lonely Orchid blooms amongst a sea of green in WCC's greenhouse on the roof of the LA building. GRAY BANCROFT | WASHTENAW VOICE

## GARDENS, From A1

his life, Schwarz, who is in his 40s, signed up for the class expecting it to cover topics like fertilizing methods, farming machinery and crop rotation.

“The first day I showed up and said, ‘Where do I park my John Deere?’” he said. “Where’s my parking structure?” While the farm harvesting class wasn’t what he expected, he stayed with it, he said, because he felt he could learn something and that his experience would be valuable for others in the class.

“I would like to see them have a good agricultural farm program here, though,” he said.

Brook Miller, 40, said that although she has been gardening for five or six years, there is still so much to learn.

“I’ve only just started,” Miller said.

While some students have as much as 30 years of experience in growing and others have never been able to keep a plant alive, they all seem to agree that more goes into gardening than meets the eye.

“I didn’t know as much about gardening as I thought I did,” Shelton said. “You have to go back generations to learn the true and tried methods.”

Only nine students make up the class, and that’s “the only

way it works” Groce said. The small class size allows for each student to have more hands-on time and helps to develop a sense of community and teamwork.

On their way up to the greenhouse atop the LA building, where seedlings are housed for the winter, the students crowded 10 to the elevator.

“Family style,” Groce said.

As the packed compartment carried them up, Miller asked Groce if she needed any help tending to the plants over break.

“Absolutely, I do,” Groce said. “I’m here every day, just let me know when you want to come in.”

Last summer, Groce tended to the garden mostly on her own, for months. It was a labor of love, but took a toll on her. Having students who are not only willing, but excited to help is a huge relief for her, though she is still keeping busy, she said.

“I can focus more on the administrative side and looking for grants to help support the garden project while the students do the more hands on experience,” she said.

But she doesn’t plan to give up all her weeding and watering responsibilities. “I’ll be out there as much as I can,” she said. “I’m never letting go.”

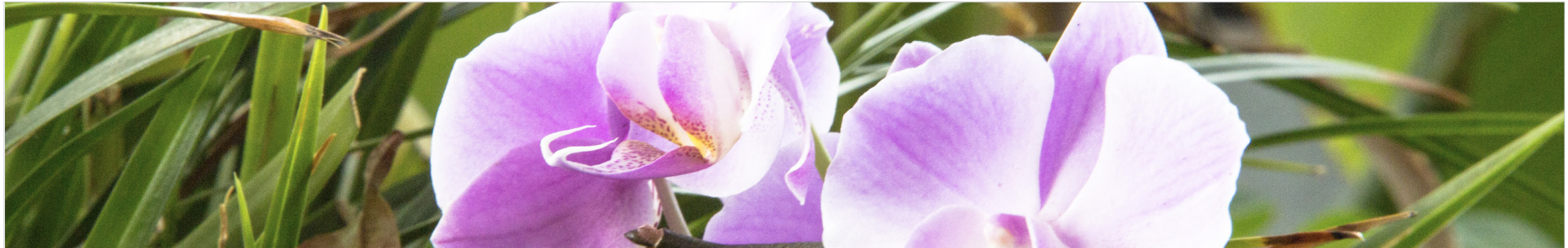
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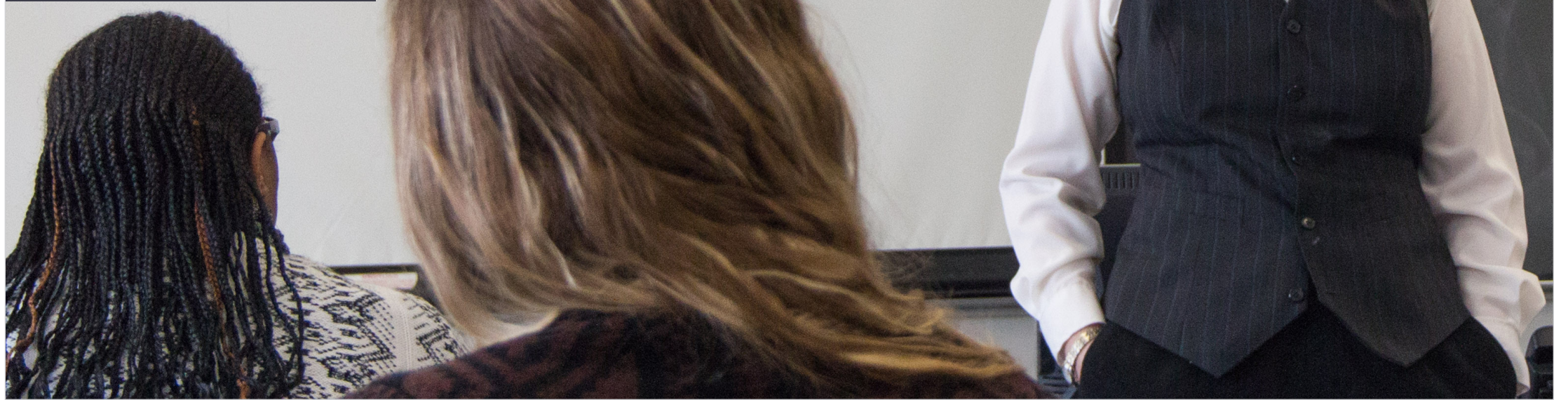
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Vol. 21, No. 10 — March 9, 2015

# TO ONE INSTRUCTOR, STUDENTS ARE 'HEROES'



WCC English instructor Maxine Gibson believes that 'teaching is like helping people to have choices.' Below, she helps Brian Ruhlig, 29, of Dexter before a recent class starts. GRAY BANCROFT | WASHTENAW VOICE



BY PAULETTE PARKER  
News Editor

Pictures and poems wallpaper the gray, metal office door. Across the threshold, inside the small, dim room, picture frames showcase smiling faces. Projects of students past have found refuge in the corners.

Visiting the office of English instructor Max Gibson offers a glimpse into what she cherishes. A conversation with Gibson gives a glimpse at her humility.

With nervous laughter, she abashedly tells her story, preferring to highlight those she feels have helped her become who she is.

Gibson came to Washtenaw Community College as a part-time instructor in 1980 after teaching English and art to junior high and high school students. She became a full-time instructor in 1990. The oldest of seven siblings, she was thrust into the role of helping them with their homework, she said,

which was the beginning of her path to teaching. After taking a philosophy class, she arrived at writing's door.

"I didn't have really good experiences in high school. I felt like I didn't know what the purpose was; I finally learned the purpose when I took philosophy, and I realized that writing was problem-solving," Gibson said. "The better you can describe the world, the better you can analyze it." The ability to problem solve is what she

strives to pass on to her students, helping them have more control over their lives.

"Teaching is like helping people to have choices, helping people to be free, helping them to be happy and helping them to problem solve," she said.

Fun, intelligent, interesting, wise – just a few of the words within reach that Gibson uses to describe her students. The glow in her eyes, light in her voice and the loosening of her posture when she dotes on them tells that they are so much more to her.

"I'm privy to my student's unfoldings," Gibson said. "I feel very privileged to hear their stories." And it's these varied stories, challenges and experiences that inspire Gibson in her own life.

"It's like, oh my gosh, you're my heroes," she said. "If you can do that, I shouldn't be complaining about not having time or resources because you're doing it with so much less."

WCC screenwriting major, Arianna Gelderloos, 19, of Ann Arbor, says that it is Gibson who has inspired her.

"I think that my writing has always been for me, and Max made it so that my writing could be for other people," Gelderloos said. Gibson helped her gain the ability to share her

writing with less fear of judgment, she said. She has also been a friend.

"She's really good at validating your feelings," Gelderloos said. "Like if I'm upset about anything, she always says what I need to hear."

In her classroom, she sits atop a table at the front of the class, her black-slack-clad legs dangling, crossed at the ankles. She leans forward, hands in her pockets, relaxed; her curly hair brushes her shoulders. She listens intently as each student speaks, and they return the courtesy. It is a safe zone of self-expression.

"We spend a lot of time talking about how to really listen to each other with an ear to understand rather than judge," Gibson said.

"Max does a really good job of getting people to talk because, a lot of times, people are too shy to do so," Gelderloos said. "She has a really open and sweet thing that makes it hard to be nervous around her."

"I don't want them to write like me; I want them to find their own voices," Gibson said. A task she feels cannot be accomplished with judgment.

"She has such a wonderful eye for what is good about us; and she is very good at not paying particularly close attention

to what is not great about us," said WCC English instructor Hava Levitt-Phillips. "She is the kind of teacher that teaches teachers just by being near her."

With plans to retire in a year, Gibson said that what she will miss most is her students.

"That's the only part I feel sad about – to leave their energy and their creativity," she said. She hopes to have instilled in each of them the desire to be lifelong learners.

"I want them to be good human beings; I want them to be respectful, and I want them to be open-minded and have a sense of social responsibility," she said, "that if you're privileged enough to have a good education, a roof over your head and all these cool things, maybe you need to think about how you're going to give back and make sure that everyone has an equal chance for success in this world."

Gibson hesitantly speaks of herself, but readily and proudly shares stories of her students' successes. For her, it is less about her as an instructor and more about the amazing students she encounters.

"She is without ego," Levitt-Phillips said. "You can't persuade her that she is as lovely as she is. That is Max. That's what makes her so tremendous."

## MEET THE CLUB: CHESS CLUB

# 'A game of pawns'

BY ERIN FEDESON  
STAFF WRITER

Two kings gaze down on the black and white battlefield. They ponder their next move and future possibilities. One king snaps the silence with a chuckle.

"It's a game of pawns," Jacob Douglas, 17, of Saline said.

Douglas faced off with Tyler Strauss, 17, of South Lyon at the Chess Club's Wednesday meeting in TI 129.

Strauss founded the club last September. It meets on Mondays and Wednesdays from 3:30 p.m. to 5:30 p.m. each week. After the meetings, the club supplies are returned to the Student Activities office.

"They're available to be checked out by anyone," Strauss explained. He added there were Chess Clubs in the past, but it has been a while since Washtenaw Community College had one.

The club welcomes different levels of chess players. It occasionally has other types

of games there such as 'Go,' a Chinese version of chess.

Someone might show a video game on a laptop, explained Michela Malfifano, 16, of Ypsilanti. She described the club as "a family-union type of event," where no one is judged.

They hosted pizza parties on Mondays last semester where anyone could get a slice if they signed the club's attendance sheet and played a game of chess.

Keeping people in the club is a challenge, Strauss said. He needed five people to sign the club form to start it. Student Activities requires the attendance sheet to be sent to them every week. If the club has less than five people for a period of time, the club risks being shut down.

The minimal number the club has seen is seven while the maximum is between 10 to 15 people each day, Strauss said.

His interest in chess started when he was a Boy Scout earning his Chess Merit Badge. He taught himself how to play.

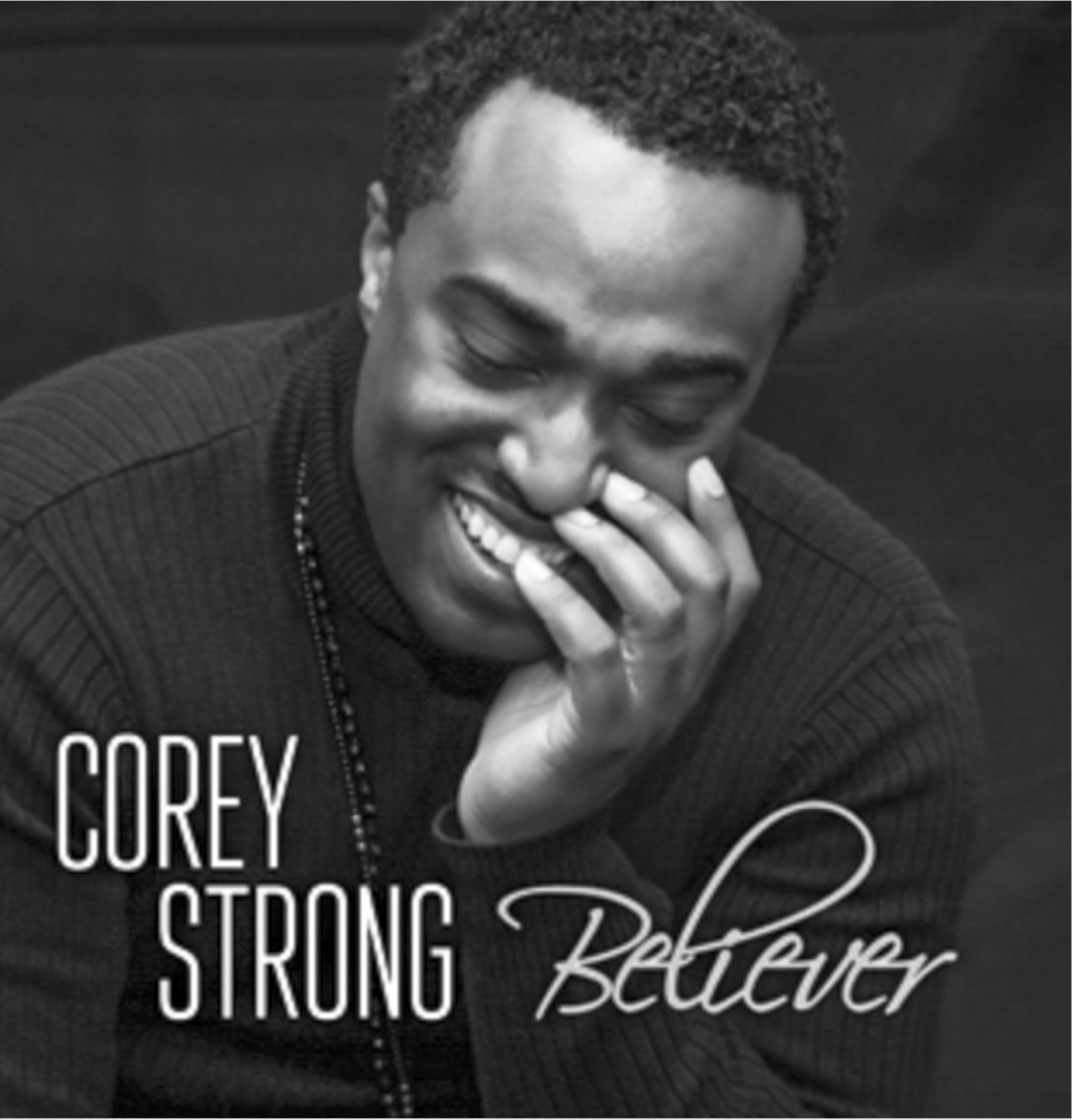
Now, Strauss oversees the Chess Club where kings and novices alike, battle to the death (or "checkmate").



Jacob Douglas of Saline, left, and Tyler Strauss of Ypsilanti, both 17, prepare their next strategic moves. ERIN FEDESON | WASHTENAW VOICE



# A community effort



Corey Strong’s six-song album ‘Believer’ was released in September 2014 and is available through iTunes and Amazon. COREY STRONG | COURTESY PHOTO

BY ERIN FEDESON  
Staff Writer

Teamwork, faith and family define the foundation that Washtenaw Community College student Corey Strong used to launch his first album, “Believer.”

WCC student Corey Strong, 33, of Southfield had played the organ for his church for years when he decided to try singing.

“I fell in love with it,” Strong said.

Strong studied at Hammell Music in Livonia for classical organ and voice before he began his studies at WCC in musical engineering. He wanted to have structure and understand what went on behind the scenes of music.

Sean Copeland, 25, an Eastern Michigan University

student, studying electronic media and film studies helped Strong create the album.

The men grew up in Detroit together, and their families knew each other from church.

“He came over to my house in Detroit, where I was living at the time, with his lyrics,” Copeland said. They composed the lyrics and instrumentals in his living room.

Copeland played a number of roles. His keyboard playing accompanied Strong’s voice. As Strong’s producer, Copeland assisted in marketing and insured Strong’s creative vision was executed.

Strong is serious about his work, Copeland said, but has a great sense of humor, making the work process a lot of fun.

Andrea Meacham, 36, of Madison Heights, another member of Strong’s team, said

his personality makes others want to work with him.

“There is a charisma around him,” Meacham explained. “He wants to help people.”

The album, Meacham added, was a way to get his message to the community. Her impression of Strong’s message about God is “Do the right thing with Him, and you have nothing to worry about.”

She joined Strong’s team as the photographer, a side job from her main career as a general adjuster for Farmers Insurance. She also helped him construct his website.

Strong credited his family, church members and team members for supporting his work. His future plans include a few concerts, Easter programs and a Christmas record out in time for Christmas 2015.



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**VOLUNTEER TUTORS:** Washtenaw Literacy needs volunteers to tutor adults in basic reading, writing, math and English as a Second Language. Help change lives – one word at a time! Contact [info@washtenawliteracy.org](mailto:info@washtenawliteracy.org) or call 734-879-1320.

**NEED HEALTH CARE?** Are you between the ages of 12–22? Contact the Corner Health Center at 734-484-3600 or visit online at: [www.corner-health.org](http://www.corner-health.org).

HELP WANTED

**WAIT STAFF:** Michigan Catering

is looking for student wait staff who are able to interact with guests, work as a team, and manage time efficiently – all with a positive attitude. Shifts in can be anytime between the hours of 5 a.m. and 3 a.m., depending on your availability. The starting pay is \$3.40 per hour plus tips. Tips are automatically paid by the event sponsor and average \$6–\$7 per hour, making the typical rate about \$9.40–\$10.40 per hour. Apply online at <http://jobs.studentlife.umich.edu/>; send an email to: [workforus@umich.edu](mailto:workforus@umich.edu); or at 734-615-6759.

**DINING STAFF:** Michigan Dining is looking for students who enjoy working with people and want to be a part of a team. Flexible schedule, promotional opportunities, and a fun social environment. Starting wage: \$9 per hour with a free meal with a three-hour shift. To apply, visit <http://jobs.studentlife.umich.edu/>; send an email to: [workforus@umich.edu](mailto:workforus@umich.edu); or call 734-615-6759.

*Below is a sample of recent employment want ads which have been posted with WCC Career Services. Students are invited to read these ads and to contact Career Services to find out how to apply for the openings. Career Services is located in ML 104. For more information,*

*phone 734-677-5155, email [careers@wccnet.edu](mailto:careers@wccnet.edu), or visit [www.wccnet.edu/careerconnection/](http://www.wccnet.edu/careerconnection/).*

**Career Services will now be having office hours in the Counseling Center on the second floor of the Student Center building, on the following dates and times: Feb. 18 – 10 a.m.–3 p.m.; March 4 – 10 a.m.–3 p.m.; March 18 – 10 a.m.–3 p.m.; April 1 – 10 a.m.–3 p.m.; April 15 – 10 a.m.–3 p.m.; April 29 – 10 a.m.–3 p.m. If you are interested in meeting with a Career Services advisor while they are in Counseling, please contact Career Services to set up an appointment.**

**DENTAL ASSISTANT.** We are looking for a dedicated, hardworking, self-motivated, energetic person to join our busy team. The dental assistant position is for Tuesdays 8 a.m.–5 p.m. and Thursdays 1-9:30 p.m. This person would also cover other assistant vacations and sick time. Duties include being a secondary assistant to our dentists and scrubbing instruments, taking care of sterilization lab, pouring models and helping with the laundry.

**RECRUITER (PART-TIME).** Recruits, screens and coordinates interviews for a variety of positions including corporate staff, janitorial, job coach and volunteer positions. Develops and executes

proactive recruitment strategies in order to source and attract candidates. Performs all duties involved in full-cycle recruiting, and other HR and employment administration duties as may be assigned.

**WEB DEVELOPER.** Sets up a WordPress installation. FTP/SSH with web servers. Creates responsive Stylesheets in CSS, using media queries. Installs site plugins and configures to specs. Light PHP/Javascript to extend site functionalities. Works from visual mockups.

**NETWORK ADMINISTRATOR INTERNSHIP.** Installs, configures, maintains and supports the organization's local area network (LAN). Maintains network hardware and software. Monitors network to ensure network availability to all system users and performs necessary maintenance to support network availability. Provides a single point of contact for end users to receive support and maintenance within the organization.

**ACCOUNTANT.** Under the guidance of the Accounting Supervisor, the accountant will be responsible to perform key accounts receivable and accounts payable duties. Responsibilities include, but are not limited to: weekly accounts receivable aging, investigating invoice problems, posting/reconciling customer payments, general journal entries and reconciliation of selected G/L Accounts. This entry-level position will be trained to perform all assigned tasks/responsibilities as well as assist with monthly banking and projects. Candidates for this position will possess strong organizational skills, advanced computer skills (emphasis on Microsoft

Excel), solid math skills and research/investigative abilities.

**HOME HEALTH AIDE.** Hiring Home Health Aides in the Ann Arbor/Ypsilanti area. Duties include: Assisting clients with maintaining personal care such as dressing, grooming, bathing and toileting/incontinence care. Light cleaning and housekeeping duties such as laundry, mopping, vacuuming and washing dishes. Must be prompt to scheduled shifts. Must have a high level of interpersonal skills including the ability to effectively communicate with clients, peers and supervisors.

**TECHNICIAN.** Support chassis dynamometer testing setup, prep for both day and afternoon shifts. Support vehicle parts changes, incoming inspections, fuel changes and parts inventory. At least one year auto-related experience such as dealership, lab environment or technical school in an automotive program. Chassis dyno testing experience, intermediate welding skill and inventory tracking skills a plus. Ability to work unsupervised, be self-motivated and follow safe working guidelines. Work and contribute to a team atmosphere. Flexible availability as necessary.

**ACCOUNTING CLERK.** Supports accounting operations by filing documents, reconciling statements, running software programs. Processes invoices for payment in the accounts payable department. Assists with monthly closing of records. Communicates with vendors and other Amarack components to solve issues. Knowledge of computer and 10-key calculator necessary, as well as customer and phone skills. Some accounting

knowledge preferred.

COMPUTER SUPPORT INTERN.

We are looking for a computer support technician to install, maintain, analyze, troubleshoot, and repair end user computer systems, hardware and computer peripherals. Resolves computer problems for clients. Documents, maintains, upgrades or replaces hardware and software systems. Relies on instructions and pre-established guidelines to perform the functions of the job. Requires coursework toward a degree in information technology. Must have knowledge of commonly used concepts, practices and procedures within the information technology field. April – August. Up to 40 hours per week.

ADMINISTRATIVE SUPPORT

**STAFF.** Assists department with a variety of support functions that may include processing tasks, ordering and monitoring supplies, contacting members/customers, responding to questions, supporting the front-line reception function and operating a switchboard. Compiles and generates routine reports for usage by management. Performs calculations for a variety of routine applications. Assists in various money transactions including analyzing and resolution of billing and/or customer related problems following appropriate company procedures. Maintains files and record systems and sorts incoming mail and documents. May assist in developing and implementing new procedures. Maintains related logs and records for assigned department.



# The science behind stress

BY PAULETTE PARKER  
News Editor

You study for an impending exam. You're confident you'll ace it. Once the exam is in front of you, you read the questions and draw a blank. Your heart rate increases, palms begin to sweat. You struggle to realign your jumbled thoughts.

The changes you feel in your brain and body in this moment are due to stress, which we all experience daily, from the minimal to the monumental. How you cope with it can mean the difference between it being a mere hurdle and causing lasting adverse effects.

Cortisol, called the "stress hormone," is continually released in the brain throughout the day to regulate or modulate many of the changes that occur in the body in response to stress. Negative effects begin to arise with higher and more prolonged levels of cortisol, such as with chronic stress, and can contribute to elevated blood pressure, lowered immune function and coronary artery disease.

Factors contributing to stress are often put into three categories, said Washtenaw Community College psychology instructor Anne Garcia. "Catastrophic events" include fires, floods and car accidents. Incidents such as death, divorce, job loss or moving to a new city are known as "life events."

"Even if it's a move that

you are looking forward to, physiologically, we respond to novel things with a little bit of arousal," Garcia said. Occurrences such as waiting in long lines, navigating through traffic or worrying about money are known as "daily hassles."

"That's not the same as a divorce or a fire, but they happen constantly," Garcia said. The same events can be processed differently from individual-to-individual.

"How much stress you feel is the function of how you respond to it and can vary depending on your personality," Garcia said. "Like people who are more anxious versus people who kind of take things in stride."

WCC general education student Hillery Beavers, 34, of Ypsilanti, balances school and motherhood and says that stress is always there, which leads her to worry.

"It's kind of like thinking too much and not being able to stop the thinking," Beavers said. "Instead of doing, I'm thinking."

Liberal arts student Elizabeth Ehinger, 16, of Ann Arbor, juggles her academic schedule along with participating in team sports. Stress makes it difficult for her to focus on tasks she needs to complete.

"I freak out," Ehinger said. "And, emotionally, I'm a wreck." Coping with stress effectively is vital because stress can

leave the body more susceptible to infections due to a lowered immune system, as well as leading to heart attacks and negatively impacting personal relationships.

There are two ways of coping with stress: maladaptive coping and adaptive coping. Maladaptive coping is more destructive than constructive. This includes withdrawing

from the situation instead of working through it and participating in harmful behaviors.

"At the moment, they're more pleasant," Garcia said. "It's more fun to watch TV than it is to go see a counselor, or it's nicer to have a few drinks than to go get on your homework, but in the long run, it can hurt."

Drug use and abuse is how a lot of people cope with stress, Garcia said. Ignoring the problem may seem like the easiest thing to do, but in the end, it can lead to being more overwhelmed.

"All the maladaptive ways of coping with stress almost invariably lead to more stress," Garcia said.

The adaptive methods of coping with stress can be broken up into two categories: problem-focused coping and emotion-focused coping. Problem-focused coping is designed to decrease or eliminate stressors by generating solutions to the problem at hand.

"If money is your issue, you might take a semester off, work more hours, save up a little then go back to school," Garcia said. "It may not solve it completely, but it may make the problem some better." Beavers experienced frequent stress while trying to get her children to school by 9 a.m. each day.

"I can't stand being late," Beavers said. "And when I would rush, I would speed." One morning, Beavers

experimented with taking a step back, relaxing and doing the speed limit for her entire route.

"I got there at the same time," she said. "So I chose not to worry about it." When it comes to situations that have no easy-fix solution, such as the death of a loved one or loss of a relationship, coping methods are emotion-focused.

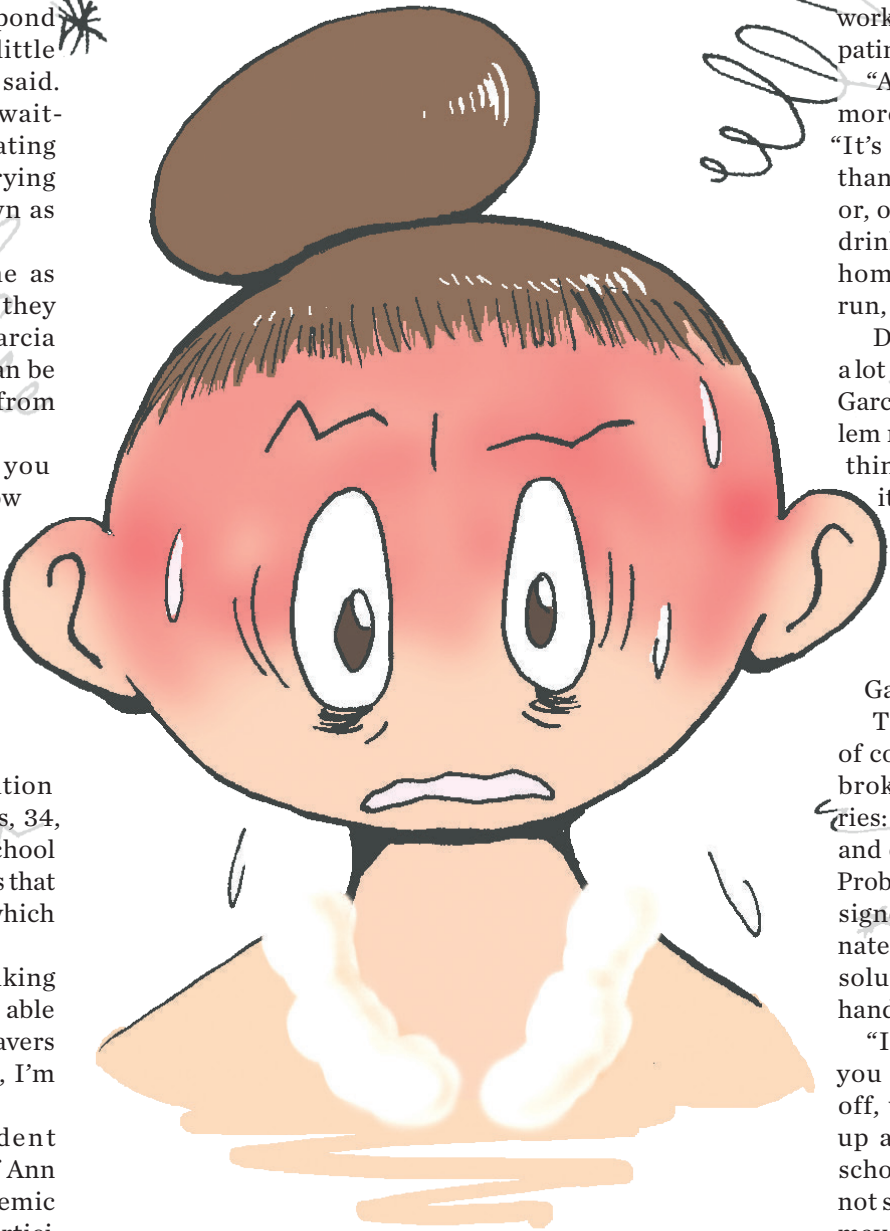
"It's just the time to mourn," Garcia said. "It's allowing yourself the opportunity to talk about it, if that's your way." Seeking friends or professionals to listen can help frame the situation differently.

"Women do what's called friend-and-befriend," Garcia said. "We listen to each other and get ourselves through a lot of things." Both coping methods can be used concurrently in some situations. Activities such as exercise, meditation or finding a hobby can also be used to manage and minimize stress.

"I'm catholic, so I pray a lot, and that helps," Ehinger said. "I also have a lot of siblings, so if I'm stressed, I go and spend time with them then come back to the situation."

Beavers finds that meditating in the evening is her most effective way of coping. When stress presents itself suddenly, she finds it helpful to stop and focus on her breathing.

"I focus on just three breaths," Beavers said. Ultimately, she finds it most helpful to remind herself of one thing: "I just tell myself, 'It's okay.'"



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