

SCHOOLCRAFT CONNECTION

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Photo by Jess Michael

SAFETY FIRST

Schoolcraft College Police Lieutenant Matthew Mayes (center) explains the SC Safe app to students. The newly launched app aims to support student safety. To learn more about the SC Safe app see News on page 2.



Campus Sculptures

Find out the story behind some of campus's outdoor artwork

See Campus Life
Page 4



The Boys

Would heros really stay heros?

See Arts & Entertainment
Page 10



Feeling sad?

Find out how to beat the winter blues

See Opinions
Page 18

NEWS

SC Safe app aims to support student safety

JESS MICHAEL
EDITOR-IN-CHIEF

Since the start of Dr. Glenn Cerny's presidency in 2020, he and the Schoolcraft College Police Department have worked endlessly to make sure students remain safe. Chief Mark Engstrom has attended many conferences to learn more about what can be done to provide the best and safest experience for students and faculty. During the spring semester of 2024, Engstrom brought the idea of creating an app that provides several safety outlets for those on campus to Cerny, and of course Cerny was very enthusiastic.

Cerny has always wanted to make sure students feel safe while working towards their higher education goals.

"He didn't need to spend \$12,000 a year to maintain this app," said Engstrom. Cerny was impressed that students and faculty would have access to information vital to their safety in most emergency situations.

However, this process did come with some delays. Getting approval through Apple and Google Play was lengthy. Lieutenant Matt Mayes spent most of the summer of 2024 dedicating his time and ideas to SC Safe. Though, with the help of an IT grant for \$205,000 they were able to build emergency mapping to help other municipalities such as Livonia Police. So in the event that campus police need assistance from off campus police, they would have access to the emergency plans.

"If Northville police show up to help, they won't understand where LA140 is," said Engstrom. The mapping was so large that

all of it would not fit into the app to allow access for faculty.

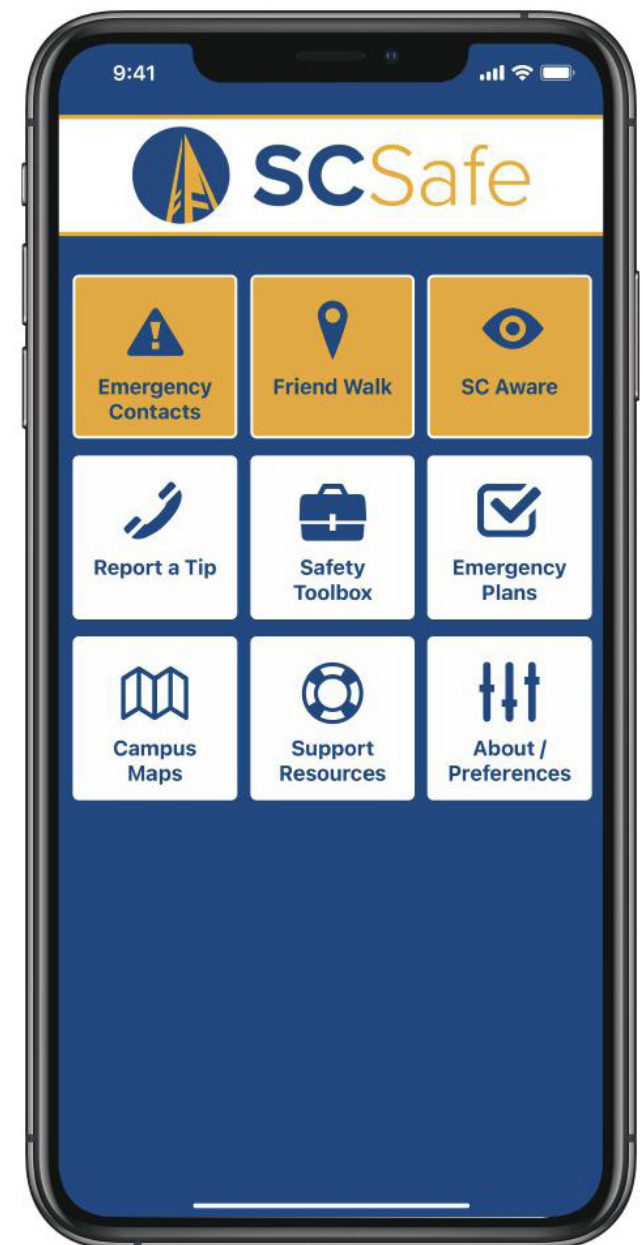
Schoolcraft IT assisted in making a website that can be accessed only by faculty from SCSafe. This coding and programming is completely secured and cannot be accessed by a simple google search. Jeff Borton, Chief Technology Officer, and Laura Cullen, Executive Director of Enterprise Applications and her team helped with the app development. They also had help from Maria Gosur, UX Engineer, who helped with the mapping for the IT department.

Both Mayes and Engstrom were extremely grateful for all the help from both teams.

SCSafe was developed by the company Rave. All students and faculty are already enrolled in the Rave program.

SC Safe allows students to anonymously send their location to the person of their choice, allowing that person to watch them get from one location to the next. Making sure that the student makes it safely to their destination. The app is specifically designed to make sure students stay anonymous.

You can find the app on Apple or Google play. You can either scan the QR codes that are around campus or you can look up Schoolcraft Safe. The app will not ask you for any personal information. Students should click the option "Continue as Student or Guest," this opens the main page. This gives students the option to have quick access to dial campus police or even 911 by just the click of a button as well as many other quick accesses to support resources.



Included in the app is campus safety services, such as fire emergencies or even in the event of a zombie apocalypse.

"The time to think about what to do in an emergency isn't when the emergency is happening," said Engstrom. With access to the app, students and faculty won't have to

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'Safety first'

cont'd from page 2>

think about what to do. It is all in one place, with quick access.

SC Safe also includes an "I'm okay" button in the case that we do have an on campus emergency. Students can communicate with their loved ones that they are safe.

Currently on ratemyprofessors.com, Schoolcraft has an astounding 4.6 rating out of 5 for safety. With SC Safe, Engstrom and Mayes are curious if we will reach 5.0 in safety for campus.

To download SC Safe you can scan the QR code located on SC Safe fliers or you can look up Schoolcraft Safe on your app store.

**DOWNLOAD
THE SC SAFE APP
IN YOUR PHONES
APP STORE**



APPLE APP STORE



GOOGLE PLAY STORE

ARE YOU LOOKING FOR AN INCLUSIVE AND SUPPORTIVE WORK ENVIRONMENT?

THE CONNECTION IS LOOKING TO HIRE WRITERS

ALL STUDENTS ARE WELCOME

**THE CONNECTION DOES NOT DISCRIMINATE BASED ON
NEURODIVERGENCES, POLITICAL PARTY, GENDER
SEXUAL ORIENTATION, RELIGION, RACE.**



Win an iPad

Be entered to win

Every student club meeting will provide the students with an opportunity to win these prizes at the end of the winter semester.

Every meeting that students attend will equal 1 entry.

Frequency of meeting attendance will provide our students with greater odds of winning the grand prizes and secondary prizes that will be determined at the end of winter semester.

For more information, contact the Student Activities Office at 734-462-4422 or email sc.sao@schoolcraft.edu



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[schoolcraftconnection](https://www.instagram.com/schoolcraftconnection)

CAMPUS LIFE

Heavy Metal Artists

The hidden stories behind Schoolcraft's outdoors sculptures

KAYDEN LUMLEY
STAFF WRITER

If you have been on Schoolcraft's campus the past few years, you may have noticed the growing number of metal sculptures gracing our grounds. However, most people do not know that these artworks were made by their fellow students.

Professor Melissa Machnee is a Certified Welding Educator and a mixed-media artist. She is a third-generation welder, and specializes in creating metal sculptures. Machnee worked tirelessly to bring this outdoor sculpture project to life. She spent years writing grants and plotting what was needed for approval from administration.

"It's an incredible opportunity for them. Most of my students don't have the confidence to display their work or think that they're worthy of it," said Machnee. To anyone who may be on the fence about displaying their own artwork, Machnee continues, "You can do it. It's worth it. Art is a form of communication, it is your platform to speak to the world. Say things that aren't as traditionally spoken."

Homayra Adiba is one of the artists whose work is featured. Her piece, titled "A Letter to My Father," is situated between the Health Sciences Center and the BioTech Center. The sculpture is of a paper airplane facing upwards towards the sky. The piece has writing of three different languages etched into it— Bengali, Hindi and English. Adiba was very close with her father, who passed away during the pandemic. Adiba explained the mundanity of losing a loved one. The day it happens is earth-shattering, but then the grief

becomes a part of your life. When asked why she chose a paper airplane for the sculpture, Adiba explained that when she lost her father, she wrote him a letter. The letter would be everything she would say to her father if she could one last time.

"I felt like if I made a paper airplane, took it outside and flew it away, would it ever reach my father? I feel like it's absurd to even think about, but it could very well be that when I write or when I think, my father already knows. I don't even have to write it down," said Adiba.

Another one of her works was "A Flag of All Nations," which stood next to the entrance to the Liberal Arts. This piece was a memorial to everyone who experienced loss during the COVID-19 pandemic. The sculpture consisted of a metal rod, which held a flag made up of surgical masks stitched together. Adiba took Machnee's outdoor sculpture class during the pandemic, which is also when she had lost her father. The piece was a tribute to her father and to anyone who has experienced the loss of loved ones.

Throughout the pandemic, every nation found a community in loss and uncertainty. The sculpture was also an experimental project for Adiba, who wanted to see how the fabric would weather. Over time, the masks were dirty and worn from the harsh elements, but the material was resilient. An incalculable amount of masks were discarded, and due to negligence, they continue to pollute the environment.

Another artist Marilyn Strandt has been creating metal sculptures since 2005 before Machnee was hired. In fact,



Homayra Adiba kneels next to her sculpture named "A Letter To My Father". (Photos courtesy of Schoolcraft College)

Machnee was a student of the instructor that taught Strandt. Although it has been nearly 20 years, Strandt doesn't consider herself a professional.

"Machnee tells me I am, but I choose not to sell my work," said Strandt.

Strandt prefers to give her art away. At 81 years old, art is for passion, not a profession. Her goal is to give the messages from her soul out to people through her artwork.

One of her sculptures sits in front of the Bradner Library, named "More Than One Way." Strandt intends to donate the piece to a campground that is currently being built in Brighton, Michigan. When it opens, veterans and their families will be able to camp, free of charge. One of the

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‘Heavy metal artist’

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biggest problems veterans face is a high suicide rate.

“These people come home and are emotionally distraught,” said Strandt. “They can’t see a way out of their problems, so they end their lives.” The message she wants to convey in this piece is that suicide is not the answer– there are ways to get better.

Strandt was very adamant about making sure Machnee was credited for making the Outdoor Sculpture project possible. Machnee has an incredible ability to lift people up. Many individuals have mentioned how powerful of a motivator she is, and how she’s helped them grow as an artist. Strandt currently has five sculptures displayed on Schoolcraft’s campus.

“Machnee sent a strong message to her students. Your art can be here. You are good enough to be shown,” said Strandt.

Not every piece of art on campus has a plaque, or even the artist’s name next to it. Let’s make sure each artist can receive the recognition they deserve and the stories behind their work.

“I felt like if I made a paper airplane, took it outside and flew it away, would it ever reach my father? I feel like it's absurd to even think about, but it could very well be that when I write or when I think, my father already knows. I don't even have to write it down.”

-Homayra Adiba
In regards to her sculpture
“A Letter To My Father”



Marilyn Strandt sculpture sits in front of the Bradner Library, named “More Than One Way.”

ROUTE WITH MILEAGE

Blue Dot Route
Take a brisk walk!
0.5 miles

1
Fairies & Flowers
By Marilyn Strandt

4
Land and Sea
By Michael McClintock

7
Set Your Goals on Fire
By Marilyn Strandt

10
Voyage
By Debra Grant

13
The Purple Pitcher Plant
By Marilyn Strandt

2
Birds in Flight at Sunset
By Kelly O'Neill

5
Hello
By Dennis Cook

8
Schoolcraft, The Wind...
By Marilyn Strandt

11
More Than One Way
By Marilyn Strandt

14
Swallows in Flight
By Michael McClintock

3
A Letter to My Father
By Homayra Adiba

6
Flag of All Nation
By Homayra Adiba

9
Cosmic Communicator
By Dennis Cook

12
Emergence
By Angela Larson

Thank you for enjoying our Outdoor Metal Sculptures tour on campus.

Scan to download map.
<https://tinyurl.com/y443s37p>

Schoolcraft College FOUNDATION

Supported by a grant from the Schoolcraft College Foundation and the Rockall Fund.

2024-2025 Schoolcraft college outdoor metal sculpture map

Student Employee Spotlight



William Ugorji proudly standing with his student of the month award.



JESS MICHAEL
EDITOR-IN-CHIEF

In Oct. 2023 William Ugorji, a science major and pre-nursing student, began working in Schoolcraft's labs. His main focus for his science major is biology with the goal of either becoming a physician's assistant or a physician. Ugorji will be doing Nursing in between while earning his degree at a four year university. Working in the labs is a fantastic segway for Ugorji to gain experience to become a research assistant. It is common for many science majors to work as lab technicians to gain familiarity with the ins and outs. Working in the lab, there are many typical tasks Ugorji does such as cleaning the lab, setting up equipment for

screen study or even disposing of hazardous waste chemicals.

Ugorji enjoys his job but what makes it most enjoyable is the people that he works with and those who mentor him. Johanna Griest, manager of lab sciences is always offering guidance for his career in science and biology. Ugorji is very thankful for his other mentors; Tammy Duval and Jordan Rippey both are Schoolcraft lab technicians. He is very thankful for Professor Melissa Gury, his previous biology professor, who helped him get this position. There is no wonder why Ugorji earned Student of the month with his dedication to his studies and working hard in Schoolcraft's lab. He is definitely a student others can look up to.



(From left to right)
Johanna Griest, William Ugorji, Tammy Duval, Jordan Rippey, and student Alexis Aquama stand together proudly after Ugorji receives his student of the month award.
Photos by Jess Michael

On-Campus

DIGITAL JOB BOARD

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Schoolcraft College
STUDENT EMPLOYMENT

Looking for a job on campus?



SCAN HERE!



SCHOOLCRAFT COLLEGE
GLOBAL EYEZERS

Please join GlobalEYezers for a presentation by

Mukta Joshi

Turning Struggles into Strength

A motivational and interactive session about building a growth mindset!

Mukta Joshi is a certified personal trainer by the National Academy of Sports Medicine (NASM). Mukta's purpose is to spread the joy of wellness by combining real world experiences into strategic fitness routines that fit into everyone's schedule.

As a certified Life Coach with the Life Purpose Institute, Mukta promotes personal development, emotional fitness, and general well-being by helping individuals find their purpose by navigating through life and its challenges.

Mukta strives to provide an easy, fun and creative approach for all ages toward better health through dance, fitness & life coaching.

Join us! Learn and be inspired!

Friday, January 31, 2025
10-11 a.m. | LA 200



Schoolcraft College
CENTER FOR EXPERIENTIAL
LEARNING



Co-sponsored by the Center for Experiential Learning and the Student Activities Office.

Do you have a
GPA of 3.5 or higher?



Join the largest organization on campus!

You are invited to the
**Phi Theta Kappa
HONOR SOCIETY
Orientation**

Tuesday, February 4, 2025
5:00 p.m.
Kehrl Auditorium VT550
Vistatech Center

- Graduate with honors
- Transfer scholarships
- Gain leadership skills
- Build resume criteria
- Get involved on campus
- Community Service
- Meet new people
- Create friendships

RSVP to 734-462-4422

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



Schoolcraft College
PHI THETA KAPPA
HONOR SOCIETY

LEARNING SUPPORT SERVICES *Success Starts Here*



Alexia is the Service Desk lead. She takes care of the flow of people and keeps the office organized. She is the first and last face you see at the Learning Center.



Cayden is the STEM tutor lead. He primarily tutors math, accounting and Spanish.



Emily is the lead writing tutor. She covers writing classes, covering mostly all of the classes at Schoolcraft.

Learning Center Bradner Library L119
734-462-4436

lc@schoolcraft.edu

Hours of Operation: Monday - Thursday 9 a.m. - 7 p.m. ;
Friday: 9 a.m. - 4 p.m. ; Saturdays: 12 p.m. - 4 p.m.

Academic Success Coaches are skilled professionals who collaborate with students to create personalized plans for achieving academic goals. By setting objectives and maintaining regular follow-ups, students can stay focused and on track for success. These coaches are committed to fostering a welcoming and supportive learning

environment. They offer assistance in a variety of areas, including time management, active studying, test preparation, and note-taking techniques. Additionally, specialized coaching is available in subjects such as English, English as a New Language, International Learning Support, Math, Reading, Study

Strategies, TEAS Prep (Test of Essential Academic Skills for Pre-Nursing), and Writing. Academic Success Coaching is available by appointment, either in person or over the phone. To schedule an appointment, call 734-462-7330 or email the Academic Success Coach directly.

Do you have questions related to the Learning Center or looking for tips from our leads? Complete the QR and they will be answered in the future edition.





School Daze Winter Bash

January 28-29

10 a.m. – 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!

Campus Comfort Companions 1st Birthday Party

January 29

12- 2 p.m.

Wilson Room, Vistatech Center

It's paw-ty time and you're invited! Come meet the five pups as they mark their big day. Get a selfie with the dogs and enjoy cupcakes!

Chinese New Year Bubble Tea Event

January 30

11 a.m. – 1 p.m.

Lower Level, Vistatech Center

Schoolcraft Globalizers presents –Mukta Josie: Turning Struggles into Strengths

January 31

9-10 a.m.

LA 200

A motivational and interactive session about building a growth mindset. Mukta Josie is a certified personal trainer. Her purpose is to spread the joy of wellness by combining real world experiences into strategic fitness routines that fit into everyone's schedule. As a certified Life Coach with the Life Purpose Institute, Mukta promotes personal development, emotional fitness and general well being by helping individuals find their purpose by navigating through life and its challenges. She strives to provide an easy, fun and creative approach for all ages toward better health through dance, fitness and coaching. This event is co-sponsored by the Center for Experiential Learning and the Student Activities Office.

International Student Organization & Albanian club: Welcome Event

February 3

4 p.m. – 5.30 p.m.

Lower Level, Vistatech Center

Join the International Student Organization & Albanian Club: Welcome Event to meet fellow students, celebrate cultural diversity, and learn more about these vibrant organizations. Whether you're looking to make new friends, discover different traditions, or simply have a great time, this event has something for everyone.

Blood Drive

February 4

10:30 a.m. – 3 p.m.

Lower Level, Vistatech Center

Appointments preferred. Call 866-642-5663, visit versiti.org/mi Walk-ins are welcome, as schedule allows.

As a thank you, donors will receive a \$10 e-gift card to a restaurant or shop of their choice.

FEELING BORED?

Check out our Diversions on page 20 to brighten your day and cure your boredom!



HAVE A



FOR NEWS?

THE SCHOOLCRAFT CONNECTION IS HIRING!

STAFF WRITERS

- WANT TO BUILD STRONG WRITING SKILLS?
- GAIN EXPERIENCE IN THE JOURNALISM/ WRITING FIELD?
- NEED TO BUILD YOUR RESUME?
- WISH FOR A STRONG COMMUNITY?

ARE YOU THE ONE WE'RE LOOKING FOR?

FILL OUT OUR APPLICATION BY SCANNING THE QR CODE OR STOPPING BY STUDENT ACTIVITIES OFFICE



IT'S PAW-TY TIME AND YOU'RE INVITED!

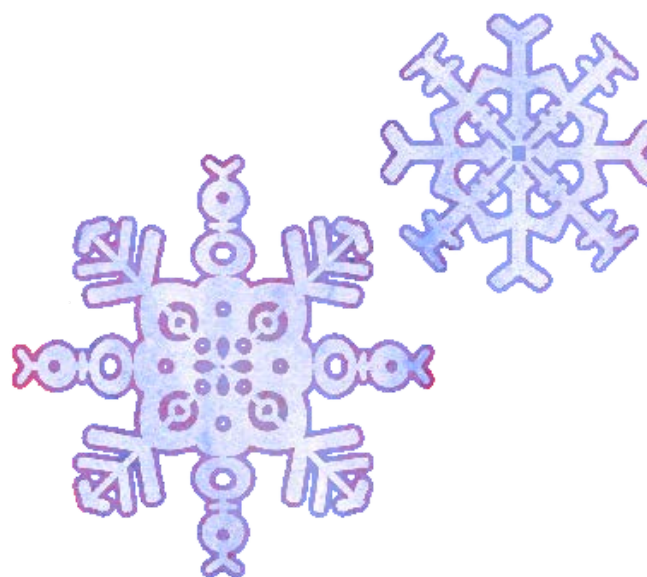


1ST BIRTHDAY PARTY FOR THE CAMPUS COMFORT COMPANIONS

Come meet the five pups as they mark their big day. Get a selfie with the dogs and enjoy cupcakes!

JANUARY 29 | 12 - 2 P.M.

Cake served at noon
Wilson Room in the Vistatech Center



ARTS & ENTERTAINMENT

Corruption in Capes

When Power Corrupts: The Boy's Dark Side Of Hero Fame Shows

NOAH MOORE
STAFF WRITER

"The Boys Season One"

Genre: Action-drama, Dark Comedy & Crime Fiction

Released: July 16, 2019

Runtime: 55-70 mins

Streaming on: Amazon Prime Video, Apple TV, and Amazon Freevee

Rating: 10/10 Stars

"The following review contains violent content which may be too intense for some readers. Viewers discretion is advised."

In a world where superheroes are often considered popular as celebrities, influential and sometimes even regarded as gods. "The Boys" Season One is an American satirical superhero television series developed by Eric Kripke, based on the comic book of the same name created by Garth Ennis.

The show follows a team of vigilantes who are combat experienced superheroes called Supes. Supes have abused their power for personal gain and work for a powerful company known as Vought International. Vought ensures the general public views the Supes as heroes, not threats.

On the other hand, The Boy's are corrupted, self-serving, and reckless outside of their heroic personalities and want to take down Vought. The overall concept of the series shows how popularity and fame can affect the public viewer's decisions and others. Supes are more obsessed with power and fame than using their powers to prevent a citizen from falling off a building.

Season One starts with Hughie Campbell Jr, played by Jack Quaid, a civilian in Washington DC. Campbell is a retail tech specialist who works for Bryman Audio-Visuals store. While Campbell is closing up, Hughie's girlfriend Robin Ward,

played by Jess Salgueiro, comes in to pick him up once his shift has ended. While they are walking Ward takes one step off the curb and the Supe by the name A-Train, played by Jessie T. Usher, uncontrollably and unthinkable, runs through her killing her violently, leading to her spreading all over the street.

A-train stares at Campbell after what happened, before panicking and begins to say to him, "Can't stop, can't stop" before running off into the distance.

This introduction sets up the plot perfectly for the show

See 'Corruption in capes' page 11>



'Corruption in capes' cont'd from page 10>

because it leaves the audience wondering if the character Campbell will ever be the same after what happened to his girlfriend. While this is happening we cut to Des Moines, Iowa with a girl by the name of Annie January, played by Erin Moriarty who is also a Supe that goes by the name Starlight, who can draw power from nearby sources of electricity, generating project and emanating blasts of energy with her hands giving her the ability to fly. January is trying out to join the team, The Seven which is one of the most powerful groups owned by Vought., The leader of the team is Homelander played by Antony Starr, who is one of the members, who consistently steals the spotlight from others. January wants to use her power for good and be the beacon of light in a world of darkness and corruption. After training January's mom, played by Ann Cusack receives a phone call from Vought telling her that her daughter, January is the new member of The Seven and is waiting for her arrival.

Cutting back to Campbell, he is having a conversation with his father Campbell Sr. played by Simon Pegg, regarding Ward's funeral. Campbell Sr. turns on the news to see A-Train and Madelyn Stillwell played by Elisabeth Shue made a public apology on TV regarding Robin's death. While this is happening, a knock can be heard, Doug Friedman, played by Bruce Novakowski, an employee who works for Vought knocks on Campbell's door.

Doug Friedman begins to talk about how Vought is willing to give Campbell a settlement offer of \$45,000 only if he agrees to sign a non-disclosure agreement or an (NDA) which means he can not talk about what happened to Robin.

Campbell initially does not want to sign the NDA and instead intends to sue them, but Campbell Sr. tells him he should because that's a lot of money. Even if they could sue him, they can't afford a lawyer, and since the company is a massive multi-billion-dollar corporation, they can afford the best lawyers.

Campbell asks Friedman if he can think about it, making Friedman leave a card with the number to reach him before leaving. This event leads to Campbell to see The Seven and A-Train as corrupted.

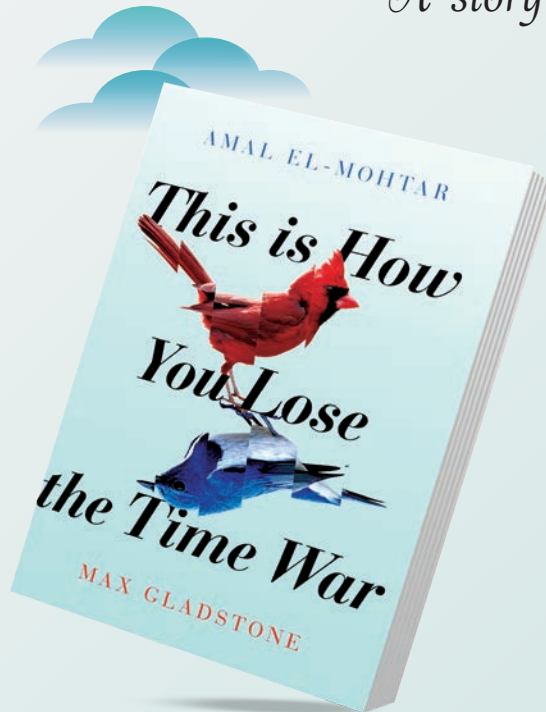
While Campbell is working a quiet night shift until someone wearing a black trench coat, and untied black boots. Campbell walks over to the mysterious black trench coat figure who introduces himself as Billy Butcher, played by Karl Urban. Butcher tells Campbell he heard about what happened to Ward, saying "She was one step off the curb and you didn't take the money" Without a second thought, Campbell decides to join Butcher in his team of vigilantes to help take down Vought.

Overall, "The Boys" Season 1 not only entertains its audience but also challenges the viewers to reflect on how superheroes can change when money, power, and fame instead of protecting their world from evil, making "The Boys" Season 1 a must-watch in today's television landscape.



BURN BEFORE READING

A story of star-crossed lovers surmounting the insurmountable



"This is How You Lose The Time War"

By: Amal El-Mohtar and Max Gladstone

Genre: Science Fiction, LGBTQ+, Epistolary, Romance

Trigger Warnings: War, Animal Killing, Gore, Self-Harm, Torture, General Violence, Rape (mentioned), Suicide (mentioned)

Available in: Paperback, eBook, Google Play Books and Audiobook

First Published: July 16, 2019

Rating: 9 / 10 Stars



**SARA MALLORY
STAFF WRITER**

Like most science fiction books about war, this book is about division.

A divide is apparent between warring factions in time. The Garden is one such faction, and represents a future post-humanity where people are enveloped by a hive mind entity and nature rules all. Forever opposing it is The Agency, a future where technological advancement rules humanity with an iron fist. Both are different in form but similar in oppressive single-mindedness.

The first main character, Red, belongs to The Agency and the second main character, Blue, belongs to The Garden. They are destined to forever oppose each other in order to achieve a future where their ruling faction's prime directive is achieved. Yet, the whole story starts when Blue sends Red a letter, breaking the prime directive and instructing her to burn it before reading. From there on, the interactions between the characters are entirely done through letters with scenes of world building interjecting to break up the pace. An example of this happens at the start of the book where the author describes a battlefield, while describing the battlefield The Agency and The Garden are first described.

"This is How You Lose The Time War" becomes unique because two authors have taken to writing each character separately and stringing together the resulting correspondence. Red's letters are written entirely by Max Gladstone, and Blue's by Amal El-Mohtar. The authors wrote a general outline beforehand, but the characters' reactions were developed with a genuine reaction from each author receiving each letter passed between them. Because of this, each character has a distinct voice and true soul.

"This is How You Lose a Time War" was overwhelming as well as delighting in confusing, wrong-footing, and exasperating its reader. This type of novel demands the reader to pay attention, which is a double edged sword.

"This is How to Lose a Time War" is an exhausting read for being only 208 pages. Yet, every prose is written with explicit lyricism and sustained beauty that works as a fractured mosaic of a painting in novel form. However, there is too much of this prose, and it evidently hinders the narrative of this novel.

Despite this, the book teaches the reader how to read it. Which is done best

in small bursts where every sentence can be devoured, extrapolating meaning from scraps of a meal, and slowly stitching the parts together to see the whole picture.

Fans of science fiction and time travel will enjoy this book because the book has a habit of demanding its readers to already understand concepts like the versatility of time travel and the pressure of war.

Fans of romance, especially LGBTQ+ romance, will enjoy this book because the book shows the soul each character provides. Rather than tell, the authors do their best to show the readers what they mean through the actions of their characters. Also, the banter between the characters is wonderfully done and made for an exquisite read.

Lastly, the trigger warnings seem intense, and they are present. However, the book focuses more on how the characters interact with each other and the world around them than on the things in the warnings. The authors use the warnings as a device to ground a concept like a time war.

Overall, this novel rightfully earns a 9 / 10 and should earn a spot on any avid readers must read list.



BLOOD DRIVE

Stronger Together

Donate Blood

Tuesday February 04

10:30 AM – 3:00 PM

Helpful tip:
Make sure to eat a healthy meal and drink plenty of water before donating.


SCHOOLCRAFT COLLEGE BLOOD DRIVE


LOCATION
Vistatech Student Activities Center
18600 Haggerty Rd
Livonia, MI 48152


APPOINTMENTS PREFERRED
Call 866-642-5663, visit [versiti.org/mi](https://www.versiti.org/mi),
-OR- scan the QR code below.

Walk ins welcome, as schedule allows.

As a thank you, donors will a \$10 e-gift card to a restaurant or shop of your choice!







For eligibility questions call 866-642-5663



Sara's Corner

Success

Today I got out of bed.
That is success.
Yesterday, I brushed my teeth.
That is success.
I will live to see tomorrow.
That.
Is.
Success.

Life

Life should not be a struggle but just a reality to be experienced

10 minutes

I see the world in 10-minute intervals
10 minutes
5 minutes
Whatever it takes
Always now
And forever
May I get better
Sleep sooner
Because
Death is the finale we have waited our whole lives to see
And I still have a whole life to live
Even if
I need to live it
10 minutes
At a time.



ARE YOU LOOKING FOR AN INCLUSIVE AND SUPPORTIVE
WORK ENVIRONMENT?
THE CONNECTION IS LOOKING TO HIRE WRITERS
ALL STUDENTS ARE WELCOME
THE CONNECTION DOES NOT DISCRIMINATE BASED ON
NEURODIVERGENCES, POLITICAL PARTY, GENDER
SEXUAL ORIENTATION, RELIGION, RACE.







MEN'S HOCKEY UPCOMING *Games*

*Time and location are subject to change

● Home games

Mike Modano Ice Arena

6210 N Wildwood St, Westland, MI 48185

● Away games

VS FERRIS STATE

JANUARY 17TH @7.35 PM

AT FERRIS STATE

JANUARY 18TH @7.00 PM

VS NORTHERN MICHIGAN

JANUARY 24TH @7.35 PM

VS NORTHERN MICHIGAN

JANUARY 25TH @3.05 PM

VS MICHIGAN STATE DII

JANUARY 31ST @7.35 PM

AT MICHIGAN STATE DII

FEBRUARY 1ST @12.00 PM

VS ADRIAN

FEBRUARY 7TH @7.35 PM

AT ADRIAN

FEBRUARY 9TH @1.00 PM

VS MICHIGAN STATE DIII

FEBRUARY 15TH @3.05 PM

AT MICHIGAN STATE DIII

FEBRUARY 16TH @10.00 AM

Women's Basketball



SCHEDULE

January

- Saturday Jan 25th at Henry Ford College 1:00 PM EST
- Wednesday Jan 29th Jackson college 5:30 PM EST



February

- Saturday Feb 1st #12 ST. Clair County Community College 1:00 PM EST
- Wednesday Feb 5th Macomb Community College 5:30 PM EST
- Saturday Feb 8th Mott Community College 1:00 PM EST
- Wednesday Feb 12th Wayne County Community College 5:30 PM EST
- Saturday Feb 15th Oakland Community College 1:00 PM EST
- Wednesday Feb 19th Henry Ford College 5:30 PM EST
- Saturday Feb 22nd Jackson College 1:00 PM EST
- Tuesday Feb 25 #12 ST. Clair County Community College 5:30 PM EST

GO
SCHOOLCRAFT!

OPINIONS

SCHOOLCRAFT CONNECTION

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Beating winter blues

The story behind seasonal affective disorder and how to combat it

SARA MALLORY
STAFF WRITER

We are in the depths of winter where loneliness and depression rates increase drastically. It is normal for many people to go through periods of time where they feel depressed and not themselves. I have experienced that myself. For most people these changes in mood don't develop into larger problems but for a percentage it can.

Prolonged bouts of changes in behavior, emotions and thoughts can indicate serious mental health disorders like depression. One of the most common types of depression is called seasonal affective disorder (SAD). It can happen during all seasons of the year but most commonly in the fall or winter.

Winter pattern SAD is characterized by shorter days and less daylight setting off a chemical change in the brain that leads to symptoms of depression.

There are four different ways that medical professionals recommend to combat SAD. These include: lightbox therapy, psychotherapy, antidepressant medication, and vitamin D.

Lightbox therapy
Since the 1980's, one of the most recommended treatments for SAD is lightbox therapy with a ott lamp.

Which is a lamp that mimics natural light and has at least 10,000 lux capacity. It is recommended to sit in front of this lamp for between 30-45 minutes, usually first thing in the morning until spring. People with light sensitivity issues may need to use a different treatment under medical supervision. I have never used lightbox therapy but my mother swears by it.

Psychotherapy
Psychotherapy (also known as talk therapy) can help people with SAD by teaching them new ways of thinking and behaving and changing habits that contribute more to depression. Typically this goes hand in hand with a subset of psychotherapy called cognitive behavioral therapy (CBT). CBT is a type of psychotherapy aimed at helping people learn to challenge and change certain thoughts and behaviors that could contribute to the problem at hand and improve their depressed and anxious feelings. CBT combined with lightbox therapy is some of the most effective ways to treat SAD.

As someone who has tried many different types of CBT. My favorites are consistent exercise and journaling.

See 'December blues'
page 18>

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'December blues'
cont'd from page 16>

Consistent exercise is really important during the winter months when you are getting out less and less. But it doesn't have to be incredibly strenuous and should be something you enjoy. I personally enjoy walking outside or walking on the treadmill with music blaring in my ears to cheer me on.

In terms of journaling I love to discuss the best things that happen to me and the worst things that happen to me. This gets it off my chest and allows me to reflect on the good in life as well as the bad. I have found that profound kindness to yourself in writing helps with profound kindness to yourself everyday.

Antidepressant Medication

In extreme causes of SAD it is recommended to get professional help. Some of that help includes antidepressants. Antidepressants work by changing either how your brain either produces chemicals or interacts with them. This can stabilize

your mood, depending on the antidepressant there can be some side effects like: nausea, vomiting, weight gain, dizziness, trouble sleeping, and suicidal thoughts or behaviors. Call your doctor immediately if experiencing any symptoms like the ones listed above.

Vitamin D


Many people with winter pattern SAD have a vitamin D deficiency. However, always consult a medical professional before deciding to take supplements. Vitamin D can interact with some medications.

Overall, there's many more things to try and what worked for me might not work for you. For example, you might not enjoy journaling and might prefer knitting instead. It really depends on you and the lifestyle you want to live.

Lastly, if you or someone you know is suffering from SAD or other serious types of depression call the National Depression Hotline: (866) 629-4564.



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WEDNESDAY JANUARY 22 ND	WINTER SEMESTER GENERAL MEETING <i>PIZZA DINNER & INTRODUCTIONS</i>
WEDNESDAY FEBRUARY 5 TH	GLACIERS! <i>WINTER HAS ARRIVED!</i>
WEDNESDAY MARCH 12 TH	THE MINING HISTORY OF MICHIGAN <i>EXPLORE THE ECONOMICAL RESOURCES OF THE MITTEN STATE</i>
WEDNESDAY APRIL 2 ND	VOLCANOES! <i>COME EXPLORE THE FIRE WITHIN</i>

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GET COZEY WITH ANIME THIS WINTER

Otaku Anime invites you to join our club and attend our meetings!

5PM TO 10PM
LOWER WATERMAN OF THE VISTATECH CENTER
SCHOOLCRAFT COLLEGE

DECEMBER 14TH & 28TH
JANUARY 11TH & 25TH
FEBRUARY 8TH & 22ND
MARCH 8TH & 22ND

Reminder: Bring money to purchase to purchase your dinner off of our club's Primo's Pizza Dinner Menu!



Join the **BLACK STUDENT UNION** during the Winter 2025 semester

Wednesdays
12:30 to 1:30 p.m.
Lower Level, Vistatech Center
Conference Room D

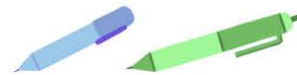
All are welcome to attend.
For more contact the Student Activities Office at 734-462-4422




Illustrations and layout by Caitlin Cherry

OCELOT OPINIONS

What's in your backpack?



Welcome back Ocelots! Thanks for checking back in for this week's Ocelot Opinions. For this issue, we asked students/Staff about what's in their backpacks. Let's hear their responses!

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



NAME: *Melaina Byson*
MAJOR *Dental hygienist*

"I have car keys, ouai hair products, and chap stick. The winter is so brutal my lips get so chapped."



NAME: *Tamara Pope*
MAJOR *Nursing*

"My lab coat, my glasses, Ipad, notecard, Anatomy book, physiology books, crayons, flashcards, white out. All for one class"



NAME: *Karine Brosseau*
MAJOR *Synenography*

"Snacks and money for snacks, you always should have something salty and savory."



NAME: *Wayne Pricer*
Reference Librarian

"My laptop, charger, notepad, and some snacks. Like a chocolate donut or a banana."

DIVERSIONS

Find Answers on Page 23!

		1	2	3
	4			
5				
6				
7				



ACROSS






- 1. main setting of Legally Blonde (abbr.)
- 4. hideout
- 5. _____ and have-nots
- 6. never have I _____
- 7. did run

DOWN

- 1. Yale’s city, without the “New”
- 2. one who waits in ambush
- 3. tone indicator meaning “serious”
- 4. what flows from a volcano
- 5. one possible alternative to “him”





 <p>Aquarius Jan. 20 – Feb. 18: Your loved ones may prove difficult, but with patience you can make great strides towards shared tranquility.</p>	<p>Pisces Feb. 19 – March 20: Your innermost self will bear potent fruit if brought forward into the spotlight.</p>
<p>Aries March 21 – April 19: Conflict is no stranger to you; nor will you be a stranger to triumph so long as priorities remain unsullied.</p>	 <p>Taurus April 20 – May 20: Emotions may run high, but in a search for clarity you will prosper.</p>
<p>Gemini May 21 – June 20: Strongly grip the reins of your focus and you will soar.n high, but in a search for clarity you will prosper.</p>	<p>Cancer June 21 – July 22: Money might be tight, however the support of friends could help lessen your burdens.</p>
<p>Leo July 23 – Aug. 22: Jealousy offers only temporary respite; beware its ensnaring grasp!</p>	 <p>Virgo Aug. 23 – Sept. 22: The time has come to reach for what you desire. Don't hesitate!</p>
 <p>Libra Sept. 23 – Oct. 22: Helping others is an admirable goal, but don't neglect your own healing.</p>	<p>Scorpio Oct. 23 – Nov. 21: Near-sightedness has a strong allure, but your future self will be grateful for any pennies you can save.</p>
<p>Sagittarius Nov. 22 – Dec. 21: Use your ambition as a tool for growth and remember that loneliness is only a fleeting feeling.</p>	 <p>Capricorn Dec. 22 – Jan. 19: Opportunities are abundant now. Steel yourself with the resolve to face their accompanying trials.</p>





Illustration Hunt

Your mission is to find all five of these illustrations that have been scattered throughout the newspaper. Once you've found them all, circle them and head over to the Student Activities office. The first 20 students to bring down their evidence will win a \$10 gift card! To get your prize, ask for the Connection Editor-in-Chief Jess or Student Activities Associate Elizabeth Machniak upon your arrival.



Illustrations by Megan Edgerton



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ANSWER KEY

		N	A	R
	R	E	V	E
S	E	V	A	H
R	I	A	L	
S	L	H		

JOKE OF THE
MONTH

WHAT DO
YOU CALL A
MUSICAL
PICKLE?

A
PICCOLO

JOIN US FOR REC
NIGHT



FEB. 28TH
9-11PM

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