Karin Hilgersom, VP of Instruction and I had the honor on Thursday to accompany two Honors students to the All-Washington Academic Team celebration in Olympia. Sponsored by USA Today, the American Association of Community Colleges and Phi Theta Kappa, community and technical colleges annually nominate two outstanding students to represent their school. Twenty students named to the First Team receive a $2,500 scholarship and are featured in USA Today.

Mackenzie and Chris are above and beyond good students. They are outstanding students and I was so proud to have them represent Walla Walla Community College as our All-Washington Academic Team members. They are friendly and intelligent with high goals, dedication, enthusiasm and great work ethics. As education administrators, instructors and staff, this is what it’s all about.

Mackenzie has a 4.0 GPA. She graduated from Port Angeles High School in 2006 and plans to get her PhD in an undecided course of study. Mackenzie is Honors Club president this year. She also works at Merchants and enjoys community and college volunteering.

Chris has a 3.952 GPA and he plans to get his MO and become a research doctor in nuclear medicine. He’s 30 years old, a father of almost two, was deployed to Iraq for 14 months, works full-time and has done an Honors Module for every class but one.

While Chris and Mackenzie are outstanding students, we have many excellent students on our campus, Let’s take the time to recognize them—if only with a smile and a quick “hi”—and encourage their continued educational goals. They’re making their best choice on their way to a successful future. And we are here for them.

UPCOMING EVENTS
March 24-28—Spring Break
March 31—Blood Drive sponsored by the Nursing program, 1-5 p.m.
March 31—Spring Quarter begins
April 9-10—13th Annual AAWCC Silent Auction, Board Room
April 10—185A-B, Poetry Reading by Ron McFarland, former Writer in Residence of Idaho, 1:30-3:30 p.m.

Showcase 2008 a Success!

WWCC’s first annual Showcase, held March 13, brought 180 juniors and seniors to campus from schools around Southeast Washington and Northeast Oregon.

After being welcomed to campus by Dr. Clint Gabbar and hearing a motivational message from Lincoln Alternative High School Dean of Students (and award winning rodeo clown) J J Harrison, students visited three areas of our campus to learn about the degrees and programs that we offer. Students then reconvened in the Dome for a pizza lunch provided by the WWCC Foundation, and were given the opportunity to learn more about WWCC activities and support services. The day turned out to be a great success.

Even with the rain, students trekked all over campus and were very excited about what they saw and heard. When asked what their favorite part of the Showcase was, students responded with some of the following comments: “Learning that CC has more to offer,” “I like all the friendly people and how willing they are to help,” “I felt comfortable and it was good to see how things work,” “Meeting the staff and learning what courses I can take.”

Thanks to the dozens of staff and faculty around campus who took part and made this such a great day for our potential students!

CLARKSTON PBL SPONSORS MARCH OF Dimes Fundraiser

A March of Dimes fundraiser was sponsored by the Clarkston PBL. Eleven faculty and staff members volunteered to see who could get the most donations by the end of the week. The “winner” would wear a bunny suit.

Although Carol Bennett, Janet Danley and Devon Gustafson were close on Wednesday, Carol pulled ahead on Friday with $143.06. A total of $425.01 was collected for the March of Dimes. And as you can see, Carol Bennett was the winner(?). Even though she had Rotary that day and gave a speech, she wore the pink bunny outfit all day!! Congratulations, Carol!!

Coming Soon to a Community College near you?

Don’t Miss Ed’s Debut
April 21!!
David Walk, Manager

Media Dave was born in 1952 in the Good Samaritan Hospital which overlooks the Yuengling Brewery in Pottsville, PA and orphaned at an early age. His eventual father, a soldier, taught him love of country, an appreciation for photography, duty and loyalty. He graduated from Greensboro Grimsley High School in 1970 and from Oklahoma Baptist University in 1983. He served 20 years in the Army with the Oklahoma National Guard and “retired” in 1999. He has been a house painter, an insurance salesman, a journalist, an itinerant musician and a videographer.

“I’ve watched The Sacketts, the 1979 TV adaptation of two Louis L’Amour western novels, at least a dozen times,” Dave said. Hooked on Louis L’Amour westerns since he was 20, he has passed that love on to his daughter Darling who now complains that she will never marry being “unable to find a man to measure up to the standards of a L’Amour Western Man.”

Media Dave’s favorite book is the pocket version of the Gideon’s New Testament which used to be handed out to school children. He loves the parts in red. Jesus is Media Dave’s hero.

“Crystal and I toured Germany for a month in 1995,” and he notes that “in a small village near the North Sea called Uttum, Crystal found records of her 16th century German forebears. It was then that the genealogy bug bit me.”

Now an avid genealogist, Media Dave explores his family history to relax.

When asked what is at the top of his list of things in life still to do, see, and/or accomplish, Dave stated, “According to Robert Heinlein, a man should build his own home, be able to write a song, a book and a poem, love a good woman and be proficient with arms. There are still some things left to do.”

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**Welding Club Makes Fire Rings for Sale**

A project that began as a possible fund raiser for the Welding Club provided extra benefits for all concerned when the students built and donated a fire ring to Street Ministries, a downtown Christian group. Instructor Mike Haggard said someone told him that their fire pit was in bad shape, “So we made the ring and delivered it to them one day.”

When shown the ring with the words Street Ministry cut into the metal, co-leader Ronda Figueroa (shown in photo to right with husband Arthur) said, “The Lord knows what he wants done.” Referring to the welding students, she added happily, “You guys have made my day!”

The Ministry feeds, clothes, warms and helps homeless street people in town.

Welding students are still in the business of making the fire rings, an idea that grew from a discussion with a Les Schwab employee (a ring was also given to the Schwab manager). Although lightweight fire rings are available in many specialty catalogs, these rings are made from truck wheels (donated by Schwab) and are exceptionally heavy.

“The students use all their welding skills to make the fire rings,” said Haggard. “The first thing they have to do is clean up the wheels—a slow and tiring job.” They also must plug weld holes (so the ash doesn’t fall through) and then diesel tech students sand blast the “junk” off of it.

A truck wheel is welded to a car wheel to give it a base and extra height (see above picture to left).

Haggard says fire rings can still be ordered but will probably require a month for completion. A regular fire ring costs $75 and one with a grill costs $100. He can be reached at 4219.

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**Spotlight . . . From Professional to Personal**

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**From David Walk’s Kitchen to Yours . . .**

**Media Dave’s Time Saving Bachelor Recipe For When His Wife is Visiting Relatives**

Go to Thundering Hooves and get 1 pound package of ground beef because you don’t have to measure it.

*Buy your favorite Hamburger Helper in a box at Albertson’s. Go home. Turn the oven control for your favorite burner on top to about ½. While you are browning the hamburger in a skillet put the sauce mix package, the noodles and wet ingredients in a microwave safe bowl big enough not to boil over. Nuke the wet ingredients for as long as it takes the dead cow in the skillet to brown and crisp up a little.*

*Add the nuked globby mix to the beef in the skillet. Stir it around. It should be ready to eat without cooking it any longer. Don’t burn your mouth or hands when you eat out of the pan.*
Workforce Ed Scholarship Funds Available

To help generate new enrollment and retain existing enrollment in a variety of workforce programs, Foundation Director Linda Hardy announced last week that $25,000 in scholarship funding is available to deserving students during the 2008 fiscal year.

“Students with financial needs who may not be able to enroll or persist through their program due to financial constraints are a priority,” Hardy said. “If you are aware of someone who qualifies for this funding, have them complete a WWCC Foundation Scholarship Application and submit it to the Foundation office.” Students must also obtain a recommendation from you and attach it to the application.

Wellness at Work

Weight Watchers Continues

The second Weight Watchers session began a 17-week program February 6 that incorporates e-Tools (an online assistance tool) into their program. With a total of 239 pounds lost through February 6, the group lost an unbelievable 64.5 pounds at their weigh-in February 13. Results, including number of miles walked per week, will continue to be posted here!

- **February 6 balance**: 239 lbs.
- **February 13**: 64.5 lbs. 119 miles walked
- **February 20**: 11.5 lbs. 80 miles
- **February 27**: (weekly numbers not available but totals are up to date)
- **March 5**: 11.6
- **March 12**: 28
- **March 19**: 393 lbs. 478 miles

Sleep Deprivation May Be Your Own Fault

“I’m so tired of being tired.” “I wake up just as tired as when I went to bed.” “I haven’t had a good night’s sleep in forever.”

While there are possible serious health issues if you really aren’t getting enough sleep, it’s also a possibility that in this crazy, chaotic life, we just don’t give ourselves enough time to ease into sleep mode. One of the simplest reasons? Technology. Here are a couple suggestions:

- **Unwind before bedtime.** Have a transition period—15-30 minutes—of technology-free time before you go to bed to sleep.
- **Shut down your bedroom.** No electronics in your bedroom. That means televisions, computers, video games. Put caps over electric outlets to make it a little more difficult to plug something in. Even the small amount of light from your alarm clock could hamper your sleep (small amounts of light from the radio pass through the retina and delay the release of melatonin, a sleep-inducing hormone). Read a book or listen to soothing music or the sounds outside your window. Even a small fountain can provide relaxation after a long day.
- **Disconnect your kids, too.** Remove the TV and computer from your child’s bedroom. No matter what the age, both have a negative effect on sleep quality. Make sure they have a relaxing book to read before settling down to sleep.

Auditions Over—Casting Begins!!!

More than 60 people auditioned last weekend for *Anything Goes*, the musical production scheduled this year at the Fort Walla Walla Amphitheater.

Four audition sessions plus a call back session for lead roles saw actors and actresses sing, tap dance and read from the script. “Within a week, casting will be completed,” according to Program Coordinator Kay Raddatz. “And once the decisions are made, we will contact everyone.”

Nine performances are scheduled July 10-12, 17-20 and 24-26.

Idaho State Poet to Read “Regular Guy” Poetry

If words like “rural,” “approachable” and “down to earth,” sound like the Walla Walla way of life, then you’ll definitely enjoy a poetry reading by Ron McFarland, former Writer-in-Residence for the State of Idaho on Thursday, April 10 in Room #105 from 1:30 p.m. to 3:30 p.m.

McFarland has published seven books and will read both “old" and some brand new poems.

8th Graders to Visit Campus

Students will be challenged to earn their high school diploma and have a plan for the future at WWCC’s Career Day 2008 on Tuesday, March 25 during the college’s spring break.

WSU Gear Up and College Spark Washington, two programs dedicated to early outreach for students and their families, will help host 550 eighth graders on campus.

The day starts with “Charting Your Course for Success” in the dome. Four 20-minute breakout sessions will follow between 10:30 a.m. and 12:30 p.m.

Gretchen Hormel-Tomkins is the WWCC Gear Up and College Spark coordinator.