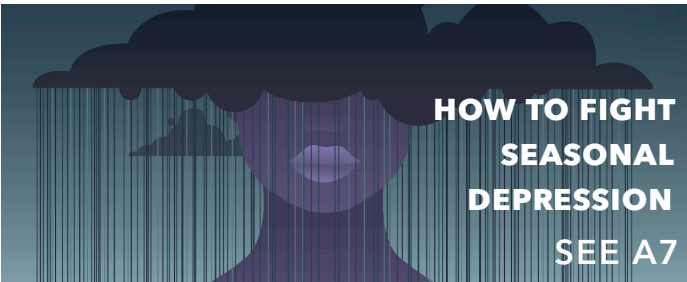




DIVERSIFY YOUR BOOKSHELF  
SEE A5



HOW TO FIGHT SEASONAL DEPRESSION  
SEE A7

THOUGHTS ON GENDERED AWARDS  
SEE A4



# THE WASHTENAW VOICE

VOL. 33, No. 5

A NATIONAL PACEMAKER AWARD NEWSPAPER

Tuesday, March 21, 2023

The student publication of Washtenaw Community College

Ann Arbor, Michigan

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RUBY GO | WASHTENAW VOICE

Students Kristin McGough (left) and Sarah Woolsey (right) host a talk show about true crime cases from southeastern Michigan at Orchard Radio.

## Tune in to students at Orchard Radio

By SAVAN SAIYA-CORK  
Contributor

There's music in the air, or rather in the digital transmissions coming from the second floor of WCC's Technical and Industrial Building in Room 233, the home of WCC's award-winning radio station, Orchard Radio.

Orchard Radio is WCC's student-run digital radio station playing adult contemporary music. The commercial-free broadcast can be streamed through Orchard Radio's website [www.orchardradio.com](http://www.orchardradio.com) 24 hours a day and 365 days a year. Any student enrolled at WCC (including WTMC students) with a minimum 2.5 GPA can become a DJ or podcast host.

Station Manager Ryan Ehlke says WCC's Orchard Radio gives students a valuable experience.

"We provide an opportunity for any and all students to come in and learn [about] the radio world and have a chance to host their very own radio show or podcast," Ehlke said.

While Orchard Radio is

not directly associated with the Broadcast Media Arts major or WCC's broadcasting classes, the radio station and the broadcasting programs complement each other. Students taking COM 150, "Introduction to Radio Production," are required to host their own hour-long radio show, a requirement Orchard Radio helps students to fulfill.

There are currently 10 radio shows, each hosted by a different DJ, and one podcast which is run by two WTMC students. Each student's broadcast has its own style and subject. The current lineup of shows ranges from conventional talk shows to their newest program, "Tales From the Grippid."

Hosted by Sarah Woolsey and Kristin McGough, "Tales From the Grippid," is a true crime show which discusses notable murders, deaths, and disappearances that took place in Southeastern Michigan. The pair has discussed cold cases from almost 100 years ago, but they also cover more recent killings which they find personally significant.

"We could have made this podcast about literally anything," said Woolsey. "The best part is that I can just have conversations with my best friend."

Another way Orchard Radio helps WCC is by promoting various WCC clubs and events. Orchard Radio encourages clubs to contact the station to raise awareness for their organizations or special events.

"Orchard Radio is a commercial-free radio station, so we do not play advertising. But the 'advertising' that we do is just focused on Washtenaw Community College," Ehlke said.

The training process to become a DJ is thorough but not time consuming. Training lasts from about 30 minutes to an hour depending on how familiar a student is with audio equipment. Students with prior broadcasting experience will adapt faster; however, students with no radio experience shouldn't be intimidated at the prospect of learning how to navigate soundboards or RDS encoders. Ehlke assures the software's ease of

use saying the program makes it easy for students to learn quickly.

After a student has finished broadcasting their show, the station automatically resumes playing adult contemporary music. DJs have control over the songs during their time in the booth, but station management selects the constant flow of hit pop and rock songs from the '80s to the present.

According to Ehlke, prospective hosts only need one thing: "The desire to have fun and just do something great with radio. Your career path doesn't have to be radio, but just like everyone listens to shows and thinks, 'oh I wish they'd talk about this,' well, we're here to give you an avenue to talk about those things."

Orchard Radio's website is [www.orchardradio.com](http://www.orchardradio.com). Students interested in hosting their own show or promoting their club can reach the station via email at [radio@wccnet.edu](mailto:radio@wccnet.edu), Station Manager Ryan Ehlke at [rehlke@wccnet.edu](mailto:rehlke@wccnet.edu), and Club Advisor Dena Blair at [dblair@wccnet.edu](mailto:dblair@wccnet.edu).

## State expands LGBT+ protections

By THE WASHTENAW VOICE

Gov. Gretchen Whitmer signed an expansion of the Elliott-Larsen Civil Rights Act on Thursday, March 16, a law that prohibits discrimination related to employment, housing and public accommodations.

The expansion adds new protections against discrimination for people of the LGBTQ+ community.

Republican majorities in Michigan have blocked the bill since it was first introduced in 1983, said Sen. Jeremy Moss, the state's first openly gay senator and the chief sponsor of the policy. After taking control of the Michigan House and Senate for the first time in 40 years, Democrats prioritized the expansion of the anti-dis-

crimination law.

"This moment is so long overdue and too many suffered on the journey to get here," Moss said. "Turns out they were waiting for us. They were waiting for a legislature with the courage to stand up to hate and stand up for equality."

Whitmer said the changes to the law solidify Michigan as a state that stands by fundamental rights.

"We've proved it over and over again these past few months, whether it's your freedom to make your own decisions about your body, your freedom to go to school or work without worrying about a mass shooting, your freedom to be who you are, love who you are," Whitmer said.



## Transfer easily with these steps

By JACOB KUIPER  
Staff Writer

Transferring courses and credits between institutions is an integral part of what it means to go to WCC. Around "two-thirds" of the student body at WCC plans to transfer credits or has transferred credits in some way, according to WCC Transfer and Articulation Coordinator Kelly Holcomb. Here are her biggest tips on how to transfer to success.

### Figure out what you want to study

When trying to transfer, the first thing you should do is try to figure out what you want to study and major in. From there you can narrow down what schools you want to look at by if they have your major or not. You can then narrow it down further by considering other factors like location.

**Look for course equivalencies**  
Once you've narrowed

down your school choices you need to see what specific courses from your current school will transfer. These are known as "course equivalencies" and can be found on most school transfer websites. You will need to make sure that courses you are taking will be accepted as credit for your receiving institution's classes and will count towards your major there.

An amazing resource for simplifying this process is [mi-transfer.org](http://mi-transfer.org). With this website you can find resources on transferring as well as see how your credits transfer and explore articulation agreements and transfer pathways. You can very quickly see how courses you have taken will transfer to dozens of participating colleges in Michigan. "It's a nice one stop shop for transferring," Holcomb explains.

CONTINUED ON A3



By WILLOW SYMONDS  
Staff Writer



Julia Sedayao works a shift at Crumbl Cookies

Many women who contributed to our understanding of STEM (science, technology, engineering, and math-

## WCC's women in STEM

ematics) went unrecognized in history. The Women's History Project spent years trying to solve the "anonymous woman" problem, leading to the U.S. Congress designating March as Women's History Month in 1987.

Today, women make up almost half of all STEM jobs in the U.S., though their presence "varies widely" across occupations and education levels, according to Pew Research Center. While only 15% of engineers identified as

women in 2016, women made up 75% of healthcare workers that same year.

Women are here to stay in STEM, and more will always join the fields, including these three WCC students.

### Julia Sedayao, Dermatology

When on campus, people may assume Julia Sedayao is the loudest person in the room. While she may have the loudest outfit, she's typically the quietest, according to her. She described herself as "an

introvert who does extroverted things."

One of those extroverted things is getting involved in the business world.

Sedayao, 19, says her natural aptitude for business makes her job at Crumbl Cookies "the right fit" for her at this stage in life. She describes herself as "a meticulous person," a trait that becomes handy when baking cookies, managing money, and interacting with customers.

[fields], there's always a drive to keep going."

When Sedayao isn't on campus or at work, she's probably out taking photos. These pictures range from close-ups of still life or drone photos of nighttime freeways from far above.

"It's never been more than [a hobby] — it's just something I'm good at," said Sedayao. "People are always the first to hand me their phone for a picture."

Sedayao wouldn't call photography, business, or dermatology "escapism," but she does believe the technical arts and the hard sciences have made her life more interesting.

CONTINUED ON A3



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# STUDENT ACTIVITIES

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Women in STEM

continued from A1



WILLOW SYMONDS | WASHTENAW VOICE

Tonantzi Sagastume-Carmona stands in front of the ice cream booth at Michigan Creamery

Tonantzi “T” Sagastume-Carmona, Environmental Science

Tonantzi Sagastume-Carmona entered WCC in fall 2021, majoring in pre-medical biology with hopes to become a psychiatrist. But that same semester, her time as a patient in a psychiatric hospital changed her mind.

“All the psychiatrists did there was ask how I was feeling, decide when to increase my meds, and say when I get to leave,” she said. “Psychologists help people more than psychiatrists, because [the for-

mer gives] therapy.”

Sagastume-Carmona, 19, stayed with biology until this March, when she switched her major to environmental science.

She still considers working as a psychologist, but now she aims for something else as well: to open an animal conservatory. She wants to focus on helping animals instead of parading them to humans “like in zoos.”

“I always knew I wanted to work with animals, but I didn’t know what I could do,” said Sagastume-Carmona. “I love plants and nature ... but I didn’t want to be a vet because I’d cry when animals die.”

Animals have always been a huge part of Sagastume-Carmona’s life. Her family has three dogs – Ninja, Chapo, and Prieta – and her first words were spider in Spanish (araña) and cat in the same language (gata/gato).

While Sagastume-Carmona doesn’t think of herself as a woman in STEM, she’s still inspired by Ellen Ochoa, the first Hispanic woman in space. She’s also a big fan of Steve Irwin because she watched his shows growing up.



WILLOW SYMONDS | WASHTENAW VOICE

Zilei Tucker poses outside of Cinemark on Carpenter Road.

Zilei Tucker, undeclared

Zilei Tucker began taking pre-engineering classes at a different two-year school: College of Marin, just outside of San Francisco.

Tucker, 20, lived in the Bay Area until February 2022, when she, her dad, and her two-year-old goldendoodle, Honeyduke, moved to Ann Arbor. She’d visited Michigan before, but she had to adjust to the “unreliable weather,” make new friends, and transfer her credits to WCC. Because COVID-19 prevented her from stepping foot onto Marin’s campus, she experienced college in-person for the first time last year.

“I wasn’t sure in what I wanted to do or what I want-

ed to pursue, but I knew that I was interested in science,” Tucker said. “I’m more interested in a career that’s more people or patient oriented, and engineering [her original major at WCC] is usually not that type of career.”

After switching out of pre-engineering, her parents suggested she study radiology, a medicinal branch which uses imaging to diagnose diseases. While Tucker doesn’t officially have a major, she’s taking two science classes this semester in preparation for the radiology course.

One woman in STEM Tucker greatly admires is Marie Curie, who pioneered our understanding of radioactivity. Tucker explained how Curie brought a mobile X-ray machine into a WWI battle, then trained 150 women how to operate it, which made her the first woman to win a Nobel Peace Prize.

“I didn’t want the ‘normal’ path,” Tucker said. “I used to feel like I was racing against time and against my peers ... but success is different for everyone. I’m still figuring things out as I go, but that’s okay! It’s worth taking that extra time if where you end up is where you want to be.”

Transfer

continued from A1

Maximize the number of credits you can transfer

Typically you can only transfer 60 credits, or about half a bachelor’s degree, between any two institutions, but there are many ways that you can transfer more. At University of Michigan institutions, for instance, they typically only allow 60 credits to transfer but if you have completed an associates degree that number is bumped up to 62.

Also keep a look out for articulation agreements and other enhanced programs between colleges. Articulation agreements are documents between colleges that lays out a transfer plan between two programs. This is an easy way to make sure your credits transfer to the degree of your choice and often let you transfer more credits than normal if you are part of the program. WCC, for instance, has an articulation agreement with Eastern Michigan University in their Criminology and Criminal Justice Bachelor of Arts that lets you transfer a whopping 94 credits, which is over 78% of the 120 credits hours required. Agreements like these can help you save time and money.

Scholarship deadlines

Remember that deadlines for scholarships and financial aid may be different than the application deadline. Sometimes it is even before.

Utilize WCC to the fullest

Holcomb stressed that it is extremely helpful to meet with your WCC adviser, “They help you not only with picking out your courses here... at WCC but you can also talk with them about what your transfer goals and plans are.... Our advisers have a lot of experience helping students with transferring,” she says.

WCC also features visits where you can meet one-on-one with a college representative. Here you can learn more about a certain school as well as ask them questions.

WCC also features transfer events where you can work with transfer specialists and hear from WCC alumni on their transfer experience and get tips.

The Transfer to Success club on campus can also help. “You can be in any major, you may already know where you want to go or...this could be your first week at WCC,” says Holcomb, who serves as adviser. It’s open to any student. There’s no GPA requirement.” she explains.

Holcomb also advises to utilize WCC’s success coaches and free tutoring.

Look for help from outside organizations

Certain outside organizations like Phi Theta Kappa can also help you on your journey. “It’s an honors society and it’s for...community college students....They have scholarships available for PTK members.” Holcomb explains. Certain universities will also have scholarships specifically for transferring PTK students. The organization is somewhat exclusive though, “You do have to be invited to join and you have to have a certain GPA.” Holcomb explains. There is also a one time admission fee of \$90 but that can be waived.

Remember to apply to graduate

A small but important detail of getting your associate’s degree that is often overlooked is that you must apply to graduate. This is a simple form to fill out to make sure you receive that right degree. Forgetting to do this can delay your graduation.

Other things to look out for

Holcomb warns that many students forget to send their final transcripts. Even after you have been accepted to your next school you need to send your grades for your last semester. Not doing his can risk credits transferring, scholarships and financial aid lost, and even being kicked out.

Another small thing is to look into application fee waivers. Application fees to certain institutions can be fairly pricey (\$75 for UM) and can add up quickly when applying to multiple schools. Many don’t know that these fees can be waived fairly easily, “Some of them will just say if you meet with...the admissions office beforehand you can get it waived,” Holcomb explains.



WILLOW SYMONDS | WASHTENAW VOICE

WCC staff, students, and alumni listen to panelist Araba Owu Gyan speak about her time in STEM Scholars.

Alumni discuss their STEM careers

BY WILLOW SYMONDS  
Staff Writer

At WCC, Diana Bernal participated in STEM Scholars, a scholarship program founded in 2015. Because she had to balance school with work, she took “a long time” to receive two associate degrees, one in bioengineering and another for chemical engineering.

Roughly 15% of STEM workers graduated with an associate degree, according to Pew Research Center, with their most common occupations being healthcare practitioners and technicians, computer workers, and engineers.

Bernal aims to become one of these engineers. However, she’s now studying toward a bachelor’s degree at the University of Michigan-Dearborn, which will make her a part of the 65% of STEM workers with that level of education.

Her beginnings in STEM started smaller. Doing robotics in high school had a “huge impact” in her life, allowing her to “think beyond, ‘What can I be in the future?’” she said. “It definitely inspired me to go to engineering school.”

While she tutors K-12 kids in math and science today, she used to mentor her old robotics team, advising them in technique and strategy but

also giving them mental support.

One student Bernal mentored was Jenae Gonzalez, who also spoke at the “Success in STEM” panel over Zoom on Thursday, March 2, during WCC’s STEAM Week. Gonzalez mentors the same high school robotics team, continuing the cycle.

“If I hadn’t graduated with WCC, I wouldn’t be even close to where I am,” said Gonzalez, who’d transferred to EMU and is applying for a physical therapy position. “Because I had all my prerequisites done, I’m now so ahead of my peers.”

Not all the panelists grew up in the same communities, though.

Araba Owu Gyan immigrated to Michigan in May 2016 and began WCC classes soon after. Once she received associate degrees in General Studies, Natural Sciences, and Mathematics, she transferred to University of Michigan in Ann Arbor, where she hopes to complete her Master’s degree in Public Health. Only 29% of STEM workers have a Master’s degree or higher.

However, she wasn’t on campus during this Zoom panel. Owu Gyan virtually connected from Granada, Spain, where she and others are working on a project alongside Planned Parent-

hood. The team collects and analyzes data involving sexual and reproductive health, which Owu Gyan called “a wonderful experience so far.”

“I’m also grateful that, ever since I started with Washtenaw and the STEM Scholars, I’ve had a group of people I can still count on,” she said. “They’ve been through it and they do understand the process. Susan [Dental, who attended the Zoom] is one of those people. It’s just been a journey, and it’s been great to see that evolution.”

Fellow panelist Michael Cooke knows evolution all too well. Cooke did poorly in high school, graduating second-to-last in his class. Later, he enrolled in programming classes at WCC with a vague idea of “wanting to do something with computer science.”

He also joined STEM Scholars, which taught him about the intersection of life sciences, biology, and computer science. Cooke took a lot of life sciences classes at WCC, leading him to earn four different associate degrees.

“I’ve never thought of myself as a success story,” he laughed. “It’s a little jarring [to hear that].”

Cooke comes from a blue-collar family who expected him to become an electrician or a mechanic, and he explained how they often mis-

understand his career choices.

“They’re like, ‘I thought you wanted to work with computers – why are you working in a biology lab?’” he said. “It’s hard to bridge that gap.”

Despite working on a web application that helped scientists create a COVID-19 vaccine during the height pandemic, he doesn’t think of himself as a biomedical. He still believes the skills he learned in research stayed with him.

“I’m just a nerd who likes applying my skills to something that means something,” Cooke said. “If you see an opportunity and think, ‘That’s a little different than what I had in mind,’ ... join anyway. Don’t ever get into a mentality where you pigeon-hole yourself into one thing. ... Be a culture. If you see something you’re remotely interested in, even if you think you don’t qualify, go after it.”

Bernal also advised transferring students to “always meet with your counselor. Make sure you’re checking each mark, accomplishing what you need. Especially if you’re first [generation], you can’t meet with your parents for help with applying. But counselors can do that.”

STEM Scholars supports any students interested in pursuing a STEM degree. The program is currently accepting applications.

Tips for TRANSFERRING

Figure out what you want to study

Look for course equivalencies here:



Maximize number of transfer credits

Check your deadlines!

Utilize WCC to the fullest:

- Talk to your WCC advisor
- Go to a college visit
- Join the Transfer to Success club
- Utilize free tutoring

Look for help from organizations outside of WCC

Remember to apply to graduate!



# Gendered awards are on their way out



BY ROBIN WYLLIE-SCHOLZ  
Deputy editor

For almost a century, the glamour and buzz of the Academy Awards has captured audiences across the country. The awards show better known as the Oscars has not been without its controversies, however. In 2015, the hashtag #OscarsSoWhite went viral as people highlighted the lack of nominees who were people of color. Another conversation that has gained traction in recent years is surrounding the gender-split acting categories.

Unlike the technical awards like those for editing, directing or costume design, which aren't separated by gender, the acting awards have been split into supporting and lead actors and actresses.

With a greater level of awareness turned towards people who don't fit neatly into the man/woman gender binary, this division is beginning to seem archaic.

Other prominent awards shows have begun to drop the practice—the Grammys started to go gender neutral in 2012, the Gotham awards merged their acting categories in 2021, as did the Film Inde-

pendent's Spirit Awards this year. The Oscars seem poised to possibly do the same.

A move towards a more inclusive future makes sense. More than 20% of adults in Generation Z (those born from 1997-2003) identify as LGBTQ+, according to a 2021 Gallup poll, and 5.1% of adults between 18-29 are transgender, according to a 2022 Pew Research survey. If awards shows like the Oscars want to stay relevant, they need to keep up with the reality of younger generations. Getting rid of gendered categories that many find antiquated is one way to do that.

Making awards gender neutral doesn't just make space for people outside of the binary, it also helps diminish the perceived differences between men and women.

There's no reason that comparing, say, Michelle Yeoh and Cate Blanchett is any more sensible than comparing her and Brendan Fraser. Acting is acting, and the idea that there is an inherent difference between actors and actresses (a term that may also be falling out of favor, though that's another story) is silly.

However, merging the awards for actors and actresses does have its drawbacks. For one, it would likely mean less people nominated overall and less awards given out.

The acting categories are some of the most popular with viewers, so reducing the number of winners could lead to disappointment.

Also, there is legitimate reason to worry that genderless awards could put women at a disadvantage. In the directing category, for example, only seven women have been nominated in Oscars history, and only three have won. That's not entirely because of

the Oscars themselves—directing is a very male-dominated field. In 2021, women only made up 17% of the directors of the 250 top-grossing films, according to a study from the Center for the Study of Women in Television and Film at San Diego State University. The field of acting is more gender-balanced, but still favors men. The same study found that just 35% of "major characters" in film were women. Until women are given the same opportunities as their male counterparts, it would be hard to guarantee that non-gendered categories wouldn't put them at a distinct disadvantage.

Clearly, it's not enough to just merge the categories and call it a day. The problem of gender inequality in Hollywood is not one with a simple solution. For the Oscars to be truly fair, greater systemic changes are necessary. However, keeping the restrictive gendered awards categories won't solve anything either. In order to move towards a more diverse, forward-thinking entertainment industry, gendered awards have to go. Hopefully, opportunities for women and transgender/gender nonconforming people in Hollywood will continue to expand, and this change will be reflected during awards season.

GRAPHIC BY LAURA CHODOROFF  
THE WASHTENAW VOICE

BLISS By Harry Bliss



## What woman inspires you this Women's History Month?

BY GRACE CRANDALL & WILLOW SYMONDS  
Staff Writers

### VOICE BOX

"My mom because she went through a lot when she was younger and was raised by a single mother, then raised three kids on her own. She just bought her first house, and she's the first in her family to do that."

Jasmyn Kirkland, Pre-Engineering



"My mom. She was an immigrant. When she moved here, she didn't speak English. But she worked hard and now she's a nurse."

Hodan Dirshe, Nursing



"I chose my mom because she sacrificed a lot for me and my siblings. She's very selfless, very strong-willed."

Riley Helzerman, Liberal Arts Transfer



"Selena Gomez, because she puts her mental health first, and she's always kind and honest."

Dakota Hanson-Meier, Graphic Design



"Amy Winehouse. She went through so much pain and suffering. Sometimes it's good to look at people's mistakes and learn from them. The lesson from her is, 'Don't give into the pressures of others.' She also has amazing music."

Sam Wooten, Photography



"My mom encourages me to do my best. When I give up, she pushes me to keep going."

Aiche Djibo, Nursing



"Anne Braden, a racial justice activist. I wrote my thesis about her, and she acted as an archive of her own. She really rooted herself in the community and was active for 60 years. I talked to the person who wrote her biography and looked through her boxes, which had hundreds of documents."

Megan Rochlitz, Pre-Engineering



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#### OUR TEAM AND ITS ROLE

The Washtenaw Voice is produced every other week by students of Washtenaw Community College. Editorial responsibility lies with the students. The views here are not endorsed or approved by the faculty, administration or Board of Trustees of WCC.

#### YOUR VOICE

The Voice welcomes letters from readers. Letters should be a maximum of 400 words and include the author's name. A phone number and email address are required so letters can be verified before publication. The Voice welcomes news tips and story ideas.

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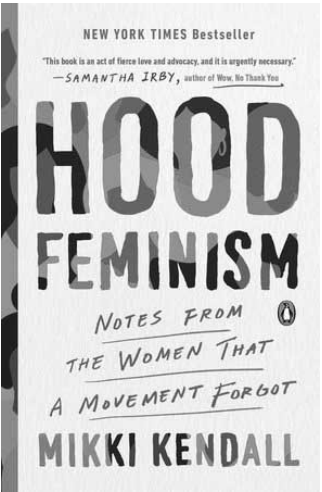


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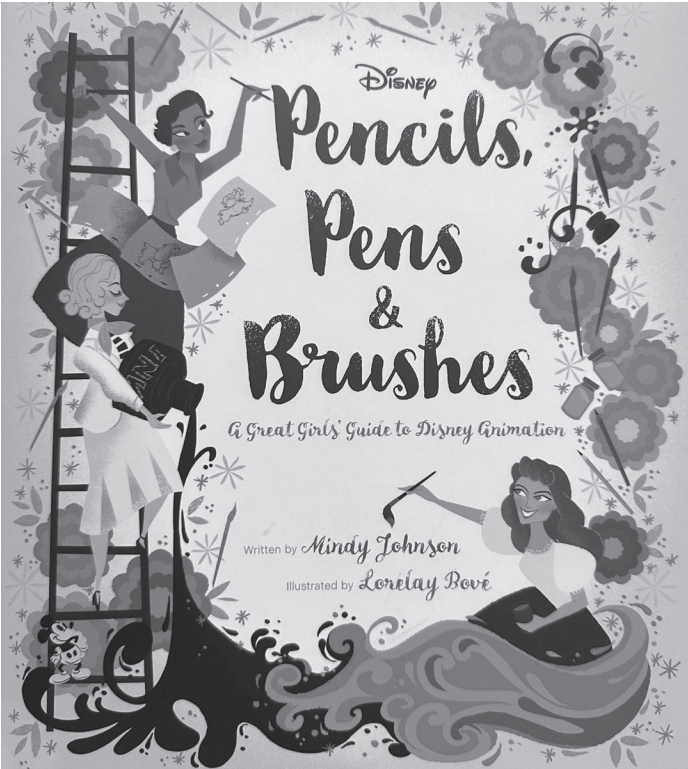
Women’s History Month edition

By Willow Symonds  
Staff Writer

Diversify Your Bookshelf introduces readers to books written from marginalized perspectives, including racial minorities, LGBTQ+ people, disabled individuals, and more. March is Women’s History Month, so here are some good non-fiction books celebrating female empowerment.



Hood Feminism: Notes from the Women That a Movement Forgot by Mikki Kendall (2020)



Pencils, Pens, and Brushes: A Great Girls' Guide to Disney Animation written by by Mindy Johnson and illustrated by Lorelay Bove (2019)

Interesting reads by female authors for March

**Hood Feminism: Notes from the Women That a Movement Forgot by Mikki Kendall (2020)**

“One of the biggest issues with mainstream feminist writing has been the way the idea of what constitutes a feminist issue is framed. ... For a movement that is meant to represent all women, it often centers on those who already have most of their needs met.”

Writer and activist Mikki Kendall reminds readers how effective activism must include more than just middle-class white women’s problems. Through her personal experiences in the South Side of Chicago, she carefully and clearly explains difficult concepts. She examines both arguments of reproductive rights, explains how gentrification hurts minority housing, and explains how generational poverty impacts one’s

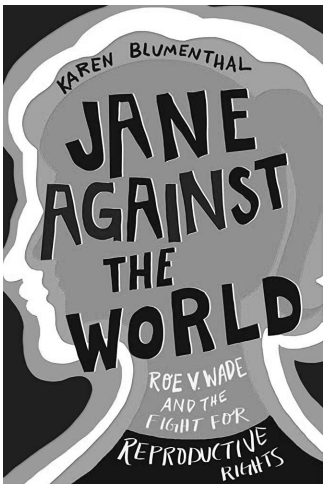
perception of equality and empowerment, all bridging to a larger point: the fight for equity is not over. ‘Hood Feminism’ is very accessible, no matter the reader’s previous knowledge of intersectional feminism and equality.

“If a liberation movement’s own representatives are engaging with each other oppressively, then what progress can the movement make without fixing that internal problem?”

**Pencils, Pens, and Brushes: A Great Girls' Guide to Disney Animation written by by Mindy Johnson and illustrated by Lorelay Bove (2019)**

“With pencils, pens and brushes, plus pure imagination, Great Girls will always create great animation!”

This 77-page picture book documents the many women who worked as Disney animators over the years. These animators contributed much to the 2-D movies we grew up with, whether they designed Disney’s most iconic villains and monsters, innovated how cartoon animals move in each frame, studied chemistry to create unique paint colors for



Jane Against the World: Roe v. Wade and the Fight for Reproductive Rights by Karen Blumenthal (2020)

cel animation, or applied their piloting experience to animating flying characters. Don’t be fooled by the illustrations – ‘Pencils, Pens, and Brushes’ is informative and enjoyable for all ages.

“With ideas, talent, and hard work, too, there’s no limit to what Great Girls can do!”

**Jane Against the World: Roe v. Wade and the Fight for Reproductive Rights by Karen Blumenthal (2020)**

“Imagine that you’re pregnant, or that your girlfriend is pregnant. What does that mean to you? / What do you want to do? What should you – or another woman – be able to do? / What are you going to do?”

Journalist Karen Blumenthal wrote ‘Jane Against the World’ before the Supreme Court’s 2022 overruling of Roe v. Wade, but that doesn’t make the information less relevant. Instead of taking a strong opinion or trying to persuade the reader to believe one way, most of the book chronicles restrictions and reform on reproductive rights – including birth control, sexual education, and abortion – from 19th century America to modern day. The book mostly focuses on Roe v. Wade, the court case that changed medical privacy and reproductive rights in the United States. ‘Jane Against the World’ provides clear information on a sprawling, often confusing subject in a professional yet conversational tone.

“No matter what the U.S. Supreme Court does, the reality remains: The fight over whether, when, and how a woman has a child is far from over.”

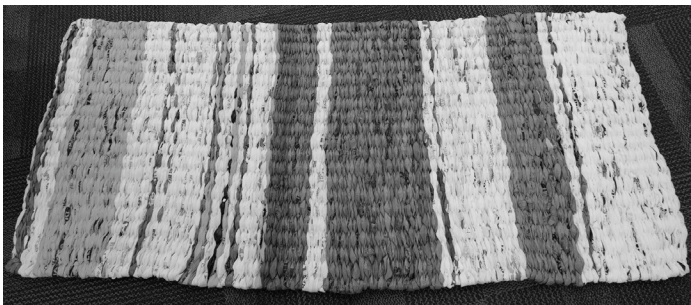
WCC weaves mats for the unhoused

Community members repurpose plastic bags for those in need

The WCC community came together during an event hosted by the Student Resource Center to make sleeping mats for the homeless. The mats are made by collecting plastic bags and turning them into plastic yarn, also known as plarn, and crocheting them together. Bags were collected continuously by placing them in a box on the bridge that connects the second floors of the Student Center and Liberal Arts and Sciences building.



Community members work on mats.



A completed plastic mat.



Two community members put together a mat.



Shirley Klein crochets a mat.



Gigi Kopinski and Sarah Miller hold up plastic strips that will be used for a mat.



Someone weaves a mat.

WISDOM OF THE WEEK

Women’s History Month

“Women belong in all places where decisions are being made.”  
- Ruth Bader Ginsburg

“The need for change bulldozed a road down the center of my mind.”  
- Maya Angelou

“I am not free while any woman is unfree, even when her shackles are very different from my own.”  
- Audre Lorde





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Solutions to puzzles on washtenawvoice.com

ACROSS

- 1 Nile reptile

4 Woodworking tool

8 School year

13 “Knock, knock” response starter

15 Crooner Paul

16 Put a cap on

17 Commuter option

19 State one’s views

20 Union member?

21 Total disorder

23 “\_\_ whiz!”

24 Attempt

25 Hawaiian dish with skipjack tuna

27 “Good Will Hunting” univ.

29 Ahmed of “The Night Of”

31 “If I were \_\_ ... ”
- 32 “Time’s Arrow” novelist Martin

34 Guns, as an engine

37 Mandarin greeting

41 Dumped unceremoniously

44 Pitch perfect

45 Potatoes, in South Asian cuisine

46 “Twittering Machine” artist Paul

47 Snakelike fish

49 TD’s six

51 Mary \_\_ cosmetics

52 Cloverleaf segment

57 Rx writers

59 Movie night room

60 Woodwind for Elaine Douvas
- 61 Enticing scents

64 Spy collection

66 Olympic arena that features the ends of 17-, 25-, 41-, and 52-Across

68 After-bath wrap

69 Not all

70 Sparkling wine region

71 Makes out, in Manchester

72 Affirmative votes

73 QVC alternative

DOWN

- 1 Puncturing tools

2 Model in a bottle

3 Toy with a handlebar and a big spring

4 Unique person

5 Political commentator

6 Cut corners

7 Hunter-gatherer diet

8 Reason to say “Whew!”

9 Carmex target

10 Buddy in Barcelona

11 Muscular power

12 Stainless \_\_

14 Closed

18 Figure in Russian history

22 Chicago WNBA team

26 Lincoln competitor
- 27 Shark name that comes from Maori

28 “Let’s do it!”

30 Actress Catherine \_\_-Jones

33 Shooting sport

35 Abbreviation on a TV remote

36 Intersection sign

38 Angry shout from a green Avenger

39 Locale

40 Follow orders

42 Exasperated expressions

43 Much-anticipated nights out

48 Scientist’s workplace

50 Aching
- 52 Changes the narrative?

53 Noble gas whose name comes from the Greek for “strange”

54 Split evenly

55 Overgrown, in a way

56 Black tea grade

58 \_\_ América: international football tournament

62 \_\_ and crafts

63 Largest organ in the human body

65 Brain scan letters

67 Reddit Q&A

BREWSTER ROCKIT By Tim Rickard

WELCOME TO THE ANNUAL GALAXY AWARDS!



Rickard

WINNER THIS YEAR FOR BEST CLAIRVOYANT ALIEN: ZELBAR!



www.gocomics.com/brewsterrockit brewrockit@yahoo.com

WOW! THIS REALLY IS A SURPRISE!



CLASSIFIEDS

WCC students and employees can place classified ads in The Washtenaw Voice for free.

LOCAL BUSINESS OWNERS Looking for help? As a service to our students, you may place “help wanted” ads in The Washtenaw Voice for free.

THE DEADLINE in 5 p.m. the Tuesday before publication.

SEND ADS to wcc.voice.advertising@gmail.com

Center for Career Success

SC 112  
734-677-5155  
careers@wccnet.edu

These are among recent employment ad posted with WCC Center for Career Success.

Students may contact the Center for Career Success to find out how to apply for the openings.

To view more information, visit Career Connect at wccnet.edu/careerconnect

Member Service Representative at Planet Fitness/Impact Fitness.

Planet Fitness is looking for energetic, enthusiastic Member Service Representatives that are passionate about health & fitness to join our amazing team. We have multiple hourly Member Service Representative positions open! These include part-time and full-time opportunities with flexible work schedules. Starting pay is \$12.25/hour, with a 3-month increase to \$12.75/hour, based on performance eligibility.

Camp Activity Leader at Washtenaw County Parks.

Under the supervision of a higher classified employee, activity leaders are responsible for supervising children ages 5-11, planning and leading activities including group games, swimming, crafts and day trips. Activity Leaders are responsible for implementing safe play practices, and for managing age-appropriate levels of fair play and competition. Responsible for set up, take down and inventory of equipment, maintaining records of activity and program participation.

Lead Cook at People's Food Co-op.

People's Food Co-op seeks a Lead Cook to prepare items for our soup, salad, hot bar, and grab & go areas. Will also assist Kitchen management with product ordering. Evening and weekend availability a must. QUALIFICATIONS INCLUDE: Commercial prep and cooking experience, Knife skills, Preparation of Hot Bar dishes, -directed and able to work as part of a team, Ability to handle multiple demands,

Surgical Technician at VA Ann Arbor Healthcare System.

The Surgical Technician functions independently to provide a wide range of support to the professional nurse and physician in the Operating Room. The Surgical Technician (ST) participates with the surgical team members in planning and implementing complex procedures under the general supervision of the surgical team. The Surgical Technician handles instruments, supplies, and equipment during all surgical procedures including but not limited to: thoracic, major vascular, general, urology, plastics, ophthalmology and total joint replacement surgery.

Welder at Zero Gravity Filters, Inc.

The Welder is required to weld metal components, products, assemblies, and parts including but not limited to: TIG, and MIG. Responsibilities include saw cutting, and pipe threading. Operate hand tools including plasma cutter, grinders, and pneumatic tools.

Farm Intern - Summer at The Michigan Urban Farming Initiative.

The Michigan Urban Farming Initiative is seeking a number of interns to join our team and support our efforts to change the food system in Detroit. We want someone who is eager to learn, passionate, and has strong interpersonal skills.

Responsibilities include:

Field Work: Most field work is done by hand, and includes seeding, planting, weeding, watering, trellising, harvesting, hauling, washing, and packing produce for market.

Market Saturdays: Prepare produce and process sales during our weekly on-site market.

General Farm Maintenance: Tool and equipment care, farm and property upkeep

Automotive Technician at Firestone Complete Auto Care.

The Automotive Technician position requires your experience and technical expertise to diagnose drivability and electrical systems, while using your leadership and mentoring skills in driving a team toward increased customer care and satisfaction.

RESPONSIBILITIES: Change oil, transmission fluid and filters, Install batteries and checks electrical systems, Tire maintenance, Install parts, Road test vehicles

Accounting Specialist at Corby Energy Services.

Corby Energy Services (“CES”) is looking for an Accounting Associate to join our Accounting & Finance team! The person in this position will be responsible for assisting with daily accounting and payroll functions as well as month-end processes. The work is in a fast-paced environment that requires full-time hours.

Part Time Relationship Banker Float at Comerica Bank.

The Relationship Banker is responsible for contributing to the overall success of a Retail Banking Center(s) by committing to banker-readiness to be viewed as a trusted resource for our customers. The responsibilities will include conducting marketing activities to uncover customer needs, provide solutions leading to revenue growth in loans, deposits, and noninterest income, delivering a customer centric experience, maintaining disciplined operational objectives; all while striving for excellence in execution of the mentioned areas. This position will support Banking Centers within the District. May require working occasional Saturdays.



# Defense against seasonal depression

BY LAUREN SMITH  
Staff Writer

**FIGHT AGAINST THE GREY**

Vitamin D Supplement

Counseling

Stress Reduction

Light Therapy

Recurring Events

GRACE FAVER | WASHTENAW VOICE

Though spring has begun, the blues of winter haven't fully left— especially for those with seasonal depression.

Seasonal affective disorder (SAD) is a period of mood changes triggered by a transition in seasons, usually in the fall and winter months. While medical professionals are unsure of exactly what causes this ailment, there are treatments that have proven to be effective.

Multiple factors may lead to SAD, according to the National Library of Medicine. An inability to adjust one's biological clock to the changes in daylight may cause disruptions to mood, sleep, and hormones. Lack of

sun exposure can also lead to vitamin D deficiency, which can decrease serotonin and exacerbate any preexisting chemical imbalances in the brain. Another theory is overactivity of the hormone melatonin which maintains the body's regular circadian rhythm.

Symptoms of SAD include sleep disturbances, feeling sluggish or irritable, losing interest in hobbies, difficulty concentrating, low energy, hopelessness, suicidal ideation, and changes in appetite or weight. Some of these symptoms may present differently depending on the time of year. With winter SAD, sleep disturbances and changes in appetite and/or weight are more likely to manifest in the form of oversleeping and overeating.

That being said, there are some treatments that can help with Seasonal Affective Disorder. Treatment options include light therapy, psychotherapy, medication, and supplementation of vitamin D, or lifestyle changes such as exercise and diet. James Bauer, Counselor at Washtenaw Community College's Counseling and Career Planning department, recommended some effective and accessible options for students negatively impacted by the change of seasons.



GRACE FAVER | WASHTENAW VOICE

### VITAMIN D SUPPLEMENTATION

Vitamin D plays a huge role in the human body, but is unfortunately not naturally occurring in many foods. The best source of vitamin D is exposure to UVB rays from the sun, which breaks down a steroid in the skin, causing the chemical reaction that creates vitamin D3. In colder and darker months, there is not enough contact with sunlight for the body to naturally produce enough of the vitamin to function properly. This often causes a deficiency that can significantly impact mental health. Vitamin D is an inexpensive supplement that can be found at any major drug store such as Walgreens or CVS. Bauer recommends beginning supplementation months before the anticipated onset of SAD, in order to ensure vitamin levels are high enough when the sun

fades away as well as to encourage consistency. 1000 to 2000 IU (international units) per day should be sufficient to boost vitamin D levels, but of course it is recommended to consult your primary care physician for their advice.

### COUNSELING

Therapy is a great tool for anyone, whether for maintenance or for support through a rough patch. WCC students in the state of Michigan have the option of short-term focused personal counseling at no extra cost, available through the Counseling department by Zoom or in person at SC 206.

### STRESS REDUCTION

Simple lifestyle choices can go a long way towards reducing stress in the body and helping to manage stress when it comes up. Regular exercise, a well rounded

diet, and healthy sleep habits all have a profound effect on physical and mental health. Working out, even slightly elevating your heart rate, for 30 minutes triggers the release of endorphins – feel-good hormones in the brain. It is a reliable method of improving mood and relieving stress. Additionally, it is important to be mindful of eating food with nutrients that will energize rather than negatively impact you. This includes avoiding consuming anything that can cause a stress response in the body, such as caffeine and alcohol. Sleep also plays a factor. Not allowing your body to fully rest at night can make it difficult to stay awake and alert the next day, adding unnecessary mental strain.

### LIGHT THERAPY

Light therapy, or photother-

apy, is daily exposure to sunlight or an artificial light source of similar intensity and works to readjust the body's natural sleep-wake cycle. Usually 30 minutes in the morning is recommended. More information on what light box is right for you is available on the website of The Center for Environmental Therapeutics.

### RECURRING EVENTS

Relax, Rejuvenate, Repeat, hosted via Zoom by WCC Counseling department every Friday, are 15 minute sessions of lessons for stress management that you can take with you to use in your everyday life. Sessions run from 11:30 AM to 1 PM, and 3 to 4:30 PM.

Therapaws, therapy dogs and their trainers, are available in the Bailey Library on March 8th and April 12th from 12 to 1:30 PM for all your snuggly study buddy needs!

For more events and resources, visit:



Dancers move in a circle around the room while holding hands.

## Ann Arbor community comes together through folk dance

BY GRACE CRANDALL  
Staff Writer

Tucked away off Concourse Drive in Ann Arbor lies a small studio with wood-paneled floors. Walking zinto the studio on a Sunday afternoon, a newcomer may not know what to expect. But whether it's your first time or your 10th time, you will be welcomed by a group of people, ready to dance.



Dancers practice their footwork.



All ages are welcome to participate.

This is the international folk dance group that is part of the Ann Arbor Community for Traditional Music and Dance (AACTMAD). Come rain or shine, the group meets every other Sunday afternoon.

Drake Meadow, the group's founder and leader, begins the meeting with an hour-long lesson, in which regulars and newcomers join together to learn new steps.

Barefoot and donned in vest and dress pants, Meadow welcomes the dancers, reminding them that it doesn't matter how many times they have danced.

"We are in a circle, where no one's in the front, and no one's behind," says Meadow.

He then starts the lesson

with a slow "pravo," meaning "easy" in Bulgarian. This step is the basis for many of the dances, in which dancers hold hands, travel, and switch feet in a quick, quick, slow, slow rhythm.

As the lesson continues, more people trickle in. Soon, the circle welcomes about 40 dancers, varied in age from teens to 70s. It may seem as though this group has been established for a while, but it began only this past December.

While the international folk dance group is new, AACTMAD has been an important part of the lives of Ann Arbor natives for years.

AACTMAD is a non-profit organization that hosts over 100 dance events every year. With over 200 members in Southeast Michigan, the foundation serves to introduce historical dance to an ever-growing community.

AACTMAD hosts many types of traditional dance



The dancers hold hands.



PHOTOS BY RUBY GO

Drake Meadow leads the group in dance.

events, from English country to swing. Meetings for the groups are scheduled at various times throughout the week. Suggested admission is given, but members are encouraged to pay what they can.

Meadow, 53, began his time with AACTMAD calling contra dances and English country dances. While he still calls these dances, Meadow recently realized his wish to start an international folk group within the community as well.

"(International folk) dance in Ann Arbor died out, and coming out of the pandemic, I really was missing this," said Meadow.

International folk dance has been popular in the Ann Arbor area for many years. But as groups in the area slowly phased out, Meadow wished to revive the dance and traditions associated with Balkan nations.

Meadow approached AACTMAD with his idea, and several people quickly offered to help. In just a few months, the group was ready to begin teaching and leading traditional dances.

"I really didn't know what was going to happen," said Meadow. "We got a smaller venue for our first dance in December, and I thought, 'Okay, we'll get five or 10 people'...and it was about 40 that showed up, to the point that we were crowded in."

From there, the group has only grown. They use a larger dance hall, and average about 45 people, new and returning, each meeting. The dancers usually learn new steps to recorded music, but the goal is to feature live music about once a month, said Meadow.

In late March, the group will

welcome Veselba, a local trio that plays with traditional Bulgarian instruments. The band plays in the center of the circle, allowing dancers to better connect with the musicians.

This connection is something that makes international folk dance unique. Jean Borger, who helped launch and lead the group, attested to the community that dance provides.

"When we dance together there's a sense of one and connection," said Borger. "We have fun, but there's also an incredible respect for the cultures."

International folk dance celebrates dance from all over the world, but primarily focuses on the Balkan nations, such as Bulgaria, Romania, and Macedonia. Holding hands, dancers celebrate the steps and rhythms that have brought people together for centuries.

"I'm new to dancing," said Maris Laporter, who has come to the past four meetings. "I was too shy to dance. Then I came here and saw I wasn't worse than anybody else, and nobody was paying attention...I got over my self-consciousness and now I love it."

It is the hope of the international folk dance community that dancers leave with a sense of connection. Meadow commented on the impact of mixing centuries-old dancing with ever-evolving interpretation.

"Sometimes, I will alter a dance slightly if it doesn't work well for the people who are in front of me...they are the most important thing," said Meadow. "These traditions are living, and they can serve us. So I serve these people through this tradition."

## Voice gets top honor

BY THE WASHTENAW VOICE

The Washtenaw Voice has been named best two-year college paper in the state by the Michigan Press Association. The recognition came as the professional journalism organization announced the winners of its annual news contest Thursday.

In all, the Voice won seven MPA awards including first-places for best writer, investigative reporting, news story and feature story. Voice students won second for sports column and front page design.

Held in conjunction with MPA's professional competition, the college contest encourages good journalism. The University of Michigan Michigan's Daily won first among four-year college papers that publish more than once a week. Michigan State's The State News, took the top honor among four-year college papers publishing weekly.

Former Voice deputy editor Jordan Scenna won first place in investigative journalism for his story "21st century terrorism," a look at school safety following the Oxford High School mass shooting. He also took first in feature story for "From homeless to high honors" and was named best writer. The best writer award is judged on three examples representing a variety of writing styles and subjects.

Voice alum Elinor Epperson won first in the news story category for her report on Afghan refugees resettling in Washtenaw County after the U.S. withdrawal from Afghanistan in 2021. Her feature story on bee keeping took third in feature story.

Former Voice editor RJ Hunt won second in the sports column category for a piece on Superbowl Sunday, and Monday. Former graphic designer Janani Murugesan won second on front page design.

Entries in the contest were published between Aug. 1, 2021 and July 31, 2022





events

Compiled by: Ruby Go | Editor

AT WCC IN THE COMMUNITY

HUMAN LIBRARY

March 22 from 11 a.m. to 3 p.m.

Bailey Library

This is WCC's first in-person Human Library since the COVID-19 pandemic. Over 40 "books" will share their unique stories, which in past years have included living through war and being a teen mom.

HERSTORY: POETRY OPEN MIC

March 23 from 11 a.m. to noon

Zoom

Bring a poem to read, pick a poem from the event's online Padlet, or just come and listen to this virtual poetry open mic featuring poems on the theme of celebrating women. Get the Zoom link at [wccnet.edu/events](http://wccnet.edu/events).

WOMEN'S HISTORY MONTH FILM SCREENING

March 30 from 3:30-5:30 p.m.

Garrett's on the first floor of SC

Join Student Activities and the Office of Diversity and Inclusion for a screening of "A Place of Rage: African American Women Who Revolutionized Society".

SECURITY TRAINING WITH PUBLIC SAFETY

April 3 from 3-4:30 p.m.

Community Room on the first floor of SC

Learn about WCC's Public Safety, the procedures and protocols that keep you safe, how to be aware of your surroundings, and ways to keep yourself safe in chaotic situations.

INK MONOPRINTS

March 21 from 6-7:30 p.m.

343 S. 5th Ave

All invited to use a dip pen and a transparency sheet to trace an image onto paper and then color it with brush pens. Bring an apron or old clothes that can get messy.

OPEN MIC: BOOKSWEET BOOKSTORE

March 24 at 7 p.m.

1729 Plymouth Rd.

All teens and adults invited to read five to 10 minutes of their writing. Content warnings appreciated, with a pause to allow people to leave the room if needed. Sign up in advance at [bit.ly/booksweetopenmic](http://bit.ly/booksweetopenmic), or upon arrival.

EQUINOX BIRDING HIKE

March 25 from 8-10 a.m.

5701 Sharon Hollow Rd.

Washtenaw County Parks and Recreation Commission naturalist Kelsey Dehring leads a birding hike during this exciting time of year to witness bird behavior. Preregistration required by emailing [dehringk@washtenaw.org](mailto:dehringk@washtenaw.org); space limited.

BUTTON LAB

April 3 from 6-7 p.m.

343 S. 5th Ave

Make fun buttons using AADL's 1.25 inch or 2.25 inch button makers. Bring or draw your own pictures, or use old pictures from the library's magazines.

ANN ARBOR ART+FEMINISM

March 31 from 1-2:30 p.m.

525 S. State St.

Panel discussion on why artists and activists that identify as women, non-binary, trans, queer, and people of color only make up a small fraction of contributors and content subjects on Wikipedia.

WIKIPEDIA EDIT-A-THON

March 31 at 3 p.m.

419 S. State St.

Participants are invited to bring a laptop and edit Wikipedia entries with editing mentors, food, and a DJ.

SEED SAMPLER

April 1 from 1-3 p.m.

343 S. 5th Ave

Drop off extra seeds from your garden or pick up something you would like to grow. You do not need to drop off seeds to take some home.

GLOBAL CHANGE AND ITS CONSEQUENCES FOR GREEN LIFE

March 31, time TBA

1800 N. Dixboro Rd.

Talks by six early-career scientists and two keynote speakers on how environmental changes impact the ecology and evolution of plants, algae, and microbes. Preregistration required at [sites.lsa.umich.edu/ecss](http://sites.lsa.umich.edu/ecss).



The Loop

NEWS FOR AND BY STUDENTS

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