The President’s Corner

In the week before fall quarter began, you all showed how positive, determined, enthusiastic staff can make a difference in the lives of so many people.

Faced with the possibility of changes in the economy, both state- and nationwide, WWCC’s worth was apparent to prospective students as they saw the benefits of continued education for an improved career and lifestyle. Your attention to their needs and the ability to ease their anxieties resulted in an increased FTE of over nine percent!

You’ll see these students periodically under the Knee or in between classes. And you’ll notice that their eyes are a little brighter, their step a little lighter as they ease into their role as a WWCC student. They know where they’re headed now and they know their lifestyle will change with successful completion of their program(s).

Along with the other 33 community and technical colleges in the state, programs offered at WWCC must keep up with the public need for them. We in the world of higher education are responsible to stay abreast of career trends and needs. We are responsible to provide the opportunity for better lives while our students are responsible to take the opportunities to achieve their goal of a better life for themselves and their families.

Remember to be proud of your role in their futures!

Sign Gets Makeover; You Get History Lesson!

The WWCC sign at the Tausick Way entrance to the campus was recently updated and repainted to improve its looks and extend its longevity. In place “forever,” according to Jim Peterson, the sign has a history!

The old sign (old logo, badly weathered, and layers of paint) was replaced with a “new” sign blank (24” wide by 20’ long) last month, adding the current logo and updating the font to match that on the readerboard.

And why did we have a sign blank on hand?
“Because someone removed the old sign from it’s mounting posts many years ago,” Peterson said, “and actually stole it. It was recovered in Mill Creek but not before a new blank was purchased.”

So now you know the rest of the story!

Remember to dress in your own “personal retro” costume for the annual Halloween Party on Friday, October 31.

News from Clarkston

More News on Signs

The Clarkston Campus is enjoying their new readerboard sign, newly operational at the beginning of fall quarter. Janet Danley reports the sign is already reaping benefits. “One of our new fall students noted that he had been thinking about registering for classes but couldn’t find the Clarkston Campus,” she said. “He saw our sign and is now well into his first quarter of college!”

ASB Barbecue a Hit!

A welcome back barbecue sponsored by the ASB was enjoyed Wednesday, October 1, on a warm, sunny day on the back patio. Grill masters Devon Gustafson and Chad Miltenberger prepared hot dogs and burgers for over 400 hungry students, staff and faculty. In addition to the great food, students had the opportunity to win prizes and network with friends.
Tracy Peterson, Secretary Senior, Extended Learning

Tracy was born in Coon Rapids, Minnesota and lived in a small town called Isanti with her parents and an older brother. Isanti had a population of about 500 at the time they left to move to Walla Walla.

“My dad is a Finlander and a part of the first generation in his family to be born in the United States,” she said. “Fins do many of the things that the Polish do! In addition to going on several camping trips every year (which included additional family members from my Mom’s family), we also used to take part in the traditional winter ice bath and sauna. Traditions are traditions, after all. My mom is Swedish and Norwegian, and she would not take part in the foolhardy Finish traditions. You are probably surprised that I did not include Irish in my heritage. The nearest Irish person in the family tree is about six generations past. We may not really “be” Irish, but the gene that carries red hair made its first appearance in the family again in the 1940’s. Only a few of us were fortunate enough to have the red hair from our past.”

Tracy says she was bribed to move to Washington. “When I first learned that we might move to Washington, I was okay with it because that’s where the cowboys and cowgirls were and I wanted to be one. Well, that turned out to be something in my favor when I was promised a horse if I agreed to move. That wasn’t hard to agree to for an 11 year old girl. Riding became my favorite pastime, and I spent as much time with my horses as I could. In time, I joined 4-H and also started to learn how to game. My first horse did not like gaming – he was a mountain horse and if he didn’t want to run around a barrel or poles he wouldn’t! My final two years, I had a wonderful gaming horse and had an incredible amount of fun.

My riding days came to sudden end in 1986 with a serious horseback riding accident, a 10-day stint in the hospital and a year of rehab. Looking back I think I am fortunate to have had this accident. I learned so much about myself going through that experience. Until then my part-time job had always been exercising and caring for horses at a small stable, and when I couldn’t do that anymore, it forced me to become interested in other things.”

She says, “In a weird sort of way, it was a very positive thing to have happened in my life – it made me think for the first time that I wanted to go to college. I ultimately ended up attending Kinman Business University which led to a 15-year career in the legal arena in the litigation field. I loved my work, but I decided I was ready to give up the long hours and high demands of the job when I made the decision to move back to Walla Walla.”

In 2005 Tracy did move back to Walla Walla from Minneapolis so that she could be near her parents as they grow older, and her brother and his three children so that she could be a part of their lives. “I love living in Walla Walla again, and there really is nothing like family and being near them.”

Beaches is the best movie she has seen that depicts true friendship. “Two friends endure the best and the worst, and in the end, friendship wins out over both jealousy and money. It embodies forgiveness, and that is something I think people today don’t truly understand the power of.”

The most interesting place Tracy has ever visited are the salt mines in Salzburg, Austria. “It was great from the slides (long smooth wooden rails) that take you down several levels to the minerals showing a large variety of colors in the rock walls of the tunnels to the underground salt water lake. The lake was smooth as glass, and you could smell the salt in the air. The boat takes you from one end of the lake to the other and into new tunnels. There are mining elevators that take you back to the top. A very interesting place to see.”

Tracy also has a passion for theatre and musicals. “My two most memorable productions were when I played the role of the beauty school dropout, Frenchy, in the musical “Grease” and my other favorite was when I was cast as the absent-minded wife of a cheating scoundrel of a husband in the WWCC production “Plaza Suite” by Neil Simon (see photo insert).

When it comes to relaxing, Tracy loves to spend time with her dog, playing ball or just curling up on the couch. “Sunday mornings I have the newspaper, a cup of coffee, the dog curled up at my feet, and some Christian radio to make a perfect morning.”

With all her interests and her family, friends and her dog nearby, we think Tracy’s future will include plenty of relaxing mornings to enjoy!

From Tracy’s Kitchen to Yours . . .

This is a great chicken recipe with lots of flavor, but not real spicy. The chicken stays plump and juicy, and when I had my nephew try it a few years ago (he was 7 at the time) he loved it. It is a favorite of mine to prepare when having guests over for dinner. I hope that you will enjoy it too.

**Southern Oven-Fried Chicken (Dr. Phil)**

- **Brine:** 2-1/2 cups water mixed with 1/4 cup salt and 1/4 cup apple-cider vinegar
- 6 small (5-6 oz) boneless, skinless chicken breasts
- 1 cup Grape-Nuts
- 1 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried thyme
- 1/4 teaspoon garlic powder
- 1 large egg white beaten with 2 TBS water until foamy

Heal oven to 350 degrees; spray large rimmed baking sheet with nonstick spray. Add chicken to brine mixture, stir, and set aside at room temp. for 15 minutes. Mix Grape-Nuts and the remaining dry ingredients until well blended; spread on large plate. Drain and rinse chicken breasts; blot dry.

Dip chicken breasts in egg white mixture allowing excess to slip back into bowl. Roll chicken breasts in cereal mixture, coating all sides. Bake until crunchy and brown (about 25-30 minutes). Let stand at room temperature for about 2 minutes before serving.

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Nutritional Info: 265 Cal; 38g Prot; 17g Carb; 5g Total Fat (1g Sat Fat); 96mg Chol; 2g Fiber; 2g Sugars; 218mg Sodium. Personal Note: Grape-Nuts gives the best crunch over the store brands.
Who Am I?

This little miss (on the right) drove her own snowmobile at age 5 and then worked in a factory as a chain dado operator before becoming a legal secretary!

E-mail cathy.nelson@wwcc.edu with your answer. Person with first correct guess wins a Kudo bar!!

Remember to send in your own photo soon!!

Wellness at Work

It’s still not too late to join the newest session of Weight Watchers at Work. The group meets on Wednesdays at noon in the back dining room. Three members have reached their goal and have become lifetime members.

Seeing is Believing & Believing is Seeing

Increasingly, people are becoming more aware of how their positive or negative thoughts influence their stress levels, emotions, behaviors and relationships.

We’ve all learned that it isn’t easy to let go of the traditional black and white way of thinking that we’ve been raised on, or to adapt to newer ways of thinking with awareness, flexibility and a sense of satisfaction.

The message often quoted, “Don’t believe everything you think,” is a powerful reminder that in any given moment, you have the ability to edit the opinions and decisions you’ve accumulated over the years.

Just as the history in text books sometimes needs to be rewritten and upgraded based on new information that’s been uncovered over the years, we also need to realize that just because we’ve always done something one particular way doesn’t mean that it will always be the best way to continue completing a task.

The sooner we’re able to minimize the pessimistic feelings that occur from living in the modern day, the sooner we’ll be able to lessen the stressors that stem from negative thoughts.

(From the Employee Assistance Program Newsletter, Volume 6, Issue 2)

Bikes, Scooters, Motorcycles Abound

Staff and students are riding their bikes, scooters and motorcycles at a rate that has bike racks overflowing. Jim Peterson notes we may purchase more racks and asks for suggestions where they could be placed on campus.