# SCHOOLCRAFT CONNECTION

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# Help is on the way, deary!

#### PTK provides a guiding hand to Michigan Reconnect students

KATHRYN WENSKE EDITOR-IN-CHIEF

One of the biggest hurdles for students is not having sufficient resources to help them succeed. If there are adequate resources, they often go unnoticed due to lost communication.

This issue in particular is something Schoolcraft has been identifying and tackling, with our Phi Theta Kappa (PTK) Omicron Iota Chapter making it their initiative to solve this dilemma for a particular group of students.

Since Feb. 2021, the Michigan Reconnect Program has helped many students attain higher education that was necessary to pursue more sustainable, higher-paying careers. The program has helped many families by removing a financial barrier and giving everyone access to community colleges.

"Tackling the lower



Since Feb. 2021, the Michigan Reconnect Program has helped many families by removing a financial barrier and giving everyone access to community colleges.

completion numbers for Michigan Reconnect was a problem that was identified with Dr. Cerny and a number of other staff and administrators. After diving into the numbers, the PTK team knew that this was the project that they could make the most impact on." said Student Activities Office Director and Advisor for PTK, Todd Stowell. "We received a lot of help from departments, like Chief Student Enrollment Officer, Melissa Schultz, who directed the officer team toward data that would help them in the action phase of the research project.

As this program has been running for three years, we have been able to analyze the outcomes of Mi Reconnect and if it is actually helping families. Unfortunately, some community colleges, including Schoolcraft, are below the completion rate standard the state holds. In PTK's research, they found this is not due to academic struggles and curriculum, but external burdens that affect students'

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Reeling you in

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Remember who the real enemy is

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Basketball midpoint update

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#### **NEWS**

### College scores with new soccer fields



Rendered image of the new soccer fields adjacent to the South parking lot. Courtesy of Schoolcraft College.

# Additions coming to the south end of campus

KATHRYN WENSKE EDITOR-IN-CHIEF



Utilizing all space on campus and prioritizing local partnerships, Schoolcraft College is

collaborating with the Michigan Wolves Soccer Club to install two new soccer fields.

"Adding premiere training and game fields will continue to provide an elite environment for the Michigan Wolves players of all ages," said Schoolcraft Women's soccer team Coach Ken Shingledecker. "Schoolcraft College continues to add facilities that provide an excellent experience for the Schoolcraft

Soccer programs."

Dedicated to continuing strong and successful community connections, the college wanted to invest in an adequate space for young players and give back to the local sports clubs. Creating this space ensures that these little kickers have the best playing experience, as well as more opportunities for more youths to play.

"The Wolves have over 600 kids that would love to be at Schoolcraft College that aren't. They have certain programs that are here in the dome and the outdoor field, but the rest of them are scattered around Plymouth and Livonia," said the President of Schoolcraft College ,Dr. Cerny. "They approached us and asked if there was a way we could look at expanding. With our athletic programs expanding right now, [we could] absolutely [include this

addition]."

Furthermore, an advantage these players receive including access to Schoolcraft's medical facilities in case of emergency or injury.

"One of the major benefits of training on Schoolcraft's campus is not only the top-notch soccer fields, but the fact that it is truly a holistic asset to the community. If a player unfortunately gets injured, we have trainers and medical facilities just steps away," said Ed McCarthy, executive director of Michigan Wolves Soccer Club from the Schoolcraft Website. "We are elated for the new soccer fields our players and their families will soon be able to enjoy. Not only will this partnership enhance the physical and mental development of our student athletes, but it will bring our community closer."

The two new soccer fields of artificial turf will be on the south end of campus, adjacent to the parking lot of the Liberal Arts Building and the Trinity Elite Center. These are specifically designed to offer four different field sizes, accommodating all ages of soccer players.

"We are proud of our successful partnerships with diverse organizations to make our institution a desirable resource for others," said Dr. Cerny from the Schoolcraft website. "This development is the next step to making Schoolcraft College the community destination it's become known for."

With fun in mind, these new versatile fields will institute a safe, primary space for the Livonia soccer club to keep their players together; making Schoolcraft a hub for all community members.

## 'Help is on the way, deary!'

completion of classes and degrees.

Due to Mi Reconnect's accessibility for students who are 21 and up, this demographic often has other life responsibilities like raising children and working full time jobs. Some are returning to higher education to get out of tough situations, but are still living in such situations as they are trying to complete their certificates and degrees. This was a topic PTK identified, and thus started their mission to create more resources or awareness of resources to increase Mi Reconnect students' success rate.

"A lot of the time we face difficulties that we are not comfortable sharing with teachers or advisors: this is where we come in. Knowing that we are similar in age and possible circumstances, we hope that [the Mi Reconnect students] recognize the friendly hand and take it," said PTK President Homayra Adiba. "From this training, we learned insider skills to better help our fellow students with pieces of information about resources and our personal academic experiences."

Adiba, who is also a Mi Reconnect student, wanted to research why her peers were struggling. The team conducted a survey that was sent to all Mi Reconnect Schoolcraft students in order to understand the students' pathways and what challenges they experience. The survey additionally asked what kinds of resources the students would benefit from, including mentorship programs.

With the goal to not only meet the state's completion rate, but also help their peers, the Chapter started collaborating with staff in academic support and innovation to seek solutions to this issue.

"As with everything, collaboration and a united front is always the best approach to strengthening student success," said the Associate Dean of Student Success and Retention, Sharon Christian. "It is a pleasure to collaborate with Student Activities Office and PTK to strengthen student success. PTK is under great leadership with Adiba and her strong compassion for students has led this team to achieve great outcomes."

Being a prominent collaborator of this project, Christian aided in guiding an initiative called the WeConnect Mentorship program starting this winter semester.

"Our department, Learning Support Services, houses the Michigan College Completion Coaches work specifically with Michigan Reconnect students to get acclimated to the campus environment," said Christian. "[The] mentors [in the new WeConnect program], who are also Mi Reconnect students themselves, are trained and can provide referrals to resources and connections to all of the various happenings across the college."

PTK is hoping to establish the student-mentorship aspect of the program as a paid job in order to maintain sustainability. Not only will this program help students who are struggling, but also provide a closer connection and additional support to the campus community.

For contact information regarding academic resources, call (734) 462 - 4436 or email learningsupport@schoolcraft. edu.





#### **CAMPUS LIFE**



# Let's roll!

#### Film Club is taking over Schoolcraft

KATHRYN WENSKE **EDITOR-IN-CHIEF** 

Can you act, film, edit or all the above?

Whether you are comfortable being in front or behind the camera, Schoolcraft's Film Club has a place for everyone.

Meeting every Friday at 4 p.m., the Film Club spends their time constructing video ideas, delegating production, attending community events, scripting and editing; or even fun craft nights like painting ducks or vinyl records/CD.

"One of my biggest goals is to help everyone feel welcome and feel like they have a place in an area where they feel comfortable," said Co-President of the Film Club, Madisyn Brooks. "Film is typically a field

where men are more commonly in leadership roles, [Co-President Angelina Seranian and I wanted to include more diversity in our club] and try to involve all members of the Schoolcraft Community."

Experience is not required for any component of the filmmaking process, as the club's narrative is that everyone learns a little bit of everything and tries new things. However, those with experience can gain more portfolio work and attune/critique their current skills. Thus, advancing their creative exploratory freedom in their films compared to classes.

"I'm very passionate about film and being behind the scenes; it's something I want to pursue in the future. Ever since I was really young, I really liked



that feeling from walking out of the movie theater and feeling like I'm the main character. I want to give that nostalgia to other people," said Film Club member, Matthew Wilder.

Current members have joined for numerous reasons, whether it was for social or professional experience. The group collectively feels like a family and gives all of their support to one another.

"Overall, it's really good for social life and as I am transfering over to Oakland for acting, it's a good experience to get under my belt which I can put on my resume," said Film Club member, Evan Allen. "[The club] feels like a second family away from home. They're all really good friends of mine

and I care about every single one of them."

The Film club is always open to new members and is in search of the next student leaders. **Especially** because Brooks and

semester! To join, reach out to the

Seranian are graduating this

Student Activities Office at 734-462-4422 or sc.sao@apps. schoolcraft.edu.



The Film Club in action behind the scenes and collaborating in meetings. Photos courtesy of Film Club.

# Keeping S.A.D at bay

### Schoolcraft can help with community and understanding

JESSICA MICHAEL
MANAGING EDITOR

The new year rolls in and you start to linger in bed a little longer than usual. You stopped enjoying your favorite video game. Food tastes different and less enjoyable. Reaching out to your friends is harder; it's becoming difficult to pick up your phone. According to the University of Michigan, "44% of students reported symptoms of depression, 37% reported anxiety disorders and 15% reported having seriously considered suicide in the past vear-the highest recorded rates in the history of the 15-year-old survey." This makes it perfectly clear that mental illness in college students is a serious issue. An issue that needs to be addressed and we need to find ways to support those who need it. Though Schoolcraft has made an incredible resource available to students with the SC BeWell support line, this only provides a solution. It still doesn't address why students are struggling. The Mayo Clinic suggests those who already have depression are more likely to see their depression worsen when late fall comes. Terry, a student at Schoolcraft states, "When the weather gets cloudy and cold, I know that the season of S.A.D is coming upon me." S.A.D. typically begins in the late fall and will begin to lessen when spring appears. They continue, "Eating lots of fruits; apples are my panacea. Drinking tea, occupying myself, reading or composing are my the colder months. A couple of other ideas to help out is taking a Vitamin D supplement, however, please consult your physician before starting any new supplements. Another way to get some sunlight is a basking lamp. Like what a reptile may use, they make it for humans too. On Amazon, you can find them

priced for

most

it starts to get cold.. I am unable to go outside as much because of health issues. It really affects my mental health. I usually start to rely on my close friends and community. I know I can let my friends know what is going on and they support me."

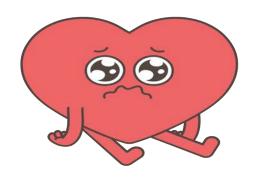
Finding a community to be apart of can help you get through the winter months. Schoolcraft can help with its many diverse groups and clubs that are available to students. If you're a reader, Pagemasters meet once a month. Their January read is "The Golden Spoon" by Jessa Maxwell. Anime club if you love anime, they have a low-key and enjoyable meeting. The Film Club is searching

for new members, a story featured in this edition of the Connection. You can find many fliers or even students who are a part of these clubs or groups, located in the Student Activities Office. Depression can feel isolating, but students can find support through friends and community. To get involved in clubs, go to the Student Activities Office at (734) 462 - 4422 or sc.sao@ schoolcraft.edu. To access BeWell, go to schewell.com.

preferred self care."

Serotonin, the
"feel good hormone"
is usually released after eating
carbohydrates such as fruit.
Finding your feel-good tasks
can help lessen seasonal
depression and get you through

budgets, between \$20 - \$100. These come in handy for those who cannot venture out because of health. A student who asked to remain anonymous states "I can usually, feel it coming on when



#### **CAMPUS & CLUB EVENTS**

(All events are free and open to the public unless otherwise noted)



#### Pageturners Book Club: The Golden Spoon Book Discussion

Jan. 23 2:30 to 3:30 p.m. BTC 120

Every summer for the past ten years, six awe-struck bakers have descended on the grounds of Grafton, the leafy and imposing Vermont estate that is not only the filming site for "Bake Week", but also the childhood home of the show's famous host and celebrated baker Betsy Martin.

The author of numerous bestselling cookbooks and hailed as "America's Grandmother," Betsy Martin isn't as warm off-screen as on, though no one needs to know that but her. She has always demanded perfection, and gotten it with a smile, but this year something is off. As the baking competition commences, things begin to go awry. At first, it's merely sabotage—sugar replaced with salt, a burner turned to high—but when a body is discovered, everyone is a suspect.

A sharp and suspenseful thriller for mystery buffs and avid bakers alike, "The Golden Spoon" is a brilliant puzzle filled with shocking twists and turns that will keep you reading late into the night until you turn the very last page of this incredible debut.

#### **Winter School Daze**

Jan. 24 and 25 10 a.m to 2 p.m. Lower Level, Vistatech Center

Come learn about clubs and organizations on campus, play games, get a free caricature drawing, win prizes, have some 50 cent hotdogs, psychic readings and more!

#### Pageturners Book Club: Screening of Ratatouille

Jan. 25 2:30 p.m. MC100 B&C

Come join Schoolcraft's book club to see a Pixar favorite: "Ratatouille!" The plot revolves around a rat named Remy, who aspires to become a great chef. Remy's keen sense of taste and smell sets him apart from other rats, and he forms an unusual alliance with Linguini, a garbage boy at a Parisian restaurant. Together, they create culinary masterpieces, with Remy guiding Linguini through the process by controlling his movements. The film explores themes of following one's passion, defying societal expectations, and the idea that anyone, regardless of their background, can achieve greatness. "Ratatouille" is a heartwarming and humorous tale set in the world of French cuisine.

#### Coffee and Conversations with Barry Melancon, CEO, AICPA

Jan. 31 9:30 a.m to 11 a.m. Collaborative Learning Studio-Vistatech Center

Students this is your chance to meet the #1 most influential person in public accounting today! This isn't your typical formal event. Enjoy a casual atmosphere over coffee and conversation gaining valuable insights into the latest trends in accounting from a leader at the forefront of the profession. Bring your questions and hear directly from Barry Melancon, the CEO of the American Institute of Certified Public

Accountants (AICPA). Dress code is business casual.

#### **Chinese New Year Celebration**

Feb. 1 5 to 7 p.m. Lower Level, Vistatech Center

Join the Asian Student Association and celebrate the New Year with us! Enjoy cultural food, music and origami and calligraphy crafts while learning about Chinese traditions. This holiday is one of the biggest in China. It commemorates the beginning of the lunar calendar and symbolizes renewal, prosperity and the joyous reunion of families. This event is free and open to the public.

#### Phi Theta Kappa Honor Society Orientation

Feb. 1 7 p.m. Kehrl Auditorium, Vistatech Center

Do you have a GPA of 3.5 or higher? Join the largest organization on campus. Benefits of joining include: graduate with honors, transfer scholarships, gain leadership skills, build your resume criteria, get involved on campus, community service, meet new people, create friendships and more. RSVP to 734-462-4422.

#### **Blood Drive**

Feb. 6 & 7 10:30 to 3:00 p.m. Vistatech Center, Lower Level

Every drop counts! Make a difference in people's lives - donate blood today! Your contribution can save lives and bring hope to those in

need. Let's come together and spread the gift of life. Appointments Preferred. Call 866-MIBLOOD.

#### The Schoolcraft College Theatre Departments presents: Around the World in 80 days

Open Auditions Feb. 6 & 7

7 p.m.

#### James R. Hartman Theatre, LA 500 in the Liberal Arts Building

An exciting and inventive retelling of Philias Fogg's race around the world to win a bet with his stuffy Reform Club associates. Fogg and his trusted manservant, Passpartout, face steamships, trains, elephants, typhoons and a host of other impediments in this family-friendly comedy. This play has a casting of five actors to play 32 roles. Performances will take place April 5-7 and April 12-13.

# Discover Your Why featuring Guest Speaker: Jahquan C. Hawkins

Feb. 6 1 to 2:00 p.m. Vistatech Center, Lower Level

Phi Theta Kappa presents "Discover Your Why" featuring Guest Speaker, Jahquan C. Hawkins (College Success Coach, Educator and Author).

A Native of Detroit, Michigan, Hawkins has established himself not only as an authority in the higher education area but as a dynamic public speaker with an emphasis on college student success. Hawkins will unpack the importance of purpose and motivation during your journey toward college completion. A raffle for 30 copies of Hawkin's book "Finding My Way" will be raffled off to all attendees.

#### Wednesday Classical Concerts: Kimwana Doner, Mezzo Soprano

Feb. 6 12:00 p.m. Kehrl auditorium, VT 550

Join the Music Department for its first Wednesday Classical Concert of 2024 featuring Kimwana Doner, Mezzo Soprano. This event is free and open to the public.

#### Pageturners Book Club: D'Vaughn and Kris Plan a Wedding Book Discussion

Feb. 13 2:30 to 3:30 p.m. BTC 120

D'Vaughn and Kris have six weeks to plan their dream wedding. Their whole relationship is fake. "Instant I Do" could be Kris Zavala's big break. She's right on the cusp of really making it as an influencer, so a stint on reality TV is the perfect chance to elevate her brand. And \$100,000 wouldn't hurt, either. D'Vaughn Miller is just trying to break out of her shell. She's sort of neglected to come out to her mom for years, so a big splashy fake wedding is just the excuse she needs.

All they have to do is convince their friends and family they're getting married in six weeks. If anyone guesses they're not for real, they're out. Selling their chemistry on camera is surprisingly easy, and it's still there when no one else is watching, which is an unexpected bonus. Winning this competition is going to be a piece of wedding cake. But each week of the competition brings new challenges, and soon the

prize money is not the only thing at stake. A reality show isn't the best place to create a solid foundation, and their fake wedding might just derail their relationship before it even starts.

#### Pageturners Book Club: Screening of "Happiest Season"

Feb. 15 2:30 p.m. MC 100 B&C

Visit the Pageturners Book Club for a screening of "Happiest Season". "Happiest Season" is a romantic comedy film directed by Clea DuVall. The plot revolves around a woman named Abby, played by Kristen Stewart, who plans to propose to her girlfriend, Harper, played by Mackenzie Davis, during Christmas. However, things take an unexpected turn when Abby learns that Harper hasn't come out to her conservative family. To support Harper, Abby decides to go along with the charade, posing as her straight roommate. The film explores themes of acceptance, love, and the complexities of coming out, all against the backdrop of a festive and eventful holiday season.

#### Fitness Center Rec Nights

Feb. 22 9-11 p.m. Fitness Center, Gym and Trinity EliteSport Center

Featuring extended hours of the Fitness Center and other amenities such as basketball, turf space and volleyball. Enjoy snacks and drinks to refuel after your workout. Schoolcraft students and fitness members are free. Guests are \$5.



#### Sara's Corner

Sometimes being more expressive than writing articles, Sara Mallory shares some of her valentines-themed poetry

#### Once more

When the angels send you forward

Don't look back for nothin'

Because it's never enough

Never enough til' my heart stops beating

So give me a chance to say

"I love you"

Once more

To learn the mechanisms of the world

Is to be strong according to my will

Never forget the things that matter most

Can become at the mercy of those that do not care

So give me a chance to say

"I love you"

Once more

If I don't

Don't take control of my life

Someone else will

Then I will run out of time

So give me a chance to say

"I love you"

#### Holes

Having a key to my heart

Implies there is a hole in it

If filling that hole takes a metaphor

Why does heart surgery exist?



### **ARTS & ENTERTAINMENT**



# A BRILLIANT "FROZEN" ADAPTATION

A New Twist on a Disney Classic that is Sure to give you the Chills

Elizabeth Lux Arts and Entertainment Editor

**RATING: 3.5/5 STARS** 

Revisit the chillingly entertaining Disney classic film "Frozen" in a new novel retelling the classic story with a new twist titled "Conceal, Don't Feel." With Anna and Elsa having never met and leading vastly different lives, they both must embark on their own journeys to uncover the truth about each other and why they were separated to begin with.

"Conceal, Don't Feel" was fabulously crafted and sculpted by Jen Calonita, with its release Oct. 1, 2019. This novel perfectly falls into the genres of Young Adult and Fantasy Fiction which explores the positive feelings of perseverance, love and bravery. The novel also addresses the dark feelings of loneliness, fear and the grief of losing loved ones.

Like in the feature film "Frozen", Elsa remains reserved and cautious being raised by the King and Queen in Arendelle. Anna remains curious, lively and adventurous being raised by loving bakers in a town called Harmon, which is located several hours from Arendelle. Both Anna and Elsa face their own challenges and triumphs, as well as difficulties with each other from their time apart. The cause of their separation and vast differences that will enchant readers with their heartwarming story.

The author did an excellent job at recreating and elaborating on both Arendelle and its beloved characters. She flawlessly maintained

a smooth and natural writing style, with a story that flowed gently and continuously.

Where this novel really missed the mark was in its lack of depth and originality. While the storyline was cute and entertaining, it lacked depth in its mysteries and felt almost too similar to its original movie "Frozen."

Overall, "Conceal, Don't Feel" got three and a half stars out of five because it is thoughtfully connected to Disney's film "Frozen." The novel contains an enjoyable and relatively simple storyline that will be easy for readers to follow and understand.

Fans of Disney will be sure to enjoy "Conceal, Don't Feel" and its entertaining experience.

Conceal, Don't Feel

A Twisted Tale #7

By Jen Calonita

Genre: Young Adult, Fantasy Fiction 320 Pages

Available in Hardcover, Audiobook, and eBook First Published: Oct. 1, 2019

It's a cold winter evening.

The snow is falling outside your windowsill and the house is peacefully quiet. You cozy up by the heater or fireplace and wrap yourself in a blanket, and your mind is calm because there is no work left.

It has been a while since you last played a video game, but you know you want to choose one that always feels like home.

That game is "Stardew Valley."

"Stardew Valley" has long found its way into the hearts of countless players, inviting a peaceful escape from reality for people around the globe. Created by solo game developer ConcernedApe, aka Eric Barone, this indie classic quickly became popular after its initial release in February of 2016.

The creator spent about four years designing the

# The star of the show STARDEW VALLEY

Classic game continues to bring back players new and old

Caitlin Cherry
Campus Life Editor

game and it was a huge success, selling about one million copies within just two months of its release. To make sure it was well researched as well as fantastical in nature, immense detail and careful consideration was put into the game.

So, what made this game stand out?

There are a number of reasons why Stardew Valley is unique, however the main ones include story

arc, game design, soundtrack and the interesting twist ConcernedApe put on the typical farming simulator idea.

The game begins with a simple but emotional storyline where the player is greeted with a scene of their sick grandfather. Next to his hands is an envelope addressed to the player, and after a few parting words, he explains that he wants them to open it only in moments of emptiness in

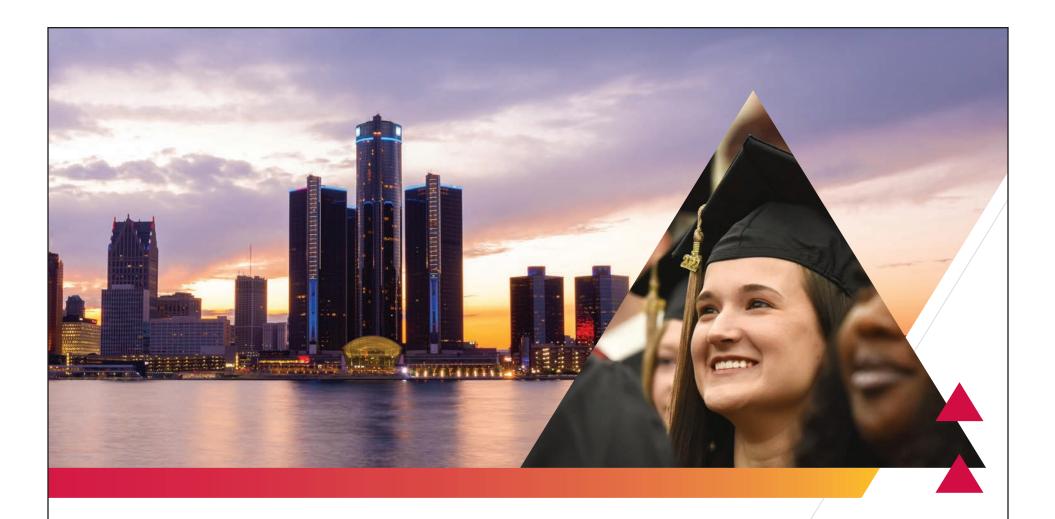
their life. For a while the player waits to open the letter, per their grandfather's request, but one day they decide to take it out of their desk drawer and open it up.

Inside is the key to their grandfather's old plot of land in rural "Stardew Valley," passed down to his grandchild in hopes it would one day bring them peace in a world of desk jobs and city living. After deciding to quit their position at the big corporation "Joja Cola," the player impulsively decides to abandon their life in the city and build a new one within the countryside.

When the player finally arrives, they are introduced to the basics of the game. Farming, fishing, mining, ranching and fighting are some of the major

See 'The star of the show' page 11>





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### 'The star of the show' cont'd from page 9

activities that people can choose from. Players can go into town and meet the villagers, buy seeds, get weapons and build relationships within game people. Or, perhaps, they can explore the valley, search the caves, forage for plants, and even fall into mysterious adventures with unexpected characters.

Another highlight of the game can be chosen whether or not to complete the community center which can lead the player on numerous expeditions and adventures. With all of the options which people can choose from, it is hard to get bored while playing "Stardew Valley" for the first time.

The graphics and artistry also add another layer of interest to the video game. Overall, the valley is laid out in several different sections: the town, the farm, the beach, the forest, the mountains and the desert are a few of the main ones. Although pixelated in style, there is still immense detail given to different designs in these locations throughout the game. The deep green shading given to the trees, the ripples that stretch out onto

blue ocean water or the cherry blossom petals that drift through the air in the spring all create a beautiful atmosphere for players to enjoy.

The "Stardew Valley" soundtrack is also incredibly unique. Each song was composed by the creator, Barone, and was designed to fit the theme of a story or location. Every time of the year has its own songs which allow the listener to drift with the emotion of each season while they play.

For example, at the end of the summer season, there is a beach gathering where the melancholy and reflective song "Dance of the Moonlight Jellies" is played to represent the bittersweet transition from summer to fall. Or, the "Music Box Song" pulls on listeners' heartstrings as though it were a real music box, marking meaningful events with its ambient tune. For older players, these songs can be nostalgic to listen to and for newer players, they will hopefully grow to be songs they remember and appreciate.

"Stardew Valley," with its calming ambience, lovely soundtrack and emphasis on relaxation is truly a game of beauty, peace, and enjoyment. In many ways, it continues to inspire player after player to slow down, explore their environment, and revisit childhood fun for years to come.

# DON'T STAND BY. STEP UP.





Report incidents and concerns on the college's online reporting tool, SC aware.

# When you see someone who needs help, remember the 3 D's of bystander intervention:

- 1. Direct: Step in and say or do something, if you can be safe in doing so.
- 2. Distract: Create a diversion and get the vulnerable person out of the situation.
- 3. Delegate: Find someone with more authority to intervene.

To learn more, complete the Bystander Intervention training that is included in the Not Anymore training program on the Student Relations webpage at <a href="https://www.schoolcraft.edu/student-relations/not-anymore-program/">https://www.schoolcraft.edu/student-relations/not-anymore-program/</a>

While the new year is typically

a time of resolutions and rest, it

can lead to feeling overwhelmed trying to keep up with all the

changes you're implementing.

Though the good changes are

lead to burnout. "Burnout" by

good, sometimes keeping up can

sister authors Emily and Amelia

is burn-out and why it happens.

The novel begins by explaining

"Human Giver Syndrome"

identify as "givers" typically lead

to higher burnout rates. Givers

are those whose job it is to take

basis. Givers tend to give more

of themselves to those they are caring for. This leaves them

running on empty and unable

to tend to their own basic needs

and especially their passions or

importance of completing stress

What is a stress cycle? It is the

"Burnout" speaks on the

hobbies.

cycles.

someone.

care of others on a constant

jobs, parenting and women.

Unfortunately, those who

burnout the quickest.

is prevalent in caregiver

what people or jobs tend to cause

Nagoski dives headfirst into what

### Human Giver Syndrome

It's time to give back to yourself

This book is a gift! I've been practicing their strategies, and it's a total game changer."—BRENÉ BROWN, PhD, author of the "I New York Times bestseller Dare to Lead

BLICAL SECRET

BURDOUT

AUNIOCKING

BURDOUT

AUNIOCKING

Emily Nagoski, PhD

New York Times bestselling author of COME AS YOU ARE

Amelia Nagoski, DMA

JESS MICHAEL
MANAGING EDITOR

Burnout the Secret to Unlocking the Stress Cycle by Emily Nagoski, PhD and Amelia Nagoski, DMA 4 out of 5 stars Available on, Audible, Kindle, Libby, Paperback Genre: Wellness Released: March 2019

cycle that kicks our fight, flight, or freeze response when we sense a potential danger. Many of us are unable to complete stress cycles because of the following three reasons. It's an evergoing stressor such as a job or parenting. It can also be the wrong place or an inappropriate way to complete a stress cycle; loudly stimming or punching

For example, prey animals are frequently scanning their

environment for predators. When a sound alerts them of potential danger, their alertness begins the stress cycle: fleeing when necessary to a safe place. To complete the stress cycle they begin to shake and tremble. This allows the stressful situation to resolve and leave their body. Therefore completing a stress

cycle.

Overall, "Burnout" was an informative and good source of information to help someone learn how to manage their stress. Throughout "Burnout," interjections such as "ugh" are used multiple times, causing one to be potentially distracted from the information of the book.

The novel had many good modern examples such as using the Hunger Games and Disney princesses; helping the reader stay engaged and understand the information clearly. With some self help books; it can be very dry and difficult to keep up. Nagoski keeps her readers engaged by utilizing bitesize tidbits to stay ahead of stress.

These are a couple of things Nagoski mentions that are noteworthy. Getting in touch with a higher power; this has many definitions.

It can mean religiously, and it can mean following a passion/dream. Anything bigger than yourself. Finding meaning in your life doesn't mean you must accomplish something that will impact the entire world. It is okay to be passionate about something that will reach just a few people.

Connection with others; this isn't just joining a Facebook group and then browsing. It is urged to seek out deep and intimate connections that emotionally lifts you. Seeking out those who can support you and have similar interests can help lead to a "recharged battery" preventing burnout. There are many examples of how to help manage your stress-filled life. It is important to take care of yourself during this time. Nagoski mentions many other examples to help you manage and get through stressful times. What better gift to yourself than the gift of self-love and healing.

**Layout by Heba Ashmawy** 

## Remember who the real enemy is

#### Even if he was conventionally attractive

EMILY AYRES
STAFF WRITER

Until now, there has been no information on why President Snow choses a 16 year old from the poorest district to label as an enemy. With the book and movie adaptation of Suzanne Collins' "The Ballad of Songbirds and Snakes," a new perspective is given. Snow's perspective.

And it all begins and ends with Lucy Gray Baird.

Chosen as the female tribute from District 12 for the 10th annual Hunger Games, Baird is not afraid when she walks up to the stage. She knows that stage, she lives for it. It is there where she sings her way into the hearts of the capital and is labeled as a songbird; almost declaring her victory

in the games. But the games start long before the cannon blows.

Baird meets Snow on the small cart ride to the old tribute center. As her mentor, and a contender for a serious cash prize that could save his family from eviction and hunger, he takes unconventional steps to market her and make her the first female victor from District 12.

Throughout the story, the relationship between Baird and Snow is highlighted. It is a classic story many of us have seen before, but there is a slight deviation from the trope of falling in love with your enemy.

Snow has a great internal gift of manipulation. There were times when watching the movie where the audience found themselves forgetting the person he becomes.

Where they were, at times, compelled to root for him.

There is a fine line to look out for. The want to love and the need to control.

There is also erasure.

During the days of

Katniss Everdeen,
there is no mention
of Baird at all.
There is no
description in the
book of her time
in the games.

There are no scenes in the movie telling us that Everdeen was not the first female victor from District 12. She has been removed from Panems history. The story of Lucy Gray Baird has no ending, only the one that Snow has given her. And perhaps the same ending he intended to give to District 12's girl on fire.

There are so many different strategies within this movie, allowing it to become much more deeper than it is on the surface. It is a masterful use of art and dialogue that will leave you saying "Oh so that's why he did what he did."

There is an incredibly fascinating rabbit hole of symbolism the movie captures, including the names of the characters'. Look closely at the fashion that is worn during this era. How it differs from the style during the 75th games. How Snow's fashion differs.

Look at Shakespearean plays and find the characters' names in them. Look at how their relationships are similar or different. For those who did not read the book, or are just looking for something to hyperfixate on, this is for you.

The movie entered theaters on Nov. 17, 2023 and will be finishing up its showtimes around Dec. 13 2023.

The Hunger Games: The Ballad of Songbirds & Snakes Genre: Dystopian Run Time: 156 minutes Rating: 5/5

#### **SPORTS**

# Ocelots basketball teams first half of season closes on a positive note

ISABELLE RICHMOND INTERN

While there's much left to the season, the basketball teams leave us with little disappointment as they close out 2023 with momentum. Both teams showed improvement and growth both as a team and individually.

The men's team ended the first half of the season with a 6-6 record and riding a four game win streak. This is night and day compared to last year's squad who only had two wins to end 2022.

The team started out the season with three tough losses on the road against Vincennes University, Nov. 3, Shawnee Community College, Nov. 4 and Kalamazoo Valley Community College, Nov. 11.



Sophomore Sharon Smith (12) leads all Ocelots in scoring with 119 points as of Dec. 2023. Photo by Summer Sultana.

After an unsteady start the Ocelots regrouped and gained their first victory of the season against Great Lakes Christian, 121-58, Nov. 16. Kechan Johnson led the starters with 21 points and Mackhi Jackson with 33 points on the reserves list.

The next four games on the schedule had the Ocelots working on consistency, with the team seeing exchanges between wins and losses. The Mid Michigan College game Nov. 18, was a close loss, 79-72, and the Nov. 21 matchup against Lakeland Community College fell short, 90-73. Jackson led the starters with 19 points and Marshall Thorn with 4 points from the reserves.

The flip of the calendar to December found the Ocelots back in the win column with a 70-63 win against Grand Rapids Community College, Dec. 2. Lee led the starters with 18 points and 7 points from Johnson on the reserves.

The win however was short lived as the Ocelots dropped a close game, 65-64 to Hocking College, Dec. 9.

The game against the Jayhawks of Muskegon Community College Dec. 15 proved to be a pivotal game for the Ocelots confidence. The team was victorious with a landslide win, 72-57. Lee scored 25 points for the starters. Stevens and Te'John McGowan both scored 2 points for the reserves.

After the Jayhawks win the team found themselves performing on all cylinders and closing out the year with four consecutive wins.

The Ocelots proudly defeated Alpena Community College, Edison State and Cuyahoga Community College between Dec. 16 and 20.

Lee leads the starters with 165 points and Jackson with 68 points as of Dec. 31. On the reserves Henderson has contributed 39 points followed by Jackson with 33 points.

#### **Trusting the process**

Right from the start of the season the Women's Basketball team has trusted the process laid out by head coach Shay Lewis and her staff and bought into the family mentality with goals in mind.

"As a staff we're constantly talking to them about what that process looks like and help them to be detailed, specific to reach their goals," said Lewis.

The women finished the first half of the season with a record of 8-3. The team jumped off to a fast start to the season with two wins. They beat Kalamazoo Valley Community College (KVCC), 61-25, on Nov. 11 and Nov. 15 the Ocelots won, 70-54 against Illinois Central College. Sharon Smith had 20 points versus KVCC and led all starters while Halle Rogers had 4 points on the reserves.

The women faced their first setback of the season with a heartbreaking loss against Mid Michigan College, 77-69, Nov. 18. Two difficult quarters created a deficit for the Ocelots that the team couldn't get back, however a few days later on Nov. 21, the



Schoolcraft freshmen Mackhi Jackson (1) drives the ball to the net abasing Cuyahoga on Dec. 20, 2023. Photo by Summer Sultana.

Ocelots would get back into the win column with an epic OT win against Lakeland Community College, 61-53. After the win against Lakeland, the team would go on a four game winning streak from Dec. 2 through Dec. 16 beating Grand Rapids Community College, Spring Arbor University JV, Muskegon Community College and Alpena Community College. The women hit a bump on the road at Edison State, Dec. 19 suffering a four point loss, 58-54. Despite the loss, Kyra Lawrence and Smith both scored 11 points. The reserves were led by Williams who contributed 8 points.

The team quickly shook off the loss and returned home the next night to play Cuyahoga Community College, Dec. 20. The women won, 66-49 and led three of the four quarters. Smith led

See 'Basketball season midpoint update' page 15>

#### 'Basketball season midpoint update'

cont'd from page 14

the starters with 12 points, while Aliyah Thilavanh led the reserves with 11 points. Right behind her all with 8 points was Sullivan, Cable and Rogers.

After a week off for the holiday, the Ocelots returned to the hardwood and traveled to Parkland College, Dec. 30. Unfortunately the Ocelots stumbled during the first half and couldn't get back on track suffering a 68-45 loss closing out 2023.

As the women head into the new year they have a lot of positives to reflect on. Individual and team performances continue to grow stronger. Coach Lewis feels the same. "Our team works hard and has navigated well through a very tough non-conference strength of schedule," said Lewis.

Smith leads the starters with 119 points and Rodriguez with 70. The reserves are just as strong coming off the bench with Overton having 35 points, Williams with 32 points and Cable with 31 points. Lewis knows that no matter what her team will continue to improve and strengthen their skills. Even with all of the successes, she knows what needs to be done for the second half of the season. "We are continuing to work on offensively playing our pace and defensively applying better pressure more consistently."

For more information on rosters, stats, and schedules go to www. schoolcraftocelots.com



## Coach suspension catastrophe

#### Is there an actual purpose behind suspending an athletic coach?

ISABELLE RICHMOND INTERN

A very frequent topic we're reminded of is suspending an athletic coach. This has been seen before but not as

much as we've seen it lately.

If you keep up with sports news, you may find new suspensions every week or so. It naturally causes you to think, why would they do that?

Coaches have a big role and are very influential on their athletes, so when a coach fails their team, it ruins the team morale. It can be hard to want to play when you are reminded of your coach's wrongdoing.

What's not fair is that athletes are now losing games because of the disconnect of their team.

The best teams or star players look different after such an event. While the athletes themselves play a huge role in a team because of their performances, a coach is just as essential. When you can't seem to perfect something, you likely lean to your coach for guidance or advice. If that person isn't there, you naturally feel off and can't get out of that funk.

There have always been issues with this matter dating back, but

a semi-recent 2004 Sports Law article had some opinions.

It was questioned, "What should become of the coach during that time?"

People must be
wondering if
the coach will
actually learn
from their
mistake, you
would hope so,
but who really
knows.

According to an article published in the Coaches Report in 2005,

it states, "The interruption of the employee's work must be imposed for only a relatively short period of time that is prescribed in advance."

This might seem like a drastic matter but in a sports organization, it's the most appropriate response for non-tolerated behavior. When someone else's safety and well-being is put in jeopardy, it unfortunately becomes necessary to remove that individual even if they are good at what they do.

Additionally in the article it stated, "Unfortunately, there are times when coaches are the subject of serious complaints of misconduct."

Based on what happened, the organization is advised to give the coach a suspension until the matter can be further investigated and hopefully resolved.

As mentioned before when a coach does something illegal or wrong, it hurts the athletes. A

coach is a role model and when they let you down it's hard to forget that. Additionally, we think about the question, do coaches actually learn and is it worthwhile to suspend them? Or just the opposite, do they spend their time off enjoying themselves and laughing at the matter?

You would hope not, but not everyone has good intentions and may be trying to be malicious. Of course we want to believe that there was no bad intention but sadly that's not always the case. Suspension as said before can ruin the teams morale and even winning streak which is definitely not fair considering the athletes aren't at fault.

The issue is ongoing and unfortunately, it's likely to happen again because it seems to be taking over the current news in sports.

We as viewers have to be there for athletes, especially if they are your family. More importantly if we have feelings about the issue it's best to keep to yourself because you don't know who will read that or what effect it has on someone else. They could really be struggling and need that support system because they don't have that from their coach any longer.

A team feeling united and together as one helps to create a unique bond between a team. When that is destroyed, it takes awhile to heal and feel like a "family again."

In life we are always reminded to do the right thing and not to destroy what's already good.

#### **OPINIONS**

# Cove E

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#### IN OUR OPINION

#### Our winter cultural food



Photo by Creatopia Staff

Whether it is just to provide sustenance, food is life. During the winter season, many cultures celebrate food, especially dishes of comfort. Some do have influential significance, while others developed their popularity from hardships or not so convenient times and just simply became a favorite.

Arguably the BEST comfort food with a rich broth and curly noodles, ramen is a Japanese cuisine that has become a favorite to all broke college students. Originating in 1800s China, the wheatnoodle based soup traveled with Chinese immigrants to Japan, which was adapted into the ramen we know today. The soup, however, did not become a staple food until the second

World War and was coined as a working class meal to aid in surviving the food rationing system then. Common flavors include soy sauce and miso with toppings such as nori, scallions, a soft boiled egg, sliced pork, etc. Ramen received another adaptation in 1958; "instant ramen" made from cheap ingredients and was super inexpensive, but filling.

Yule Moon Spell Cookies are crescent moon cookies that Pagans make to celebrate and bring in the winter solstice, the shortest day of the year. Most use these cookies to bring in wishes or serve them on an offering plate to their

See 'Our winter cultural food' page 17>

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Student Activities Office Lower level of Waterman Campus center

#### 'Our winter cultural food' cont'd from page 16>

ancestors. Moon cookies are simplistically delicious, usually made with lemon zest and lots of butter. They are close to a shortbread and covered with confectioners' sugar. The beautiful part of moon cookies is the room for individual interpretation. There are no boundaries to the creativity of making Yule moon

A Cannoli is a beautiful and flavorful fried pastry that many Italians bake to celebrate incredibly special occasions,

cookies.

such as holidays or weddings. A Cannoli pastry is filled with a delicious, sweet cream filling and is usually garnished with a dusting of confectioners' sugar and mini chocolate chips. A Cannoli can be garnished with whatever delightful treats the baker chooses, as it is really the fried pastry and sweet cream filling that steals the show. Enjoying a Cannoli is a wonderful way to enjoy and celebrate a holiday.

A Chocolate Brownie Trifle can make an excellent oncea-year type of dessert that can be a lovely treat at the end of a holiday meal. These desserts are English in origin and made up of multiple layers, ingredients and variations of sweet things. The chocolate brownie trifle is first built on a layer of rich brownie spread around the outline of the container, making a base for the rest of the dessert. Layered above the brownie is a creamy chocolate pudding,

complemented by
another layer of
whipped cream
above it. The
layers continue
until reaching
the very top of the
container, where the decadent
dessert is finished off with a few
chocolate shavings to complete
the delicious creation.

Nothing beats a warm hearty bowl of chicken noodle soup to thaw you out from the cold weather. Chicken Noodle Soup originated in Southeast

Asia approximately ten thousand years ago and has continued to be a staple of culinary intuition to this day. Making chicken noodle soup takes anywhere from thirty minutes with store bought broth to a few hours if you're making your own chicken broth. On the other hand, you can always go with the tried and true canned chicken noodle soup, a common favorite for college students on a time and financial budget.

There's no doubt that the best comfort food is Totino's pizza rolls. Originating in 1930's New Jersey, pizza rolls are bite-sized pockets filled with pizza-like toppings. There are a variety of different flavors, including the most popular,

cheese and pepperoni. They can be found in the frozen section at the grocery store, and are incredibly easy to prepare. Arguably, the best way to make them is to bake them in the oven, but if in a hurry or out of desperation you can use the microwave.

Ahhhh Mac n Cheese...
Arguably the best pasta meal. This traditional Italian dish is curated in the saucepan first then the cheese casserole is baked to perfection in the oven. As a mac and cheese connoisseur, it is well known that the type of cheese you use is so crucial. The smell of mac and cheese perfectly wraps up the heliday gassan

up the holiday season. Sometimes it's just a family favorite recipe that is passed down through the generations that provides comfort such as rice with ground lamb. The dish is a winter favorite and enjoyed typically on Christmas day. It consists of white rice, vermicelli noodles, pine nuts, ground lamb, seasonings and topped with a yogurt sauce. They say that once someone is gone, their dish never tastes the same. Every year though, each generation gets a bit closer to perfecting the dish. It's a piece of family history you can never forget.

Graphic Illustrations by Pili Estevez

# To sleep or not to sleep

#### Night owl or early bird, thoughts from the student perspective

**TAYLOR CAMPBELL** STAFF WRITER

We all press snooze in the morning, but how often do you stop and think about the negative aspects of sleeping in?

If you're like me, the answer is probably never, because I love to sleep in!

Being a college student requires bountiful efforts that can easily make one stay up later than anticipated. Although waking up early the next morning isn't ideal, imagine what having an extra five or ten minutes to yourself would do. People that wake up before 8 a.m. reported increased productivity, better time management, motivation escalations, boosted energy and an inclination to pick up new hobbies.

This ongoing, popular

debate has

opened many opportunities for scientists to conduct their research and insert an opinion.

According to Dr. Doha Ayish, neurologist at Houston Methodist in an article published in 2020 on the Houston Methodist website, "Our brains are 'hardwired' to be more alert and at peak concentration in the morning." Ayish emphasizes the importance of waking up early while maintaining a healthy sleep schedule. Minimum seven hours of sleep a night is a crucial facet to allowing our bodies to recuperate, lowering cortisol levels and stress rates in adolescents. Listening to your circadian rhythm, or 'internal clock' and going to sleep earlier for improved sleep allows quality and

likelihood of productivity.

On the contrary, college students can easily stay awake later. The pressure society places on young people to succeed and the stress classes have on students make it hard to calm their minds and go to sleep early. Stress is also the leading cause of insomnia, which many college students, including myself, struggle with. Insomnia is one one of the most disruptive habits someone can fall into, really affecting their productivity. Decreased productivity can also contribute to anxiety, depression

and other health

Oftentimes, students find

themselves cramming for

or assignment or scrolling

longer periods of time,

for a higher IQ.

finding it easier

to function on

less sleep and

increasing potential

issues.

greater

to cause much lower efficiency because of sleep deprivation and a higher risk of depression. I struggle with procrastination and scrolling aimlessly every night.

With this problem in mind and the popularity of New

Year's resolutions. I decided to take matters into my own

an exam, finishing a project aimlessly. This allows their brains to remain active for

Finding the balance of a healthy sleep schedule and remaining productive is so important to me and why I decided I would make one for myself. I am waking up 5-10 minutes earlier every day until I wake up before 9am!

Procrastination is one Graphic Illustrations by of the easiest bad habits to Sasha Spearman fall into and has been proven

hands.

# Ocelot Opinions

What is the worst date you've been on and your most embarrassing crush?

Welcome back to Ocelot Opinions! With Valentine's day coming up, the Editor-in-Chief Kathryn Wenske and Campus Life Editor Caitlin Cherry ask students questions about romance. With laughing galore, students shared their worst dates and most embarrassing crushes.



For a further breakdown on Ocelot Opinions, check out our YouTube Channel at The Schoolcraft Connection



www.youtube.com/@SCCONNECTION

#### Nina Canzoneri Major: Mathematics

"So, my worst date was with this guy who planned everything."
Canzoneri said he was the type of guy who said "this is where we're going, this is what we're



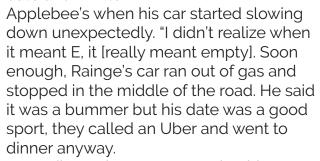
doing," so she went along with the seemingly nice gesture. On the day of, they met at a coffee shop and things were going well at first. "The first thing he asked me, not even 'How are you?', [the first thing] he said [was] 'What's your view on politics?" Immediately caught off guard, Canzoneri felt it was too early in their relationship to talk about politics, as it was their first date. So, she told him she would rather change the subject. Right after, he asked her instead what her views on global issues were. Again, she felt it was too soon and encouraged him to change the subject.

Later on in the date, he asks her to meet him at the airport, and by then she felt like this date was going a little strange. "He wanted to show me the president's plane flying out of Detroit airport. So, his whole day was planned around politics and wanted to know what I liked and what I didn't like. He also offered 'do this all the time." After that adventure, Canzoneri was uncomfortable and didn't go on a second date with him again.

For Conzoneri's most embarrassing crush, Dan Levy topped the charts. "I think he's so cute and funny but also he's gay, so. It would never work out."

#### Noah Rainge Major: Communications

For Rainge, his worst date experience was during the 10th grade after just getting his first car. He was driving his date and him to



Regarding Rainge answers what his most embarrassing crush is: "I don't know if ya'll seen Teen Titans? I had a crush on Starfire's sister from Teen Titans so, probably her."

This crush lasted from fifth to eighth grade and he liked her because she was "fun but evil."



#### Tyson Horn Major: Software Engineering

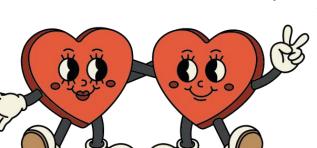
For Horn's worst date experience, he described being on a date with a girl who was calling another guy during the date. She pretended she



wasn't talking to another guy, saying it was her mother on the phone, but they both knew that was not true. Horn also talks about his most embarrassing fictional crush. "Have you ever seen Kim Possible? You know Shigo? Yeah. Her."

That wraps up this edition of Ocelot Opinions, thank you to everyone reading and we hope you got a good laugh; maybe it brought up some funny memories of your own. Stay tuned for

the YouTube video of these interviews at Schoolcraft Connection!



#### **DIVERSIONS**

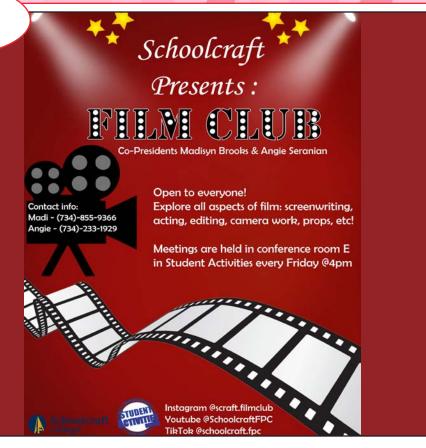
#### Find Answers on Page 22!

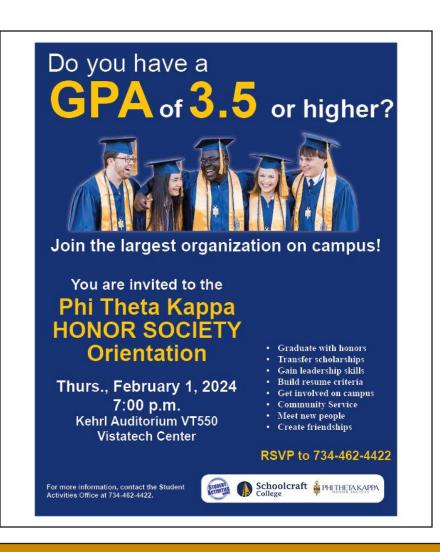


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Diversions by Sasha Spearman









# YOU CAN SAY 'NOT ANYMORE!" TO INTERPERSONAL VIOLENCE.

Keep yourself and others safe by reporting all instances of sexual assault, sexual harassment, dating violence, domestic violence, or stalking.



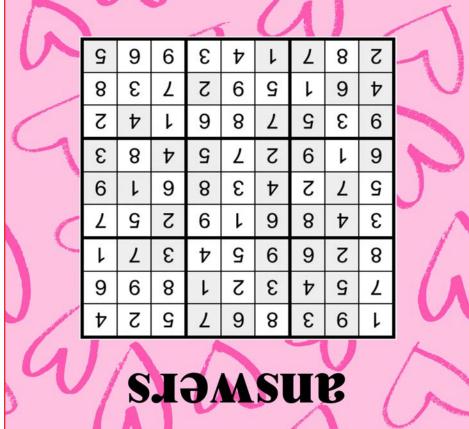


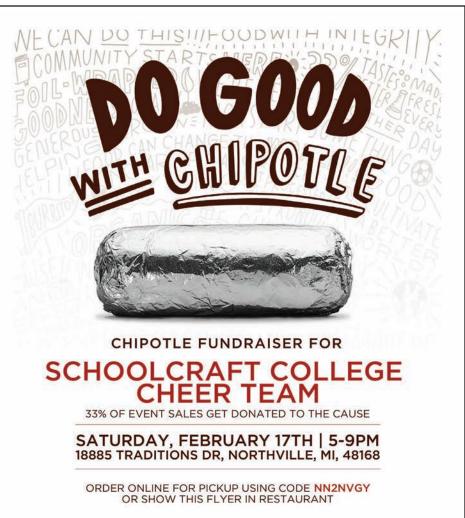
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- Online at schoolcraft.edu/student-relations/sc-aware
- Title IX Coordinator (call 734-462-4486)
- Schoolcraft College Police Department (call 734-462-4424)







(CHIPOTLE)

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**Diversions Layout by Sasha Spearman** 



Phi Theta Kappa

#### Discover Your Why

Featuring Guest Speaker

#### Jahquan C. Hawkins

College Success Coach, Educator and Author



Tuesday, February 6, 2024

1:00 p.m. - 2:00 p.m. Lower Level, Vistatech Center

A native of Detroit, Michigan, Jahquan C. Hawkins has established himself not only as an authority in the Higher Education arena but a dynamic public speaker with an emphasis on college student success.

College Success Coach Jahquan Hawkins will unpack the importance of purpose and motivation during your journey toward college completion.

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THURSDAY
FEBRUARY 1

5-7 P.M.

VISTATECH CENTER, LOWER LEVEL

# 新年快乐

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This holiday is one of the biggest in China. It commemorates the beginning of the lunar calendar and symbolizes renewal, prosperity, and the joyous reunion of families.



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