




Oscar-themed concert upcoming
SEE A3



Prioritize health, not weight this new year
SEE A4



January horoscopes
SEE A5

U.S.-Iran conflict fuels local protest

BY LILLY KUJAWSKI
Editor

Last week, a couple hundred students and community members gathered in front of Angell Hall on the University of Michigan campus to protest United States military attacks on Iran and Iraq.

The protest follows the American drone strike in Iraq, authorized by President Donald Trump, that killed top Iranian military leader Qassim Suleimani on Jan. 3.

Speakers and protesters at the Jan. 8 demonstration expressed resistance against the current U.S. military presence in Iran and Iraq, as well as a greater push to end what they described as U.S. imperialism on a global scale.

“When I was six years old, I went to my first ever protest,” said Amytess Girgis, a University of Michigan student and the emcee for the protest. “There are photos of me, at age six—I’m 20 now—holding up a sign that says ‘no war on Iran.’”

Girgis’ identity as an Iranian-American has been “tumultuous” in the 14 years since that first protest in Washington, but challenging U.S. violence overseas remains as necessary as ever, she said.

“We are still here, standing, saying not only ‘no war on Iran,’ but we are telling the United States ‘stop militarization in the Middle East.’” Girgis said.

Other speakers at the protest posed concerns of the legitimacy of the recent U.S. attacks.

“We have to take a stand against an unjust war. The killing of general Suleimani was not the killing just of a bad guy, it was an assassination,” said Juan Cole, a history professor at U-M and a speaker at the event. “We have a rogue government. It’s a government we cannot trust with our security or our lives, and the way forward with Iran is the way of peace, not of war.”

“It is on American tradition to dissent when our government does something wrong,” Cole added.

Girgis said that despite Trump’s statements earlier that day that “The United States is ready to embrace peace with all who seek it,” the core mission of the movement remains the same.

SEE IRAN, A2



Community members gather in front of U-M’s Angell Hall on Jan. 3 to protest U.S. involvement in the Middle East after the recent U.S. drone strike on Iraq.

WCC empowers student parents

BY CLAIRE CONVIS
Deputy Editor

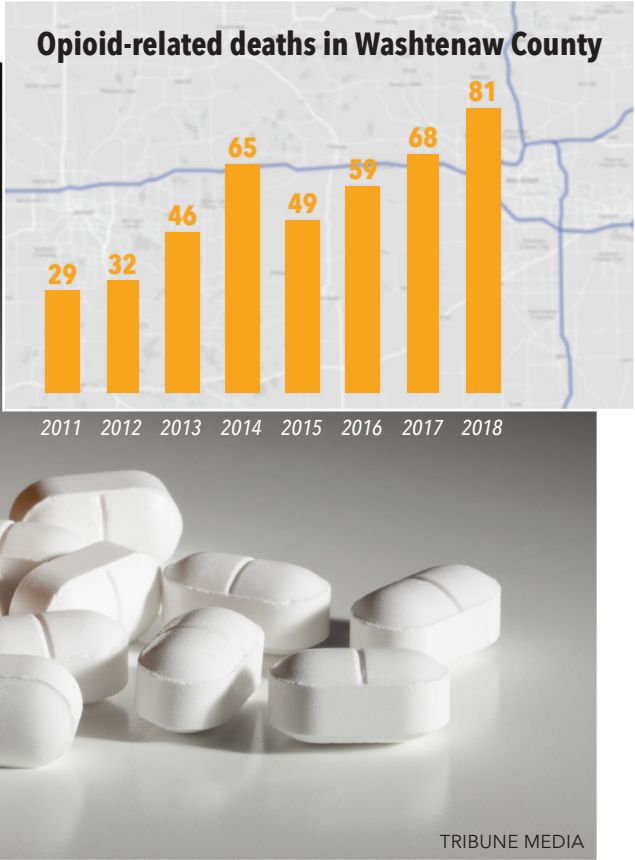
With responsibilities that range from writing essays and meeting with study groups to changing diapers and reading bedtime stories, student parents at WCC face unique challenges when it comes to balancing life, work, school and family.

Megan Martin, who is studying elementary education at WCC, has a one-year-old son, Alex, and another baby on the way. Martin said that being a student parent has provided an extra motivation for her to do well in school.

“When I was picking out my classes for my first semester back after having my son, I wanted to make sure I took classes that I knew would be flexible,” Martin said. Martin carefully chose the WCC courses she applied to, making sure that she did her research about the instructors and the coursework load.

SEE STUDENT PARENTS, A2

ONGOING COVERAGE



Opioid-related deaths have been steadily increasing in Washtenaw County. Data retrieved from the Washtenaw County Health Department.

Healing in the face of a crisis

As overdose rates spike, locals rally for prevention, recovery

BY CLAIRE CONVIS
Deputy Editor

With words like “drugs” and “overdose” so frequently thrown around in our culture, it’s easy to become disconnected from the realities of addiction until they hit close to home. Currently, Washtenaw County is in the midst of a deadly epidemic: substance abuse disorder (SUD).

The drug overdose death rate has been increasing over the last few decades; In 2011, there were 29 opioid-related deaths among Washtenaw County residents, but that number grew to 65 in 2014, and then to 81 in 2018.

A local tragedy

Mario Nanos is a University of Michigan alum who knows first hand the devastating results of opioid abuse. Nanos co-founded Washtenaw Families Against Narcotics in October, 2019, not long after his son died from opioid overdose.

Nanos’ son, Yanni, was a hockey player, part-time model and all-around “awesome guy,” with no prior arrests or trouble to speak of.

After a hockey incident, Yanni sustained injuries to both of his shoulders and went to see a doctor who prescribed him opioids to treat the pain.

Because Yanni was 18 and was considered an adult in the eyes of the law, his parents had no idea that Yanni was prescribed these drugs.

“Within months he was addicted,” said Nanos. “I found out because I noticed all of the tell-tale signs of addiction...physical appearance declining, not hanging out with the same group of friends, irritable, withdrawing...”

Nanos said Yanni once described his substance abuse disorder as an ongoing, everyday battle.

“He said, ‘It’s like a war. I’m a soldier in that war. And every day, I have to exercise, I have to eat right, I have to do my meditation exercises, I have to get enough sleep... so that when I wake up, I’m ready to do battle. And then if I make it through the war, I do it all over again,’” Nanos said.

Nanos and his wife had their son admitted into one of the best rehab centers in the country. About 14 months after Yanni was discharged and living in Calif., Nanos received a text from him saying that he had relapsed and that he was sorry. Nanos tried his best to connect Yanni with support while he prepared to fly out to his son, but it was too late.

“I got a call from the San Diego Police department letting me know he was found dead, alone in a hotel, with a needle in his arm,” Nanos said.

Yanni’s story speaks to an even bigger one, with impact felt across the country. Drug overdose deaths are the leading cause of injury deaths in the United States, and the majority of them occur from prescription painkillers, according to Health For All Washtenaw.

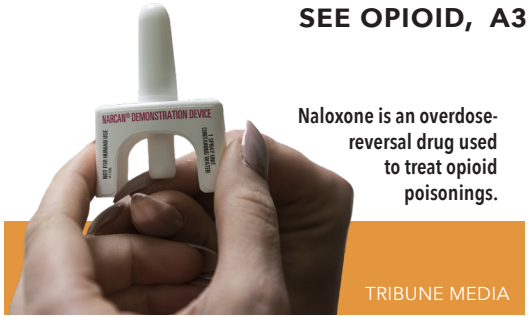
Countering an ‘epidemic’

The total number of opioid-related poisonings in Washtenaw County from January 2018 to September 2019 was 1,061, said epidemiologist Adreanne Waller from the Washtenaw County Health Department. Of those, 129 were fatalities, and 932 were emergency room visits for opioid-related poisonings, Waller said. Communications Manager of the Washtenaw County Health Department Susan Ringler Cerniglia said that this “epidemic” is something that whole community needs to work together to solve.

Naloxone is a life-saving overdose-reversal drug that counters the effects of opioid poisoning. According to the National Institute on Drug Abuse, Naloxone is “extremely” safe, and only effects someone with opioids in their system.

Nanos has teamed up with Teresa Herzog, the Collegiate Recovery Program (CRP) coordinator at WCC, and Liz Orbits, dean of support services, to host a free Naloxone training at WCC on Feb. 10.

SEE OPIOID, A3



Naloxone is an overdose-reversal drug used to treat opioid poisonings.

TRIBUNE MEDIA

Intramurals heat up winter semester

BY BRIAN BABCOCK
Staff Writer

Michigan winters can be a blessing and a curse; they can offer many enjoyable outdoor activities such as ice skating, skiing, or sledding. However, they can also keep many people trapped indoors due to the rainy, snowy weather.

In the winter semester, WCC students will have the opportunity to get involved in a variety of intramural sports and activities. Bowling, tennis, ballroom dancing, dodgeball, March Madness brackets and guessing Superbowl scores will all take place indoors, safe from the snow.

Intramurals are a great option for students who don’t want the commitment of join-

ing a club sport and going to practices, said Matt Lucas, who is the supervisor of sports at WCC. Lucas described intramurals as being an all-around more flexible option for students looking to get active. Another appeal of intramural sports is that students, as well as staff and faculty can participate, said Lucas.

When it comes to the friendly competition of guessing Superbowl scores and making March Madness brackets, it is more of a game-night environment that falls in the realm of sports. The Superbowl score guessing activity involves seeing who can guess the closest final score for this year’s Superbowl game. For March Madness, the sports office will be pass-

ing around paper brackets for submission.

“Alpha, our mascot, will pick a bracket, and then we tie that to the challenge of having people beat Alpha’s bracket,” Lucas said.

In order to participate in intramural activities such as tennis, bowling, ballroom dancing and dodgeball, students must be taking at least three credits at WCC, have a cumulative GPA of 2.0 or higher and fill out an online waiver through Campus Connect.

Owen Read, a second-year student at the college, has enjoyed participating in intramural dodgeball during the 2019 winter semester.



VOICE FILE PHOTO

Intramural sports give students the chance to stay active during the winter.

SEE SPORTS, A3



Iran protest

Continued from A1

“What we are here for is to end U.S. imperialism, it is to put an end to U.S. militarism both abroad and at home, and it is to build an anti-war movement in this country that is strong enough such that the United States cannot go around doing things like what it just did,” Girgis said.

Student veterans weigh in

The experience American civilians have during war and military strikes differs significantly from the experience of the civilians living

in the countries where the action is happening, said Matthew Burtell, 23, a computer science major at WCC and student veteran who spent four years in the Navy and spent time stationed at a U.S. naval base in Japan.

“A lot of the aftermath is felt by the civilians of these different countries and it’s really for them who my heart goes out to,” Burtell said.

“If there is a serious conflict between America and Iran, it’s not going to be felt by American civilians, besides the people who are related to the American military personnel, and the American taxpayer,” Burtell said. “But it is going to be felt by children of Iranian parents, of people who are really seeing the destruction

of their homes and mass displacement, as we saw in Iraq and as we saw in Afghanistan.”

“We know how this goes; it doesn’t turn out well for humanity,” Burtell said.

Many times when U.S. citizens speak out critically about their government, they’re considered “anti-American;” similarly, they may be seen as “anti-veteran” for speaking out against war or military action, but Burtell said the opposite is usually true.

“You’re pro the life and flourishing of our American military personnel if you’re against the Iraq war,” Burtell said.

Burtell said he doesn’t think the recent attack on Iraq reflects what the majority of the American people want.

“I think people are sick and tired of having the U.S. involved in conflicts that really, we have no business being a part of,” Burtell said. “We’re serving the interests of a few elites at our own expense and I think it would do well to vote them out of office, to make sure that these atrocities, like Iraq, like Afghanistan, never happen again, and god forbid, Iran happen at all.”

Burtell said some people might think that veterans tend to have very similar viewpoints, but in fact they can differ vastly.

Anthony Colton, 27, an engineering science major and fellow student veteran, shared a different perspective on the Iran-Iraq situation.

To Colton, tensions have been rising over many years to get to this point. Iran has been “poking the bear,” he said.

“With the acts of aggression from Iran over the past couple of years, America needed to

re-establish a deterrence that, if you mess with America more and more, you’re going to get equal, if not worse, retaliation,” Colton said. Colton served in the Army for six years as an explosive ordnance disposal technician stationed in North Carolina.

“America doesn’t want to get into conflict just as much as Iran doesn’t want to get into conflict,” Colton said. “Nobody wants to go to war, nobody desires war, but America will be defended until the end.”

What about the draft?

Some young men may have been concerned recently when filling out the Free Application for Federal Student Aid. American men between 18 and 26 are legally obligated to register for the Selective Service, even though there isn’t an active draft

Registering for the Selective Service is also required by the U.S. Department of Education in order for students to get federal financial aid for college, said Kristen Hooper, WCC’s financial aid coordinator.

The last time the U.S. had an active draft was in 1972 during the Vietnam War.

Colton added that he doesn’t see the draft being a cause for concern any time soon.

“For the draft to occur there would have to be extreme casualties, not only on our side but on the enemy side to initiate a draft,” Colton said. “The draft is so far out of reach it would have to take, potentially, nuclear war to constitute initiating a draft.”



Community members bundled up in the cold on Jan. 3 to protest U.S. involvement in the Middle East after the recent U.S. drone strike on Iraq.

Student Parents

Continued from A1

Instructors have been understanding when it came to Martin missing class due to morning sickness or other parental responsibilities, Martin said.

“They’ve been awesome with helping me maintain a good grade,” Martin said.

Martin said that she benefited greatly from developing a relationship with her instructors and classmates.

“Definitely reach out to people,” said Martin, who prioritized being in study groups and getting phone numbers from classmates so that they could exchange notes.

After concluding the fall

2019 semester, Martin is happy with her class results and optimistic about returning to school during her second pregnancy.

“I love that [WCC] has a lactation room because I plan on going back to school shortly after I have this baby,” Martin said. “It’s so beneficial to have a room where you just have that privacy.”

Another student parent at WCC, Lauren Spagnoli, is a 35-year-old who graduated from Eastern with an education degree ten years ago. Spagnoli is now studying nursing at WCC after taking a decade-long break from school, during which she got married and had kids.

For Spagnoli, the key to balancing her responsibili-

ties as a student and a parent is preparation, organization and time management: “If you don’t have all three things going, it all falls apart.”

Spagnoli said that most of her instructors have parental duties of their own, and another student parent, Brittany Hadden, a 29-year-old majoring in IT, agreed.

“I think most of my professors have children as well, so they understand,” Hadden said.

Hadden said that sometimes taking care of her daughter means that her college assignments are pushed back, but none of them have been submitted late.

“It just means less sleep,” said Hadden. “Stay up late, wake up early; I pretty much

survive on Redbull.”

Hadden said that taking online classes has been helpful with her busy schedule, and when she needs to take a class on campus she tries to schedule it during the day when her daughter is in school.

Sabrina Lanker, a 19-year-old Student Life Officer at WCC, cited the Emergency Food Pantry as a helpful resource. The food bank can be useful for student parents because “parents have more people to feed than just themselves,” said Lanker.

To encourage other student parents, Martin said, “It may seem impossible and hard, but you just have to be determined and find that motivation...it’s so worth it.”

Student parent resources

Lactation rooms

Located in the LA, BE and ML buildings.

Children’s Center

Childcare is available for kids ages 18 months to five years. 734-973-3538.

Emergency Food Pantry and hygiene products

Available in the Student Resource Center.



Student parent on campus with their child.

THANKS FOR CHOOSING WCC!

Whether you are a current or new student, we are happy to have you here for Winter Semester! Yep, it’s cold outside, but we hope to keep you warm and toasty with our circle of support aimed at helping you to be successful in meeting your education goals.

We’re here to answer your questions or connect you to the right resource. Here’s just a few ways that we can help:

▼ Free Tutoring

▼ Writing Center

▼ Computer Commons

▼ Counseling and Career Planning

▼ Disability Services

▼ Student Resource Center

▼ Job Assistance and Many More!

Let Us Help!

Student Connection is your Connection

Visit us: 2nd floor of the Student Center

Call us: 734-973-3543

Email us: studrec@wccnet.edu

HAPPY LEARNING!



Washtenaw County's Out Loud Chorus is set to perform scores from classic Hollywood films in Towsley Auditorium on Jan. 17 and 18 at 10 p.m.

The Out Loud chorus belts into its 25th year with Hollywood classics

BY BRIAN BABCOCK
Staff Writer

Seats are expected to sell out next weekend at Towsley Auditorium for Washtenaw County's Out Loud Chorus performance. The music of great Hollywood movies is the theme, featuring classics from Disney films, "The Blues Brothers," "The Sound of Music" and "La La Land."

What's special about the Out Loud Chorus is that it's specifically geared to represent the LGBTQ+ community and its allies, making it a chorus that is welcome to all gender identities and sexuali-

ties. The chorus is celebrating its 25th anniversary this year and has a new artistic director to accompany the group, Darin Deweese.

Then upcoming performance will feature more than 90 singers. According to Deweese, the group started off with roughly 20 singers and had grown to about 50 members last spring. And after touring at multiple Pride Festivals across Southeastern Michigan, Deweese successfully added roughly 40 new individuals to the group.

"It is a place for all people," said Deweese. "We are an affirming space for people

to come and not only make music, but build relationships." The group's youngest member is 16 and still in high school, while many other members have graduated college or are in their 80s, Deweese said.

The Out Loud Chorus group decided to have another theme for the night, a spoof on the Oscars awards ceremony. Lavish attire, a master of ceremonies, and awards will accompany the chorus throughout the evening and costumes will be present for some of the solo and ensemble numbers.

"We have an emcee, just like...an awards show would," said Deweese. "We're going to structure it in that way, so there's not only music. We're going to pull it all together as more of an entertaining show rather than a regular choir concert."

A full-band combo will be accompanying the group. This includes a piano lineup, bass, drums and a horn section.

The event will be held at the Towsley Auditorium on Jan. 17 and 18 from 8 p.m. until 10 p.m. and tickets are \$18.

NEWS BRIEFS

STEAM Week at WCC

Students interested in Science, Engineering, Technology, Art and Mathematics can benefit from interactive workshops, documentaries, campus tours of labs, career presentations and speakers sharing about experiences and opportunities. Great for high school juniors and seniors, but open to all local residents. There will also be food, raffles and games. Events take place Feb. 3-7 at WCC.

Call for volunteers to welcome new students

The Student Success Conference is calling for volunteers to help welcome incoming students to WCC. Volunteers can help set up, check students in and answer questions on Jan. 29 from 9 to a.m. in ML 103. Those interested in volunteering should contact Apryl Scheffler-Martin by Jan. 21 to sign up.

Conquer the Cold

Conquer the Cold is a mobile-friendly website that tracks and encourages sustainable commutes to and from campus, such as biking, walking, carpooling or taking the bus. Participate in the Conquer the Cold challenge, which runs throughout the month of January, for a chance to win prizes, compete and be kind to the environment.

Applications now open for Pitch at WCC

Students who are also aspiring entrepreneurs can pitch their business ideas for a chance to win cash prizes that can be used to start, build or grow their business. The application deadline is Jan. 31, and Pitch@WCC will take place on May 12.

Buzzing with Excitement

WCC is just one of three campuses in Michigan to be granted the Bee Campus USA designation because of its hard work improving areas for pollinators, especially bees. WCC provides gardens, many bee-friendly plants, non-toxic fertilization, and educational events about flowers and local pollinators.

By Claire Convis | Deputy Editor

CAMPUS CRIME LOG

Please refer to washtenawvoice.com for current crime log updates

Opioids

Continued from A1

At the Naloxone training, students will not only be educated on how to use Naloxone, but will also learn the signs of overdose, and how to perform CPR. Students will also learn about how Naloxone came to be, and free Naloxone kits will be distributed to participants. Participants must be 18 years or older.

Because of its effectiveness, access to Naloxone is becoming increasing available in the community through various local initiatives. At WCC, public safety officers are trained to use Naloxone.

"Obviously we want to connect people to treatment, but we also want people to have good access to Naloxone," said Cerniglia.

Cerniglia, who has been with the department since 2005, said that an important partner has been the Washtenaw Health Initiative, which connects the Health Depart-

ment with partners in substance abuse treatment and law enforcement.

In addition to the upcoming Naloxone training session, The WCC Collegiate Recovery Program hosts other educational events and is active on campus and in the community.

Communities guide recovery

Herzog's focus at WCC is supporting students in recovery, including checking in with them and their needs, and connecting students to fun sober events, mental health services, and housing and financial assistance.

The CRP continues to create a more inclusive environment for those in recovery at WCC, and hopes to develop more representation of people in recovery in performing arts.

David Seaman, a 27-year-old WCC student and president of the CRP, said that since Herzog has become the group's coordinator, the CRP

has established a more steady routine and has been putting on more events.

The CRP began at WCC in Winter of 2019, and Seaman has been involved since the beginning. Seaman said that the group has been a great recovery network and allows students to build connections with each other.

"In order to live in recovery, the stigma around SUD needs to die."

- David Seamen

"Just having a CRP group can break down the stigma surrounding SUD on campus," said Seaman.

Seaman has battled with substance abuse from early on in his life, and has lost friends through overdose.

Seaman received a scholarship for treatment and housing, and began taking classes at WCC. He took advantage

of the counseling services at WCC and met with a counselor regularly to discuss his journey towards sobriety and help him stay on track.

"We can be in recovery and we can be in school and have this well-rounded life without drugs and alcohol," Seamen said. "In order to live in recovery, the stigma around SUD needs to die."

The stigma surrounding substance use disorder can act as a barrier, preventing people from reaching out for help, Nanos said.

"We have to work on programs that change and save lives in our community in order to give these people a fighting chance at battling the most insidious disease that there is, and that's addiction," said Nanos. "Normally when you have a disease, you reach out and say 'Wow, something's wrong, I gotta get out to a doctor, I need help,'" said Nanos.

"There aren't many people with a SUD ... who raise their hand and say, 'Will you

please help me?'"

FAN works with families that have a loved one struggling with an SUD to support them and connect them with the resources they need.

"We want to be a reservoir of knowledge for people who are stunned when they learn that someone they care about has this disease," said Nanos.

Seaman encouraged students who have dealt with or are currently dealing with a SUD to attend a CRP event and to follow the group's Instagram page @wcc_crp, where students can receive event updates. Students with questions can also direct message Seaman or another group officer through the CRP Instagram page.

Students at WCC can go to counseling and career planning to meet with Herzog directly and get connected to the Collegiate Recovery Program.

This the first part of an ongoing series on the opioid crisis in Washtenaw County.

Sports

Continued from A1

"It was just a really good way to burn off some extra energy, and compete against other people on campus," said Read. "The dodgeball especially was really fun."

Students with questions about either intramural sports or club sports are encouraged to visit the WCC Sports Office at SC 116 or swing by the WCC Sports Winter Recruiting Days table in the Student Center on Jan. 14 and 15. For more information about where and when intramural sports will be held, login to WCC's Campus Connect Page and go to Intramural Sports under Organizations.

WCC Sports Winter Recruiting Days

Jan. 14 and 15
Student Center

Visit WCC Sports Office at SC 116 for more information

Business faculty praises helpful WCC staff's work

BY LILLY KUJAWSKI
Editor

In an effort to celebrate some of the hardworking staff members on campus, faculty from the WCC business department organized an event to present awards to five stand-out employees.

Many non-faculty staff in various departments around campus play a big role in supporting WCC instructors and streamlining processes, said Douglas Waters, the faculty chair of the business department.

To recognize these efforts, business faculty members chose five individuals who are "head and shoulders above the typical government worker," and presented them with a thank you certificate, a gift card and a Staples "that was easy" button—meant to rep-

resent the way staff members ease the faculty members' jobs, Douglas said.

The staff members recognized at the event include: Joy Garrett, director of curriculum and assessment, Roger Mourad, director of institutional research, Cieara Franklin, campus safety technician, Megan Keefer, human resources generalist, and Nancy Collison, innovation technologies manager in the Center for interactive Teaching and Learning (CiTL).

Collison, who has worked at WCC for almost five years, is the campus point for assistance with Blackboard and designs, schedules and leads various Blackboard training courses for students and faculty.

Collison often helps out teachers when they run into problems, making her an asset to the campus community, said Cheryl Byrne, a retail

and supply chain instructor in the business department.

"When we need copies of courses made at the end of the semester, she makes that really easy," Byrne said.

"If students need help learning how to do Blackboard, she does student training," Byrne added. "Nancy makes it easy for you and that's why she got the 'easy award.'"

Starting this semester, in addition to her role in the CiTL department, Collison will be teaching an online business communication course. She taught at another school prior to coming to WCC and said she's excited to return to a faculty role. Since much of Collison's job is to aid Blackboard user experience, she hopes using Blackboard to teach a class will help her to better assist faculty and students.



Business faculty chairman Douglas Waters presents campus safety technician Cieara Franklin with a Staples "that was easy" button in recognition of the work Franklin does to ease the workload of WCC faculty.

"I wanted to get the student perspective, the teacher perspective, so I felt like I wanted to go back to where I was getting that teacher point-of-view and it would help my

job be stronger," Collison said.

Collison said she plans to take the time to use the mobile version of Blackboard more often because students are using it. She hopes in this way she can

better understand the student experience and take her findings back to the CiTL department and apply what she's learned in her work there.



COLUMN

New Year, new self-acceptance



BY CATHERINE ENGSTROM-HADLEY
Staff Writer

Year after year my New Year’s resolution list has had the same item at the top: “Lose weight!” For as long as I can remember, I have been fat. I look back now and wish I would have seen that all along I was perfectly healthy, but through the years, my resolution stayed the same. And I am not alone. In 2019, Statista ran a study of New Year’s resolutions, and more than half of Americans

wanted to lose weight. At the beginning of the New Year I would go to the gym, meal-plan, and think to myself, “This year will be different.” No American who lists losing weight as a resolution sets out to fail. But then comes the stress of midterms, along with some cheat meals, and going to the gym quickly starts to feel impossible. I would feel ashamed that I couldn’t stick to my goal. Then the self-pity and the negative feedback loop kicks in. Before long, we’re back to square one. All around us, companies try to sell us thinness, from Weight Watchers to Nutri-system; in 2019, the diet industry made more than \$72 billion dollars. The “go big or go home!” mindset is constantly marketed to us. These companies ask you to change everything about yourself, forever, hoping that you will

need their help until you are “cured” of your fatness. Our society places a lot of guilt on plus-sized people. Being plus-sized can stem from a wide range of things, but that doesn’t stop others from passing judgement. We moralize every food choice made; chocolate equals bad and broccoli equals good. Pinterest has hundreds of pages for “guiltless” food. We make every food choice a moral dilemma, thus making it easy to be dismissive of our plus-sized friends and family.

“This year, I set a new goal: Be healthy and happy.”

To top off all that guilt, the diet industry bombards us with ads on social media that are all about “two weeks and 20 pounds lighter!” It’s not enough to simply lose weight, but we must lose it at a rapid pace. Think about how many clothes, diets and drinks are marketed just so someone can avoid looking “fat.” From the snacks we eat to the spanx we wear, the avoidance of fat appearance is woven within consumerism. The diet industry and companies built around it cut all plus size people short by placing the emphasis of the hiding, masking and elimination of fat. Health, and being healthy, is not the goal of this industry, because if it was about health, the industry wouldn’t make all this money. We need to reevaluate what these New Year’s resolutions really mean for us, as a society. For myself, starting the year off with shame has created the opposite of my intentions. This year, I set a new goal: Be healthy and happy. I am starting to repaint the idea of health for myself. I am not changing everything about myself, but instead I’m taking baby steps of self-love. No more crash diet, meals in a weird box, juice cleanses or drinking gross powdered drinks. Just simple and slow change for the new decade. Will the weight come off with this newfound self-love? Maybe, maybe not—but more importantly, I accept myself either way.



Adeline Griffith, our new advice columnist.

CALL FOR SUBMISSIONS:
“Get It Off Your Chest”

Introducing to the Voice our new advice column from contributing writer Adeline Griffith: Get it Off Your Chest. Whether you need some advice about a sticky situation, want an objective second opinion or are just looking to vent, we’re here to help.

Use your WCC email address and look for a response in the next issue. We’ll use tried-and-trued signature pseudonyms when we publish (“Steamed in Saline,” for example) but we want to be sure we’re hearing from members of the WCC community.

Just send your questions to:
getitoffyourchestwithaddie@gmail.com



KRISTIN THOMAS | WASHTENAW VOICE

VOICE BOX

Q: “2020 is an election year, how does that affect you?”
By Claire Convis | Deputy Editor

“It makes me anxious, because of the 2016 election.”

Audra Steavens, 31
Digital Video Production

“I’m happy to get Trump out of there.”

Jalen Mosley, Age 20
Business Administration

“It might be a crazy year.”

Darby Williams, 22
Nursing

“I feel like it’s going to be really interesting to see how the Democrats and Republicans react.”

Silviu Romanel, 20
Mathematics and Science

“I don’t pay attention to politics, I’m too busy with work and school.”

Zayd Alghazi, 19
3D Animation

“After finals, I’m going to do my research on who I should vote for.”

Zachary Abdirahman, 20
Computer Science

“I can vote for the first time! And I know who I’m going to vote for.”

Tyler Gottlieb, 18
Physical Therapy

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
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4800 E. Huron River Drive
Room T1 106
Ann Arbor, Mich. 48105

thewashtenawvoice@gmail.com
734–677–5125

EDITOR.....	Lilly Kujawski	lgkujawski@wccnet.edu
DEPUTY EDITOR.....	Claire Convis	crconvis@wccnet.edu
DIGITAL EDITOR.....	Weevern Gong	wgong@wccnet.edu
GRAPHIC DESIGNERS...	Kristin Thomas Vardan Sargsyan	krlythomas@wccnet.edu vsargsyan@wccnet.edu
PHOTO EDITOR.....	Torrence Williams	tochwilliams@wccnet.edu
WRITERS.....	Brian Babcock Catherine Engstrom-Hadley	brbabcock@wccnet.edu cengstrom@wccnet.edu
CONTRIBUTORS.....	Ian Loomis Kaitlyn Carr Lily Merrit	iloomis@wccnet.edu kaancarr@wccnet.edu xzhang10@wccnet.edu
ADVISER.....	Judy McGovern	jumcgovern@wccnet.edu

The rise (and fall) of Skywalker

BY CATHERINE ENGSTROM-HADLEY
Staff Writer

Grade: C+
See it if: You like to see a movie series through
Skip it if: You appreciate the finer details of movies

We finally have an ending to the “Star Wars” series—at least until the next reboot. “The Rise Of Skywalker” raced to the finish, wrapping up as many plotlines for our beloved characters as it could. But it played it too safe, and too close to the formula, ending on the same cadence of its predecessors. Adam Driver gave a compelling performance as Kylo-Ren to finish out the films; however, John Boyega’s character, Finn, felt weirdly stifled

towards the end of the film, never establishing his own path. The film contains many exciting battle scenes, and John Williams’ soundtrack made the settings and scenes worth the watch. But “The Rise of Skywalker” felt overcrowded. With so many plots to wrap up, the film didn’t allow for a cohesive story to exist within it. “The Rise of Skywalker” felt a lot like a Big Mac: Pretty in the pictures, but a mess to experience in person. Some people do love Big Macs (no shade here), but for many, this movie may sit with a funny feeling in the stomach. You know the saying “the third time’s the charm,” so maybe someday the iconic saga will get the decent ending it deserves.



‘Little Women’ a worthy remake

BY CLAIRE CONVIS
Deputy Editor

Grade: B+
See it if: You love a good period drama.
Skip it if: Flashbacks tend to throw you off.

This remake of Louisa May Alcott’s beloved novel brings us back to the four March sisters—Meg, Jo, Beth and Amy—and follows their experiences as they navigate whatever life throws in their path. They cope with their father being away at war, they put on plays for the neighborhood children and they befriend their next-door neighbor, wealthy, playful Laurie. Jo moves to New York in hopes of becoming a famous



author, Amy prefers preening in Paris and trying to marry rich, Meg wants a house and a family of her own, and Beth would rather stay at home in peace and play the piano. Although they might not always agree, and often annoy each other, the sisters never stay mad for long. “Life is too short to be angry at one’s sisters,” Jo says. This bittersweet story about growing up around the Civil War is full of cheek kisses, fights, tickle fights, ballroom dances, dressing up in the attic, as well as sadness and sacrifice. Fans of the novel and past adaptations are sure to enjoy this recent remake. As someone who grew up watching the 1994 film version with my sisters, I wasn’t sure about this version; how-

ever, I found this new adaptation of the classic novel was well worth the watch. The 1994 version will always be beautiful, but this new film brought Alcott’s book to life in a new—and sometimes improved—way. This 2019 film sheds a much stronger light on the struggle for women during that time period. As there were precious few ways for women to make a living, the common expectation was to marry a rich man. Amy points out that once married, a woman’s money, children and property all belong to her husband. And Jo strives to let the world know that “Women have minds and souls as well as hearts, and talent and ambition as well as beauty.” Timothee Chalamet is the Laurie we never knew we needed. The first time we see him stroll onto the screen, a character screams “Stop the carriage!” and runs out to hug him, and honestly, I would have done the same. If you’ve seen the 1994 version starring Winona Ryder and Christian Bale, then you know how solid Bale’s acting is, but Chalamet leveled up Laurie’s character in this recent adaptation. His caring, gentle friendship is shown in how he treats each

one of the March sisters with consideration, not only favoring Jo. Chalamet’s Laurie listens intentionally to the March sisters—even when it’s heartbreakingly hard—and he keeps his hands to himself more than Bale’s Laurie did. The film’s setback is all of the flashbacks; if you know the story well, have read the book or seen another adaptation, then you should be fine, but newcomers might struggle to follow the story. The film flits back and forth from present to future, and it can be difficult to tell if you are watching a flashback scene or not. Not all of the casting was spot-on, but Emma Watson was lovely as Meg, and the roles of Aunt March, Marmee and Jo are all played brilliantly by Meryl Streep, Laura Dern and Saoirse Ronan respectively. The sisters teasing each other is humorous, the meltdowns over hair disasters are relatable and every scene involving dancing or the seaside is superb. This already timeless tale finds new life in its 2019 adaptation, portraying life honestly, with its many moments of friendship, romance, loss, rejection and change.

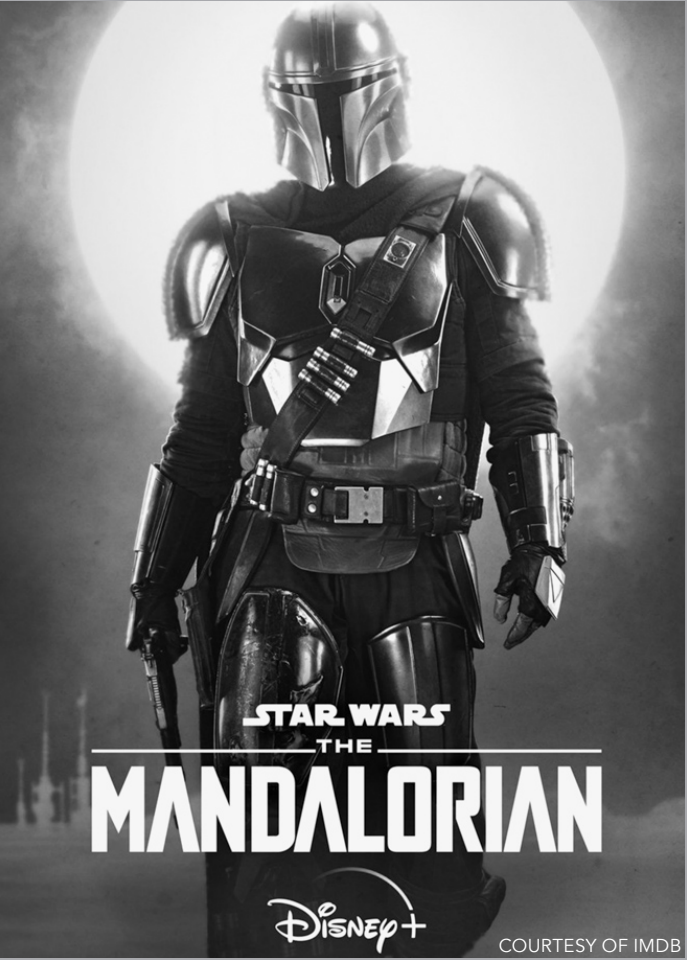
What to watch while we wait for season two of “The Mandalorian”

BY CATHERINE ENGSTROM-HADLEY
Staff Writer

Even if 2019 wasn’t your year, it still brought us “The Mandalorian,” an almost-perfect season of television and the feather in Disney+’s cap. Was it Baby Yoda’s big eyes that prompted you to start watching? Maybe it was Werner Herzog as “the client,” or the internet calling for Jason Sudeikis’s head on a stick for punching Baby Yoda. Whatever it is that got you in the door, the cast, characters and plotlines are certainly reasons to come back. If you liked “The Mandalorian,” try out these westerns and samurai movies while we patiently wait for season two.

“Seven Samurai” – A band of heroes is assembled in a classic against-all-odds mission to save a small village from a gang of bandits. George Lucas has sited creator Akira Kurosawa as an influence on his filmmaking. “The Wild Bunch” – Very similar to the first episode of “The Mandalorian,” we see a hero venture into a small town full of enemies, and he must bravely battle his way out to complete his mission in this film full of heists and gunfights. “The Wild

Bunch” is one of the last of its kind, the death rattle of the western in the 1960s. With its themes of loyalty and the laws of the lawless, we can see how the seed was planted for characters like the Mandalorian and his kind. “Yojimbo” – A samurai gets caught up in a political scheme with local gangs. He must train the new generation of warriors to help him fight to save the town. The brilliant producer of “The Mandalorian,” Jon Favreau, told Pedro Pascal, who plays Mando, to study this film prior to shooting season one. “Red River” – An evil taskmaster of a cattle drive infuriates his son with his awful behavior. The son rebels against the father, pushing him out of the operation, and the father comes back for revenge. “Lone Wolf and Cub: Sword of Vengeance (Shogun Assassin)” – If you are only going to watch one of these films, then this is the one to watch. A rogue samurai travels to Japan with his three-year-old son, getting himself into plenty of fights along the way. Mirroring “The Mandalorian,” you’ll enjoy every twist and turn with villains, allies and adventures.



By Lilly Kujawski | Editor

January horoscopes

A NEW YEAR’S RESOLUTION FOR EACH ZODIAC SIGN

Illustrations by Kaitlyn Carr

aries

March 21-April 19

You’re passionate and sometimes impulsive. You may have a habit of saying something you don’t really mean because you didn’t think it through first. This year, focus on taking a moment to reflect and think about what you want to say, before you react.

taurus

April 20-May 21

Sometimes criticism can feel like an attack, but constructive feedback and suggestions help us grow and be better. This year, work on accepting and embracing constructive criticism; take it as a learning opportunity, not a personal attack on you.

gemini

May 21-June 20

Some say Geminis are inconsistent but that doesn’t have to be a bad thing. Paired with your quick-wit and energy, your adaptable nature can be an asset. This year, focus your attention on just one or two main projects that fuel you—and see them through.

cancer

June 21-July 22

You’re a homebody at heart and like the feeling of security. While the outside world may sometimes feel threatening, it’s important to step outside your comfort zone. This year, create new connections and try new things—start with baby steps.

leo

July 23-Aug. 22

You’re confident and sure of yourself, with the talents and kind heart to back it up. This year, focus on directing your talents and generosity toward a good cause. Spend some time volunteering or pick up litter at your local park.

virgo

Aug. 23-Sept. 22

Your attention-to-detail and critical eye is a blessing and a curse. This year, allow yourself the freedom of just doing your best—and don’t let the perfect be the enemy of the good.

libra

Sept. 23-Oct. 22

Often indecisive, you might feel outside pressure sometimes to commit and conform when your heart isn’t really in it. This year, give yourself the space to explore and experiment before you set anything in stone.

scorpio

Oct. 23-Nov. 22

Powerful and sometimes stubborn, you don’t take betrayal and slight easily—even perceived slights and betrayals. While this often comes from a place of self-preservation, take a risk this year and work to forgive someone you might write-off otherwise.

sagittarius

Nov. 22-Dec. 21

Generous and loyal, the heart of a Sagittarius is paved with good intentions—so if you’re sometimes a little flaky, it’s never meant out of menace. This year, challenge yourself to follow through on your word and only make promises you want to keep.

capricorn

Dec. 22-Jan. 20

Forever the responsible one, you’ve got the world on your shoulders. And maybe that’s been working for you so far, but even our most disciplined zodiac deserves a break. This year, commit to a just-for-fun, no-work-attached extracurricular to keep your spirits up.

aquarius

Jan. 21-Feb. 18

You like to keep your vulnerabilities close to your heart, and sometimes you can come off as cold, when really you’re just trying to protect yourself. Be intentional with what you share and with whom, but this year, challenge yourself to let others in.

pisces

Feb. 19-March 20

You see the good in everyone, which is part of what makes you so compassionate. Sometimes being so selfless can hurt you, though. Don’t let go of your kind, loving nature, but this year, don’t be afraid to set boundaries when needed.

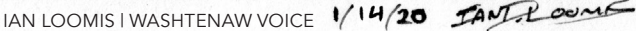


DOWN

54 German auto
55 Movie lab assistant
59 President #2
62 "It" novelist
65 Org. for the ends of 18-, 28-,
47- and 62-Across
66 Remove the chalk
67 Muslim holy city
68 Home state for the ends of
18-, 28-, 47- and 62-Acr.
69 Monica of tennis
70 Beautyify
71 Suffix with Japan or Milan

21 Teacher's helper
25 Ten-cent piece
27 Gas brand with toy trucks
28 Bank acct.-protecting org.
29 Wealthy
30 Cake directive Alice obeyed
31 Soda bottle buy
32 Permit
36 Arrange new terms for, as a
loan
37 Bart's bus driver
38 Perceive aurally
40 Terrier type
41 McGregor of "Doctor Sleep"
44 "Total" 2017 event visible in a
coast-to-coast path from Oregon

to South Carolina
46 Very dry
48 Soft French cheese
49 President #40
50 Diamond quartet
51 Off-the-wall
52 Perfect
56 Govt.-owned home financing
gp.
57 Gave the nod to
58 Wealthy, to Juan
60 Corp. execs' degrees
61 January "white" event
63 "For ___ a jolly ... "
64 ATM giant



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

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Compiled by Catherine Engstrom-Hadley | Staff Writer

events

ENTERTAINMENT LOCAL CAMPUS

YPSI EMERGING

Enjoy the art of five local artists and a live DJ. All of the money raised will be used to send Ypsilanti School students to Washington to showcase their art at the National Department of Education.

Washtenaw County Democratic Party Office | 418 W. Michigan Ave., Ypsilanti

Jan. 17, 6 p.m. to 8 p.m.

THE GUILD POETRY SHOWCASE "WHOSE DREAM IS THIS?"

Enjoy an evening of poetry highlighting the life, legacy and activism of Martin Luther King Jr. by the award-winning poets of The Guild. This free event addresses the contemporary perception of King's "I Have A Dream" speech.

Keene Theater | 701 E. University Ave, Ann Arbor

Jan. 20, 6 p.m. to 7 p.m.

AS FAR AS MY FINGERTIPS TAKE ME

The Dublin Regulation mandated a fingerprint database across Europe for all refugees and migrants, leaving them vulnerable to involuntary removal. This show is an interactive performance-art journey through a gallery wall between a refugee and an audience member. Tickets are \$35 dollars.

The Institute of Humanities | 202 S. Thayer St. #111, Ann Arbor

Jan. 24 to Feb. 9, times vary

NIGHT HIKE WINTER SERIES

Come dressed for the cold and ready to experience the nature in the park at night. The guided hike ends with hot cocoa and a bonfire. This event is free with a vehicle entry fee. Contact Julie Sigda at sigdaj@washtenaw.org to sign up.

Independence Lake County Park | 3200 Jennings Rd., Whitmore Lake

Jan. 24, 6 p.m. to 8:30 p.m.

MLK JR. COMMEMORATIVE MARCH

March from the MLK gardens to the student center in reflection of the late Martin Luther King Jr. Before the march James Smith, Quentin Washington and James Lewis will be speaking, and the EMU Gospel Choir will be performing. Marchers are welcome to join at any point of the march.

MLK Garden | 810 W. Cross St., Ypsilanti

Jan. 16, 3:30 p.m. to 4 p.m.

11TH ANNUAL ICE SCULPTURE FESTIVAL

Watch ice sculptures being made live, take a selfie with Elsa and Olaf, and watch a dueling ice sculpture carving competition! A craft area for kids and warm beverage station will be free and available to all who attend.

Downtown Tecumseh | times vary

Jan. 18 and 19, 10 a.m. to 5 p.m.

NALOXONE TREATMENT TRAINING

Naloxone reverses the effects of an opioid poisoning and can prevent deaths due to overdoses. The program is being led by nurse practitioner Gina Dahlem from the University of Michigan and Lt. Lisa King from the Washtenaw County Sheriff's Department. This training is open to anyone 18 years or older who wants to learn how to administer this antidote and receive a free Naloxone kit to take home.

Morris Lawrence Building

Feb. 10, 7 p.m. to 8:30 p.m.

MLK JR. CELEBRATION

Join fellow students and faculty for this event featuring speakers, music, and a time of remembrance for the late Martin Luther King Jr.

Second Floor Student Center

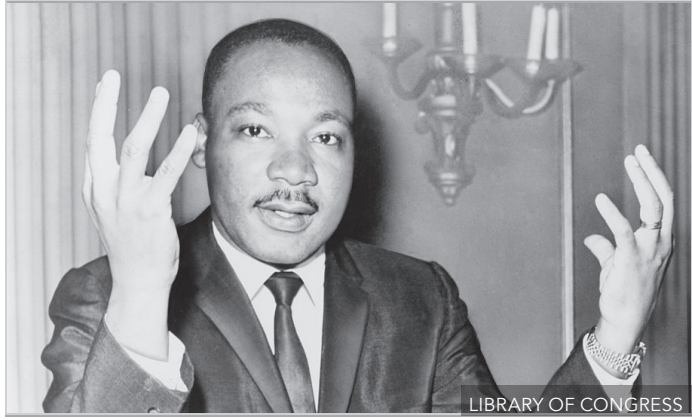
Jan. 16, 3:30 p.m. to 4:30 p.m.

WINTER WELCOME DAY

Discover a new club, enjoy the free food and have fun. Students can snag some freebies and get in the mood for a successful winter semester.

Student Center First Floor

Jan. 29, 2 p.m.





2020

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Event date: Tuesday, May 12, 6:00pm.

