



BEAT THE HOLIDAY BLUES

SEE B2

WASHTENAW VOICE

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Ann Arbor, Michigan



Classmates practice the warrior I pose together during the summer 2023 semester.

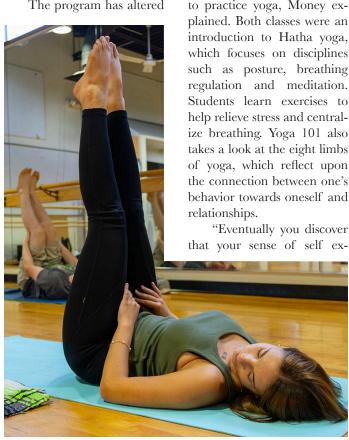
Yoga program stretches its limbs with new curriculum

GRACE CRANDALL

With a constant demand for activities that relieve stress, yoga classes are gaining popularity on WCC's campus. Plus, each class is worth one to two credits.

The program has witnessed increased enrollment at a time when the program has changed its curriculum, according to WCC yoga instructor Rachel Money.

The program has altered



PAULA FARMER I WASHTENAW VOICE

A student practices the waterfall pose during the summer 2023 semester.

the curriculum for the Yoga 102 class, and is introducing a new class in the Winter 2024 semester. This provides students with the opportunity to take a deeper look at the teachings and limbs of yoga, Money explained. The classes are available in-person and virtually.

In the past, the two classes offered, Yoga 101 and Yoga 102, were essentially the same. Having two classes allowed students more time to practice yoga, Money exintroduction to Hatha yoga, which focuses on disciplines such as posture, breathing regulation and meditation. Students learn exercises to help relieve stress and centralize breathing. Yoga 101 also takes a look at the eight limbs of yoga, which reflect upon the connection between one's behavior towards oneself and

see yourself in other people... and then it makes it easier to really connect with and be of service with others," said Money. "I think students discover that they take their yoga off their yoga mat and out into the world." The change in curricu-

pands in yoga, and you start to

lum means that now Yoga 102 takes a deeper look at meditation. Along with continuing with improvement of techniques learned in 101. Yoga 102 focuses on the seven-chakra system. Money explained chakras as "centers of energy."

Yoga concentrates on the energy that is constantly moving inside the body, and each chakra is interconnected with life experiences, such as emotional intelligence levels. The energy within the body connects to mental well-being, which is why yoga has both a mental and physical aspect.

"It bridges that gap between knowing about our body and knowing about our mind and behavior," said Money. "We start to look at our subtle body energy."

Colleen Smyth, a yoga instructor who runs a dual enrollment program at Ypsilanti High School for WCC, has introduced Yoga 101 to the students there. Smyth explained that the students are often hesitant when they begin a yoga class. By the end of the class however, Smyth said she receives positive feedback.

"They're starting to realize that they do have some say in the matter of how they're feeling...it's a real roadmap of how to deal with the stress they're in," said Smyth.

This is something that both Money and Smyth emphasized. Yoga can offer an opportunity to better understand the stress in life and how to manage it. Additionally, no previous experience is needed to enroll in a class. Students like Madison Lillemoen appreciated the new elements of yoga which she learned.

"I've learned more about the moral aspect of yoga," said Lillemoen. "What it means to remember to relax, and reflect on yourself, along with putting that back out into the world."

Along with writing the curriculum of the new Yoga 102 class, Money has written Yoga 100: De-Stressing with Meditation, which will run in the Winter 2024 semester. This class will be a deeper dive into learning about the nervous system and how to regulate one's stress response in everyday life. Early and late enrollment are available for all three courses.

Looking forward, Money is hopeful that the program continues to grow. She hopes students will indulge their curiosity and try a yoga class.

"Truly anyone can do it," said Money. "You just have to be able to breathe, and keep an open mind. That's it."

Students notice chilly classrooms



KIRSTEN COLLETT I WASHTENAW VOICE

Journalism major Carly Newman bundled up in the Crane Liberal Arts and Science building doing class work.

KIRSTEN COLLETT Deputy Editor

In early November when outside temperatures began to plummet, classrooms inside WCC began to freeze up too. Students and faculty have complained about the temperatures of their classrooms, stating they are too cold.

"Most of our complaints actually are coming from the Student Center. We have others occasionally from other buildings but mostly the too cold complaints come from there," said Terry Barnes, vice president and chief financial officer.

Carly Newman has experienced cold temperatures during her class in the Crane Liberal Arts and Sciences building. When she gets dressed for school she puts on a wool undershirt, jacket and coat just to wear throughout

"Even in my Yoga 101 class we were supposed to dress light and we would be freezing. We would use the additional yoga mats to cover up because it was so cold," said Newman, a journalism major.

Students have adapted to the chilly temperatures by wearing their winter coats.

Now being in the middle of the snowy season, these cold temperatures outside will remain. How will campus heat

"The power plant that we call the energy center" is how we warm up the campus, said James Bescey, vice president of facilities development and operations.

WCC's central heating source is located in the energy center. Located underground, it houses the chillers and boilers that generate both hot and cold water for the heating and cooling of campus. This source heats the vast majority of the buildings with exception to Morris Lawrence, according to Bescey.

"We do know that our HVAC equipment is generally working well. But we do hear periodically about a particular room being too cold or too hot. It's helpful to have specific information so we can investigate," said Barnes.

Students can contact ne facilities team at 734-477-8777 if their class is too cold. They are open Monday through Thursday from 8 a.m. to 7 p.m. and Friday 8 a.m. to 5 p.m. Faculty and employees can notify them as well through My WCC.



PAULA FARMER | WASHTENAW VOICE

Students walk to class between the Student Center and LA building during last year's big snowfall.

Esports arena sees rapid growth in first 9 months

CALEB HENDERSON Staff Writer

Less than a year since WCC opened their very own Esports Arena on campus, the results so far have spoken for

Opening the door to TI

239, nearly every seat in the house is full and all computer monitors are taken as students have their headphones on, eyes completely glued on their respective games.

"Our goal with this is to keep students engaged," said Matt Lucas, the manager of WCC's sports program. "If students are engaged and having fun, then we're doing our parts."

A lot has already changed since the complex opened in March of this year.

CONTINUED ON A3



Students play Super Smash Bros. The Esports Arena offers daily free play, monthly intramural games tournaments, seasonal competitions and summer events.



Voice alum RJ Hunt ramps up podcast



RJ Hunt, former editor for the Voice, created his own podcast called "Buffed Up Sports" in 2020.

CALEB HENDERSON Staff Writer

When RJ Hunt first began his journey at WCC, he never would have envisioned himself as the lead editor for the Washtenaw Voice.

"I didn't really give it too much thought at first," Hunt said. "But I was like, 'you know what, maybe this won't be so bad after all.' And it's definitely something I don't regret."

It took a recommendation and some convincing from both his professor at the time, Dave Waskin, and the Voice's former adviser, Judy McGovern, to get him on board, but once Hunt committed to joining the team, the rest became history.

"He was always a good student and a sharp writer, so I had a hunch about his potential for the Voice. I did not know he would become editor. That impressed me," Waskin said. "It reminded me, too, that some people just need to be given a chance to show what they can

what has the former editor been of his podcast, and being in the up to in the meantime?

With his three semester tenure leading the school's newspaper in the rearview, Hunt eventually moved on to the next chapter in his life, and is set to graduate from Eastern Michigan before the year ends with a bachelor's in communication

and a minor in journalism.

While his next steps following graduation still remain unclear, one goal still remains at the forefront of his mind: to become a sports broadcaster someday.

Hunt has already taken the preliminary steps towards accomplishing this feat. He started his own sports podcast titled "Buffed Up Sports," which streams for free on all podcasting platforms, in October 2020.

Covering all of Detroit's local sports teams including the Pistons, Lions, Tigers, and Red Wings, Hunt also segues into breakdowns on boxing and the WNBA from time to time.

"I've always been a fan of sports, probably since I could talk," said Hunt. "So I had a bunch of people encouraging me like, 'why don't you just start a podcast,' and I was hesitant; but then when the pandemic hit I was like, 'I might as well do it to give me something produc-

Boasting over a thousand followers on both X (formerly Having graduated from known as Twitter) and Insta-WCC a little under a year ago, gram, multiple five-star reviews final stages of completing his bachelor's degree, Hunt's journey is only getting started.

> But it's safe to say his impact on the Washtenaw Voice as an editor during his tenure will already be remembered for years



WCC women of color group launches conversation series

Kristy Kazzi Staff Writer

During an event for unity and empowerment, women of color gathered at the Green Table Talk event, a kickoff meeting that set the stage for a series of discussions covering a range of different topics. The event, sponsored by Tracci Johnson, the dean of student and personal counseling, united a room full of creativity and support.

The women at the event engaged in candid conversations about everything from self-care to career and parenting. The objective of the event was to provide a space for women of color to build a community, access tools for success, and ultimately thrive in their diverse journeys.

"I came to this event to be surrounded by someone who represents me as well," said



Nannette Knox shares why she chose to attend the Women of Color meeting.

Margelena Dailey, an interior design major at WCC, voicing the sentiment of many attendees. She emphasized the importance of finding support within one's community, noting that such gatherings offer a rare opportunity to connect with others of similar nationality and cul-

"Higher education is the key to economic empowerment, so I'm very passionate about people of color receiving an education..."

- Tracci Johnson, WCC dean

Johnson expressed her passion for higher education.

"Higher education is the key to economic empowerment, so I'm very passionate about people of color receiving an education and being able to obtain higher economic status, and what comes along with that is being able to achieve your dreams," said Johnson.

"Being in a space where you feel like you can share your triumphs and tribulations is important, because we don't always have to show up as a success... and so when we have this community, we're able to go through this journey together and are able to support each other on



Women of color gather in Garrett's Restaurant, located in the Student Center.

our journeys," said Johnson.

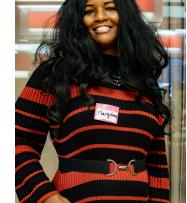
Highlighting the importance of diversity, Johnson expressed her joy in witnessing the varied stories within the room.

"I love seeing all of the diversity in the room, all the different stories, and every story is different, and I think that is what makes up a community. Being able to enjoy and embrace the diversity," said Johnson.

In addressing the challenges faced by women of color, Johnson encouraged vulnerability and resilience.

"It's okay for people to have setbacks. You have to be able to be vulnerable, you have to be able to have failures, and not think that it's the worst thing in the world," said Johnson.

Reflecting on her own experiences, Johnson said, "Part of how I grew up, I always had to be better, right? Better than. I can't just be average in order for me to succeed as a Black woman; I have to do more... Us being here and sharing some



Margelena Dailey, who attended the

meeting, smiles for a photo

of those stories lets you see that hey, this person experienced this difficulty and this barrier, yet they were still able to overcome. I can do it too."

For more information about the upcoming events, contact Tracci K Johnson at tjohnson29@wccnet.edu.

NEWS BREES

WCC will host its annual MLK Day celebration Thursday, Jan. 11, 3:30-5 p.m. on the second floor of the Student Center. This year's keynote speaker will be Shamar Herron, executive director of Michigan Works! Southeast. WCC Equity in Action Award winners will also be announced.

WCC leads as top in Michigan

Campus to host MLK Day celebration

Two independent rankings named Washtenaw Community College as the top community college in Michigan. The ranking was displayed on Niche.com and Intelligent. com. Additionally, Best College recently graded WCC as Best Accelerated Online Associate program in the state.

TED X is coming to WCC

Applications are available online at Wccnet.edu to become a speaker or audience member for the TEDxWCC event. The event takes place on Thursday, Apr. 6, 2024, from 6-7:30pm in the Towsley Auditorium located inside the Morris Lawrence Building. Eight minute long prepared talks, demonstrations and performances covering a range of subjects that will provoke debates and inspiration are needed.

Applications open for the Jack Kent Cooke Scholarship

The deadline to apply for the Jack Kent Cooke Undergraduate Transfer Scholarship is Jan. 11. This scholarship will be awarded to the top community college students who plan to transfer to a four year university. The scholarship offers up to \$55,000 per year for up to three years to assist transfer students in obtaining their bachelors degree.

Students interested in playing a sport at WCC can look forward to tryouts in January.

 $Men's\ basketball\ tryouts\ start\ Tuesday,\ Jan.\ 9\ and\ Jan.\ 11\ from\ 8-10p.m.\ in\ the\ Health$ and Fitness Center. Competitive dance tryouts commence Jan. 9 and Jan. 11 from 5-7p.m. in ML 158. Women's volleyball tryouts begin Jan. 8 and Jan. 10 from 9:30-11p.m. at the Huron Valley Volleyball Club. Men's volleyball tryouts are held at the Huron Valley Volleyball Club as well on Jan. 8 and Jan. 10 from 9:30-11p.m.

Esports tryouts begin Jan. 16

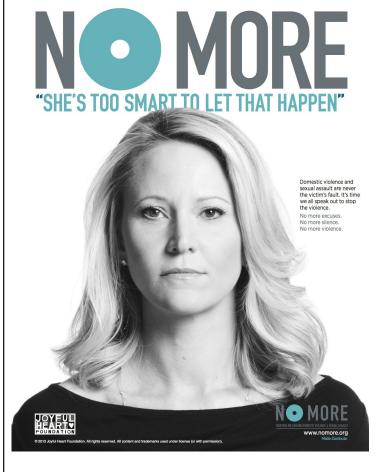
Play a sport at WCC

The Washtenaw Community College Esports team will be hosting tryouts beginning Jan. 16. Interested students must complete the winter waver found on Campus Connect prior to attending the event. Tryout events are as follows: "League of Legends," Jan.16 from 5-7 p.m. and Jan.18 from 7-9 p.m. "Super Smash Bros," Jan.16 from 7-9 p.m. and Jan. 18 from 5-7 p.m. "Counter Strike 2" Jan.17 from 5-7 p.m. and Jan. 19 from 7-9 p.m. "Valorant," Jan. 17 from 7-9 p.m. and Jan. 22 from 5-7 p.m. "Womens Valorant," Jan. 17 from 3-5 p.m. "Overwatch 2' Jan. 19 from 5-7 p.m. and Jan. 22

Film Festival 2023 showcases student creations

The WCC Video Production program is hosting the Fall 2023 Film Festival, Dec.19 at 6 p.m., located in the Towsley Auditorium. All are welcome to view the student creations that will be displayed. Light refreshments will be available.

> Grace Crandall | Editor Kirsten Collett | Deputy Editor







Esports

CONTINUED FROM A1

For starters, the school hired Maxwell Kuznia to lead the esports program shortly after its grand opening, with his leadership overseeing much of the growth the space has seen over the past eight

Student turnout has also gradually improved. An average of 80-plus people turn out on "free play" days where students are allowed to log on and play a vast array of games of their choosing. Meanwhile, 50-plus students are on the school's club teams that compete in the NACE's (National Association of Collegiate Esports) lower division, Open

"Walking into the arena, every single time, it's like I



Tyrese Rawls (right) takes a look at Emilio Varela Gomez's (left) screen.

am walking into a second home," said Bex Tremblay, a work-study student and active member in the arena. "The staff, the team, the students who come in from free play - we all come here to play video games, to belong, make friends and to have fun among other reasons," said Tremblay.

"Walking into the arena, every single time, it's like I am walking into a second home," - Bex Tremblay, workstudy student

WCC's club squads take part in a variety of different games: now two teams each participating in Super Smash Bros. and Valorant Esports competitions, but also the recent expansion of teams that compete in CS:GO (Counter-Strike: Global Offensive), Overwatch, and League of Legends.

There are multiple coaches involved in leading these squads, with practices taking place twice a week and tryouts for next season happening at various times on the week of Jan. 16-22, all listed on WCC's Campus Connect.

This year's Super Smash Bros. A Team and CS:GO Teams made the NACE's playoffs in their respective inaugural campaigns before being eliminated in the first round; meaning there will be big shoes to fill for those attempting to make the squads in 2024.

Not only does the Esports Arena facilitate league play, it also provides a gateway between video games and the classroom, with several programs being established in an attempt to work with learning spaces to provide co-curricu-

Next year, the Esports

Students interested in esports play in the Technical & Industrial Building, Room 239.



A student plays Counter-Strike. Students interested in esports can gather for tryouts next season the week of January 16-22.

Arena will also work with ParkRidge Community Center to offer noncredit STEM courses over the summer to middle and high school kids as part of their summer camp program.

"We want to help students learn how to code games and show them how to practice for esports competitions," said

Kuznia, the esports coordinator. "It's a really cool program we're looking forward to."

With daily free play, monthly intramural tournaments, seasonal competitions and summer events, it's safe to say TI 239 will be a hotspot at WCC for a long time to come.



EDITORIAL

Advisers guide so students can lead

After nearly a semester hiatus, The Washtenaw Voice is excited to be back and once again deliver news to the WCC campus. During the fall 2023 semester, the Voice went on a short break, as a search for a new adviser commenced. As we move ahead with publications, we believe we owe it to our readers to let you know: why did it take so long?

In May 2023, the Voice's adviser, Judy McGovern, retired after working at the Voice for almost nine years. The college posted the job description soon after her retirement was announced. At first, the replies were scarce. The role of adviser of The Washtenaw Voice is a unique role to fill. It requires journalism experience as well as someone who is willing to advise and mentor students.

"Through the search, it was apparent that it was challenging to find someone who had decades of experience in the newsroom, and especially someone who was also really interested in getting into teaching," said Peter Leshkevich, dean of enrollment management and student experience at WCC. The role of adviser is a position also referred to as "coordinator" by WCC.

Usually in the absence of a newsroom adviser, Leshkevich would have temporarily filled in for the position while the search continued. However, this summer Leshkevich settled into his new role in enrollment management and was unable to step in.

When summer ended and WCC had not yet found the right applicant, an email went out to Voice scholarship students, saying that there would be a delay in training and publication dates. The Voice would be on a break until further notice.

This raised a question among the team members, and perhaps among readers as well. If the Voice is a student newspaper, why does the team need an adviser in order to run? Isn't the student newspaper independent from the college?

In short, yes. The student newspaper is a separate entity from the college. In fact, acting independently is the best way to serve the public, according to the Society of Professional Journalists Code of Ethics.

It's why we are able to seek truth and report it. We are not withheld from presenting certain information because of certain partialities. Just like professional journalists, student journalists are protected under the First Amendment. This means that we have the right to free press, but we are also held accountable for our work, just like any other jour-

Without an adviser, however, it would be nearly impossible for the student paper

to run. An adviser does more than answer a few questions the editor has on a story. An adviser makes sure that newsroom bills are paid, checks that funding for the paper is in order, manages newsroom resources and writes recommendation letters. An adviser works with the technicalities of running a newsroom so that the students can run the

As student journalists, this leaves us time to focus on finding stories, scheduling interviews, writing and creating multimedia projects. Having an adviser enables us to put all our energy into the production of the paper.

"Although the Voice is a free press and considered a separate entity from the college...the function of the college newspaper operation is an office within Student Services," said Leshkevich. "The administrative burden is removed from the students so that they can actually focus on learning, reporting, writing, creating, and they can enjoy that experience from the student perspective."

This means that, like other services the college provides, funding is allocated to the newspaper. According to Policy 4080 of the WCC Board of Trustees Policy Manual, a minimum of two-thirds of the paper's funding comes from college sources. Additionally, Voice staff members receive a scholarship that is college-



PAULA FARMER I WASHTENAW VOICE

The fall 2023 Voice team poses in the hallway outside the newsroom. The Washtenaw Voice is located in SC 109.

funded.

The adviser acts as the bridge between the student newspaper and the college administration. This is why WCC was deliberate in finding the right adviser. It is important to the welfare of WCC and the Voice that the adviser shows a passion for student journalism and understands the importance of its presence on a college cam-

"I think we found the right person to move us forward and take The Washtenaw Voice to new heights, by providing guidance to students and sharing her passion with the next generation of journalists," said Leshkevich.

The Washtenaw Voice welcomes its new adviser, Lilly Kujawski. Kujawski was a former student editor for the Voice from 2018-2020, and has experience developing and advising an online publication for a local youth center, Neutral Center.

Finally, the Voice wants to thank you, the reader, for your support and patience. The primary goal of The Washtenaw Voice is to keep WCC students aware of the news that affects them, and we simply could not do that without your support.

The Voice is always open to the public and would love to hear from you. We meet every Monday at 5 p.m. in SC 109.

For more information, questions or concerns, please contact us at 734-677-5125 or via email at thewashtenawvoice@gmail.

VOICE BUX

What is your New Year's Resolution, or do you have any goals for next semester?

by Grace Crandall | Editor

"My goal is to pass all my classes."

Aubria Smith

business

"I plan on making a documentary, something like a road trip."

> **Neven Blanchard** history

"Spending less money, and eating healthier."

Leslie Parton general studies







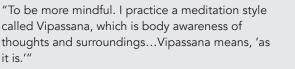
"My New Year's Resolution would be to start my third business and hopefully get that successful."

> Alan Meschievitz business management

"To keep above a 3.6 next semester."

Gavin Ijere

computer science



Caleb Kugler nursing

"I love reading, so making time for fun reading, not just school reading."

> **Allison Steffi** dual-enrolled student









WASHTENAWVOICE.COM

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.

CORRECTIONS

The Voice is committed to correcting any errors that appear in the newspaper or on its website. To report an error of fact, phone 734-677-5405 or email thewashtenawvoice@gmail.com.

FIRST COPY'S FREE

A copy of each edition of the Voice is free to everyone. Additional copies are available at The Voice newsroom, SC 109, for 25 cents each.

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Students dish up conversation at Peace Feast

Photos by Zakeria Almajrabi | Contributor



The event was co-hosted by the Inter-Varsity Christian Fellowship and Muslim Student Association.



Students of various religious backgrounds were encouraged to attend.

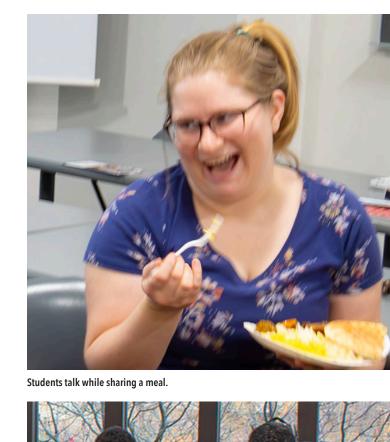


Students discuss around the table in LA 331.





Students dish up food from the provided selection.





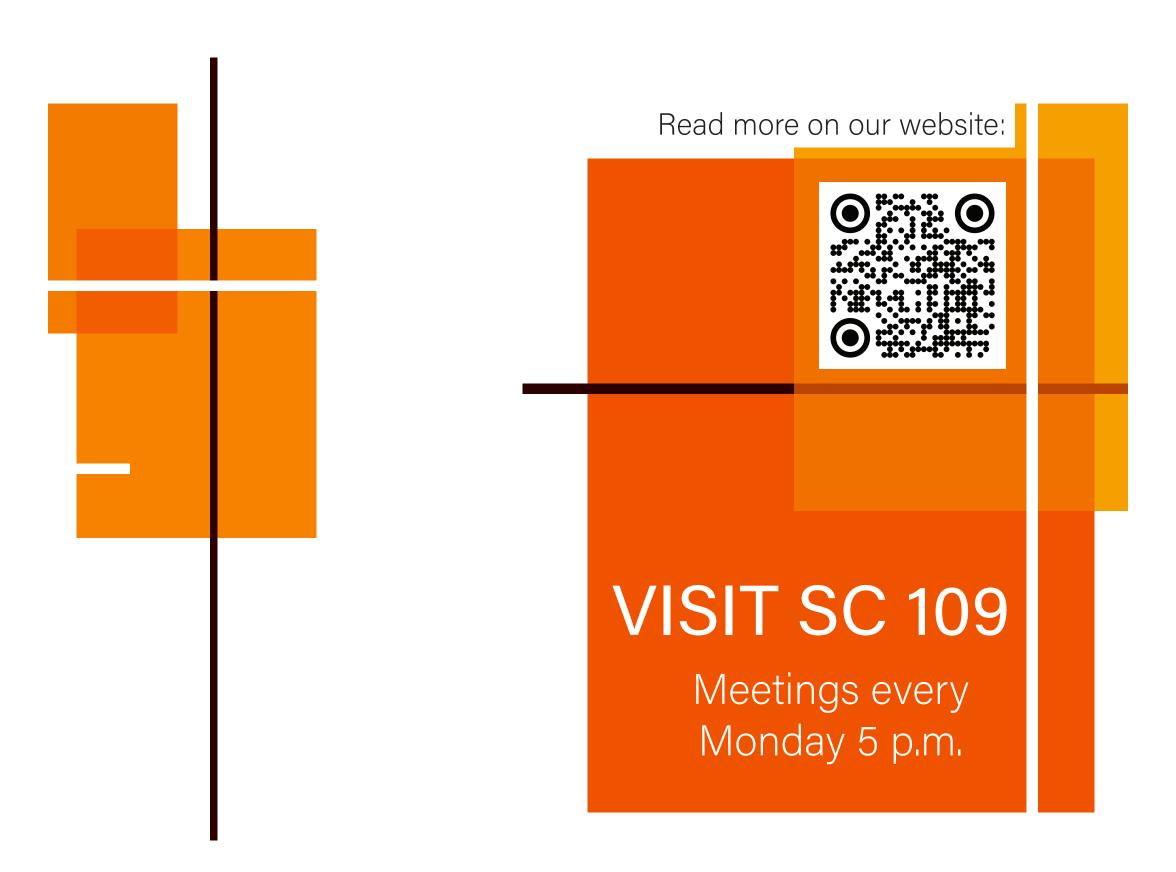
Students chat around the tables in LA 331.



The Peace Feast offered an opportunity for Muslims and Christians to have meaningful conversations.



LOOK FOR THE VOICE BACK ON THE STANDS!



LOOKING FOR A JOB?

We are looking for journalists, photo- and videographers, designers, cartoonists and digital specialists.







Did someone say

Orange Sugar and **Spice Cookies**

These cookies feature a blend of vanilla, almond, cloves and orange. They are sure to be a crowdpleaser at your holiday gathering.

Start to finish: 2 hours 45 minutes **Yields: 2 dozen cookies**

- 14 tablespoons (1¾ stick) butter, softened
- 11/4 cups sugar
- 1 egg, beaten
- 1 teaspoon vanilla
- 1 teaspoon almond extract
- 1/4 teaspoon orange extract
- 2 teaspoons baking soda
- 1 tablespoon warm water
- 3½ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon ground cloves • ¼ cup course, sprinkling sugar in festive color

Cream butter. Gradually add sugar, beating

well at medium speed on an electric mixer. Add egg, vanilla, almond extract, and orange extract to the creamed mixture and beat well.

Dissolve baking soda in water and then add into the creamed mixture. Mix well.

In a separate bowl, combine flour, baking powder, and cloves. Then gradually add into the creamed mixture, blending well.

Chill cookie dough for at least 2 hours.

Shape chilled dough into 1 inch balls. (Note: if the dough is too hard to shape because of chilling, let it sit out on the counter for an hour to warm up and then shape into cookies.)

Press sprinkling sugar into the dough, so as to get a pressed layer of sugar. Place on baking sheets 1 inch apart with the sugar sprinkles facing up.

Bake cookies at 350°F until lightly browned, about 12 to 15 minutes.

Cool cookies on wire racks and enjoy.

(from makebetterfood.com)

Classic Gingerbread Cookies

These gingerbread cookies are chewy and soft, with a balanced blend of sugar and spice. Serve at your next holiday get-together.

Start to finish: 5 hours 30 minutes **Yields: 4 dozen cookies**

- 1 cup 6 tablespoons butter (3½ sticks), softened
- 1 cup brown sugar
- · 2 large eggs
- 1 cup light molasses
- 4²/₃ cups all-purpose flour
- 2¼ teaspoon ginger
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- ¾ teaspoon salt
- ¾ teaspoon cloves

In a large bowl, cream butter and sugar with an electric hand mixer until light and fluffy.

Add eggs and molasses. Cream with hand mixer until well combined.

Add flour, ginger, cinnamon, baking soda, salt, and cloves. Mix with a spatula until just com-

Cover and let chill in the refrigerator until dough is less sticky and easier to handle, about 4 to 8 hours.

Roll out into an inch thick sheet on a lightly floured surface.

In a small bowl, add about 1/3 cup all-purpose flour. Dip cookie cutter in flour and cut out desired shape in cookie dough. Place cut shapes onto parchment paper on baking sheets and leave 1 inch space between cookies.

Bake at 350°F until cookies just start to brown on the tops and edges, about 10 to 11 minutes.

Remove from the oven and let cool completely before decorating with icing.

(from makebetterfood.com)

Royal Icing

This simple icing is perfect for nearly any cookie. Use it to decorate gingerbread men, or to add a sweet finish to orange spice cookies.

- 1 large egg white
- 1 teaspoon fresh lemon juice
- 1½ cups confectioners sugar

In a medium bowl, beat egg white and lemon juice with an electric hand mixer until foamy.

Add sugar and beat on low until thickened. Use immediately or cover tightly with plastic wrap as icing will harden when exposed to air.

To decorate cookies, transfer icing to a piping bag or place in a small plastic bag. Cut off a very small portion of the corner of the bag and squeeze onto cookies as desired.

(from makebetterfood.com)











ILLUSTRATION BY JADA HAUSER I WASHTENAW VOICE

EXTRA

How to feel less lonely during the holiday season

Staff Writer

Who wants to feel lonely during the holidays?

James Bauer, WCC counselor, said that feelings of loneliness might increase during this season because of what each of us considers a "picture-perfect" holiday. Bauer said releasing these expectations would help combat feelings of loneliness during the season.

Loneliness and isolation increase the possibility for individuals to develop mental health obstacles. Roughly half of U.S. adults reported experiencing measurable levels of loneliness according to the U.S. Department of Health and Services.

It is important to note how anxiety and depression can worsen loneliness. According to the CDC, 34.2% of people in the U.S. experience anxiety or depression.

Here are some suggestions to bring some holiday cheer into this season.

Catch up with old friends virtually

Take this time to catch up with old friends. It is a great way to feel less lonely and strengthen some bonds that



ILLUSTRATION BY JADA HAUSER I WASHTENAW VOICE

our busy lives get in the way of. A good activity to do virtually is a Netflix Party. You can watch the same movie with your friends at the same time.

Plan a trip or a getaway Don't be realistic. Dream big. Plan a trip you'd like to take, or be realistic and plan a trip you haven't made time

Decorate your space

A great way to feel more festive during the holiday season is to decorate your space. It doesn't have to be with expensive decorations; just make it cozy. You can buy some nice lights and DIY. Speaking of Try something new like arts

and crafts There are so many You-Tube videos on arts and crafts. It could be festive — or not.

The sky's the limit. There are so many options like making ornaments, candles or jewelry. Volunteer locally

Helping those who need it and supporting good causes makes us feel good. Here are some local options.

Hands On Patient Care: Hospital Elder Life Program (HELP): assisting older people with eating, recreation, relaxation and mobility, in order to prevent delirium and de-conditioning during the hospital

Staying in Closer Touch: Strengthening the bond between parent and child

A Girl Like Me Inc.: Encouraging girls, teens, teen moms, and young moms between the ages of 11 to 25 to make healthy life choices.

Growing Hope: Helping people improve their lives and communities through gardening and healthy food access.

Volunteermatch.org has some other opportunities. Self care and reflection

Take some time for yourself and decompress. Being alone doesn't have to be lonely. You can do something that makes you happy and feel good about yourself, like gratitude journaling. You could even make a hot cocoa, put music on, and romanticize the activity.

Remember that a lot of people experience these feelings during the holidays, but WCC has a 24/7 number you can call. 833-WCC 4 YOU (833-922-4968) is a counseling service that connects students with a licensed mental health provider.

You can also contact the Washtenaw County Community Mental Health 24-hour hotline: 734-544-3050

the holiday busyness, the

main character, Kevin, gets

left behind on the family trip

to Paris. Excited to be home

alone, Kevin quickly loses sight of what the holidays are

all about. While he is distract-

ed by all the chaos, burglars

see this as an opportunity to

break in. Kevin fights off the

burglars but begins to realize that he misses his family. The

holidays are about family, a

valuable lesson that he soon

I fell in love with the

film, "The Year Without A

Santa Claus," when my mom

showed it to me as a kid. This

movie has remained my fa-

vorite Christmas movie to

this day. It's an older movie,

but the stop-motion anima-

tion is beautiful. Santa gets a

cold this and wants to take the

year off. Two elves, Jingle and

Jangle, take matters into their

own hands and travel to find

learns.

Photo Editor

Paula Farmer

Lyric Lane

KIRSTEN COLLETT AND GRACE Crandall

The Washtenaw Voice

What is your favorite holiday song?

"A Nonsense Christmas" -Sabrina Carpenter (2023)

"It's not good, but it's funny, so it's good." Isabelle Lobert WTMC student



"Frosty the Snowman" -Jimmy Durante (1950)

"I love the movie version, it's a classic." **Jack Lozen**

computer science

"You're a Mean One, Mr. Grinch" - Tyler, the Creator (2018)

"I like the way it was composed."

Jake Whitmore

"Rudolph the Rednosed Reindeer" - Harry Brannon and Johnny Mark (1949)

"It's very catchy." Zayli Graham biochemistry

"Carol of the Bells" -Cathedral Choir (2019) "I used to sing it in high

school all the time." **Jeanine Cleply**

Justin Morton

Web Editor

My favorite Christmas

but one that did stick out to

me as a kid that was always

the talk of the town in school

was "A Christmas Story." The

fact that the movie was made

40 years ago and to this day

still is played on repeat for

24 hours straight on multiple

networks Christmas Eve and

Christmas Day just shows

how timeless it truly is. Flick

getting his tongue stuck to the

flagpole has to be one of the

most iconic holiday movie

moments of all time!

Caleb Henderson

Writer

"Ring Christmas Bells" - Ray Conniff Singers (1962)

"I always hear my granda play it." Heather McArthur



"Happy Xmas (War is Over)" - John Lennon, Yoko Ono and

Plastic Ono Band (1971) "It's the right amount of Christmas, without being

Sam Rietz

overly celebratory."



"Jingle Bell Rock" - Bobby Helms (1957)

"I like upbeat Chrismtas songs."

Meghan Robinson general math and science



"My Favorite Things" - John **Coltrane (1961)**

"(It) puts me in the mood whether I am hanging out with family or by myself." Shawn Hines



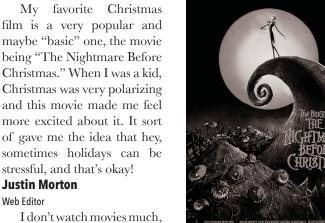
"All I Want for Christmas Is You" - Mariah Carey (1994)

"(I like) the vibes of the song."

Malcolm Branhan general engineering

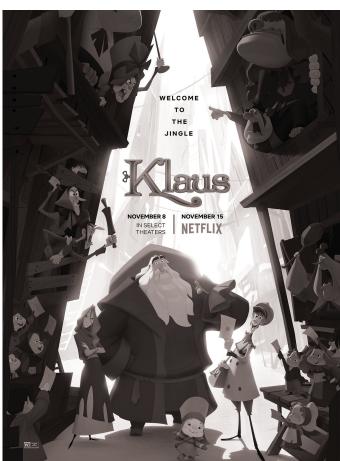
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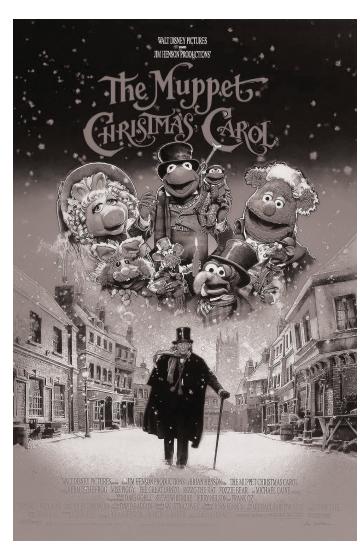








Staff picks favorite holiday movies THE WASHTENAW VOICE My favorite Christmas My favorite is the classic film "Home Alone." Amid



LIBERTY FILMS 180 James LIONEL BARRYMORE-THOMAS MITCHELL-HENRY TRAVERS BEULAH BONDI-WARD BOND-FRANK FAYLEN-GLORIA GRAHAME PRODUCED AND FRANK CAPRA movie (and one of my alltime favorites) has to be "It's a Wonderful Life." It's such a classic story that serves to remind us that every single person is here for a reason, and we have the power to change each other's lives for the better. The climax of the movie takes place during Christmas. How can it get better than that? If you haven't seen it, drop everything you're doing and watch it now!

Grace Crandall

It's so hard to choose! It's a toss up between "Elf" and "A Muppet's Christmas Carol" for me. If I had to choose just one between the two of those, it would be "Muppet's," of course! I mean, Michael Caine as Scrooge is amazing. One of the best iterations of the character I've ever seen. Add in the charm of Jim Henson's Muppets and you have a magical Christmas classic kids of all ages can enjoy.

Jada Hauser

Graphic Designer

My favorite childhood movie was "Barbie as The Princess and the Pauper." Naturally, as a result, my favorite Christmas movie is "The Princess Switch." With two Vanessa Hudgens in one movie, the content fills your cup. It includes mistaken identity, romance, and of course, some Christmas magic. "The Princess Switch" has enough holiday cheer to make even the Grinch smile and leaves every hopeless romantic a little more dreamy.

Kristy Kazzi



children who believe, in order to convince Santa to make his journey regardless. They run into trouble when they meet the Heat Miser and Snow Miser. The Miser brothers deliver two of the most iconic songs in the film. In the meantime, Santa sees the evidence that people believe and packs up his sleigh. **Kirsten Collett Deputy Editor**

"Klaus" is an unexpected and amazingly well-written animated feature. It's about a postman sent to a rambunctious, Nordic village that rages against each other like the families of Romeo and Juliet. However, this postman finds a humble wood carver and his lonely hoard of amazing toys. He uses his delivery skills and the magic of this mysterious toy maker to give the children hope, and bring a little magic

The Netflix original film

into their lives. **Grace Faver Graphic Designer**

Movie Posters courtesy of IMDb



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

Below are recent employment want ads which have been posted with WCC Center for Career Success. WCC Students and alumni are invited to read these ads and to apply on Handshake™. For more information or assistance with applications, contact the Center for Career Success, SC 112 at careers@wccnet. edu or 734.677.5155.

Follow us on Twitter: @ WCC_Careers | Facebook: @WCC.CCS | LinkedIn: WCCCenterforCareerSuc-

For more information on each job posting, click on the position title.

HR Assistant

The HR Assistant provides administrative support to the Ross Human Resources Department. You will play a pivotal role in recruiting and onboarding processes, HRIS records and compliance management, and other complex administrative functions that consist of collaborating with multiple customer groups. You will ensure prompt, efficient, and professional responses to employee inquiries. You will report to the Human Resources Manager.

or other products where decisions are made with engineering practices. Follow and work on the build of both running and nonrunning models in Design Fabrication. Support world-class fabrication techniques in a custom fabrication facility working on both interior and exterior models. Integrate customer focused needs and brand differentiation into all aesthetic proposals. You will learn techniques in the fabrication of these models.

Dealership Car Porter at Brighton Ford

Come join the Brighton Ford Family! We are looking for a porter for both our New and Used Car Department. The ideal candidate is friendly, quick on their feet, likes to stay busy and can work well with others but can also be self-sufficient. Experience is a plus, but not mandatory. A valid Driver's License and favorable drug test and criminal background check is required.

Job Requirements: Parking, driving and moving vehicles, Cleaning Cars, performing light maintenance and other tasks as instructed by managers, being a team player! We all work together to ensure a cooperative work environment.

Radiology Interventional Tech/Full Time-Days at Henry Ford Health

The Interventional Technologist works as a member of the Interventional Radiology for assisting physicians during diagnostic and interventional procedures by performing scrub or circulator functions. The Interventional Technologist specializes in obtaining high quality diagnostic imaging and assists in the performance of procedures of an invasive nature that aid in the evaluation and treatment of pathological entities as prescribed by a physician. The Interventional Technologist is responsible for the operation and maintenance of angiographic and supporting procedural equipment and supplies in the department. The technologist performs related functions according to department protocols, and utilizes independent judgment in determining appropriate imaging techniques, patient positioning, and safety practices.

Help Desk Tech at SL **America**

SL America is looking for a Tier 1 support desk tech. Team member will be responsible for the installation, support, and maintenance of desktop and laptop computer systems, peripherals and software to ensure optimal workstation performance. Assist in integrating computer equipment and peripherals.

4th Grade Teacher at Canton Charter Academy at National Heritage Academies

Located in Canton, MI, Canton Charter Academy has been recognized as one of Metro Detroit's Best and Brightest Company to Work For® in

2020 and 2021. We've also been recognized as an Exemplary High-Performing National Blue Ribbon School. Opening our doors in 2000 and serving students K-8, we create endless opportunities for our students to become their best. We even have a kindness rock garden to encourage our school community. We inspire our students to excel academically and think creatively to reach their full potential. Our dedicated teachers help students apply critical-thinking skills to solve real-world problems. We build kids of character through our moral focus program. As a result, students are prepared to tackle 21st century challenges and excel in high school, college, and beyond. Participate collaboratively and professionally with fellow teachers and support staff to meet the goals and individual needs of each student. Create, manage, and participate in a variety of professional development and orientation activities. Additional duties as assigned.

Registered Nurse/Grad-Nurse/Licensed uate **Practical Nurse at Saint** Joseph Mercy Health System

Full-Time and Part-Time Positions Available for Med-Surg, Step Down Units, Critical Care and More! Trinity Oakland is a great place to start or continue your nursing career! May units also offer Virtual Nursing and Camera Monitoring to support our patient care model.

REQUIRED EDUCATION / LI-**CENSURE** for Registered Nurse

(RN). Michigan Nursing License as RN. Graduation from accredited nursing program. BSN degree preferred or must agree in writing to obtain a BSN within five years. REQUIRED EDU-CATION / LICENSURE for Licensed Practical Nurse (LPN). Requires current Michigan Nursing License as LPN. High school diploma or equivalent, one year of specialized nursing education and successful completion of pharmacology course.

Entry Level Controls Engineer at Fives DyAG Corp

Fives DyAG Corp. is looking for an Entry-Level Controls Engineer to join our team based out of our Farmington Hills, MI office. This is a full-time direct hire position. Fives DyAG's engineers work in a variety of environments and locations. The role requires strong technical knowledge, sound experience and people-skills, to effectively solve issues as they arise.

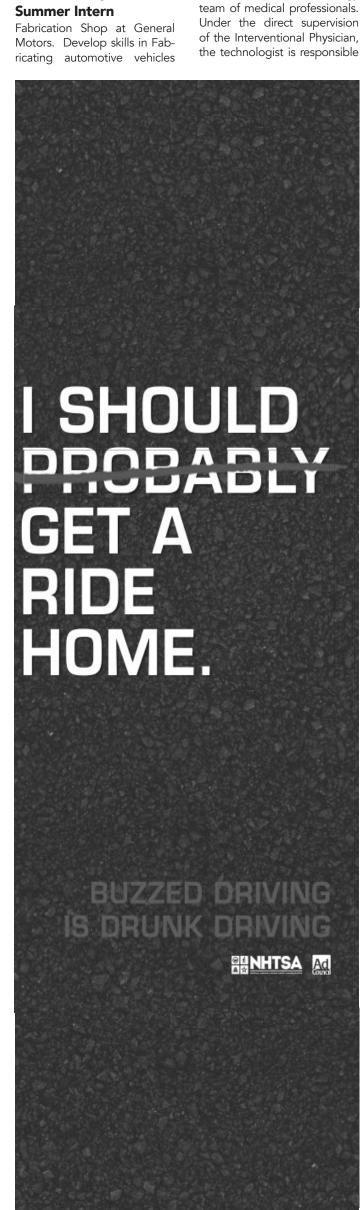
Medical Scribe at iScribeMD

The Medical Scribe accompanies the healthcare provider into the exam room and documents the patient-provider encounter in the Electronic Medical Record (EMR) which is a legal document containing protected health information. Essential Functions of Position: Accompany the healthcare provider into the exam area to document the patient history, medical findings and plan of care in real-time, Inform the provider when lab and radiology results are available and enter the information into the

chart, Look up and include relevant medical records from prior medical visits, Document all medical procedures ordered and performed by the provider, Follow all documentation compliance standards and HIPAA laws, Ability to complete clerical, employment responsibilities and provide feedback as requested by iScribeMD leadership, Scribes are unlicensed and do not participate in patient care. They require no prior training or background in the medical field.

Part-Time Graphic Designer at W&P Management

Conceive and implement concepts, guidelines and strategies in various creative projects and oversee them to completion. Monitor results of team efforts and propose actions for the future. Brainstorm and develop campaigns with marketing team. Monitor and ensure brand guidelines are being met by all team members. Design comps, storyboards, initial graphic concepts and final deliverables. Digital and print material including but not limited to, brochures, handouts, banners, dealer programs, price book, price tags, magazine ads, direct mail, billboards, community ads, store graphics, window graphics, coupons, website elements, and more. Shoot and edit educational and informational videos for use on multiple customers facing plat-





Compiled by: Grace Crandall and Kirsten Collett | Washtenaw Voice

events

WINTER ACTIVITIES

SANTA AT BRIARWOOD MALL

Now-Dec. 24, Monday-Saturday 12-8 p.m., Sunday 12-6 p.m.

Briarwood Mall | 100 Briarwood Circle, Ann Arbor Come visit Santa, take a photo and enjoy the holiday display at Briarwood Mall. Catch Santa by Christmas Eve, before he flies back to the North Pole.

CHRISTMAS VILLAGE COLLECTION

Wednesday, Dec. 27, 6-8 p.m.

Gordon Hall | 8311 Island Lake Road, Dexter Step into a mini magical world of a Christmas village, displayed at Gordon Hall. The Hall recommends visiting after dark, when the lights make the village come to life. The Hall has a suggested donation of \$5.

VEGAN HOLIDAY MARKET

Saturday, Dec. 23 11 a.m.-3 p.m.

Stone and Spoon | 110 W Michigan Ave., Ypsilanti
Downtown Ypsilanti shop Stone and Spoon will host a free vegan holiday market, serving food from local vendors, including Zella's Bakery and Shimmy Shack.

ANN ARBOR RESTAURANT WEEK

January 21-26

Restaurant week highlights local restaurants that offer an array of specials including fine dining, family meals and meals for two. Prices may vary based on location.

OUTDOOR ICE ARENA

Now through Feb. 28.

Buhr Outdoor Ice Arena and Pool | 2751 Packard Road, Ann Arbor
Join in some classic winter fun at the Buhr Outdoor Ice Arena.
The arena is open to the public at varying times all week.
Families are welcome. Cost is \$6 for adults, \$5 for 17 and under. See website for schedule details.

CROSS COUNTRY SKIING

Monday-Friday 3:30-7 p.m., Saturday and Sunday 9 a.m.-7 p.m.

Rolling Hills County Park | 7660 Stony Creek Road, Ypsilanti Rolling Hills Park offers 3-plus miles of cross-country ski trails. The park offers a flat trail for beginner skiers, as well as a hilly trail for seasoned skiers. The park has a \$6 entry fee, with ski equipment available for rent for \$10 an hour.

Rolling Hills also offers sledding hills, with sledding tubes for rent.

GINGERBREAD HOUSE DISPLAY

Dec. 1-30

Merkel Furniture and Carpet One || 205 S Main St., Chelsea Merkel Furniture and Carpet One will display custom handmade Gingerbread houses through the month of December.

"AURORA" CONSERVATORY DISPLAY

Now through Dec. 30, Tuesday-Sunday 10 a.m. - 4:30 p.m., Wednesday 10 a.m.-8 p.m.

Matthaei Botanical Gardens | 1800 N. Dixboro Road, Ann Arbor Enter a world of lights and floral delights during the Matthaei Botanical Gardens Conservatory free "Aurora" event. For a limited time, the conservatory brings the aurora borealis to Ann Arbor with an intricate light display.

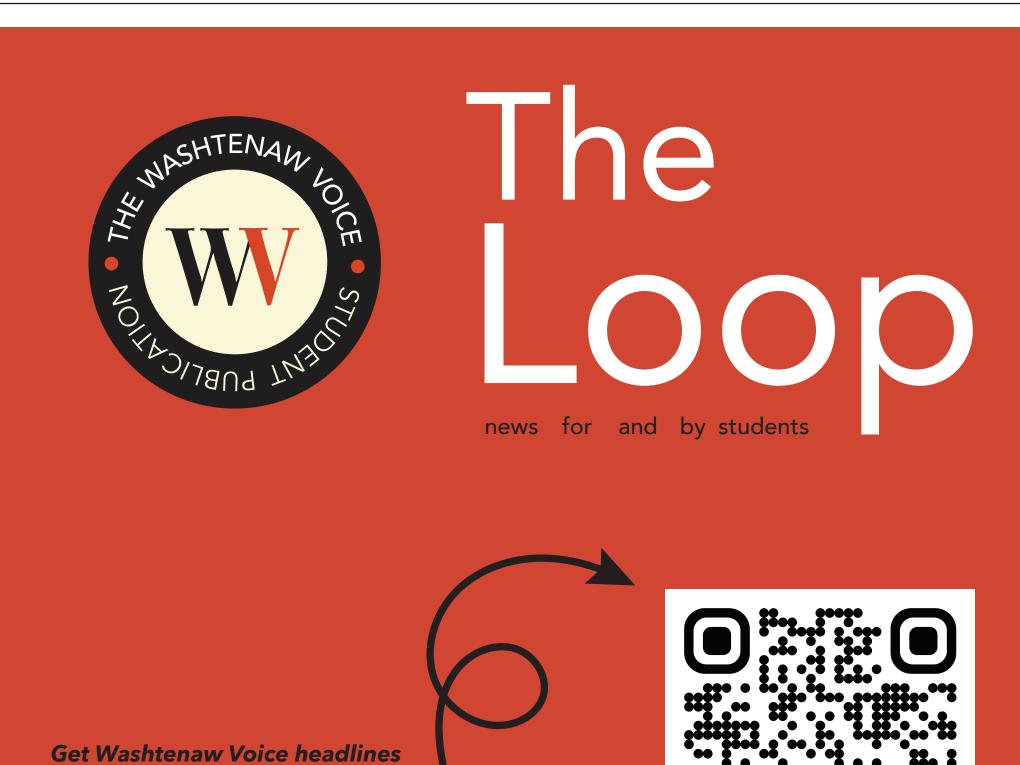
"THE YEAR WITHOUT A PANTO CLAUS,"

adults, and \$12 for 16 and under.

Showtimes are Friday 7:30 pm, Saturday 3 pm and 7:30 pm, and Sunday 2 pm. See website for dates.

Theater Nova 410 W. Huron St., Ann Arbor
Join in the fun of this locally written and directed holiday
musical by the Theater Nova. Find out what mayhem unfolds
when Santa decides to take a year off. Tickets are \$30 for









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in your inbox every week