



The Schoolcraft Connection

VOLUME 27 | ISSUE 12

APRIL 7, 2014

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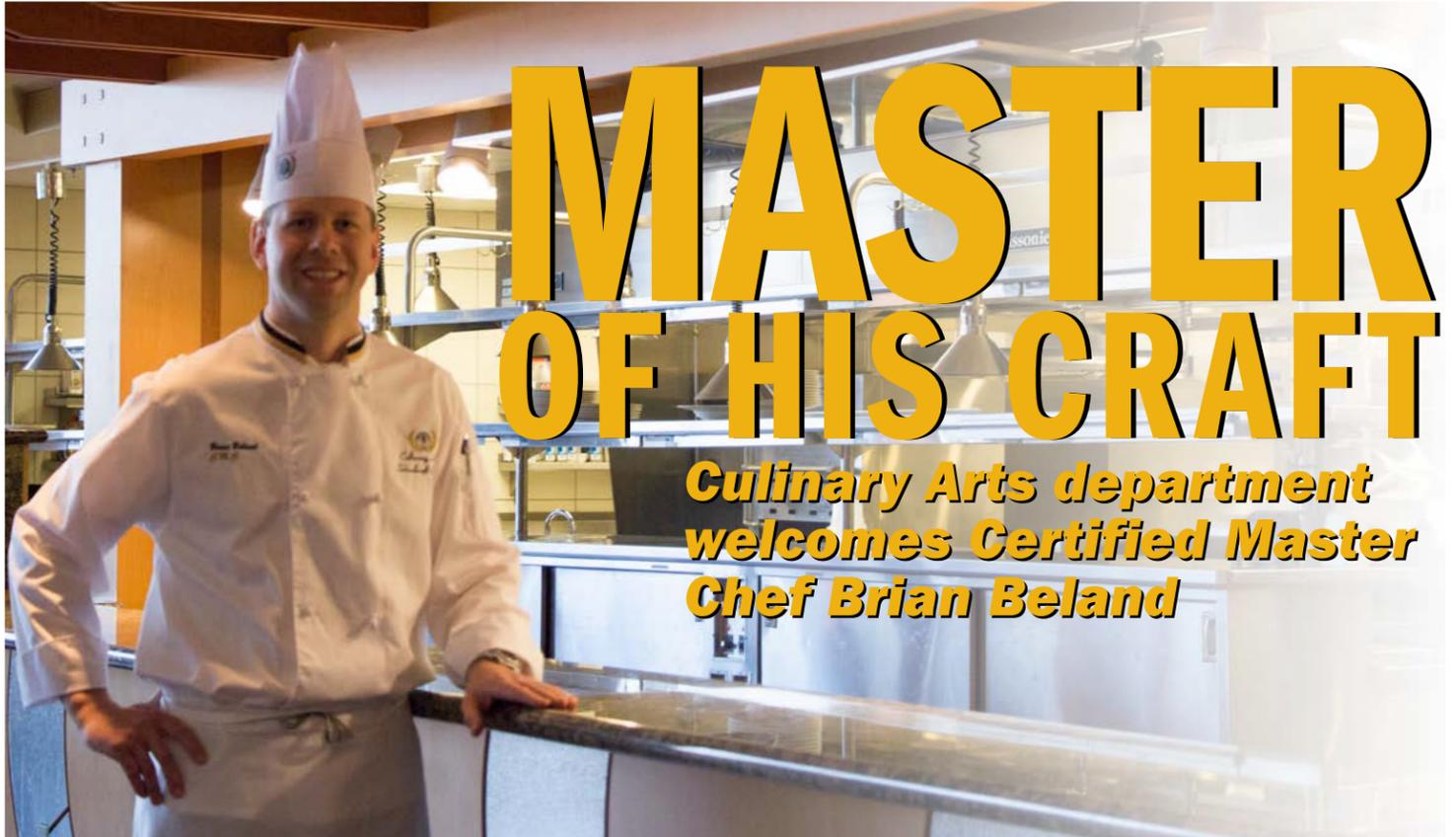
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MASTER OF HIS CRAFT

Culinary Arts department welcomes Certified Master Chef Brian Beland

BY LAUREN LUKENS
MANAGING EDITOR

Following the retirement of Chefs Dan Hugelier and Kevin Gawronski at the end of the fall 2013 semester, the Culinary Arts program was in need of someone who could replace the combined 60 years of mastery that these two chefs brought to Schoolcraft.

Chef Brian Beland, 34, was hired in the winter after showing his "desire to push" during a hands-on demonstration and collective interview process that involved faculty from all over campus, including the Human Resources department.

"It [my experience] has been wonderful," Beland said. "Everyone I've met has been very supportive and friendly. Schoolcraft provides a nice, warm environment."

Currently, Beland is a Certified Master Chef and a full-time faculty member, teaching second-year culinary students in the 5-week International Class. The class fulfills the functions of introducing students to international cuisine, serving a banquet buffet, and preparing dinner service twice a week for the public.

"I think it [hiring Beland] shows that the college is committed to hiring excellence," said Chef Shawn Loving, the Department Chair for Culinary Arts, who is also a Certified Executive Chef and instructor at Schoolcraft.

Chef Chris Misiak, Certified Executive Chef and instructor at Schoolcraft, said, "He comes with multiple disciplines, brings new energy, and also comes with the ability to use tools for different classes, including competition."

Regarding his experiences

working with Chef Beland, Chef Loving said, "It's been natural, to be honest. His attention to detail and his craftsmanship are what all students have to continue and is what we measure ourselves in as chefs."

Typically, small teams of two or three people work together to set a dish while Beland watches and critiques. Students spend most of the class time cooking and truly preparing to work in a banquet, restaurant, buffet, or hotel.

"I liked his approach," said Lisa Johnson, a second-year culinary student. "Typically, it was the same across the board. You would either pick your own groups or partner or have the same group the whole

think you don't want to be with someone and then you end up realizing you actually do want to be with them."

Before he was hired at Schoolcraft, Beland earned his bachelor's degree in Hospitality and Business from Michigan State University, performed smaller sous chef roles in local private country clubs as well as in Ohio and New York, and worked adjunct teaching roles at Oakland Community College. He is also currently serving his 10th season as Executive Chef at Country Club of Detroit.

"It was an opportunity to still partake in a restaurant that feeds the public," Beland said, regarding his interest working at Schoolcraft. "They

craft.

The culinary program's newest technology is the Sous-Vide machine, which is a method of cooking food sealed tight in airtight plastic bags in a water bath at 140 degrees for eight hours, instead of the normal 350 degrees for three hours. The purpose is to evenly cook and change a food's texture without overcooking for a juicer, better product.

While the culinary program has been using this technique for years, the proper machines were placed in culinary classrooms in the fall semester, making the process more effective and contributing to the success of the students and the growth of the program.

The expertise of all of the chefs, including Beland's multiple disciplines, are vital in the evolution of the culinary program and the possibility of a 4-year culinary arts and business or hospitality college within the next few years.

"It will be a team effort," said his colleague Chef Misiak. "All chefs will be important and we will all have a portion of the learning."

The 4-year program, unrelated to Schoolcraft's partnership with the University of Toledo and Wayne State University, needs cooperation from all departments at Schoolcraft to be pulled together.

"It is a collaborative thought of us growing and growing correctly as a department," said Loving. "We are excited, and at the same time we are very much focused on assuring a continued consistency in our current core program."

Students and staff share in



(Above) Schoolcraft's new head chef Brian Beland. (Left) Chef Brian demonstrates vegetable preparation with David Keueson. (Above) The Sous-Vide machine is the newest edition to the culinary program's equipment.

time. Chef Beland picks new groups every week. It is like student roulette."

Other students feel challenged by the new groups approach, but find it rewarding. "It forces you to go outside your comfort zone," said Beth Skarnulis, a second-year culinary student. "Sometimes you

have high standards and expectations, and there's also opportunity for continued growth with the 4-year program."

Beland is expected to contribute to the growth of the culinary program and implementation of cutting edge technology utilized at School-

SEE CRAFT
ON PAGE 3

In Other News



COMPILED BY NICK RENDE
ONLINE MEDIA SPECIALIST

THE LEGISLATIVE THIRD WHEEL

Divorced couples hoping to reconcile will find themselves in hot water in Massachusetts. Bill S787 states that couples in the process of a divorce must seek a judge's permission for a variety of actions, ranging from romantic dates to sexual intercourse. The bill was granted to debate in the state's Senate until June 30. It is ironic, however, that the bill's sponsor, Senator Richard Ross, does not wish to see its enactment. According to dailymail.co.uk, the Senator signed the bill "by request," meaning he signed it at the request of a constituent. As the article points out, there is no clear motive or benefit behind the passage of such a bill. In all likelihood, the bill is "going nowhere in the Senate," according to Ross.

COLLEGE FOOTBALL PLAYERS TO UNIONIZE

In the argument of whether or not college athletes should be monetarily compensated for their performances, the pro-payment crowd received a positive result that could change college football. According to CNN, the Northwestern University football team was ruled to be employees by the National Labor Relations Board in Chicago and thus have the right to unionize. The Board cited the payment via scholarships, the heavy workload, and the immense profit-generation as evidence in coming to their conclusion. Northwestern plans to appeal the ruling, claiming its players are students nonetheless. An ultimate result, should an appeal reach the Supreme Court, will take several years.

If Northwestern were to enter into collective bargaining negotiations with the unionized players, the football program could decide to scrap the program to maintain their academic integrity, something the Ivy League schools decided to implement decades ago.

LAST ONE OUT, GET THE LIGHTS

Joe Louis Arena will meet its demise as early as 2016. The venerable 35-year-old building will be demolished in the off-season when the Detroit Red Wings move into their new arena, according to Freep. Under the lease agreement, no event is to take place at J.L.A. following the Wings' transition to the new arena. The arena's demolition could also mean an upgrade to the city's riverfront, according to city councilman Gabe Leland: "That whole area of the Detroit riverfront really needs some enhancements. This could potentially complement that very well. I think I'm ready to watch it go ... Accessibility - there are huge issues there. I'm all about something new." "The Joe" (in operation since 1979) is currently the fourth oldest arena home to an NHL team, beaten out by the New York Rangers' Madison Square Gardens (1968), New York Islanders' Nassau Veterans Memorial Coliseum (1972), and the Edmonton Oilers' Rexall Place (1974). ■

HAVE A QUESTION? WE HAVE THE ANSWER

Answer Center to accommodate students' hectic schedules

BY KATIE TRACY
ARTS AND ENTERTAINMENT EDITOR

It always seems that when a deadline is looming and information is desperately needed, the Registration Center, Admissions Office, and Student Services Center are closed.

Schoolcraft is alleviating that stress by implementing a new, one-call-away, informational cornucopia. On Monday, March 24, the new Schoolcraft Answer Center opened its phone lines.

This resource center is unique because its hours extend beyond those of the other service facilities provided at Schoolcraft, such as the Registration Center.

The Answer Center is available at 734-462-4426 on Monday through Friday 8 a.m. to 11 p.m., Saturday 7 a.m. to 11 p.m., and Sunday 7 a.m. to 9 p.m.; however, if students prefer to meet with a faculty member face-to-face, they can visit the Registration Center during regular business hours:

Monday through Thursday 8 a.m.- 6 p.m. and Friday 8 a.m.- 4:30 p.m.

According to Schoolcraft student Michael Perron, this new service will be an invaluable aid for students.

"It would be useful for me, and especially for students taking night classes," Perron said. "The ability to call and ask for assistance during the after-business hours (that's any time after 5 p.m. for those unaware) would be an excellent resource for getting the pertinent information you may need from various offices or help with the online services such as Blackboard or Web Advisor."

Students are just a phone call away from getting information about Admissions, Registration, the enrollment process, and transcripts, as well as help with WebAdvisor, password resets, Blackboard, Wireless, and Student Email.

The purpose of creating this one-stop resource for students is to avoid the need to transfer students' calls to another department. This convenient center will answer a variety of questions and will only transfer the call if absolutely



Shannon Adams answers the phone in the newly operational Schoolcraft Answer Center. The Answer Center was created to extend access to administrative services.

SCHOOLCRAFT ANSWER CENTER

Hours: Mon-Fri: 8am-11pm
Sat: 7am-11pm
Sun: 7am-9pm

McDowell Center

P: 734-462-4426

Out of State: 1-844-SCFORME

Email: answers@schoolcraft.edu

THE ANSWER CENTER IS AVAILABLE TO STUDENTS VIA PHONE DURING DAY/EVENING HOURS AND VIA EMAIL FOR AFTER HOURS TO GET INFORMATION ABOUT:

Admissions, Registration, Enrollment Process, Transcripts, Student Help Desk-Technology, WebAdvisor, Blackboard, Wireless, Student Email, Password Resets

necessary.

Regarding the immediate need for the Answer Center, Director of Registration Services Cathy McCardell, said, "We are changing with the times... students need help outside of regular business hours, so we are changing our model to accommodate students." ■

Hostile Takeover

Russian forces storm Ukrainian city

BY XAVIER THOMPSON
STAFF WRITER

Since November 2013 more than 100,000 Ukrainian citizens have protested against their government's refusal to sign an agreement with the European Union.

The EU establishes a common market among its member countries. If the treaty is signed, Ukrainians would be allowed a free flow of goods and people with other countries.

Ukraine's capital city, Kiev, saw huge crowds assembled in the town square calling for a "revolution" against President Viktor Yanukovich. Others clashed with riot police and stormed the city mayor's office, saying it would serve as an operational protest headquarters until Yanukovich stepped down.

"We want Europe and freedom," said protester Mykola Saponov, age 62. "The leaders must resign."

More than 27 protesters claimed full control of the city following the signing of a Western-brokered peace deal aimed at ending the nation's three-month political crisis. According to the Associated

Press, the nation's embattled president reportedly fled the capital for his support base in Ukraine's Russia-leaning east. Nearly 100 people have been killed since December, including 13 policemen. Additionally, more than 1,100 people have been injured.

Meanwhile, Russian President Vladimir Putin continues to make headlines following the Sochi Olympics. Putin said Yanukovich was illegally impeached and should be regarded as Ukraine's legitimate president. The Crimean Peninsula, south of the Ukraine and west of Russia, is a land mass on the northern coast of the Black Sea and is home to Russia's only warm water port and other military installations, making Crimea a great financial resource for Russia.

On March 1, armed men, described as Russian troops, took control of key airports and a communications center in Crimea. Ukraine has accused Russia of a "military invasion and occupation," a claim that brought an alarming new dimension to the crisis and raised fears that Moscow is moving to take over the strategic peninsula where Russia's



The Crimean Peninsula is the focus of the struggle between the Ukraine and Russia.

Black Sea Fleet is based at Sevastopol.

Ukraine's population is divided between loyalty to Russia or Europe. Much of western Ukraine wants closer ties with the European Union while the eastern and southern regions look to Russia for support.

On March 13 President Barack Obama declared that a referendum on the future of Ukraine's Crimean Peninsula would violate international law. The United States also moved to impose visa restrictions and financial sanctions on Russians and Ukrainians due to the actions Moscow already has taken within Crimea. Speaking from the White House, Obama said any decisions on the future

of Crimea must include the country's new government.

Vladimir Putin, defying Ukrainian protests and Western sanctions, signed a treaty on March 18 annexing Crimea as part of Russia but said he did not plan to seize any other regions of Ukraine. Crimea's disputed referendum vote showed the overwhelming will of the people to be reunited with Russia, because Crimea is mainly Russian-speaking, according to the Huffington Post.

Russia's invasion of the Crimean Peninsula could have a major impact on U.S. foreign policy regarding such issues as

campus CRIME

COMPILED BY MATT MURPHY
NEWS EDITOR

TRESPASSING

At about 5:45 pm on Mar 10 Bradner Library staff reported that a person was in the library that was not allowed to be there. A Schoolcraft College Police Authority officer responded to the location and found the individual seated near the circulation desk; this person has had previous contact with SCPA officers due to his behavior and was on notice he was not to enter the library. When asked what he was doing in the location from where he was banned, he stated he was reading a newspaper. He also stated that he was aware he was not to enter the library. Officers escorted him to his vehicle and the subject departed the campus without incident.

VIOLATION OF STUDENT CODE

On Mar 18 a recruit in the fire academy was confronted by the instructor on his effort during physical training. The recruit then told the instructor to "get out of my face." The student then approached the instructor in a manner the instructor found to be aggressive. Two other recruits stepped between the two and separated them, and the student walked to an exit door. A PT instructor then directed him to return to formation. A

witness reported they heard yelling between the instructor and recruit and that the recruit was told he was dismissed for the day. The recruit replied, "I don't need this, you can't talk to me that way." He was told by instructors to "hit the showers," and was still there when the SCPA officer arrived on scene. The officer collected written statements from the instructors and then from the student. The student's version of events agreed with those of the fire academy staff. The student was notified that he could not return to class until he was contacted by a member of the college administration.

ATTEMPTED BREAKING AND ENTERING UPON AN AUTOMOBILE

On Mar 17 a student reported to SCPA that someone had attempted to break into her vehicle. The owner reported that when she tried to open the driver's side door the key would not work. The officer noted that the door was bent slightly open, the top of the door was bent outward about one-quarter inch and that the door key mechanism was damaged. The victim stated the door locks were in good working order and the door was undamaged when she went to class. The officer unlocked the door with a lockout

tool and the owner found nothing missing upon inspection.

DISRUPTIVE PERSON

At 9:21 a.m. on Mar 19 two SCPA officers were dispatched to the Financial Aid Office in reference to a report of a disruptive person. A front desk employee in the office reported that the subject had already departed from the building with his wife, a student at Schoolcraft College. The employee stated that the student was notified financial aid had been cancelled because she was not enrolled for enough hours to qualify. According to the employee, the student's husband was angry because he was now responsible for a \$1600 bill. Other staff members reported that the subject had spoken in a loud, aggressive tone and had used profanity. They also reported the student tried several times to calm her husband and that at no time was she a problem for the staff. The student returned to the Financial Aid Office while the officers were still on site and agreed to speak with officers. The husband was located in the center parking lot of the McDowell Center. After all parties met the student and her husband left the campus without further incident. ■



Craft

CONTINUED FROM PAGE 1

Chef Brian and Heather Landau remove the loin from the ribs.

the excitement surrounding the program and Chef Beland's contribution to the college. "It's a benefit to Schoolcraft to have another Certified Master Chef," said Skarnulis. "He brings a fresh, young approach to classic cooking." ■

Takeover

CONTINUED FROM PAGE 2

Iran's nuclear program, Syria's civil war, and Afghanistan. "We need to be much more active much more quickly or we are going to be faced with not just Russia incorporating Crimea, but Russia, Iran, Hezbollah, and Assad running over the vast bulk of the population and creating a victory right in the middle of a region that is full of our allies.

That is troubling," former U.S. Ambassador to Iraq and Turkey James Jeffrey said, at The Washington Institute.

Disturbances in a global economy can result in unwanted effects in America, from Russian gas export prices to fluctuations in currency. Only time will tell the full effect of Vladimir Putin's action and how other countries around the world will respond. ■



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The Schoolcraft Connection is the award-winning, student-run newspaper published semi-monthly as an educational experience by the students of Schoolcraft College, 18600 Haggerty Road, Livonia, Michigan, 48152-2696. The editorial offices of The Schoolcraft Connection are located in the Student Activities Office on the lower level of the Waterman Campus Center.

The Schoolcraft Connection is a member of the Michigan Community College Press Association, the Columbia Scholastic Press Association, College Media Advisers, the Student Press Law Center, Community College Journalism Association and the Society of Professional Journalists.

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Time is an illusion



JACKIE CHARNIGA

EDITOR IN CHIEF

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Colleges put unrealistic time expectations on students

Under the headline of “student responsibilities” in nearly every syllabus distributed at Schoolcraft, students are expected to, “schedule at least two hours of study time outside of class for each hour that the class meets.”

This demand seems reasonable to the point of being obvious. However study time may differ from person to person, the truth behind spending time on your education persists in the curriculum.

As reasonable the tasks of a full-time student had once been, today’s age of economic uncertainty, the fruitlessness of minimum-wage jobs, and lack of time to maintain standards make student life more competitive and difficult to

maintain.

Participating in 15 credits worth of academic labors, there is an allotted 14 hours of my week spent solely in the classroom. According to the directive marking the college’s minimum expectations, I am obliged to spend a minimum of 28 hours a week engaged exclusively in preparing for my courses, let alone being in them.

After putting away my calculator, I was able to deduce that in order to be seen as a functional full-time student, I need to dedicate 43 hours of my week to schoolwork. Excluding weekends, that’s over ten hours of the day I, or any student in the same circumstances, would have to dedicate to schoolwork.

These terms would be easily met if school were my full-time, and only, job. However, this expectation can only be a reality for a few students unburdened by living expenses. Studying for classes is important for an education which will bring about a better living in the future, but that doesn’t put gas in the car or food on the table right now. The title of “student” would only be one of many hats worn by those enrolled at Schoolcraft. Other hats could be father or son, mother or daughter; those

upon whom others depend and require support from.

Being employed at the Schoolcraft’s newspaper, being an English tutor at the Writing Fellows, and being an active member of the Philosophy Club, take up at least of 25 hours of my workweek. These activities provide financial support, are intellectually engaging, and a decided boost to my resume.

This rigorous schedule can only be maintained by those without dependants and with the funds to maintain their own life essentials and juggle schoolwork at the same time. Anyone in possession of a part-time, or outrageously but equally as common, a full-time job, would have to eliminate sleep entirely and somehow incorporate new hours into the day.

While working is the only option for the mass majority of students, minimum-wage jobs do not provide enough to support even the most basic needs for those who possess them. My first job was acquired as I juggled the demands of course load. Not even a full-time student, I had to make allowances and restrict my work schedule around my classes. I was making \$7.40 an hour, 11 hours a week. I’ll let you figure out the exact sum, but you’d be right in

suggesting that the job wasn’t worth the gas it took to get me there.

It would appear that those who exist solely as full-time students must be independently wealthy to maintain the title. Students enrolled without the financial assistance of their parents have few options at their disposal besides working. There’s always the possibility of student loans, with the drawback of its potential to cripple post-grads well into late adulthood.

What is there to be done for a lowly college student with empty pockets and the weight of the world on their shoulders? Besides applying relentlessly for scholarships, students have no other option besides joining the workforce.

This would be acceptable, if we were all robots. Automations that did not crave exercise and excitement, sunlight and human contact. If we were easily satisfied with taking our daily meals out a vending machine, only watching films that are shown in class, and foregoing the opportunity to read for pleasure. The spice of life needs time to be experienced, and far from stopping to smell the roses it is understandable for college students to not even know that they’re there. ■

Is it time to legalize marijuana?



MATT MURPHY

NEWS EDITOR

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If not now, when?

Many states have legalized marijuana for medicinal purposes whereas two, Washington and Colorado, have legalized it for recreational purposes.

The caveat is the federal government has not joined in the party, and federal law still reigns supreme in any legal dispute between the two.

The government has no business getting in the middle of my choices; and has said as much in the Declaration of Independence where the words “unalienable right to life, liberty and the pursuit of happiness” are concerned. Yet

thousands of Americans have gone to jail for indulging in a little cannabis. A film from the 1920s, titled “Marijuana Madness,” sought to show people the dangers of marijuana use.

In the end, neither the film nor the government’s relentless pursuit of has succeeded in killing this little plant. The 18th amendment brought prohibition to America as a result of the religious fervor of the Ladies Temperance Movement. However, organizations such as the AAPA and the Women’s Organization for Prohibition Reform campaigned for repeal of the amendment. They had come to believe that repeal would protect them from the violent crime and underground use that resulted from prohibition. An interesting thought, as there are parallels with marijuana: violent crime and underground use. According to a pamphlet published by the Association Against the Prohibition Amendment (AAPA), the federal government lost an estimated \$11 billion in liquor not taxed and spent an estimated

\$310 million in enforcement costs between 1920 and 1931 under prohibition.

Projecting these figures to marijuana could make a fortune in tax money, not to mention the savings in enforcement costs. A win-win situation if ever there was one. Without a doubt, if I were to argue the point in court, these would be the foundations of my argument. However, there is more to the picture than meets the eye. Those who advocate for legalization point to tobacco and alcohol as similar substances that are legal and both have the potential to affect the user’s health; tobacco has been recognized as the cause of lung cancer and an array of other diseases and alcohol interferes with the user’s cognitive abilities and coordination. Long term abuse of alcohol can damage the liver, among other organs.

What are the health effects of marijuana use, both short and long term? According to Dr. Daniel K. Hall-Flavin, M.D., “Some research suggests that marijuana smokers are di-

agnosed with depression more often than nonsmokers—particularly regular or heavy users. However, it doesn’t appear that marijuana directly causes depression.”

Further, Hall-Flavin said, “The bottom line: Marijuana use and depression accompany each other more often than you might expect by chance...” The national Institute of Mental Health states in its publication Schizophrenia, “Some drugs, like marijuana ...may make symptoms (of schizophrenia) worse.”

Many years ago I used marijuana and its effect on me was a feeling of lethargy with some distortion in my perception of reality. I reached a point where I decided that the world was a far better place when viewed through a clear lens and walked away from it forever.

It falls to the individual whether to use or not, but in my experience, the high was not worth feeling like a zombie. ■



NEW COACHES LOOK TO POWER UP THE OCELOT’S GAMEPLAY

STORIES ON PAGE 22



Paying for college



KATIE TRACY
ARTS & ENTERTAINMENT EDITOR
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A mother (and father) of an expense

No matter what type of institution one chooses to attend for higher education—community college or university, in-state or out-of-state—tuition can be a pretty hard slap in the face. I had the plan to attend community college in Pittsburgh for two years while living with my aunt and uncle, and then transfer to Penn State. As it was my only plan, tuition did not deter my intentions. I was accepted into the community college, moved in with my aunt and uncle, and registered for my classes to begin in the winter semester of 2013.

Around Thanksgiving, I had an epiphany; I just dropped six-thousand on 16 credits at

a community college, I was alone, and I didn't have the money or the sanity to stay on track with my current plan.

I packed up and left Pittsburgh, came home for Thanksgiving dinner, and revoked my registration at the Community College of Allegheny County. That six-thousand would go on to pay for about 40 credits at Schoolcraft College. I didn't have to make up any cheesy thing to be thankful for that year.

The point of this back story is that out-of-state tuition is [expletive] expensive. By the time I would have transferred to Penn State, I would have gained in-state residency, but would still have to dole out more money for new license plates, insurance, and I.D. changes. The dream was not worth it anymore.

I found a new dream: save money and go to Schoolcraft College with people I know, live with my parents and brothers that I can spend time with, and to hang out with my boyfriend and friends whenever I wanted.

Many of my high-school friends went away to school, some in state, a few out-of-state. Those friends that went

away to those schools and live on campus or in apartments near campus, shall we say... have money. By that I mean their parents have money. I would be lying if I said that I was not envious of their financial situations. Who wouldn't want to be able to depend on their parents to pay for them to go to the college of their dreams?

However, it is beneficial for parents to put the responsibility of paying for college on their kids. My parents, as an example, pay for my books. I cover my tuition and pay for gas, but in order to do that, I have to work two jobs and maintain a budget.

After recently calculating tuition for the next four semesters of my college career, I'm starting to feel more stress and am cutting back even more on my spending. As much as my parents would like to be able to pay my tuition for me, they cannot afford to do so.

I sit in the middle on the spectrum of paying for college. My boyfriend sits on one end, and another friend of mine sits on the opposite end. My boyfriend's parents do not give him a single cent. He works at his job as often as he can, and is a full-time student at Eastern.

The disadvantages of paying

your own way through college seem to outweigh the advantages: minimal free-time, maximal stress, and passing classes and doing well at the jobs you have in order to pay for those classes.

The advantage of paying your own way through college is that it is your money to use as you please. It is a challenging avenue, but a valuable learning experience for the future. It forces you to learn how to budget your money, be a little thrifty, study hard so that you do not have to retake that freaking stats class again... Valuable lessons for when you graduate college and live on your own.

On the other end of the spectrum is my friend whose parents pay for everything. Since her parents are paying for her college, she is majoring in what her parents think she should major in: Industrial Design at Lawrence Tech. She is doing well with that major, but the last thing she wants to do is work in Climate Control or some other mundane job like that (sorry, engineers). It is hard to watch my friend struggle through classes she hates, only to earn a degree outside of her field of interest. Her parents have the money to put her through Lawrence Tech, but they will not pay for

the degree she will be happy with. This is where it gets messy with parents paying for college. It sounds ideal, parents covering every expense, but when your lifelong profession is on the line, is it really that ideal?

Young adults do not realize how much their parents provide for them. Children blindly go through life accepting the roof over our heads, the dinner on the table, the bed we sleep in. When it comes to paying for college, however, parents should ease up on the reigns and let their children grow up.

I got my first job at fifteen and started working two jobs last fall in order to cover my tuition. College is expensive, no matter where you go. Sometimes help is needed and parents need to step in. If I become a parent, I want to raise my children as I was. When it comes to their own education, young adults should step up and take charge of their lives by making their own decisions. If not now, when? ■

Finals aren't a joke



Lauren Lukens
MANAGING EDITOR
sc.connection.me@gmail.com

Study tips for those who stress

With the end of the semester creeping up, students are beginning to think about the importance of the grade received on their final exams. It is easy for one to feel the late semester squeeze as finals come closer, but what can be done now can help ease the anxiety that is common during one of the most dreaded weeks on a college student's calendar. These study tips and techniques will help you recall information, stay energized, and excel on exam day.

It is common knowledge that cramming on the night before an exam is not the pathway to a 4.0, but many students are unsure of what this pathway

to success on finals actually consists of.

Oftentimes, one will attempt studying alone in their noisy, unorganized apartment or in other loud areas, study the same subject for hours, neglect eating and sleeping adequately for extra study time, and look at the same study materials over and over again wondering why they are not getting any positive results.

If you want to truly shine on your final exams, start studying now. Take an hour, or even fifteen minutes to a half hour, a day to review class material. Go to a quiet place, such as a library study area, a coffee shop or tea lounge, or your home office, for more effective study time and to improve your ability to recall information that you reviewed at this time. Instead of sitting in the same place for hours at a time, get up once in a while and find another spot to finish your study session because it has been proven that swapping study locations helps students retain information better, according to the New York Times.

It is also important to try to switch things up. After spend-

ing hours with your nose buried in the same material, try dividing your time between a few related topics. For example, after spending 30 minutes on a single subject—like Ancient World History—move onto something from a different course like Philosophy or English.

Sometimes studying in groups of three to five dedicated classmates can be helpful and make the time less painful. By working in groups, one is encouraged to explain their thoughts and ideas out loud, and in return the group may get valuable perspectives on the subject that may have been overlooked while studying alone, while everyone improves their understanding and ability to remember information in the process.

Working in groups allows students to test each other's knowledge, which helps one relearn and enhance understanding of the subject.

If one has nobody to study with, testing oneself is one of the most effective forms of studying. Putting away notes and testing yourself is the best way to determine how much you really know and understand.

In the end, one's physical and mental health is the key to doing well on finals. Getting

consistent rest, typically at least six to eight hours a night, the week of finals will relieve stress, create alertness, and improve focus.

Eating healthy snacks, such as fruits, vegetables, and proteins, will improve memory function and allows one to better focus. Instead of energy drinks, drink plenty of water to stay hydrated and maintain a high level of cognitive function and energy.

Wherever you are, wherever you are with, and whatever you plan to study, make sure to stay organized. Managing your time and resources is critical when it comes to studying effectively. Make sure to always have your notes and materials on hand and ready to go because you never know when you will have a few extra minutes, and college students know that time is valuable, especially as finals approach.

On the day of your final, arrive early and awake with a full stomach and an empty bladder, comfortable clothes, and confidence. After all, twenty years from now, you will probably not remember the reason you stressed out so much or the grade you received. ■

Agree with us?

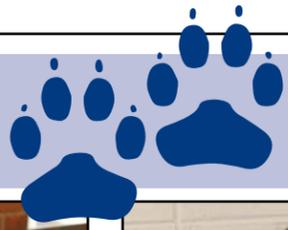
Disagree with us?

Want to make your voice heard?

The Schoolcraft Connection
Waterman Campus Center
Room W169
sc.connection.editor@gmail.com

Write to us, we want to know!

Find coverage of the **MULTICULTURAL FAIR** on pages 18-19



Ocelot Opinions

INTERVIEWS AND PHOTOS BY APRIL VERNON
STAFF PHOTOGRAPHER



Kelly Petersen

Major: Nursing

"Having motivation and time"



Nathan Baines

Major: Marketing

"Getting started"



Savannah Platukas

Major: Zoology

"Sticking to it"



Austin Henson

Major: Digital Marketing

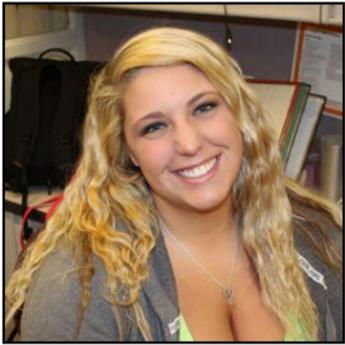
"It can be very time consuming"



Mostafa Fawaz

Major: Biology

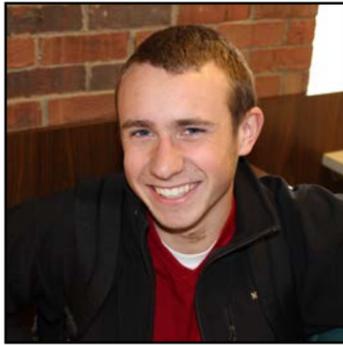
"Going constantly, it's momentum.. once you stop it's hard to go. Once you start again, it's hard to stop."



Deanna Hudson

Major: Occupational Therapy

"Getting yourself there"



Vincent Allen

Major: Chemical Engineering

"The motivation to go workout and push myself"



Johnathon Shipman

Major: Forensic Science

"Having more motivation to push myself"



Nate Jones

Major: Business Administration

"Waiting for people to stop texting and posting selfies so I can use the machines"

What is the hardest part of working out?



Want more Ocelot Opinions?

Visit www.schoolcraftconnection.com to see next week's question!

The University of Toledo and Schoolcraft College: forging opportunities for Michiganders

These two fine educational institutions are partnering to enhance educational opportunities for the residents of Michigan.

Schoolcraft College students will now have access to UT's high-quality programs in nursing, criminal justice, communications and health information management. Seamless credit transfer, same location.

So why would Schoolcraft look to UT?

- **High quality:** UT, established in 1872, has a long-standing track record of academic excellence and job placement in nursing and criminal justice.
- **Affordability:** UT classes are affordable and scholarship opportunities are plentiful.
- **Innovation:** UT pushes the envelope to provide plenty of opportunities for experiential learning which leads to more real-world experience. That leads to better jobs out of college.
- **Flexibility:** whether it's online coursework, face-to-face intact action, or a combination of both, we cater to a variety of schedules and learning styles.

For more information go to schoolcraft.edu/SCtoU.



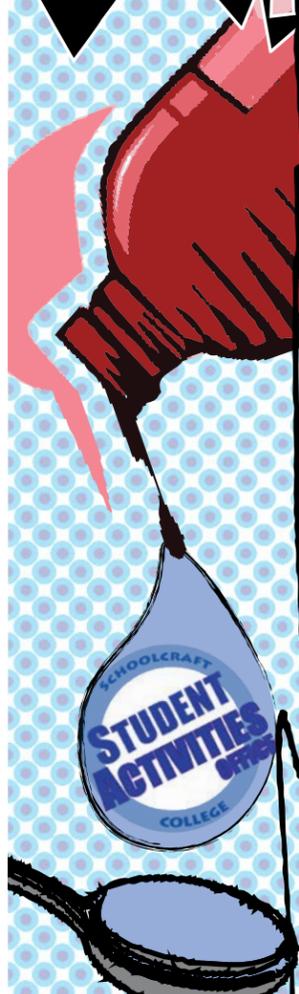
THE UNIVERSITY OF
TOLEDO



Schoolcraft
College



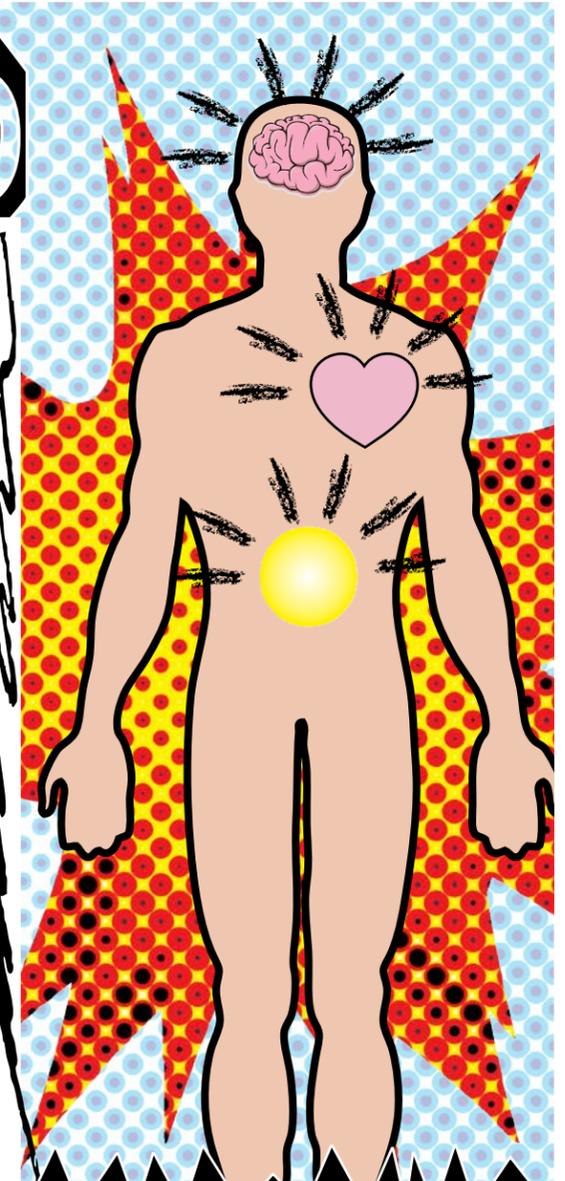
A spoonful of SAO



Clubs for the Body, Brain, Heart & Soul

Badminton Club	Dr. Who Club
EdgeRunner Ski Club	The Gay / Straight Alliance
Lacrosse Club	Philosophy Club
Table Top Gaming	Photography Club
	Math and Physics Club
Schoolcraft Democrats	Newspaper
College Republicans	OtakuAnime
Health Information Technology	
Entrepreneurial Club	Asian Student Association
M.D.A.E.Y.C.	Baptist Christian Challenge
Public Health and Safety Taskforce (PHAST)	Catholic Student Association
Students for Liberty	Christian Challenge
Scientific Research Group	Native American Club
Young Americans for Liberty	
Phi Theta Kappa	
Beats and Music Faction	
Break Dance Club	
Eccentric Movie Club	
Schoolcraft College Dance Team	
Video Production Club	

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MAIN STREET MAKEOVER

Campus café expands gourmet product line offerings

BY CAMYLE CRYDERMAN
EDITORIAL INTERN

With the hectic schedule of a busy school day, and the pocket money of a working college student, it often proves difficult for students to relax and enjoy gourmet food. But thanks to Schoolcraft's new and improved Main Street Café, students have easy access to such luxuries. Located near the north entrance of Schoolcraft's VisTaTech Center, the Main Street Café has been completely made over this year. "We're trying to take on more of a traditional café feel," stated Main Street chef Heather Moore. "Like a Panera with carry out."

There is one large difference between the Main Street Café and Panera though: the prices. Main Street offers extremely low, college-student friendly costs with each gourmet menu item typically priced at \$8 or lower.

"I always figured I couldn't afford to eat at Main Street," stated Schoolcraft student Jake Mulka, "But now I would definitely like to check it out." Also featuring a different deal of the day throughout the week as well, food from the café is within reach for all students.

The pricing is not the only aspect that sets the café apart; the café's delicious homemade food deserves recognition on its own. The café often offers soups and entrees from the American Harvest Restaurant which is located next to the café. With four new sandwiches, three new salads, and new coffees and lattes added to the everyday menu, the chefs are trying to "give it more of a signature Schoolcraft finesse," stated Moore. The chefs who cook for the Main Street Café add to the authentic homey feel as well. The entirety of the café's food is made by students from the restaurant and the

food tech class, with the exception of a few café supported retail items. "The café is run by students, which is really cool," stated Main Street consumer Ashley Smith, "And the pastries are delicious too!"

No longer prepackaged, customers of the Main Street Café have the opportunity to choose the specific type and amount of pastries they wish to purchase.

"The students love it!" Moore said of the response from the new updates. "Well, the students that know about it, that's the problem, since we're tucked away, a lot of the students don't even know we exist."

Any student who does not utilize their access to the Main Street Café is missing out on delicious, affordable food. Not only do customers benefit themselves at the café by saving money, but they also benefit the school. All funds made by Main Street go back into the Schoolcraft Culinary Arts program, thus constantly improving the café's content.

With bright plans for the future, and dedicated workers, the Main Street Café is at its best yet. "Students don't know that they have this little hidden gem right in their school," Moore said of the café. ■

MAIN STREET CAFÉ
HOURS
TUESDAY-FRIDAY
11:30 A.M. TO 4 P.M.
LOCATED INSIDE THE VISTATECH
CENTER NEXT TO THE AMERICAN
HARVEST RESTAURANT



(Above) A small sample of the delicacies prepared by Schoolcraft's culinary students to be sold at the Main Street Cafe. (Below) Serving an array of healthy sandwiches, handmade breads, and pastries, Main Street Cafe is open for business Tues. - Fri. from 11 a.m.-4 p.m.



A new spin on expression | *First annual performance jam benefits local non profit*

PHOTO BY SABRINA KEYES

BY ERIN MCKAY
STAFF WRITER

On March 25, 2014 the Civil Rights Action Group presented its first annual Revolutionary Performance Jam in the Vis-Ta-Tech Center at Schoolcraft College. The Revolutionary Performance Jam brought together a variegated cross section of staff and students to celebrate diversity through their music, readings and poetry.

Among the performers were Zoocy Pook, who accompanied their singing with acoustic guitar, and members of the local band Gravity Club, who performed some of their hits, as well. Muslim women read of their struggle for personal identity and there were stories of mental illness and sexual orientation and self-identity. Some of the poetry readings were written by published authors, while others read poems they had written themselves. Among the reciters were Jeff Hess and Ash Trent. The poetry allowed the audience a glimpse into the lives of the performance artists.

When asked about the Revolutionary Performance Jam, second-year Schoolcraft student Demarco Bradley said, "There was a quote I thought about from Ralph Waldo Emerson, 'We will never have true civilization until we have learned to recognize the rights of others.'"

A total of \$500 was donated to benefit Ozone House of

Ann Arbor. Ozone House is a community-based non-profit organization that aids homeless young people. Dr. Lisa Jackson, president of the board, began her involvement with Ozone House as a graduate student at the University of Michigan, and was later recruited because of her passion for the young people helped by the Ozone House. Dr. Jackson's leadership guides the board of directors to ensure Ozone House helps those it serves lead safe, healthy and productive lives. Dr. Jackson said, "We strive to meet each person right where they are and help them get to where they need to be." Ozone House has been recognized nationally for their model of providing services. Many of Ozone House's clientele have serious family conflicts, or may have fled unsafe circumstances due to neglect, physical or sexual abuse. Ozone House offers support services and educates the young people they serve in important life skills, including how to improve relationships and enhance their self-image.

According to Dr. Jackson, Ozone House is the only agency in Washtenaw County that provides free, confidential voluntary shelter and support services to run-away, homeless and high-risk youth between the ages of 10 and 20, and to their families. Visit their website at www.ozonehouse.org for more information.

The Civil Rights Action



(Left) Layla performs a poem written by one of her favorite authors. (Middle) A Schoolcraft professor performs an original work that focuses on issues of gender identity. (Right) Joseph S. performs an original rap.



Group is in its first year and hopes to open up broader expressions of identity and culture as well as push for greater awareness of human rights on campus. Currently, ten officers lead over 100 members of the organization. Civil Rights Action Group president Zoocy Pook said, "I hope it brings broader expressions and representations of identity, among the student body, and also opportunities in the classroom

and extracurricular settings."

The first annual Revolutionary Performance Jam was a remarkable way to afford staff and students an opportunity to express themselves. The experience was educational and proves that everyone has a unique story and was a new revolution in an atmosphere of encouragement that offers hope and self-determination for the future. ■

Leading the way

Student Ambassador Program provides launching pad for student success

BY ERIN MCKAY
STAFF WRITER

They can be seen wearing indicative gold shirts and navy jackets around campus, possessing an ample amount of positive energy, and they are in the know with what's available on campus. Who are they? They are the Student Ambassadors of Schoolcraft College.

The Student Ambassador program was established in 2003, and has been an incredible opportunity for students to develop leadership skills, build their resumes and get involved on campus on a more in-depth level. The program represents the college in a variety of levels, from providing walking tours of campus to future students to assisting with college events and activities such as the Culinary Extravaganza and the Michigan Jazz Festival. In return for their time and efforts, Ambassadors are awarded a \$1,000 scholarship for the fall and winter semesters.

Student Ambassadors are recognized as possessing great leadership abilities, talents in critical thinking and excellent

communication skills.

It takes a great deal of commitment to be a Student Ambassador with balancing class work and everyday life activities.

"The best part about being a Student Ambassador is knowing what's going on around campus and being able to tell people about it, and having a great group of people to fall back on," said first year Student Ambassador Kelly McKay.

Student Ambassadors are focused and academically driven, assets for success utilized in and outside the classroom. The requirements to become a Student Ambassador include maintaining a 3.0 grade point average, registration for at least six credit hours, and commitment to 106 hours of service in a school year. Monthly trainings sessions are held to keep Ambassadors at the highest level of excellence to represent Schoolcraft College.

When asked about how being involved as a Student Ambassador has benefited her, Hunter Jurecki said, "I feel like being a Student Ambassador has made me a better student



PHOTOS BY JAKE MULKA

in many ways. It's provided mentors, made me familiar with campus, and taught me to manage my time."

Stacy Stover, the Associate Dean and Director of Admissions and Student Engagement, spoke of the great aspects that come with being a Student Ambassador and how the program can provide important life skills such as leadership, teamwork, public speaking, and customer service. These qualities can benefit students now and later on in their careers.

After completing their education at Schoolcraft, many Ambassadors go on to four year-institutions and are able to obtain leadership positions around campus from their previous training and experi-

ence. The program continues to be a launching pad for students' success, well beyond the walls of Schoolcraft, and is known for leaving a lasting impression of why Schoolcraft College provides an education that works. ■

Student Ambassador Freya Thodesen-Kasparin gives a tour of campus to potential students.

HOW TO APPLY

Student Ambassador candidates need to be leaders, well-spoken, and looking to represent Schoolcraft College in a positive way. The deadline to apply to become a Student Ambassador for the 2014-2015 year is May 30, 2014. Application forms for the Student Ambassador program can be found on the Schoolcraft College website, and in the Admissions and Welcome Center in the McDowell Building.

Creating the sportscasters of the future

Schoolcraft College Sports Network celebrates 300th broadcast

BY KENNETH PORTER
CAMPUS LIFE EDITOR

When an important milestone is reached, one often pauses to reflect upon the obstacles they have overcome to get to that point of achievement.

This is true for the Schoolcraft College Sports Network (SCSN), which celebrated the broadcast of its 300th Plymouth Whalers broadcast on Tuesday, March 25.

The SCSN is a student-run, faculty-managed off-shoot of the video production club that films and broadcasts a variety of Detroit-area events live on cable television. Today, SCSN is one of the premier college-based broadcasting teams with dozens of high-caliber events under its belt. But the Network was not always the media powerhouse that it

Director of Media Services.

“Bright House Networks was going to decommission one of their production trucks and get rid of some of their old film and cameras. I asked if they would like to donate the truck to the College, and they agreed. Coincidentally, just a few days later the Plymouth Whalers called the College and asked if we were interested in doing a live broadcast of one of their hockey games. Thanks to the donation from Bright House, we could meet their need.”

Prior to this event, the video production club had focused on covering smaller, more local events—such as the women’s soccer games that occurred on campus. Broadcasting a professional hockey game was the biggest project the club had ever tackled, but



Members of the Schoolcraft College Sports Network (SCSN) celebrate their ground-breaking achievement.

Network was born.

SCSN started out covering just one Whalers game, but Gooden and fellow volunteers were so successful that the Whalers asked them to do another game, and another and another. By 2009, the SCSN had given the play-by-play calls of over 100 games, and it now has the rights to cover every single home game the Whalers play, including the playoffs. The network took their position as sportscasters seriously. They traded the old cameras and microphones for top-of-the-line, high-definition video equipment and upgraded from recorded broadcasts to live ones. They also branched out to film more and more events, such as the Detroit Music Awards and the Detroit Film Awards.

But the growth of the club does not just benefit the organizations that receive their top-notch coverage. The Network is also a great resource for Schoolcraft students that want to dip their toes into the world of video production, giving them valuable, real-world skills that they could never obtain by just sitting in a classroom.

“Working with the club helps gives student broadcasters the on-the-job training they need to prepare for jobs in the

industry,” continued Gooden. “Many students expect to get a job at a major network—the CBS’s and ESPN’s—immediately, but that simply doesn’t happen, not in this industry. Working with the club helps give students the experience that they will need in the future and prepares them for their careers.”

Club members are given exclusive opportunities that would appeal to any budding sportscasters or television personalities. Members learn how to effectively handle high-quality film and audio equipment and are even given the opportunity to direct the production of an entire game. This hands-on experience looks good on the resume of any college graduate seeking to break into the video production industry.

The Video Production Club is perfect for students that have an interest in any type of media, not just sports. “If you’re a novelist, or just enjoy making home videos, then we will offer you an opportunity to come and show what you can do,” said Gooden. “Our club is all about helping the community, so feel free to stop by. If you have an idea, then

we will let you borrow some equipment and let you do your thing.”

Leading up to the club’s largest achievement, members could not help but marvel at the journey the organization has taken and be proud of its accomplishments.

“I absolutely love working for the SCSN,” says Hope, a liberal arts major and video production club member. “Video production takes a lot of hard work, but it’s definitely worth it. I have a lot of fun, and I’m so proud of what we have achieved.”

The SCSN broadcasts all Plymouth Whalers games during the regular and playoff seasons. Catch their expert play-by-play analysis on Xfinity channel 900.

Interested students who would like to get involved with the Video Production Club or the Schoolcraft Sports Network can contact the Student Activities Office at 734-462-4422 for more information. ■

“Working with the club helps gives student broadcasters the on-the-job training they need to prepare for jobs in the industry...” —Samuel Gooden

is today. It took many years of effort for the network to grow into the organization that it has become, and the network’s 300th broadcast milestone serves as the perfect moment to stop and reflect upon the journey the group has taken.

“It all started with a phone call in 2005,” said Samuel Gooden, Schoolcraft College

Gooden and his team didn’t shy away from the challenge.

“Covering the Whalers game for the first time was pretty new for us,” said Gooden. “We had never tackled an event of that size, but we enjoyed the hard work.”

The video production club agreed to broadcast games for the Whalers, and thus the Schoolcraft College Sports

Featured artist Jake Mulka

Writing Corner

Ripple

Choices,
Ripple through the fabric of life
Like water
Dripping into a vast ocean
From each drop,
A wave is born,
That travels seamlessly,
Through the multitude molecules.
Every drop oscillates the ocean,
Affecting every molecule.
Some drops fall gently,
Creating a minuscule disturbance.
While others crash like meteorites,
Creating violent disorder.
One can never know the size of the waves,
Until they strike the ocean.
Take notice to the droplets,
For every bead,
May create waves,
Their purpose and size,
Is your choice.

Silence

Why speak when words are not heard?
Voices shout from the darkness,
Only to be answered,
By the empty sound of silence.

One by one,
The voices turn to silence,
Reason, Justice, and Love,
Succumb to the noiseless abyss.
Cries for revolution are quelled.

Calls for order are muffled.
Shrieks of pain, unheard.
Anguish.
For the oppressed suffer,
In Silence.



Secrets of the Quill

Dear Writing Fellows,

I was once told to write as if I was talking out loud, but when I did this I got a failing grade on my paper. What did I do wrong?

Sincerely,
ExpressingMyself

Dear ExpressingMyself,
Do not take the advice, "write as if you are talking out loud" literally. It really means write as if you had the same amount of time to prepare your spoken words as you would when writing. Take the time to read your words aloud and make sure someone, who is not as educated about your writing topic, completely understands what you are trying to say. Writing is an opportunity for you to tell the world a story, share your ideas, and fight for your beliefs in a manner that is not restricted by time.

When one is talking, they may feel as though they are speaking in well-expressed sentences. However, there are few who actually communicate efficiently with those around them. If you were to literally write as if you were speaking, your writing would have a whole lot of "uhms" and "likes" embedded into it. A lot of times, when speaking, people repeat themselves,

do not finish sentences, or even make invalid arguments. You might understand what you are saying, but your audience would probably have a hard time fully comprehending.

If you want to write the way you speak, take the proper amount of time to think about what you are trying to say. Don't jump into your writing by jotting down the first thoughts that come to your mind and call it a day. Take the time to organize your thoughts. By giving yourself a few hours or even days to think, you give yourself the opportunity to contemplate different ways of approaching your topic. It's one thing to write in an informal, simplistic, conversational style so anyone can understand, but it's another to just word vomit all over your paper without considering word choice, sentence flow, and grammar.

For example, whenever anyone gets into a heated argument with a friend, family member, or spouse the two of them yell at each other; they stutter, get frustrated, and don't finish their sentences. They try so hard to get their points across, but the only thing they hear is the other person trying to put a rational sentence together. A few hours after the argument, they sit alone thinking about what had happened and start to think of better responses that could have been thrown into the

altercation. All of the sudden, strong arguments run through their minds, and they wish they could go back and say those things instead. When you are writing, you want those after thoughts to be heard. You don't want people to hear you hesitate your way through an argument.

It is possible to write in a conversational manner, but you should take the time to not just reread but read aloud what you have written. Writing in a conversational manner is more welcoming, so if you can do this in a well-expressed way, then I would definitely suggest it. Remember, there is a difference between speaking informally and slang. You want to make sure that anyone who picks up your piece of writing is able to understand what you are saying.

—Noor Charara ■



Silence speaks volumes

Schoolcraft recognizes the...

BY JACKIE CHARNIGA AND SABRINA KEYES
EDITOR IN CHIEF AND PHOTO EDITOR

There are many causes that deserve the attention of an entire student body. Fellow students worldwide suffer from at the hands of their own peers, enduring abuse in silence. These individuals, whether they are classmates, friends, or neighbors, deserve a chance for their stories to be heard. There is no better way to accomplish this than for us all to silence our lips (and phones) in order for a chance to listen.

On April 9th 2014, many Schoolcraft students will take a pledge of silence to bring attention to the silence faced by lesbian, gay, bisexual, transgender, questioning, and intersex (LGBTQI) students and their allies because of bullying and harassment.

Supporting the individuals whose stories and go unheard is a worthy cause that is coming to the attention of administrations across the nation. What started out as a series of demonstrations at one college has spread to include over 5000 high schools and colleges.

Matt Solomon, the president of the LGBTQI Alliance, is looking forward to the Day of Silence at Schoolcraft. "It shows just how many people support the hardships of being silent about who you are, and the life you would feel most comfortable with. It shows support to those who can't speak for themselves, and gives them the courage to do so."

Although Schoolcraft has a traditionally accepting

campus, according to club members, there are still times of discrimination. Shawn O' Brien, Vice President of the LGBTQI club, has personally witnessed the use of derogatory terms on campus as 3 guys harassed another individual "This was during my first semester here. It was like a stereotypical clip from a high-school sitcom in the 90's about bullying."

O'Brien describes the incident as being one that was disgusting to watch. "I couldn't believe it. I mean, its college. It was one of those things that I expected people to act like young adults. I didn't expect bullying and random derogatory banter to be going on."

Schoolcraft student Zack Wilson has been fortunate enough not to witness acts of cruelty towards his classmates. "To be honest, I have never seen anyone get bullied for their sexual orientation, but I think that is only because of the people that I

associate with."

However Wilson also recognizes the need for a demonstration. "I know that the public's attitude regarding people of various orientations is definitely a problem, seeing as how many kids have been kicked out of their families for being gay, and the fact that gay camps even exist."

To show support of LGBTQI rights, sign a pledge of silence for April 9th in the Student Activities Office. At 4pm there will be a Breaking the Silence party in the Lower Waterman with a short presentation, Q&A, games, good, and music.

Don't forget to purchase a button for one dollar; all profits will be donated to the Gay Lesbian Straight Education Network, a main promoter of the Day of Silence and anti-bullying education. ■

Schoolcraft's LGBTQIA invites you to participate in this event April 9th. Participants would be silent throughout the day, and at 4pm all participants will gather in the Lower Waterman for Breaking the Silence party. The party will consist of a presentation and Q&A, followed by music, games, and food.

For more information, contact the Student Activities Office at 734-462-4422.

April 9th, 2014

Breaking the Silence Party @ 4pm
Lower Waterman



Purchase a button or sign the pledge form to show your support. Sign the pledge form in the Student Activities Office or purchase a button for \$1.

WHAT WILL YOU DO TO END THE SILENCE?

club MEETINGS

PHI THETA KAPPA
Lower Waterman | Saturday 11 a.m. and Wednesday 7 p.m.

SCHOOLCRAFT CONNECTION
Conference Room E, Lower Waterman
Every Monday 4 p.m.

MATH AND PHYSICS CLUB
BTC 320 | Friday 10:30

PHILOSOPHY CLUB
Meeting times and location will vary

BIO-MED CLUB CONNECTION
Meeting times and location will vary

METRO DETROIT ASSOCIATION FOR THE EDUCATION OF YOUNG CHILDREN STUDENT CHAPTER (MDAAYC)
Meeting time and location will vary

BUSINESS CLUB
Lower Waterman
Monday and Wednesday 2:15 p.m.

VIDEO PRODUCTION CLUB
Lower Waterman
Friday 3 p.m.

TRANSFERYOU
Lower Waterman
First and Third Friday 11 a.m.

STUDENT ACTIVITIES BOARD
Lower Waterman | Thursday 4 p.m.

EDGERUNNER SKI & SNOWBOARDING CLUB
Meeting times and location will vary

PROJECT PLAYHEM GAMING CLUB
Lower Waterman | Monday 2 p.m.

ECCENTRIC MOVIE CLUB
Conference Room D, Lower Waterman
Tues and Thurs 12-6 p.m.

TABLE TOP GAMING CLUB
Lower Waterman | Thursday 5-10 p.m.

DOCTOR WHO CLUB
Lower Waterman | Wednesday 3 p.m.

LACROSSE CLUB
Meeting times and location will vary

RUGBY CLUB
Meeting times and location will vary

OTAKU ANIME
Lower Waterman
Every other Saturday 5 p.m.

PING PONG CLUB
Lower Waterman | Tues and Thurs 2:30-6

FIT CLUB
Fitness Center, PE Building
Wed 12-1 & 3-4 | Thurs 7-8 p.m. | Fri 12-3

BREAK DANCE CLUB
PE 210 | Tues and Thurs 2:30-5 p.m.

COLLEGE REPUBLICANS
Lower Waterman | Every other Thursday 2

YOUNG AMERICANS FOR LIBERTY
Lower Waterman | Monday 1 p.m.

ENVIRONMENTAL AWARENESS GROUP
Lower Waterman | Wednesday 4:30 p.m.

CHRISTIAN CHALLENGE
Lower Waterman | Tuesday at 12 p.m.

CATHOLIC STUDENT ASSOCIATION
Lower Waterman | Every other Thurs 2 p.m.

STUDENTS FOR LIFE
Lower Waterman | Every other Thurs 1 p.m.

STUDENTS OF AMF
Lower Waterman | Every other Tuesday 4

LGBTQI ALLIANCE
Lower Waterman | Wednesday 1:30 p.m.

SCHOOLCRAFT FEMALE INITIATIVE
Lower Waterman | Wednesday 2:30 p.m.

ASIAN STUDENT ASSOCIATION
Meeting times and location will vary

NATIVE AMERICAN CLUB
LA 521 | Wednesdays, Oct 16 & Nov 20 4:30

CIVIL RIGHTS ACTION CLUB
Radcliff Rm 420 | Thursday 5 p.m.

All meeting dates and times are subject to change.
For more information, visit the Student Activities Office or call 734-462-4422



club EVENTS

COMPILED BY ALEXANDRA CIZEK
STAFF WRITER

MICHIGAN EATS: REGIONAL CULTURE THROUGH FOOD EXHIBIT

TUESDAY, APR. 1- THURSDAY, APR. 17, 8 A.M. TO 10 P.M. LOWER WATERMAN

Consisting of 34 panels that convey the diverse food traditions found in around the state of Michigan, this exhibit features objects from the Michigan State University Museum. Come see the uniqueness that expresses Michigan's state identity.

DAY OF SILENCE

SATURDAY, APR. 9, ALL DAY LOWER WATERMAN

Hosted by the LGBTQI Alliance, the day of silence is an annual event which brings attention to the silence forced upon lesbian, gay, bisexual and transgender people. The action of asking participants to stay silent throughout the day is used to bring awareness to the harassment that many LGBTQI people face. After a day of being silent, a breaking the silence party will

be held at 4 P.M. in the Lower Waterman. Contact the Student Activities Office at 734-462-4422 for more information.

BIRDS OF PREY WILDLIFE EDUCATION PROGRAM

THURSDAY, APRIL 10 SHOWS AT 1 P.M. AND 6 P.M. LOWER WATERMAN

Phi Theta Kappa will be hosting the Birds of Prey Wildlife Education Program Thursday, April 10 in the Lower Waterman Wing of the VisTaTech Center. The show will be presented by Joe Rogers, Director of the Wildlife Rescue Association, who rehabilitates injured birds of prey. Over 10 live raptors will be on hand for viewing. This program teaches people to respect the animals need to stay wild. The event is free and open to the public.

OUR LADY OF GUADALUPE OUR MOTHER OF HOPE PRESENTATION BY ALICIA WONG

THURSDAY, APRIL 10, 1 P.M., PRESENTATION ROOM, VT 550

Join Students for Life and the Catholic Student Association as they host a presentation and discussion about the Miraculous Tilma. The presentation will be given by Alicia Wong, Co-founder of Guadalupe Partners. **Please RSVP to jessguina85@gmail.com.**

For more information contact the Student Activities Office at 734-462-4422.

BOARD GAME NIGHT

MONDAY, APR. 14, 2:00 TO 10:00 P.M., LOWER WATERMAN

Come enjoy a game night with fellow Schoolcraft students. With loads of games provided and personal favorites allowed to be brought as well, this event will definitely be a hit with all. Pizza and pop will be provided. Entry \$3 and signup at the event.

ST. LEO'S SOUP KITCHEN

SATURDAY, APR. 19, 8 A.M. TO 5 P.M.

Come out and lend a helping hand by volunteering at St. Leo's Soup Kitchen. Students will meet in the Lower Waterman at 8 a.m. and carpool to the soup kitchen. ■



campus EVENTS

COMPILED BY ALEXANDRA CIZEK
STAFF WRITER

MONEY MATTERS IN DIVORCE

MONDAY, APR. 07, 4:00 P.M. TO 7:00 P.M., MCDOWELL CENTER, ROOM 205

Students, alumni, and fellow community members have the unique opportunity to come out and learn from the "Money Matters in Divorce" presentation. With professional financial planners in attendance, the audience will be able to ask questions and learn first-hand about the financial concerns relative to divorce. Anyone who is interested may sign in beginning at 3:30 p.m. on the day of the meeting.

UNIVERSITY OF MICHIGAN DEARBORN CAMPUS VISIT

TUESDAY, APR. 8, 11:00 A.M. TO 1:00 P.M., RADCLIFF CENTER

All students interested in transferring to the University of Michigan Dearborn in the future should attend. With the opportunity to meet one-on-one with representatives from University of Michigan Dearborn, this event will give attendees a step up on others and inside information about the school.

NOON CONCERT, RODNEY WHITAKER QUINTET

WEDNESDAY, APRIL 9, 12:00 TO 1:00 P.M., VISTATECH CENTER, PRESENTATION ROOM

Internationally renowned bassist and Mack Avenue recording art-

ist Rodney Whitaker is coming to Schoolcraft College. As the founder of one of the most highly regarded jazz degree programs in the United States, Whitaker has earned an international reputation as one of the world's finest jazz double bass performers.

SPRING CAREER FAIR

THURSDAY, APR. 10, 1:00 TO 3:00 P.M., VISTATECH CENTER, DIPONIO ROOM

All students interested in furthering their career in in any field of study should attend this event. With numerous employers on hand to talk with job seekers and accept resumes for positions in, this opportunity gives students an inside look at the job field. This free event features a resume workshop, and one-on-one assistance.

COLLAGE XXIII CONCERT FEATURES FOUR ENSEMBLES ON STAGE AT ONE TIME

SAT., APR. 12, 8 P.M., VISTATECH CENTER, PRESENTATION ROOM

This annual concert showcases the college's four music ensembles in an entertaining, fast-paced presentation. In a collage format all the performers take the stage at once and musical selections segue without interruption. This year's Collage Concert features the Wind Ensemble (Paul

Michalsen, director), Choral Union (Jonathan Drake, director), Jazz Program (Riccardo Selva, director), and Synthesizer Ensembles (Barton Polot, director) performing a wide variety of musical styles and genres. General admission tickets are \$8. Student tickets are \$5, and children/seniors are \$3. For more information call 734-462-4403.

GRAD FAIR

LIVONIA CAMPUS BOOKSTORE, MONDAY, APR. 14, 9:00 A.M. TO 5:00 P.M.

RADCLIFF CAMPUS BOOKSTORE, THURSDAY, APRIL 17, 1 P.M. TO 7 P.M.

Save the date! Stop by one of the Grad Fairs to pick up your cap and gown for the 2014 commencement ceremony.

UP JUMPED SPRING 2014 JAZZ CONCERT

MONDAY, APRIL 14, 7:30 P.M., VISTATECH CENTER, DIPONIO ROOM

The Schoolcraft College Jazz Studies Program presents the Up Jumped Spring Concert. The Jazz Program will present an evening of a varied repertoire of instrumental and vocal jazz featuring the music of Duke, Ellington, Count Basie, Thad Jones, Harold Arlen and many more. The Jazz Ensemble, Jazz Improvisation Combo, and Vocal Jazz Ensemble have prepared a lively and creative concert that promises to usher in the freshness of Spring. Admission is free. Donations will be gratefully accepted at the door and will be used to fund student scholarships and the Jazz Program. For more information contact the Schoolcraft College

Music Department at 734-462-4403 or visit www.schoolcraft.edu/music.

EASTERN MICHIGAN UNIVERSITY CAMPUS VISIT

TUESDAY, APR. 15, 10:00 A.M. TO 4:00 P.M., LIBERAL ARTS

Representatives from Eastern Michigan University are visiting the Schoolcraft campus to talk with possible future students. Offering meetings with school representatives, this event allows all students to gain inside information about Eastern's campus.

WOMEN'S BUSINESS ENTERPRISE CERTIFICATION SEMINAR

MONDAY, APR. 21, 2014, 9:00 TO 11:00 A.M., WATERMAN

The Michigan Women's Business Council invites women hoping to break into the business world the advantage of being certified as a Women's Business Enterprise. If you have a product or service that you would like to market to American corporations, here is your chance to explore certification. In the seminar, attendees will learn:

- What is involved in the certification process
- How to complete the application package
- How to become part of a national database of certified women business enterprises
- If you will benefit from being certified
- Other resources available for small business

The Michigan Women's Business Council is the Michigan certifi-

BOARD GAME NIGHT

April 14, 2014 from 2-10pm

Pizza and pop provided

\$3 Entry, Signup at event



With games such as...

Bring your own games too!



For more information, please contact the Student Activities Office at 734-462-4422.



Want to see your club's flyer or event promoted in The Schoolcraft Connection?

Contact the Student Activities Office at 734-462-4422 or visit The Connection offices in the Lower Waterman.



ALWAYS AMAZING AUTO LOAN RATES!

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Tedious television, 'Nevermore'

Kevin Bacon sizzles in *The Following*

BY JACKIE CHARNIGA
EDITOR IN CHIEF



Hardly any words are spoken in the first few seconds of the opening teaser of "The Following". The audience watches again the final scenes of season one: Claire is stabbed, Ryan Hardy already bleeding on the floor and powerless to stop it. The camera follows Ryan Hardy to the hospital, where he lays in bed, staring at the door. Hardy's colleague, Agent Mike Weston, emerges from the hallway, and with tearing eyes and a barely perceptible shake of the head, the question is answered. The heart-pounding second season opens by immediately addressing the cliffhanger of the first: Claire is dead and Hardy is alone.

Fox's hit show, "The Following", continues to excite and disturb in its second season. According to "TV by the Numbers", with over 10 million views, the show has amassed quite a "following" of its own.

Former FBI Agent Ryan Hardy (Kevin Bacon) has suffered a great deal; his self-ascribed nickname is "Angel of Death", prompted by the loss of his brother and both of his parents. This name is aptly given, as nearly all close relations to Hardy seem to drop like flies.

When working for the FBI, Hardy was tracking down a serial killer. His target made itself known in the form of Joe Carrol (James Purefoy). A former college professor, Carrol is struck by three obsessions: Edgar Allen Poe, murder, and finally Ryan Hardy. The obsession stems from Hardy's devotion to Carrol's ex-wife, Claire Matthews (Natalie Zea). In the course of his investigation, Hardy has an affair with Claire, making him a target and an object of fascination to Carrol.

Impressively persuasive, Carrol's personality appeals to his cult followers which he recruited while teaching and in prison. As the series progresses, the cult members reveal their ranks to be in the hundreds if not thousands. Possessing unique skills sets, from weapon experts and former military agents to former FBI agents and members of a red-neck militia,

the criminally insane gather in droves to aid and abet their serial-killing master.

Escaping from prison at the beginning of the first season, Hardy is called back into the field in a consultant position. He is quickly recognized as being an asset to the FBI, as Carrol and his cult waste no time proving that Hardy is their fixation. It also helps that Hardy is the most competent of the bunch: whenever the cult strikes, he springs into action.

Carrol is quickly recaptured and returned to jail, but not before he has killed again and sets his plan in motion, the details of which are made known to the FBI as they fall into a series of traps set by the cult during the course of the season.

The plotlines of the first season follow Hardy in his attempt to rescue Claire's son, the heartbreakingly-adorable Joey Matthews (Kyle Catlett), FBI agents Mike Weston (Shawn Ashmore) and Debra Parker (Annie Parisse), Carrol himself, and a band of his devotees, his right-hand Emma Hill (Valorie Curry), Jacob Wells (Nico Tortorella), and Paul Torres (Adan Canto).

The goal of this particular band of followers is to get close to Claire in order to kidnap Joey. Emma and Jacob are an established item, and after spending years in the guise of a gay couple, feelings develop between Paul and Jacob. Originally sharp, Emma opens up to Paul and a bizarre ménage à trois emerges between the three of them, which later is exploited amusingly by Hardy.

Playing out his fantasy with the help of his disciples, Carrol treats the FBI agents as characters in his elaborate plot to destroy Hardy, the protagonist of his book. Through torturous displays of mayhem, Carrol spends the season deriving the maximum satisfaction of destroying all of Hardy's relationships and chances of happiness.

In the series finale, audiences are allowed only moments between the relief of Carrol's death before Claire is brutally stabbed by another of Carrol's followers, coincidentally Hardy's ex-girlfriend and next-door neighbor.

The second season centers around the

copy-cat cult that has emerged in the year after Carrol's cult disbanded. Hardy's niece, Max, is also an agent which helps his covert continuance of the Joe Carrol case. Working out of a hidden panic room in Hardy's apartment, they secretly track down the newest continuation of the cult. Wearing Joe Carroll masks, the new cult proves that Season 2 leaves the entire Poe plotline in the past. The obsession is now fueled by Carrol alone, and the blood-lust continues. Public exhibitionists, the new cult slashes subway patrons and stages corpses like dolls in public areas, puzzling the FBI.

Of their first attack, a lone survivor emerges: Lily Gray. Striking up a report with Hardy, the attractive art dealer appears to be a dull replacement for Claire. True to form, her meek personality is recovered only because it is a farce, as Gray turns out to be the malicious leader of the nouveau-cult and Hardy is played for a fool.

Surrogate mother of the creepy-twins, Gray travels the world adopting orphans with a penchant for butchery. Lead by Gray and her set of creepy twins Mark and Luke, both played by Sam Underwood. Their goal is to lure Carrol out of hiding, and resume his work of terrorizing Ryan Hardy.

Season two has chills, kills, and enough needless bloodshed to appease its fans. "The Following" can be caught Mondays at 9/8c on Fox. ■



(Top) Shawn Ashmore, Mike Westin, returns for season 2 of the following. (Middle) Joe Carrol is alive. James Purefoy resurrects his role as serial killer Joe Carrol. (Below) Catch new episodes of *The Following* on Mondays on Fox at 8 p.m.



“Divergent” in a class of its own

Successful adaptation pleases fans

BY ALEXANDRA CIZEK
STAFF WRITER



The first installment of a set trilogy, “Divergent” is a sci-fi fantasy adventure that translates well to the screen while staying true to the book trilogy from which it originates. The film is set in a world where society is separated into social groups or factions. Based on their virtues, citizens are divided into five social groups: Abnegation (the Selfless), Erudite (the Intelligent), Candor (the Honest), Amity (The Peaceful) and Dauntless (the Brave). Though there are few who possess all five. They are known as Divergents. The faction one would belong to would be determined by an aptitude test given by the pseudo-democratic government. This test comprises of a hallucination simulation that creates within the mind different scenarios to determine the brain’s natural ways of thinking. Each situation encountered, and how each person deals with it, add up to the fraction where one belongs in. If multiple faction choices are available, that person would be considered a Divergent. A “Divergent” is a human

who poses the ability to think function in more than one way, where as a non-divergent would have many a limited path in life. Divergents are dangerous to an oppressive society because that they can process information in more than one way. This idea of multiple ways of thinking is said to “disrupt the peace” of the factions according to Jeanine, leader of the Erudite faction (played by Kate Winslet). Beatrice Prior, played by Shailene Woodley, is warned that she is Divergent and will never fit into any one group, but to choose wisely so that her life is kept safe. While she is training to be a Dauntless, Tris is introduced to the mysterious Four, played by Theo James, and slowly tries to break down the wall he seems to have built around himself. Over the course of the film, a romance spurs between Four and Tris as they spend more time together. He emotionally opens up to Tris about his dark past as they become closer; leading up to the moment where Four admits that he wants Tris as part of his future. With the continuance of Dauntless incitation, a relationship develops between them and soon they are inseparable.



However their romance is put on hold as soon as Tris discovers a conspiracy by faction leader Jeanine to destroy all Divergents. Tris must learn to trust in the mysterious Four more than ever and together they must find out what makes being Divergent so dangerous before it’s too late. This film pulls from a variety of genres to please a wide-range of audience. Romance, comedy, action, and adventure play their own parts in the movie while staying true to the best-selling book series by Veronica Roth. This is a riveting and action packed film that is great for all ages and genders to immerse themselves in. It is definitely worth the cost of the tickets. ■



(Above) Catch Shailene Woodley’s dynamic performance in *Divergent*. (Below) Theo James and Shailene star in the action packed film *Divergent* in theaters now.

Remember, remember... | *V for Vendetta* (2005)

BY ALEXANDRA CIZEK
STAFF WRITER



V for Vendetta is an American-German action thriller that came out in theaters in 2005, based on the 1982 *Vertigo* graphic novel by Alan Moore.

Set in 2020, the world is in complete chaos, with United States broken up as a result of conflict with other countries and the pandemic of the “St. Mary’s Virus” running rampant and destroying the entire European population. The United Kingdom seems to be the only “stable” country, yet is controlled by a corrupt and abusive totalitarian government that promises security sans freedom.

The government is known simply as “The Party”, which has risen to complete power. Under its watchful eye, political opponents, immigrants, Muslims, homosexuals and other “undesirables” are taken and imprisoned in concentration camps by the government. With such a stern hold on society, it is nearly impossible to break off, but one man stands against them. A man named V, played by Hugo Weaving (*Lord of the Rings*, *The Matrix*), moves through London like a ghost. He wears a mask of the face of Guy Fawkes, a British terrorist who on the fifth of November in 1605 at-

tempted to blow up the houses of Parliament. On this eve in 2020 during a threatening run in with the secret police, V saves a young, humble TV reporter Evey, played by Natalie Portman, from rape at the hands of the police. After rescuing Evey, V forces her to join him, leading her to a rooftop to watch the destruction of a government building accompanied by fireworks and classical music, the 1812 Overture.

V, a caped and masked figure, who is both articulate and skilled in combat, embodies the principles of rebellion from an authoritarian state. V seeks to lead a revolution sparked by assassination and destruction. Evey, though uncertain and scared of her new hero, becomes his unlikely ally. Over time she becomes aware of the cruelty of her own society and her role in it.

The movie follows V’s dedicated plans towards the destruction of the British government over the course of twelve months, until the night when he has promised a superior attack against the dictatorship, the fifth of November. *V for Vendetta* is a very intricate story of how each country crumbled at the touch of a virus and in the hands of a corrupt government, and how those who do not believe in the system should believe in bringing it down. V’s belief is: “People should not be afraid



of their governments. Governments should be afraid of their people.” This film has a very complex story, which at times can be difficult to follow, though it keeps the audience thinking. ■

(Above) Natalie Portman portrays Evey alongside Hugo Weaving’s V.



what's on NETFLIX

BY ALEXANDRA CIZEK
STAFF WRITER

THE CROODS



This family fun, animated movie tells the survival story (and history's first family road trip) of

a caveman family after their cave has crumbled to pieces. The Crood family embarks on a comedic adventure to find a new cave with the help of a strange inventive boy who leads them through an unfamiliar fantastical world. The animated film touches on some heavy themes: Teenagers growing up and craving independence, learning to live in a dangerous world with the constant risk of death, parents learning to let go, and the necessity of learning to accept change. In all, "The Croods" offers a wonderful message about having the courage to celebrate a life of adventure, all while being supported by a strong, loving family.

SAFE HAVEN



A suspenseful story about a young woman's struggle to love and trust again, "Safe Haven"

is based on the novel from Nicholas Sparks. When Katie Feldman, played by Julianne Hough, arrives in a small North Carolina town, she begins a new life but remains haunted by a terrifying secret. Her reluctance to join the tight-knit community raises questions about her past. Slowly, she begins putting down roots and gains the courage to start a relationship with Alex (played by Josh Duhamel), a widowed store owner with two young children. But soon the dark secrets of her past seep into her new life with such terror that she is forced to rediscover the meaning of sacrifice and rely on the power of love in this deeply moving romantic thriller.

AMERICAN HORROR STORY



"American Horror Story" is an anthology series that centers on different characters

and locations, including a haunted house, an insane asylum, and a witch coven. Each of the seasons has its own plot focus and uses the same actors and actresses who play different characters each season. The first two seasons, "Murder House" and "Asylum," are now available on Netflix. "Murder House," the first season, is set in a haunted house and revolves around the Harmons, a family of three who moved from Boston to Los Angeles as a means to settle past suffering. The setting for Season Two, "Asylum," is a mental institution in Massachusetts named Briarcliff. The story primarily takes place in 1964, but flashbacks and flash-forwards are possible.

HOUSE OF CARDS



"House of Cards" is an American political drama set in present day Washington D.C. In this Emmy

and Golden Globe winning political drama, Lead Actor nominee Kevin

SEE NETFLIX ON PAGE 20

WOKKA-WOKKA FUN

'Muppets Most Wanted filled with laughs and one-liners

BY KATIE TRACY
ARTS AND ENTERTAINMENT EDITOR



In this fun-for-the-whole-family sequel, the Muppets return with more amusing musical numbers and silly antics in "Muppets Most Wanted."

The cast is led by Ricky Gervais, Tina Fey, and Ty Burrell, along with the usual suspects. Celebrities such as Christoph Waltz, Salma Hayek, Tom Hiddleston, James McAvoy, and Danny Trejo, among

many others, make cameo appearances. Speaking of returning cast members, the Muppets are joined by Walter, who also starred in the first movie.

The plot follows the Muppets on their world tour, managed by Dominic Badguy (played by Ricky Gervais). Little do they know that Badguy is actually a bad guy working with Constantine, the world's number one criminal and Kermit look-alike who escapes from a gulag in Siberia.

Constantine pulls a switcheroo while

the Muppets are in Berlin for their tour, framing Kermit as the most wanted criminal in the world. When Kermit is taken to the gulag in Siberia, Constantine takes over as the ringleader of the tour, with hardly any questions from the unsuspecting group of Muppets. Meanwhile, the group travels across Europe with Badguy and Constantine as they continue a series of heists that help them gain access to the crown jewels in London.

In the gulag, Kermit gets on the good side of the warden, Nadya (played by the hilarious Tina Fey). Nadya enlists Kermit to help her direct the gulag's annual theatrical "revue," as it is spelled in the film.

Meanwhile, Sam Eagle and Inspector Jean Pierre Napoleon (Ty Burrell) are hot on the heels of the jewel thief, "The Lemur," but while trying to crack the case, become suspicious of the Muppets and begin following them on their tour, looking for evidence that the Muppets are involved in the capers.

When Animal, Fozzie, and Walter become aware that Constantine is masquerading as Kermit, they realize that they must find Kermit and bring him back before everything falls into shambles.

The music in this film is what makes it so lighthearted; kudos to the music supervisor, Academy Award winning composer Bret McKenzie (Flight of the Conchords). Tina Fey's song (featuring Josh Groban) that welcomes Kermit to the gulag, "The Big House," is charming, and made audience members smile. Constantine's song for Miss Piggy, "I'll Get You What You Want (Cockatoo in Malibu)" will surely make you laugh out loud.

The best way to describe this movie: silly to the brink of stupidity, but it'll make you laugh anyway. The celebrity cameos are cleverly placed, making fans giddy when they are on screen. Fans of the Muppets will enjoy it, and even non-fans will get more laughs than expected. ■



"Sci-fi or social commentary?"

BY ALANA KEENEY
STAFF WRITER



A small, quaint desert town's news updates, narrated by a smooth, tranquil voice. A town where mountains and time don't exist, street cleaning day is the apocalypse, and there is a faceless old woman who secretly lives in your home. That is just the surface of "Welcome to Night Vale," a bimonthly podcast that is currently taking the internet by storm.

The podcast has a new episode released on the first and fifteenth of every month and was started in June of 2012. It is produced by Joseph Fink and Jeffrey Cranor, with the main character being radio host Cecil Palmer (played by Cecil Baldwin). The other recurring characters include Night Vale Community Radio Intern Dana played by Jasika Nicole, and Carlos the Scientist played by Dylan Marron.

The podcast's popularity skyrocketed in the summer of 2013, corresponding with the season finale of the NBC show "Hannibal," and has a strong

following on social media websites, such as Twitter and Tumblr. The show has a "Twilight Zone" feel and often has a large amount of existentialist statements and surrealist undertones, which has attracted a large and dedicated following.

At its surface level, "Welcome to Night Vale" seems to just be about a small southwestern American city where odd things happen. However, at a deeper level, it often satirizes issues currently going on in the United States; one of the first and most prevalent is the local government in Night Vale. The City Council is portrayed as a group speaking in a united, monotonous tone and assuring citizens that everything is fine, when in reality many people are disappearing and dying. There is also the Sheriff's Secret Police, which is exactly what it sounds like, a 'secret' organization that dictates Night Vale citizens and retracts them when they see things they should not. Despite it having political undertones, "Welcome to Night Vale" is an extremely enter-



taining show.

"Welcome to Night Vale" also hits on social issues, as well as political issues. The most notable of this is characters ignoring gender norms and the inclusion of queer characters. The show has received unwarranted criticism for having multiple queer characters and openly discussing it. The producers have stated that they do not plan on changing the show due to people being unable to handle two male characters dating. The podcast actually satirizes

these criticisms and irrational discrimination by Cecil's commentary on people's negative opinions of Hiram McDaniels running for Night Vale mayor (Hiram McDaniels being a five headed dragon).

"Welcome to Night Vale" is available for free download on iTunes, as well as on their official website. They are currently doing a full US tour and have released that they will be publishing a book based on the podcast in 2015. ■

COMIC FAILURE

Unsung heroes of the DC Universe



BY COLIN HICKSON
STAFF WRITER

When one thinks of DC Comics-based TV shows, the most common characters that come to mind are Superman, Batman, and the Justice League. In recent years, however, DC has been focusing on their less famous, more obscure characters, by creating TV shows, short films, and DC Nation shorts, based on them and using some of the best animation ever seen. DC has so many lesser characters that deserve a spot in the limelight, which five have the best chance of making it to the small screen?

1. "Amethyst, Princess of Gemworld": Created by writers Dan Mishkin and Gary Cohn and artist Ernie Colón in 1983, Amethyst is the alter ego of teenager Amy Winston, the heir to the throne of Gemworld, who possesses enough magic to fight the god-like Spectre. Amethyst has only starred in three miniseries: two short-lived, ongoing series and a one-shot. Recently though, she was the star of a miniseries on DC Nation which featured spectacular animation by Brianne Drouhard, since which has led to fans demanding the character get a regular series. Given that several recent, generally female-oriented shows like "My Little Pony" and the "Legend of Korra" are gaining increasingly larger male fan-bases, Amethyst would be a welcome addition; even if it pulls a "Bravest Warriors" and becomes a web series.

2. "The Doom Patrol": Anyone who watched "Teen Titans" or "Batman: The Brave and the Bold" should be familiar with these characters, but for the uninitiated, the Doom Patrol is essentially DC's response to the Fantastic Four. Consisting of the wisecracking cyborg Robotman, the size-shifting Elasti-Girl (recently changed to Elasti-Woman), the cocky but tragic Negative Man, and later, and the psychic billionaire Mento, the Doom Patrol (DP) is guided by the paraplegic Dr. Niles Caulder, the Chief. The DP battles some of the most bizarre villains ever seen, such as the Brotherhood of Evil, Doctor Tyme, and Mr. Nobody. As with Amethyst, DP characters are the stars of DC Nation shorts, which are based on the original Silver Age stories and also have stellar animation. If this does happen, the show should incorporate elements from all known incarnations of the team (excluding John Byrne's version), but either tone down or just ignore elements from Grant Morrison's run, including Danny the Street or Red Jack.

3. "Nightwing": Despite having been a superhero in his own right for 30 years, Robin has never received a series featuring the alter ego he created in the pages of "Tales of The New Teen Titans," Nightwing. With rumors surrounding a possible appearance on "Arrow," it could be time for Dick Grayson to graduate to his own TV series, either animated or live-action. The series should be set in Blüdhaven—the setting

of the original "Nightwing" comic—and, like "Arrow," include flashbacks to Dick's past as Robin and the training he received under Batman—the events that led to his becoming Nightwing. In terms of villains, Nightwing does not have much of a rogue's gallery; so to make up for it, the series should use the Batman villains who have encountered Nightwing in the past, such as Two-Face, Firefly, or the KGBeast.

4. "The Metal Men": Originally conceived as a lighthearted and sometimes comedic superhero team in the 1960s, the Metal Men are among the most bizarre creations DC has ever imagined. Guided by their creator, Dr. Will Magnus, these robotic superheroes possess powers attributed to the metals they are named after: heroic Gold and flirtatious Platinum (though she prefers "Tina") can stretch themselves like rubber; loyal and courageous, Iron is super strong; arrogant hothead Mercury can liquefy all or certain parts of his body and stay that way at room temperature; timid Tin is highly malleable and durable; and dimwitted Lead is invulnerable to everything, specifically radiation. As with the previously mentioned DC character examples, this team has recently shown up on DC Nation, but the show suffers from lackluster animation and odd casting choices. If these mechanized marvels do attain their own show, a throwback to 1960s anime style is called for, and if the original voices could be used from the time when these characters appeared on "Batman: The Brave and the Bold," that would be even better.

5. "Animal Man": Originally a failed Silver Age idea, which consists of all comics published between 1956 and 1970, this orange and black clad superhero only gained popularity when he was given his own series in 1988 by Grant Morrison. The alter ego of stuntman Buddy Baker, Animal Man has the power to copy animal abilities: the strength and agility of a gorilla, the vision of an eagle, the tongue of a frog, and even the head regeneration of a worm. Under Morrison's pen, Buddy has to juggle the dual responsibilities of both being a superhero and a father (not helped by the fact that he was a member of the European branch of the Justice League), becoming a vegetarian, getting involved with animal rights, and eventually meeting Morrison himself, which leads to Buddy learning about fictional nature. As the series progresses, the succeeding writers begin to incorporate more horror and fantasy elements into the series, as are those being used in the popular New 52 series. Live-action is definitely the area for this character, since it features the darker elements better than an animated series does. For added amusement, this series should be set in the same universe as "Arrow" and "The Flash," adding to the continuity of that universe. ■



Schoolcraft College's 13th Multicult



Marcus Garvey Academy, African Drum & Dance Ensemble.



Marcus Garvey Academy, African Drum & Dance Ensemble.



Hinoki School Grade School Singers.



Maria Robles, poses with the 89x Street Team.



Troupe T'amullet.



Leslie Baty (Buffalo Wild Wings) dishes out food for hungry attendees.



Kyauna Bronni works diligently on a globe puzzle to win a prize.



Tatyana Mourad displays a henna tattoo.



Capoeira: Brazilian Athletic Dance.



Leticia and the Energetic Soul Salsa Dancers.

There are not many places where a person can listen to a live jazz band, sample brie from France, and take in an Irish step dance show all at once. However, that is exactly the atmosphere to which attendees of Schoolcraft College's Multicultural Fair were treated on Thursday, April 3.

The Multicultural Fair is a showcase of the diverse peoples in the Detroit-area suburbs and was a great opportunity for Schoolcraft College students and Livonia residents alike to be transported to the farthest edges of the globe, all without stepping foot off campus.

Dozens of cultures and nations were on display during the fair. Attendees were given the chance to taste delicacies from around the world, such as guava-flavored candies from Vietnam and mouthwatering sugar cookies from Greece. Local businesses, such as Buffalo Wild Wings and Biggby's Coffee, were in attendance as well, offering samples of their wares to the students that passed by their booths.

The fair also showcased several forms of live entertainment, representing the various cultures that make up our city and college community. Attendees were treated to a rocking presentation of Capoeira (a Brazilian martial art); there was a live dance recital presented by Leticia and the Energetic Soul Salsa Dancers, and the DiPonio Room was rocked by a heart-pounding show from the Marcus Garvey Academy African Drum & Dance Ensemble.



Troupe T

BY KENNETH PORTER
CAMPUS LIFE EDITOR
PHOTOS BY JAKE MULKA

Annual Cultural Fair

Bringing the World Together

But the fair was more than eating delicious food and taking in exciting shows. It was also a moment to educate attendees on the varied people that make up our community and our country.

“It’s important to educate people about the other cultures of the world,” said Nyrai Nynguyen, a Vietnamese-American that represented her home country during the fair. “A lot of Americans don’t realize that there is more to the world than just the United States. It’s important to expose ourselves to the cultures of the world, and what better way to do that than to bring the world to us, all in one room?”

Fairgoers were given paper “passports” to be stamped at the booths of the many countries that were represented at the fair. Attendees were also given pamphlets that detailed the ways that countries such as Brazil, Italy, Lithuania, and Colombia are so unique. The event gave visitors the opportunity to travel across the cultural landscape and come into contact with dozens of societies without having to deal with plane tickets and fumble through security checks.

“I had a great time,” said Ashley George, Schoolcraft College Nursing major that attended the Fair. “I loved how so many cultures and types of people were together all in one place. I feel like I just travelled around the world. And of course, free food is always, always, a plus.” ■



Lisa Lewis (Wearable Art) displays some of her ethnic products.



Capoeira: Brazilian Athletic Dance.



Jazz by The RJ Spangler Trio.



Ryan Renwick and Evan Kain (Pancheros) pose for a picture while giving out samples to hungry attendees.



Capoeira: Brazilian Athletic Dance.



Marcus Garvey Academy, African Drum & Dance Ensemble.



T'amuilet



Marcus Garvey Academy, African Drum & Dance Ensemble.



Anastasia Howell poses with Putin.



Marcus Garvey Academy, African Drum & Dance Ensemble.



Troupe T'amuilet.

THE LEGENDS REBORN

“Final Fantasy X/ X-2 HD Remaster” is a fantastic collection

BY MICHAEL KING
STAFF WRITER



In 2001, the pre-merger Squaresoft Company created what is still viewed as one of the greatest games ever made: “Final Fantasy X.” It was so popular that it became the series’ first entry to receive a direct sequel in the form of “Final Fantasy X-2” (pronounced ten-two). Now, after much waiting, American audiences can get a hold on these HD remasters.

“Final Fantasy X” follows Tidus as he is thrown into Spira by a massive death-bringer named Sin and quickly joins the fight to destroy it. The sequel follows fellow main character, Yuna, two years later as she seeks out her missing love. While the story of “FFX” keeps players invested in it from beginning to end, it’s hard to take the sequel’s story seriously when there’s such an obvious “Charlie’s Angels” influence to it. Not only that, but the sequel actually rewrites itself at times, causing the story of the first title to change slightly; proof that this one didn’t have nearly as much thought put into it.

“FFX” follows the series’ traditional RPG formula with a few new twists like swapping characters during fights and summoning ‘aeons’ while “X-2” changes almost everything by including equipable dress-spheres that allow mid-battle costume changes, a non-linear path for players to follow and multiple endings.

While the music of “FFX” has been remade with most songs living up to the originals, there are the few that just shouldn’t have been touched. ‘Seymour’s Ambition’ lacks much of the original creepiness and the remade ‘Luca’ removes the actual melody from the track. The music of “X-2” however has strangely been left alone which is odd considering that many people didn’t care for it due to the lack of composer Nobou Uematsu’s involvement with it. Regardless, the soundtrack is an overall success with only a few landmines here and there.

Graphically, the two games are not drastically different than their PS2 counterparts but there has been some clear touching-up. Tidus’ face in “FFX” looks more realistic here than it did back then, and backgrounds are not as faded as they once were. This is an ‘HD Remaster’ and the team behind this collection obviously put a lot of effort into these enhancing tweaks and it shows.

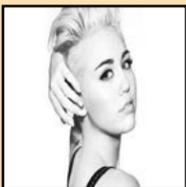
“Final Fantasy X/ X-2 HD Remaster” is a mixed bag. While both games are great in their own right, the two are so different that almost everyone will prefer one game to the other. Despite this, the greater accessibility of these games as well as trophy support will no doubt keep the gamers that do start playing enjoying the game for months afterwards. If you have not played either of these titles before, now is the time to do so. ■



what's the BUZZ

COMPILED BY CAMYLE CRYDERMAN
EDITORIAL INTERN

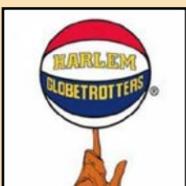
Miley Cyrus “Bangerz” Tour



On the evening of April 12, Metro Detroit will be jamming as Miley Cyrus comes to town with her national “Bangerz” tour. At 7:30 P.M., Cyrus, and fellow artist Icona Pop will begin their pop sensational show at the Palace of Auburn Hills.

For Tickets as low as \$33.50, this show is not only thrilling, but affordable. With her fresh, radical sound, Cyrus’s concert is sure to be exhilarating, and will make a great night out. Featuring songs such as “We Can’t Stop” and “Wrecking Ball”, this is definitely not the concert to miss. For more information, visit palacenet.com.

Harlem Globetrotters: “Fans Rule in 2014”



On April 19, the Harlem Globetrotters are continuing their “Fans Rule in 2014” world tour with a stop at the Palace of Auburn Hills. Beginning at 7 P.M., all admitted guests will not only have the opportunity to see the show, but to vote between three wacky rules they wish to see the team implement.

With exciting trick shots, and choreographed timing, this team provides much more than a simple basketball game. For as little as \$18, guests can witness the enjoyment of the Globetrotters, as well as stay after the show for autographs and photos. With silly performances and whimsical tricks, this event will bring joy to guests of all ages. For more information, visit Palacenet.com.

Great Lakes Art Fair



Michigan’s fastest growing indoor art event, The Great Lakes Art Fair, is making its annual appearance at the Suburban Collection ShowPlace. This event allows artists in the area a professional environment to display their work.

On April 11, between 1 and 8 P.M., all attendees interested in viewing these local works are welcome to tour the showcase. For \$7, this reliable event allows artists to display and sell beautiful works, while guests may view and buy. With a “ladies night out” happening at Andiamo’s Restaurant that night, discounts and giveaways will make this event even more enjoyable than it already is. For more information, visit greatlakesartfair.com.

Bunnyville



On Friday, April 18, the Detroit Zoo presents its 23 annual Bunnyville Celebration. Featuring talks with zookeepers, crafts, and an appearance from the Easter Bunny, this event will bring joy to everyone. From 9 A.M. to 4 P.M. this family

friendly event will offer sweet treats and live entertainment from the off Broadway group “The Bunny Follies” to all in attendance. With the donation of a non-perishable food item, admittance into the zoo and event is reduced to just \$8. Featuring a golden egg hunt, games, and prizes, this event is adored by all who attend, so do not miss out. For more information, visit www.detroitzoo.org. ■

WOULD YOU LIKE TO SEE YOUR LIVE EVENT FEATURED IN WHAT’S THE BUZZ?

CONTACT THE CONNECTION AT 734-462-4422, VISIT OUR OFFICES IN THE LOWER WATERMAN, OR EMAIL US AT SC.CONNECTION.AE@GMAIL.COM

Netflix

CONTINUED FROM PAGE 16

Spacey stars as ruthless, cunning Congressman Francis Underwood, who will stop at nothing to conquer the halls of power in Washington D.C. His secret weapon: his gor-

geous, ambitious, and equally conniving wife Claire, played by Robin Wright. Together they take on the long journey of exacting his vengeance on those he feels wronged him - that is, his own cabinet members including the President of the United States himself. ■

MICHIGAN FOODways

We are what we eat!

Michigan Eats: Regional Culture Through Food

Premiere at Earth Day program March 31 – 11 am – 2 pm
 Extended exhibit: April 1 – 17 in the lower level of the VisTaTech 8 am – 10 pm



Exhibit consists of:
 34 interpretive panels that convey in words and images many of the diverse food traditions found around the state of Michigan.

Includes historic and contemporary objects from the Michigan State University Museum

Private collections that illustrate various aspects of Michigan foodways, such as: kitchen utensils; implements used in the production of maple syrup; and packaging from some of Michigan's best known food producers, like Kellogg, Jiffy, and Vernors.

Visitors can also listen to clips from food-themed songs and stories about Michigan food on the exhibit's interactive listening station.

Sponsored by:
 Schoolcraft College Foundation

For more information, contact the Student Activities Office at 734-462-4422.

FREE EVENT

The Schoolcraft Connection Newspaper and The Earth Day Committee Present:

Birds of Prey

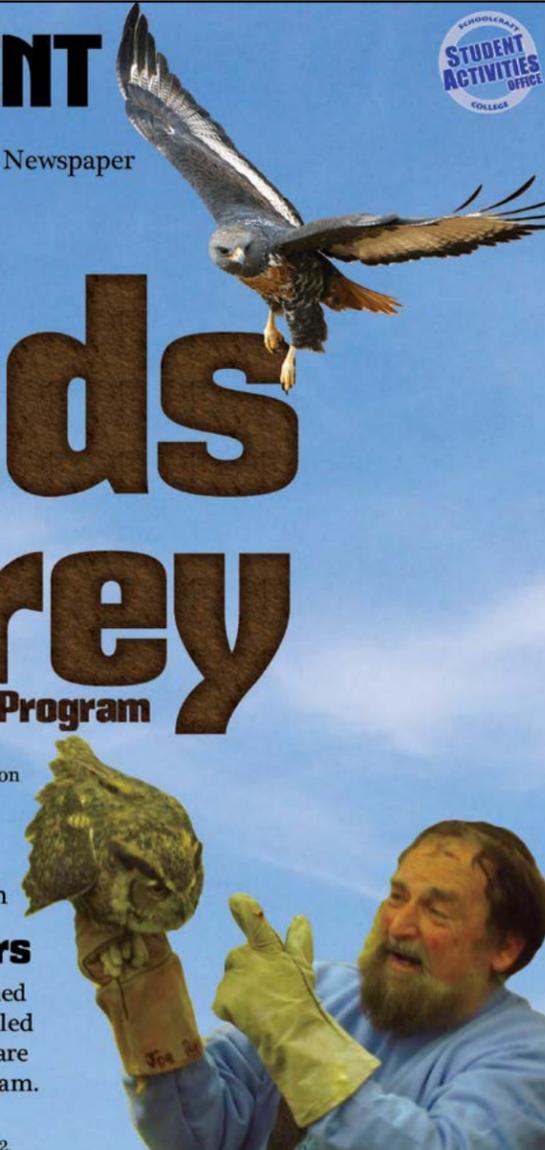
Wildlife Education Program

Featuring Joe Rogers from the Wildlife Recovery Association

Thursday, April 10th
 Shows at 1^{PM} and 6^{PM}
 Lower Waterman, VisTaTech

Over 10 Live Raptors

such as Bald Eagles, Great Horned and Short Eared Owls, Red-Tailed Hawks, and Northern Harriers are part of this educational program.



For more information, contact the Student Activities Office at 734-462-4422.

Celebrate Life Week

Sponsored by Students for Life Catholic Student Association

Visit our Table in Henry's
 Monday, April 7 and Tuesday, April 8
 11:00 a.m. - 2:00 p.m.

Before I formed you in the womb, I knew you. -Jeremiah 1:5

- Free Celebrate Life Wristbands
- Free roses for mom

Speaker
 Thursday April 10th
 1:00 p.m. VT550

Alicia Wong
 Co-Founder of Guadalupe Partners
 "Our Lady of Guadalupe, Our Mother of Hope"

For more information, contact the Student Activities Office at 734-462-4422.



Easter at St. Leo's Soup Kitchen

April 19, 2014
 11:00 am
 Easter Egg Hunt for children

Easter Bunny will lead the Hunt in the school courtyard at 11:15 am

Please volunteer or donate wrapped candy for the easter "hunt" for the children at the soup kitchen.

Contact the SAO if you would like to donate eggs or candy for the event.






WANT TO JOIN A CLUB? DESIRE TO START AND RUN YOUR OWN CLUB?
 INTERESTED IN LEARNING HOW TO BE MORE INVOLVED ON CAMPUS?
THE STUDENT ACTIVITIES OFFICE HAS THE ANSWERS!
 CONTACT THE SAO AT 734.462.4422 FOR MORE INFORMATION.

Mashhour 'rejuvenated' at Schoolcraft

New men's basketball coach relishing fresh start

BY EVAN PAPUTA
SPORTS EDITOR

Schoolcraft wasted little time in finding the successor to former men's basketball head coach Randy Henry.

Athletic Director Sid Fox announced that Abe Mashhour had been hired as the new men's basketball coach in a press release on March 14.

"Schoolcraft College welcomes Abe with open arms to continue his successful coaching career here in Livonia," Fox stated in the release.

Mashhour comes to Schoolcraft after being the head coach at Henry Ford Community College since 1999 and compiled a 246-156 record. With Mashhour, Henry Ford finished 12-17 overall in 2013-14 and tied for sixth at 7-11 in the MCCA's Eastern Conference.

In 2008-09, Mashhour coached the Hawks to the MCCA and NJCAA District 9 championships, as well as a berth in the NJCAA Division II National Tournament (in Danville, Ill.).

"I've been coaching for a long time. This has rejuvenated me more than I can tell you," Mashhour said. "I feel terrific about everything, working with Calli [Crawford] and Mr. [Sid] Fox is beyond a pleasure."

Fox made the decision to hire Mashhour just a week after Henry announced his resignation.

Fox had been impressed with Mashhour's class and player management from watching him compete against Schoolcraft over the years.

"He has always impressed me with his capacity to recruit, coach and manage his players at an optimum level," commented Fox.

Mashhour, 42, resides in Dearborn with wife and six children, where he serves as the Director of Student Services and Overall Athletic Director for all of the high schools and middle schools for the Dearborn Public Schools.

PUTTING A ROSTER TOGETHER

The hardest part for any newly hired coach is putting together a team of cohesive players in a short amount of time.

Signing day for the NJCAA is on April 8 and Mashhour has a very short time to put a recruiting class together.

Recruiting has been an issue for Schoolcraft teams of past, not being able to secure players with the talent to play at higher levels.

"We have to recruit good players and develop the players we have. We have to recruit better talent," Mashhour said.

Mashhour knows that building a roster is more than getting the most talented players, but all about getting the right combination of skill and work ethic.

"We want a good mix of players, role players that accept their situation," Mashhour said. "We have some of the kids that played for me at Henry Ford are going to come over and join this team."

Mashhour noted that Schoolcraft will hold an open tryout in on April 12 to attract all interested players.

Mashhour will be augmented by assistant coaches Mike Allie, Corey McKendry, and Seth Coffing, who were a part of his staff while head coach at Henry Ford. ■



PHOTOS BY JAKE MULKA



(Above) Abe Mashhour is the new Schoolcraft men's basketball head coach. He comes to Schoolcraft direct from Henry Ford Community College. (Below) Wesley Clark Sr. (holding basketball) joins the conversations with Seth Coffing (assistant coach), Abe Mashhour (head coach), and Michael Allie (assistant coach).

Passionate Pummill revamping volleyball program

New coach looking to build powerhouse

BY JOSH COVERT
STAFF WRITER

When the Schoolcraft volleyball team begins their 2014 season this fall, it'll be with some fresh faces - including its head coach.

Shannon Pummill, formerly an assistant coach at Concordia, will make her head-coaching debut with the Ocelots this fall as they seek redemption for a disappointing 2013.

The young, energetic Pummill will look to revamp and revitalize a program that has been consistent over the years, but unable to get over the hump.

Pummill hopes to build Schoolcraft into a legitimate MCCA title contender on a sturdy foundation of defense and mental toughness.

"My team is going to be very disciplined," said Pummill. "I'm a very defense-oriented coach so we're going to be disciplined; we're going to be on our spots. We're going to be a different team this year."

First and foremost for Pummill, is simply getting acquainted with her team; Schoolcraft will return eight

contributors from the 2013 lineup, and Pummill knows that in order to get everyone to buy in, she first has to earn the respect of the players.

"I feel like [the team] will want to play for a coach they respect. I am a young coach; this is my first time actually having my own team, so I really want them to feel comfortable around me," Pummill said.

Above all else, Pummill wants her players to respect each other and enjoy being on the court together.

"I really want to see them play together," Pummill said. "I want them to enjoy it; I want them to enjoy the game again. I want them to have respect for themselves, for me, the game - and I want [us] to come out on top."

Pummill is not blowing smoke with that statement; in speaking of long-term aspirations here at Schoolcraft, she iterated that she hopes to eventually mold the volleyball program into not just a consistent winner, but into the class of the league.

"Right now it's just about building the program into what I want to make it. I want to build a successful program that's known and respected," Pummill said. "I'd like to build a program that people can look at and [say] 'Wow, I want to be on that team' or 'I want to be like them,' so that's what I'm [working towards] right now."

In the meantime, Pummill will have plenty to keep herself occupied as she and the team await the start of the season, namely recruiting new pieces to place around what Pummill described as "a solid base" of returning girls. But as the long wait begins until the official start of her first season, Pummill is understandably eager to get going.

"I'm super excited; I love the girls I have. They've all shown me a lot, they've worked hard so far, they've impressed me, so I'm really excited about next year." ■



PHOTO BY JAKE MULKA

Shannon Pummill left her position as an assistant at Concordia to become head coach of the Schoolcraft women's volleyball team.

Where's the hate?



EVAN PAPUTA

SPORTS EDITOR

sc.connection.sports@gmail.com

Professional sports lacking hate

Today, it is commonplace for players on opposite professional sports teams to hug and show respect at the conclusion of game.

Players care more about their salary than winning.

But the professional sports world wasn't a cuddle-fest 16 years ago.

March 26, 2014 marked the 16th anniversary of 'Fight Night at the Joe', a bloody brawl between the Detroit Red Wings and Colorado Avalanche.

The two teams were at the peak of their rivalry, which was based on a villain taking a cheap shot on a young rookie.

Claude Lemieux broke Kris Draper's jaw when he drove him into the boards away from the play during the 1996 Western Conference Finals.

Animosity had been building with the first three matchups of the 1996-97 season and in the March 26 contest, tempers finally flared.

Fights happened early and often; the game featured 18 major penalties and 144 total penalty minutes.

Without the physical play of past, the NHL is turning into soccer with sticks and a puck.

TOO MUCH SENSITIVITY

The rivalries from years past have evaporated in today's professional sports.

Once the contracts became guaranteed, there were no extra incentives to impress the bosses.

Part of it is the fear of getting suspended and potentially, a hefty fine for getting into a fight.

Apparently, it is frowned upon to stand up for yourself and knock an opposing player to his butt on the ice after he nonchalantly disrespects you.

David Clarkson was suspended 10 games in the early stages of the 2013-14 season for leaving the bench to stand up for a teammate, engaging in a fight with an opposing player. Fighting was the ultimate selling point to fans.

The NHL wonders why nobody watches their games and it's a direct correlation to the lack of physical play that once was prominent.

Players used to stand up for each other and hate the living daylight out of their rivals.

WHAT RIVALRY?

In today's professional sports, what is the best rivalry?

I know what you're thinking—Boston Red Sox-New York Yankees.

And to that I say you couldn't be more wrong.

The only hatred in that rivalry is the owners hating that the other signed a better higher-end free agent the off-season before.

What about in the NBA?

Pacers-Heat? Fake rivalry. The teams that dislike nothing about each other.

What is the premier rivalry in the NHL? There is none.

Flyers-Penguins and Kings-Ducks could not hold a candle to the hatred-based rivalries of the '90s such as Red Wings-Avalanche and Maple Leafs-Canadians.

SEE PAPUTA
ON PAGE 24

Major malfunction

Is Tiger Woods' mojo gone for good?

BY JOSH COVERT
STAFF WRITER

Less than ten years ago, Tiger Woods was regarded unanimously as the most talented, promising, competitive, and outright intimidating golfer on the planet.

Today, many wonder if he will ever claim another meaningful win. Most assume that Woods' career-long push towards Jack Nicklaus record of 18 Major championships is not just unlikely, but unimaginable. When the mighty fall, they fall the hardest.

As Woods embarks on yet another Professional Golfers' Association of America (PGA) season, it is plain to see that he is still one of the most marketable faces of golf and still a polarizing mainstay in the media. Woods' credentials after 18 years as a professional, will ensure he stays in that spotlight at least until he retires from the sport, and probably still beyond that.

79 PGA wins, 11 Player of the Year awards, and 14 Major titles will do that for anyone.

These days, however, it seems that Woods' decorated trophy-case serves more so as a harsh reminder of what used to be, rather than a celebration of past achievements.

Now almost five years removed from the infamous marital scandal which came to light late in 2009, Woods is a shell of his former self. The man who once struck fear into the heart of any and every opponent when he took the course in his signature Sunday red, has totally lost that mental edge. Woods' greatest adversary nowadays is himself, and he's having a tough time getting through the psychological walls that seem to have popped up in his head.

Sure, Woods has won here and there since the elaborate downfall. He re-

corded three PGA tournament wins in 2012, snapping a three-year drought, and notched another five the following year.

But when it comes to athletes like Woods, careers are measured in terms of championships, and that is the one area where Woods is still trying to re-establish himself.

As we approach the six-year anniversary of his last major victory at the 2008 U.S. Open, the tick of the clock has got to be getting pretty loud in Wood's ear. What used to be a foregone conclusion in Woods surpassing Jack's mark of 18 majors has ultimately turned into a sad narrative in his fall from grace.

The challenge facing Woods is an uphill battle. The intimidation factor he used to hold over the field has vanished, and golfers who would have folded like a cheap suit against Tiger in the old days are now eager to go toe-to-toe with the man, the myth, and the legend.

Woods has also dealt with inconsistency in the past few years with his swing, caddy, and most importantly, his health.

Saddled with a back issue that seems to flare up more and more often these days, Woods has revealed to the world, and to the competition, that he is in fact mortal and obviously not getting any younger.

Add all of that together, and what do you get? A slim chance that any of us will ever again witness the sheer greatness that was Tiger Woods.

Now, negative factors notwithstanding, I am still a believer in Tiger. The God-given superiority in skill that he's demonstrated in the past does not just

SEE COVERT
ON PAGE 24

Striking success at Nationals

Bowling team's Rodriguez earns All-American honors

BY CAMYLE CRYDERMAN
EDITORIAL INTERN

The Schoolcraft men's and women's bowling teams finished the 2013-2014 season strong, with top performances at the NJCAA nationals tournament in Buffalo, NY on the weekend of February 28.

The team, consisting of six men and five women, competed with top community college bowlers from across the country. With thirty schools in attendance, this was the largest competition the team competed in.

"Nationals is the big event," stated head Coach Gregory Colling, "It culminates the whole season, and is something we all strive for."

The men's team finished 18th and the women finished ninth overall, respectively.

In addition to a strong team performance, women's team member Angela Rodriguez excelled on an individual level.

Rodriguez finished eighth out of 85 total competitors, ensuring her spot as a top women's bowler, and an All-American.

"The highlight of the season was probably when Angela made all American," Colling said. "She [Rodriguez] bowled great, and we really had fun as a team."

The team did not simply come together for nationals; their season began months ago in early October.

Training from Monday to Thursday of every week, the team proved their dedication in preparation to begin competing. Finding the time to maintain school and work while attending frequent practices, showed the

team's strengths, and smarts.

"They are a smart team" Colling said, "Since they are student-athletes, being a student comes first, so making sure they have time to keep up their grades while coming to practice is important."

When January hit, competition season began for the team, and they channeled their hard work towards success at bowling tournaments. They traveled from city to city to compete with schools across the area, as well as to Pittsburgh, Pa. for a competitive bowling invitational for fellow two-year colleges teams from around the nation.

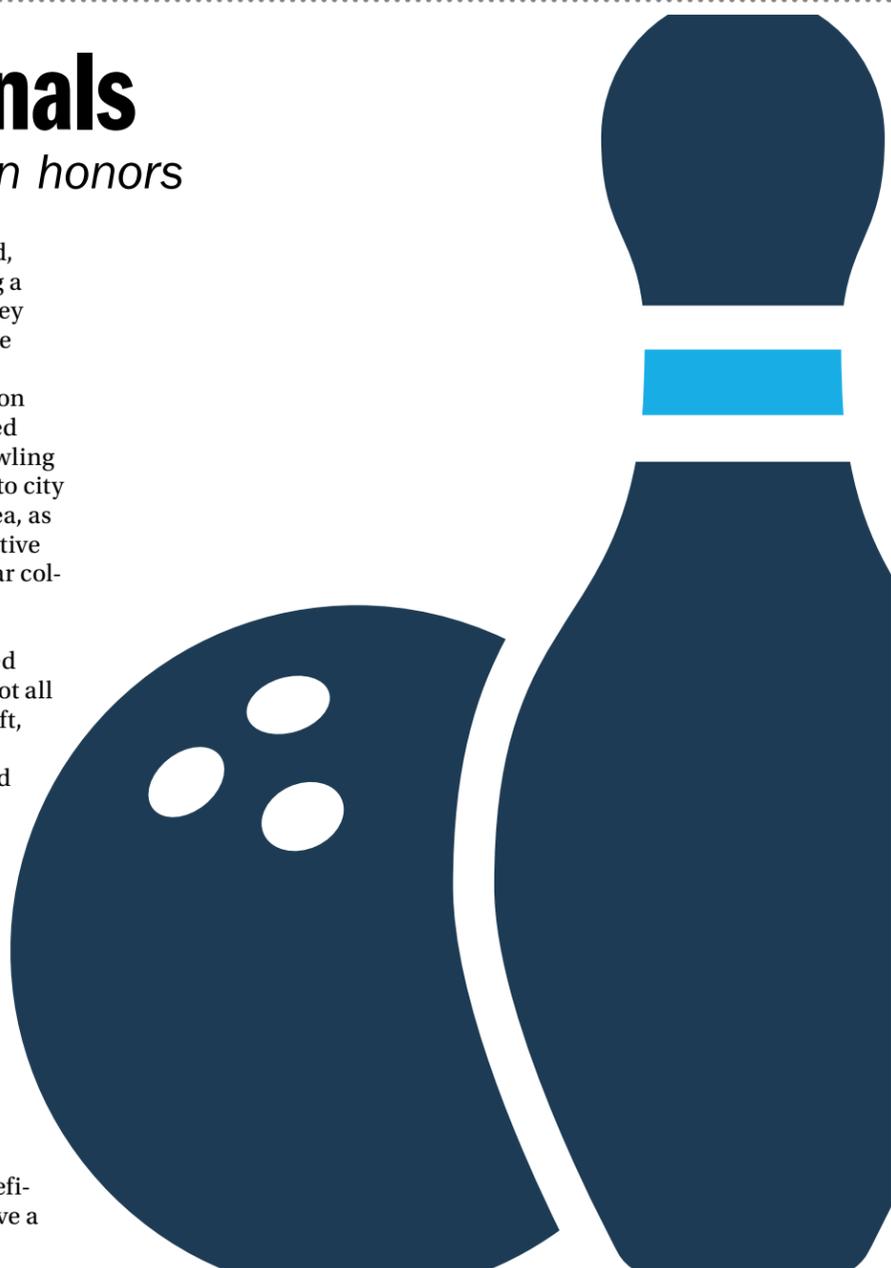
Schoolcraft also invited teams from across the area and occasionally hosted tournaments of their own. Although not all meets ended in a victory for Schoolcraft, they never left discouraged.

"As a team, we did well. The men and the women came together and had a lot of fun and learning experiences" Colling said of the season as a whole, "Just to see them improve is great."

Thanks to motivational speeches from Colling, and support from captains Ryan Tikey and Cathy Fowler, the team constantly improved.

"It is fun working with the kids in the short time we are together and teaching them new skills and techniques" Colling said.

This year's success has made excitement for next year's season, and has definitely proven that Schoolcraft does have a name in collegiate bowling. ■



Paputa

CONTINUED FROM PAGE 23

Today's NHL features players playing for contracts instead of their cities. The players do not care enough to or are too worried about getting suspended that they do not engage in physical play.

The villains of the past, like Lemieux, are just that. In the past.

The NFL on the other hand has a rivalry building that could be unique, the San Francisco 49ers and Seattle Seahawks.

The new rivalry has everything; hatred, disrespect, and a villain.

Seattle ended San Francisco's 2013 season in the NFC Championship game in 2014.

Trash talk took place throughout the week leading up to the game and on the field.

Finally, Seattle cornerback Richard Sherman developed as not only a villain in the rivalry, but for the whole NFL.

Sherman got up close and personal with 49ers wide receiver Michael Crabtree after his interception ended the game, knocking the 49ers out of the playoffs and sending the Seahawks to the Super Bowl.

To play without the emotional state of hate is sinful for a professional athlete.

Without hate, what's the purpose for competing? ■

Covert

CONTINUED FROM PAGE 23

go away, and his knowledge of the inner workings of the professional game is vast.

Woods is his own worst enemy right now; all he really needs is to vanquish those inner demons and just have fun playing golf like he did in 1997, or 2000, or 2005.

Confidence is vital in pro sports, and right now Woods doesn't have it. It might take just one more win at Augusta or one more Open victory to re-open the floodgates of dominance, but it might also be that we've seen the last of that era in Tiger's career.

As the calendar turns once more to April, the saga continues. And if you listen closely, you can almost hear the tick of the clock. ■

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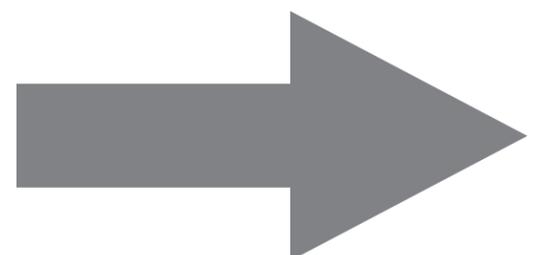
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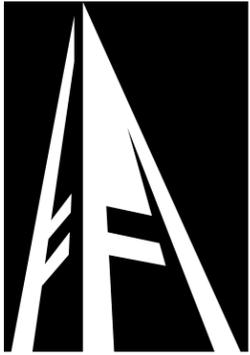
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Don't forget your button!

Purchase for \$1 in the Student Activities Office or outside of Henry's on April 7th from 10-2.



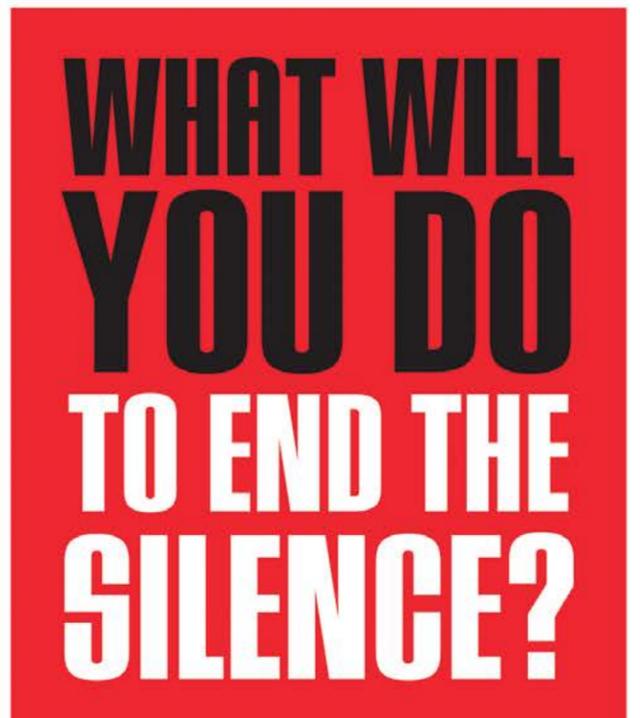
DAY of SILENCE[®]

The Day of Silence is an annual event in which participants refrain from speaking to bring attention to the silence forced upon lesbian, gay, bisexual, and transgender people because of bullying, name-calling, and harassment.

Schoolcraft's LGBTQIA invites you to participate in this event April 9th. Participants would be silent throughout the day, and at 4pm all participants will gather in the Lower Waterman for Breaking the Silence party. The party will consist of a presentation and Q&A, followed by music, games, and food.

Sign a pledge form to show your support in the Student Activities Office, or attend an LGBTQI meeting Wednesdays at 1:30 in Conference Room C.

For more information, contact the Student Activities Office at 734-462-4422.

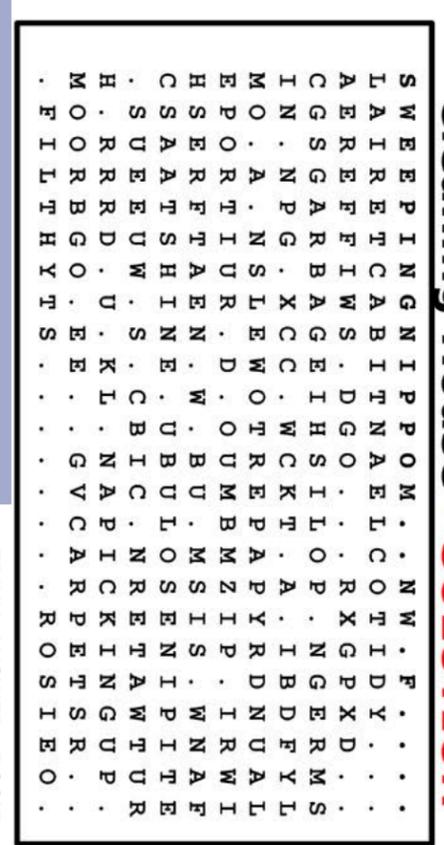


April 9th, 2014
Breaking the Silence Party @ 4pm
Lower Waterman

Solutions



1	3	5	2	4	6	8	7	9
6	9	7	5	8	1	3	4	2
8	4	2	7	9	3	1	6	5
3	8	6	4	1	5	2	9	7
9	5	1	3	7	2	6	8	4
2	7	4	9	6	8	5	1	3
4	2	8	6	5	9	7	3	1
5	1	9	8	3	7	4	2	6
7	6	3	1	2	4	9	5	8



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APRIL IS Alcohol Awareness MONTH



Alcohol Awareness Information Session

presented by Counselors Chris Richards and Brad Minton
 April 10 | 9 AM & 11:30 AM | VisTaTech Center VT445

Alcohol Awareness Screenings

Stop by and speak privately and confidentially to a counselor about alcohol related concerns that you or a friend may be experiencing.
 April 10 | 9:30 AM – 4 PM | VisTaTech Center VT445



The **Counseling Center** will be giving a presentation and offering screenings to help you learn more about:

- The difference between alcohol abuse and alcoholism
- Binge drinking
- Negative side effects
- Available resources





Fitness Fashion

BY ELIZABETH CHAPA
STAFF WRITER

FINDING FITNESS MOTIVATION STAYING IN STYLE WITH GYM APPAREL

Sometimes the motivation to work out can be found by purchasing new gym clothes. Read on to discover the essentials that all gym going ladies should have.

BOTTOMS

If you enjoy stretchy comfort go for yoga pants or leggings. Basic yoga pants are fitted at the waist and flare gently below the knee, some have colorful bands at the waist. PINK's line of yoga pants are popular and affordable, however inexpensive styles can also be found at Target, Old Navy, and Dick's Sporting Goods.

Leggings are slim, form fitting pants made of elastic cotton. Nike has some great printed leggings choices, and Under Armor, Adidas, and Target have a good selection as well. Both yoga pants and leggings are available in cropped, capri length, and ankle length styles. It's best to choose a breathable cotton material, though some polyester/spandex blends provide moisture wicking properties.

Another option, especially in warmer weather, is shorts. Both compression shorts and regular running shorts are viable options. Compression shorts are available in basic black but mixing it up with prints like polka dots, tie-dye, or cheetah print are unique

ideas to stray away from basic colors. Patterns are a good choice because they can be worn with many different solid color tees. Nike Pro has a great line of compression shorts. If those don't appeal, basic running shorts are a classic choice. Many different stores including Dick's Sporting Goods, Target, and Wal-Mart, sell these, and you can find basic running shorts in just about any color.

TOPS

Keep it classic and comfortable with tank tops and t-shirts. Opt for a loose racer back style tank top that looks good even with a sport bra underneath. This is the perfect choice to wear with a colorful sports bra since the straps of both compliments the other's shape. Wear bright colors on top or underneath, avoid choosing bright shades for both layers. Short sleeve t-shirts provide more coverage than tank tops, while still maintaining ease of arm movement. Choose a classic crew neck, or go more modern with a v-neck. Choosing a slightly fitted t-shirt will help keep the style clean and modern as opposed to the shapeless, tent-like styles. Make sure to choose a higher v-neck to avoid any unnecessary gaping or exposure. Nike has some

dri-fit tees in bright colors to play off neutral pants. Basic black or grey is always a safe choice, but push yourself to be daring with some brighter color options. Avoid tight or ill-fitting shirts, as they tend to ride up and bunch uncomfortably.

SHOES

The most essential piece of any gym ensemble would be the shoes. A great pair of comfortable yet fashionable shoes to work-out in is a must! Proper footwear will keep your feet, ankles, and knees in alignment and help prevent injuries and strain. Having multiple pairs offering a selection of color combinations makes putting together gym outfits more visually interesting. Nike has over 100 different color combinations and prints, as do Adidas, New Balance, Puma, Asics, and Brooks. Donning a pair of bright colorful trainers is a great way to make a statement—if people do not notice the outfit there is no doubt that they will notice the shoes. Pair a bright pair of shoes with a neutral top and black bottoms, or find a bright colored sports bra to match your shoes and pair it with a neutral tank top and bottoms with a bright stripe or waistband. ■

Feasting on freshness

Making veggies a part of everyday

BY CAMYLE CRYDERMAN
EDITORIAL INTERN

We all know that vegetables are an essential part of a balanced diet, but most people still try to avoid them at all costs. "Why eat a carrot," they say, "when a piece of cake is more appealing? Why spend time preparing a salad when a drive-through cheeseburger is so much more convenient?" Although vegetables might not be the most desired food, they are an essential part of a healthy life and are much easier to incorporate into an enjoyable meal than typically thought. With a little effort, anyone can create meals that are both healthy and delicious and sure to garner the support of even the strongest anti-broccoli meat-lover.

Being a vegetarian for sev-

en years, I have learned to be creative when preparing food. Oftentimes I turn typically meat-centered dishes into vegetable-centered ones by replacing the main course with something healthier. For example, I might add fresh tomatoes to a pre-made pasta sauce, which adds a new flavor dimension to the pasta and increases its nutritional value. This tactic can be considered for all types of food and can make a big impact on one's health over time.

A more eccentric suggestion is incorporating vegetables into desserts. Although this concept might seem outside the box, it can actually enhance the flavor of your favorite sweet treats and make them healthier. Try incorporating zucchini into a typical brown-

ie or cake recipe. Simply shred fresh zucchini until it is fine enough to mix, stir it in with the rest of the prepared batter, and bake as normal. This completely flavorless inclusion adds moisture to your desserts and will make the finished product taste even better.

Meat dishes can easily be replaced with vegetables as well. By trading out the meat for a hearty vegetable, dishes can be just as good. An example of this would be a healthy, low calorie makeover of the All-American burger. Portabella mushrooms are thick, hearty vegetables and a delicious replacement for beef patties. Grill or sauté a thick-cut mushroom, place it onto a bun, and cover it with your preferred condiments and toppings. The mush-

room's earthy, hearty flavor will shock all your friends and will make them never want to touch a regular hamburger again. And for die-hard carnivores that are unwilling to give up the meat, consider keeping the beef and placing the mushroom on top of the patties, along with lettuce and condiments. The simple incorporation of this extra vegetable adds much needed nutrition and flavor to an already delicious meal.

Although vegetables seem to be a necessary evil for most, they do not need to have this negative connotation. In the right hands, vegetables can go beyond just being tolerable and can become absolutely delicious. Vegetables are a must for living a long, happy life, so why settle for choking down bland carrots and dip? Take a risk and mix up your old standby side dishes and entrees by adding a few delicious vegetables: the results will certainly not disappoint. ■



Putting a spring in your step

Natural methods for boosting memory, concentration, and energy

BY LEESA PRECHESKY
STAFF WRITER

The 2014 Winter semester is winding down at Schoolcraft with just under a month of class left. As the end of the semester approaches so do the due dates for research papers and projects. Students must prepare for the finals on their agenda along with regular assignments and tests. Unfortunately, many students find that balancing their schoolwork with other life demands can be a challenge. Students may find themselves lacking the energy to get it all done, or they may even find that the stress leads to trouble concentrating or memory issues.

A proper diet can improve memory function and increase energy levels. Students should limit their consumption of fast foods because they are low in nutrients and often contain chemicals and food preservatives that inhibit brain function. Instead, busy students should opt for home-cooked meals whenever possible.

Replace fatty, pre-processed foods with fruits and vegetables and bring along healthy snacks, like almonds and apples, when on the go. This will help students avoid drops in blood sugar levels and energy slumps.

Certain foods are known for their health benefits and their consumption is linked to improved brain function. Foods rich in anti-oxidants, such as blueberries, may help protect the brain against age-related damage. Dark chocolate is full of anti-oxidants and also contains flavonols which improve blood flow, which can lead to an enhanced memory. Tomatoes, broccoli, and red cabbage also contain healthy anti-oxidants.

As finals season approaches, every student needs to have a strong memory; fortunately there is a food for that.

Zerbos Health Foods employee Ron Rutherford states that, "One of the best supplements for memory is ginkgo biloba, as well as fish oils."

Omega-3 fatty acids are thought to improve cognitive function and memory. Great sources of omega-3s include fish,

such as ginkgo biloba and ginseng, can be taken to improve memory function. Ginseng enhances certain neurochemicals in the brain and is particularly effective at reducing mental fatigue, which comes in handy for students seeking to maintain peak mental performance during testing.

Proper nutrients are essential to enhancing memory and recall ability. Vitamin and mineral supplements help to ensure the body has all the nutrients it needs to function properly. High levels of nutrients allow the body to function more efficiently, and increase energy levels. B-vitamins, in particular, are essential to energy production and can enhance concentration levels. The best choice for vitamin and mineral supplements are whole food supplements. Whole food supplements are recommended because they contain concentrated food sources such as fruits and vegetables — meaning they contain nutrients in the proportion that nature intended. They also contain enzymes found in nature necessary for the body to properly absorb the nutrients. Whole food supplements can be purchased at health food stores.

Zerbos, a local health food store located right here in the city of Livonia, is a great place to purchase these supplements. Two high quality whole food supplement brands are MegaFoods and Garden of Life. Rutherford recommends the MegaFoods brand. He states, "One of the best supplements is MegaFoods; it is a whole food supplement from organic fruits and vegetables, they have a full line from vitamins and minerals to protein powders!"

Often overlooked is the importance of staying hydrated. Getting plenty of water throughout the day helps the body to function properly, thus increasing energy levels.

Another drink which will help boost energy levels is aloe vera juice. It is packed with

vitamins,
minerals,

nuts, flaxseed, and avocados. Omega-3s can also be obtained from fish oil supplements. Certain herbs,



and amino acids. Aloe vera juice supplements can be found at natural foods store such as Whole Foods or Trader Joe's. Refreshing, single serve aloe drinks, blended with such ingredients as honey or mango, can be found at local convenience stores. These drinks are a great option for a quick pick-me-up.

Avoid soda, as most are loaded with high fructose corn syrup. The soda industry switched from real cane sugar to high fructose corn syrup a few decades back to cut costs. High fructose corn syrup can reduce the brain's ability to focus and has other questionable effects on health. Avoid diet sodas at all costs as they contain artificial sweeteners known to have a detrimental effect on concentration.

Artificial sweeteners, such as Aspartame, can have poor effects on memory too.

One other consideration when it comes to concentration is food additives. Food additives such as sodium benzoate and artificial colors have been linked to concentration problems. It is probably best to avoid artificially colored foods, candies, and fruit drinks. Think twice before reaching for that Gatorade, as its high fructose corn syrup outweighs its benefits.

One of the best ways to increase knowledge retention is getting a full eight hours of sleep a night. Research suggests that during a deep sleep of eight or more hours the human brain actually transfers certain memories from temporary to permanent storage.

Fitting in an exercise session during the day aids the body in getting a better night's rest. Exercise also boosts the level of oxygen in the body which helps to energize. Certain hormones are released when exercising such as endorphins, dopamine, and serotonin. The combined effect of these

READING SUGGESTIONS

15 FOODS THAT HELP IMPROVE MEMORY

www.sunwarrior.com/news/brain-foods/

TOP 5 BENEFITS OF GINSENG

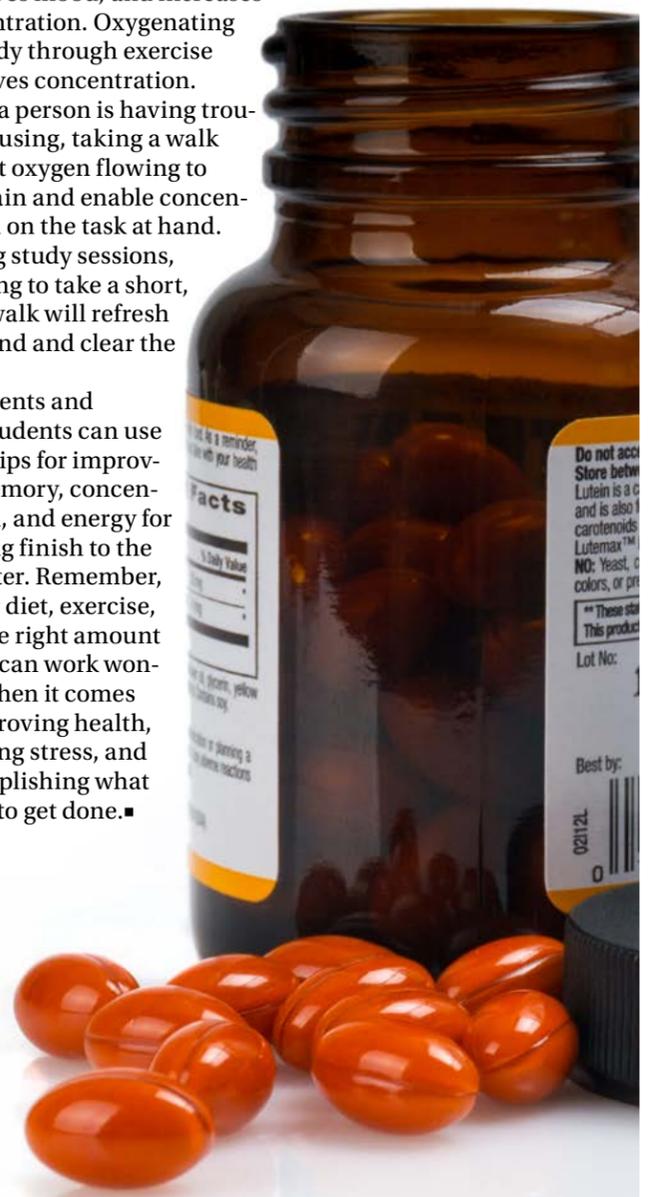
www.newsmax.com/FastFeatures/Ginseng-Signs-health-benefits/2011/03/09/id/371455/

THE CONNECTION BETWEEN SLEEP AND MEMORY

www.dailycal.org/2013/01/28/poor-sleep-results-in-memory-loss/

hormones raises energy levels, improves mood, and increases concentration. Oxygenating the body through exercise improves concentration. When a person is having trouble focusing, taking a walk will get oxygen flowing to the brain and enable concentration on the task at hand. During study sessions, stopping to take a short, brisk walk will refresh the mind and clear the head.

Students and non-students can use these tips for improving memory, concentration, and energy for a strong finish to the semester. Remember, proper diet, exercise, and the right amount of rest can work wonders when it comes to improving health, reducing stress, and accomplishing what needs to get done. ■



Spring into shape

FIVE DAY WORKOUT PLAN TO SPRINGBOARD YOUR FITNESS

BY ALEXANDRA CIZEK
STAFF WRITER

Getting into shape for swimsuit season and the rest of summer can be quite a hassle.

It's hard getting into the grind of a weekly workout schedule, let alone finding the desire to exercise.

Experts say adults require only 30 minutes of moderate exercise to keep their bodies healthy. The feeling after a great work out is nothing more than rewarding.

Below find a weekly workout that will slowly help you ease out of your winter hibernation.

MONDAY DAILY FOCUS: LEGS AND BUTTOCK



WORKING YOUR LEGS: LUNGE WALKS

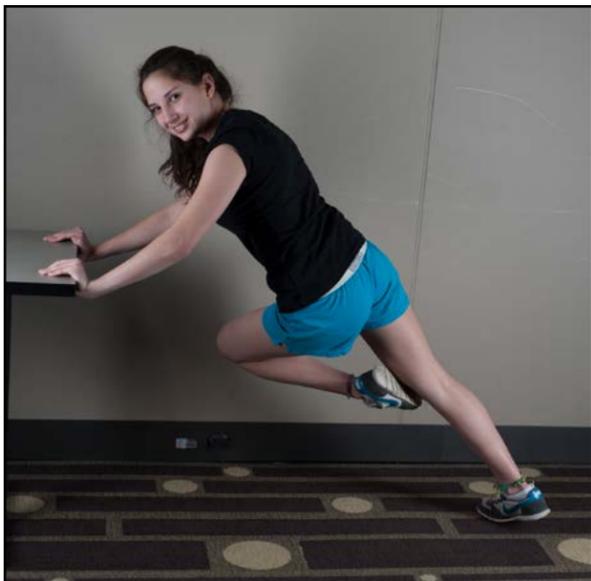
Grab a pair of dumbbells and find a large open area. Stand straight with a weight in each hand and lunge forward with your right foot, leaving your left where you started. Your right leg will create a 90-degree angle at your knee, with both feet planted firmly and your back straight. Then slide your left foot up to meet your right, so that you return to a standing position. Walk this way, doing four sets of 12 lunges.

WORKING YOUR BUTTOCK: LUNGE AND LIFT

Begin this exercise by positioning your body in a runner's stance: crouched down with your right knee on the ground, left knee up against left shoulder with arms perpendicular to the floor. Your hands should lay flat on the floor in front of you.

Next, straighten your right leg so that it extends out behind you, and keeping your hands still flat on the floor, lift your left leg up in the air at a 90-degree angle. This is one repetition, which should be done 30 times for each leg.

TUESDAY DAILY FOCUS: WAIST AND UPPER BODY



WORKING OUT YOUR WAIST: BELLY-TWISTS

Begin in a push-up position with palms placed on the seat of a chair and your body perpendicular to the floor. Next, lift your right knee in towards your abs and twist to the left so that your outer thigh is inline with the chair seat.

Extend your right leg back 90-degrees from the ground. Return to the planking pose and repeat this five times for each leg.



WORKING OUT YOUR ARMS: WEIGHT LIFTS

Grab a pair of dumbbells and stand straight, placing your hands by your side. Next, lift arms out directly in front of you, parallel to the floor. Repeat this 10 times.

Using the same dumbbells as before, place one in each of hand by side. Next lift your arms so that they are level with your shoulders side so they are parallel to the ground and place them at your sides. This is one repetition to be done 10 more times.

Take one of the dumbbells you've been using and hold it with both hands. With your feet shoulder width apart, take the dumb bell in both hands and lift it behind your head to about your neck and pull it back up to the top of your head. This is one rep of arm lifts; do this 20 times.

WEDNESDAY DAILY FOCUS: LEISURELY EXERCISE

Take a rest today, however taking a leisurely walk, biking, or any participating in any outdoor activity is encouraged. Aim for about 40 minutes of activity.

THURSDAY DAILY FOCUS: WAIST AND UPPER BODY



WORKING OUT YOUR WAIST: SIDE BRIDGE

Lie on your right with your right arm directly under your right shoulder with your legs stacked on top of each other and bent into a 90-degree angle. Next, tighten your core and lift your hips from the ground so that your body is diagonal to. Hold for 10 seconds and return to the original relaxed pose. Do this six times on each side for 10 seconds each.



WORKING ON YOUR ARMS: WEIGHT LIFTS

Grab a pair of dumbbells. Placing one in each hand, begin curling arms one at a time up to your shoulder. This is one rep of arm curls; do this 20 times for each arm.

Take one of the dumbbells you've been using in your left hand with your right holding onto a bench.

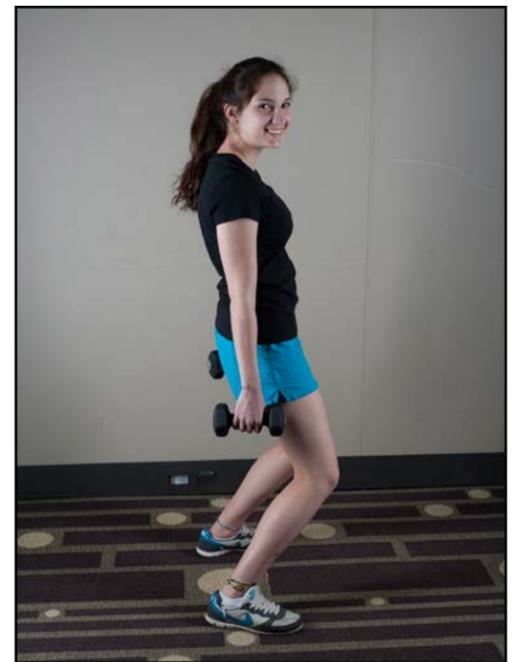
Then place your left leg straight behind you so that your toes are touching the floor and bend your right leg. The knee will be lifted under your right shoulder, about 90-degrees, with your arms perpendicular to the ground. Keeping the body diagonal to the ground and your right leg bent under you, lift the weight up so that your arm is parallel to the ground. This is one repetition to be done 15 times for each arm.

FRIDAY DAILY FOCUS: FULL BODY WORKOUT



CRUNCHES

Lay flat on the ground with arms by your side. Bend your knees up in a 45-degree angle and place your hands behind your head. Quickly sit up, leading your body with your chest and keeping your back as straight as possible, and touch your forehead to your knees. Lie back down and quickly go into another. Repeat these 10 times in a row five times resting for only 10 seconds after each set.



SQUATS

Stand straight with your feet shoulder-width apart. Place a light weighted dumb bell in each hand and keeping an upright position lower your butt so that your legs make, close to, a 90-degree angle. Hold pose for three seconds and stand back up; do this exercise 30 times (three reps of 10 squats).



PUSH UPS

Lay on the floor, face-down with your legs together and arms by your side. Place your palms by your pecks and lift your legs allowing your toes to dig into the floor. Keeping your back straight push your body up using your arms and hold pose for two seconds. Repeat this exercise three times in groups of five pushups. ■

Healthy eating, healthy snacking



HEALTHY OATMEAL PACKETS | RECIPE BY KATE MRLA

Ingredients

1/3 cup rolled oats, instant or quick
 1 t chia seeds or flax seed
 2 t quinoa flakes
 2 t powdered milk
 1-3 t brown sugar, maple sugar, or coconut sugar
 1/8 t cinnamon
 pinch salt
Additional Flavor Ingredients
 Dried or freeze dried fruits
 Chopped nuts
 Powdered peanut butter
 Cocoa powder
 Ground vanilla beans

Directions

Combine ingredients into individual zip top bags. Add additional flavor ingredients if desired.

TO PREPARE ONE SERVING:

Boiling Water Method

Add one oatmeal packet to mug or bowl. Pour in 2/3 cup boiling water and stir. Let stand for 2-3 minutes to soften and thicken, stir, and eat.

Microwave Method

Add one oatmeal packet to mug or bowl. Add 2/3 cup water, microwave for two minutes on high, let stand two minutes, stir, and its ready to eat.

Refrigerator Method

Add one oatmeal packet to a pint or half-pint jar (or other covered container). Pour in 1/2 cup cold water, add 1/4 cup yogurt, cover tightly and shake vigorously until well mixed. Refrigerate at least four hours, overnight, or up to three days. ■



BREAKFAST BANANAS | RECIPE BY KATE MRLA

INGREDIENTS

2 bananas
 4 oz. Greek yogurt
 6 oz. granola of choice
 4 popsicle sticks

DIRECTIONS

Pour granola into a shallow dish. Peel bananas, cut in half, and insert popsicle stick on cut side. Dip banana into yogurt (I find spreading the yogurt on easier), then roll into granola. Place dipped bananas on parchment or wax lined tray and freeze.

Once frozen, place bananas in a zip top bag and store in freezer. Eat within one week for maximum freshness.

OPTIONAL

Add-on ideas to mix with granola: mini chocolate chips, coconut shreds, raisins, and dried cranberries. ■



SPINACH LASAGNA | RECIPE BY KIM TUTTLE

INGREDIENTS

16 ounces cottage cheese
 1 8-10oz bag fresh spinach
 1 egg
 1 t crushed red pepper
 Black pepper to taste
 8 oz. whole-wheat lasagna noodles, uncooked
 1 jar marinara sauce (16-23 oz)
 1/2 cup shredded mozzarella cheese

DIRECTIONS

Preheat oven to 350 degrees.

In a bowl, mix cottage cheese, spinach, egg, red pepper, and black pepper. Spray baking dish with cooking spray.

Lay out half the lasagna noodles and cover with the half the cheese/spinach filling and 1/3 of the marina; repeat. Top with the remaining noodles and sauce, sprinkle with mozzarella cheese.

Bake for 45-50 minutes. ■



ALMOND RASPBERRY MERINGUE BARS | RECIPE BY BECKY

INGREDIENTS

1 cup butter, softened
 1 egg
 1/2 cup packed brown sugar
 7 ounces almond paste
 1/2 t almond extract
 2 cups all-purpose flour
 3/4 cup seedless red raspberry jam
 3 egg whites
 1/2 cup white sugar
 1/2 cup flaked coconut

DIRECTIONS

Preheat oven to 350 degrees. Line a 9x13 inch-baking pan with non-stick aluminum foil.

Crust: In a large bowl, mix together the butter, almond paste, and brown sugar until smooth. Beat in one egg and the almond extract. Mix in the flour and stir until well blended. Bake 20-25 minutes, or until golden brown. Cool slightly.

Topping: Spread raspberry preserves over the crust. In a large glass or metal bowl, whip egg whites until they form soft peaks. Gradually beat in 1/2 cup sugar until peaks become stiff. Spread the meringue over the jam and sprinkle with coconut.

Bake 15-20 minutes, or until firm. Let cool on wire rack.

Lift foil from pan and cut bars with a sharp knife. ■



BAKED OATMEAL CUPS | RECIPE BY KATE MRLA

INGREDIENTS

2 eggs
 2 cups applesauce, unsweetened
 5 cups, Old Fashioned rolled oats
 1 banana, mashed
 2 3/4 cups milk
 1/4 cup flaxseed, ground or whole
 1 1/2 teaspoons stevia powder or 1 cup honey
 1 tablespoon ground cinnamon
 3 teaspoon baking powder
 1 teaspoon vanilla extract
 1 teaspoon salt
Optional toppings: dried cranberries, almonds, dark chocolate chips, fresh, frozen, or freeze-dried fruit

DIRECTIONS

Preheat oven to 350 degrees. Mix eggs, vanilla, applesauce, ba-

nana and Stevia/honey together in a bowl.

Add oats, salt, baking powder, flax and cinnamon into wet ingredients and mix well.

Pour in milk and give one final mix. Spray a 12 capacity muffin tin with cooking spray or use cupcake liners. Pour mixture evenly into muffin tin cups.

If using toppings add them onto the tops of muffins now. If using fresh, frozen or freeze dried fruit, drop it right into the batter.

Bake 30 minutes until a toothpick in center comes out clean. Cool and enjoy or freeze them in zip top bags. ■

OATMEAL PEANUT BUTTER PROTEIN BALLS

INGREDIENTS

1 cup oatmeal
 1/2 cup peanut butter, softened
 1 cup whole or ground flaxseed
 1/3 cup honey or agave
 1 scoop vanilla protein powder
 1 T vanilla

DIRECTIONS

Stir all ingredients together in a large bowl. Chill in the refrigerator at least two hours.

Once chilled, roll the mixture into small, bite size balls.

Store in a container or zip top bag and keep in the refrigerator. ■

Sudoku

		1				4	7
			4			6	9
	4	9		5	1		
9		2		7	1	6	
		5		2			
				6	7		
			4	8	7		
		6	9			8	5
1					4		2

Crossword

- Across**
- Skin powder
 - Soirees
 - Stow tightly
 - Currency exchange premium
 - Western Samoan island
 - Military medal recipient
 - Big banger
 - Not too much
 - Test the flavor of
 - Himalayan people
 - Intuitive feelings
 - Sock type
 - Matador's workplace
 - Clothe
 - Give the plants a drink
 - Former Sen. Sam and family
 - "I needed it by yesterday!"
 - More in need of liniment
 - Wharf
 - ___ throat (winter ailment)
 - Spurs
 - ___Caps (movie munchables)
 - Lexicons
 - "___ a Mockingbird"
 - ___ contendre
 - Hair curls
 - Place to store valuables
 - Robert of 'The Sopranos'
 - Be humbled
 - Prefix with photo or phone
 - Tedious
 - One way to order at a restaurant
 - One of the Gardners
 - Itching to go
 - Butcher's or bakery

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15						16			
17				18						19			
20						21			22				
			23		24	25		26					
27	28	29				30	31						
32				33					34		35	36	37
38			39		40			41		42			
43				44		45			46		47		
				48		49				50			
51	52	53					54						
55					56	57			58		59	60	61
62					63			64	65				
66						67				68			
69						70					71		

Down

- Diplomat's gift
- ___ Khan (Muslim leader)
- Fibs
- Explorer Hernando
- Bloke
- NYPD alert
- Minnesota's "crazy" state bird
- Egyptian dancing girl
- Poor, as a performance
- Attributes (to)
- Confederate
- Mount
- Sacred vocal composition
- Spotted again
- Later, to the Bard
- High-tech appt. books
- Begin
- School grps.
- Unable to find one's way
- Petri dish substance
- Country singer Clark
- Salem is its capital
- Unless, to Cicero
- Baltimore oriole : Maryland :: ___ : Hawaii
- Cheap digs: Abbr.
- Lineage
- Gambling city
- Bolus
- Unguentine, e.g.
- Monty Python member John
- Friars Club events
- Vapid
- Former Houston player
- Mournful sound
- Bye-bye, in Brighton
- Hart
- Apprehension expression
- Lake, in Spain
- Sporty auto roof
- Spanish cheer
- Sin or win add-on

Horoscopes

CAMYLE CRYDERMAN
EDITORIAL INTERN

♓ Pisces Feb 20 - Mar 20

Hard work and dedication will finally pay off, and financial security will soon be reached. Do not become too relaxed and comfortable, expenses are all around. Be gracious for this current prosperity, but continue to save and invest back into the community. Money must be spent wisely, so be wary of all expenses, for incorrect investments will cause problems.

♈ Aquarius Jan 21 - Feb 19

Daily events seem to be stuck in a rut. Change up personal activities and try to add more variety to life. Do not plan everything! Be spontaneous and enjoy life's unexpected moments. Break away from a routine and try to interact with new people, and internal joy will flourish.

♏ Capricorn Dec 23 - Jan 20

Although life may seem difficult at the moment, it is truly in a good place. Do not take any joys for granted or let hardships cause deep pain. Every situation will work itself out eventually, and calm within life will come along. Find the bright side in both the joys and pains of life and professional avenues will quickly fall into place.

♐ Sagittarius Nov 23 - Dec 22

Life has recently come to a crossroads, do not stress about this decision though. The correct choice will make itself known, yet it will be tempting to choose the opposite. Do not question personal instincts, both decisions will have downfalls, but one will turn out better than the other. Do not overthink this action, and life will prove prosperous.

♏ Scorpio Oct 24 - Nov 22

Well-deserved recognition will soon be received, yet do not lose motivation because of so. Although hard work has paid off, it is important to continue to strive for higher achievements. Try to act with even more excitement, and positive attention will certainly find its way, bringing even better rewards.

♎ Libra Sep 24 - Oct 23

Loving relationships will soon change course, and old flames will reappear. This unexpected switch in romance may seem strange at first, but give it time. Old feelings may take a while to wear off, but be open and allow others in, for it will bring about great joy. Do not try to reconnect with the past, or you will be left alone.

♍ Virgo Aug 24 - Sept 23

Continue to gain more and more personal accomplishments, yet do not brag about success. Set reachable goals for small events, and make a goal for later in the future as well. Continue to live life moving toward these accomplishments and do not back down to any obstacles no matter the difficulty. Remain determined, and future goals will soon be within reach.

♌ Leo Jul 24 - Aug 23

Others have become specifically interested in personal actions recently. Continue life confidently, yet take note of what others are saying. Live happily, but try to bring joy to others as well. This prolonged positivity will bring about a new relationship with an onlooker.

♋ Cancer Jun 22 - Jul 23

Step away from the center of attention for a while and meditate on personal thoughts. Take some time to recall personal aspirations, and do not do things simply to impress others. Although friendships are important, do not keep those that are not genuine. A smaller circle is not necessarily bad. Focus on internal happiness and the rest will fall into place.

♊ Gemini May 22 - Jun 21

Personal physical appearances have become drab and expected recently, so take some time to mix it up. Demand attention with a risky new change, even if it means leaving the comfort zone. This new look will attract others, and a professional career will work out better than ever.

♉ Taurus Apr 21 - May 21

Intriguing purchases are arising all around, so stay away from the temptation. Stay in control and keep the mind in a happy place, and resisting will seem easier. Do not overindulge, but do allow for occasional splurges, because a proper balance brings serenity into the home.

♈ Aries Mar 21 - Apr 20

Important internal thoughts have shut others out recently. Continue to focus, but keep in contact with others. Free the mind of unwanted thoughts, and soon a friend from the past will resurface. Do not relinquish all responsibilities; take some time to have fun. A little silliness can be rejuvenating. ■

Word Search

H	R	D	H	E	A	L	T	H	Y	T	S	O	G	F	N
A	E	R	E	N	D	O	F	G	O	E	L	R	F	E	T
P	S	S	A	A	D	T	N	N	R	V	S	C	O	R	N
P	C	O	I	E	N	I	Z	W	B	E	L	I	G	Z	N
Y	N	A	D	C	N	E	S	C	L	S	K	C	A	N	S
H	V	E	R	N	R	A	G	B	L	E	B	V	N	O	R
J	B	S	U	R	N	E	A	M	R	O	L	Y	T	R	F
O	F	R	L	A	O	T	X	E	F	H	U	N	P	O	R
G	Y	Z	N	L	E	T	B	E	C	S	E	E	O	T	U
G	D	A	D	G	T	M	S	I	E	A	B	T	N	A	I
I	B	R	E	D	U	N	N	I	O	A	E	S	O	M	T
N	X	V	I	C	I	I	B	N	E	T	R	A	Y	O	S
G	W	A	U	I	P	B	G	E	N	E	R	G	Y	T	E
G	I	C	E	S	O	V	I	T	A	M	I	N	S	O	L
E	I	N	L	H	A	P	P	L	E	S	E	E	P	O	V
D	O	Z	I	E	O	O	A	O	A	I	S	T	O	K	V

- Apples
- Bananas
- Blueberries
- Carrots
- Cucumber
- Energy
- Exercise
- Fruits
- Happy
- Healthy
- Hobbies
- Jogging
- Running
- Snacks
- Spinich
- Tomato
- Vegetables
- Vitamins ■

Quotable

"Exercise is bunk. If you are healthy, you don't need it: if you are sick you should not take it."

—Henry Ford

Classifieds

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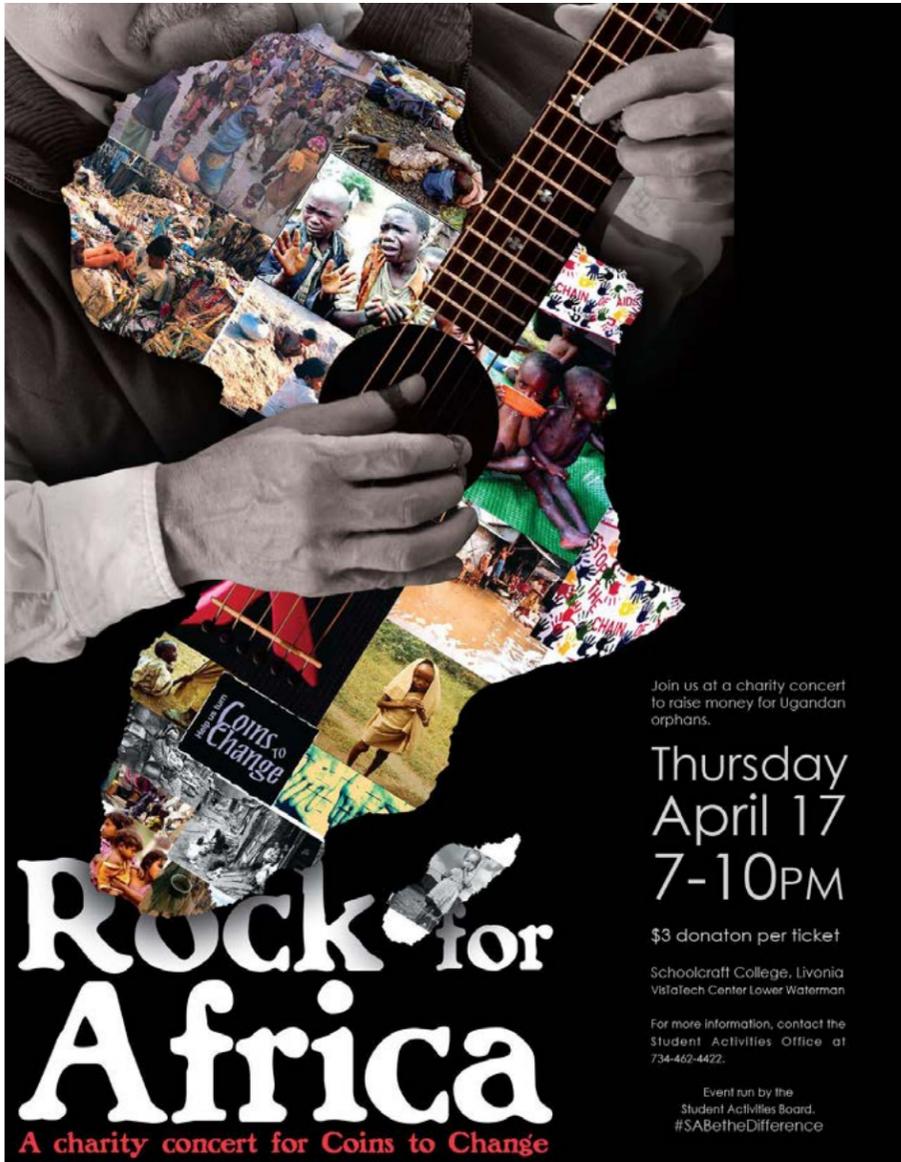
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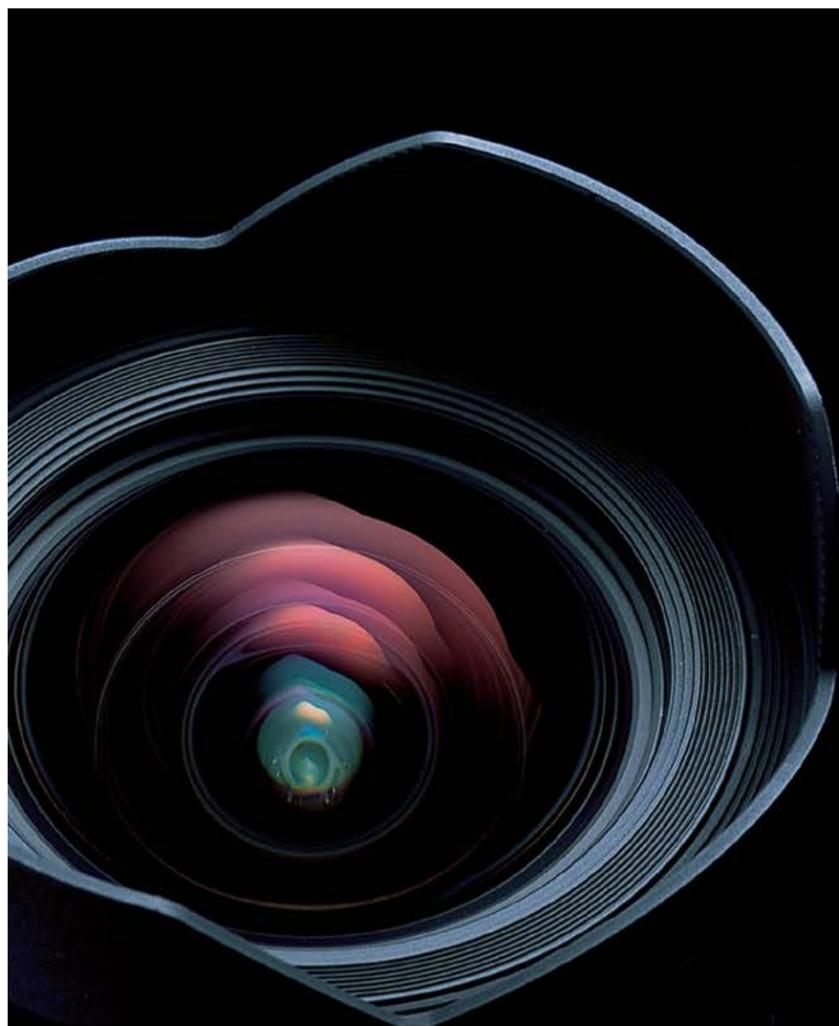
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The Civil Rights Action Group Presents the First Annual

REVOLUTIONARY PERFORMANCE

JAM

By Jake Mulka and Sabrina Keyes

The tone is excited anticipation for the first performers for the Revolutionary Performance Jam. Students gather in support of the Civil Rights Actions Group and the Ozone house to perform poetry and music while spreading awareness about various forms of social discrimination. Many schoolcraft students took the time to come and show support for both the Civil Rights Actions Group and the performers. The acts ranged from songs performed by teachers and students, to free form poetry and presentations about pressing social issues.



Allison Gudeman listens closely to Dr. Lisa Jackson speaking about the Ozone House.



Sam Phillips helps Loan Nguyen and Alyssa Zahana set up the mic before presenting their poem.



Sam Phillips and his band perform a song to the eager audience.



Joseph S. listens intently to the performer reciting a poem on sexual discrimination.



Eric Watson



Zack Wilson



Zoey Pook



Lee Samuels