The President’s Corner

The community came to the campus again Saturday evening, May 10, to help turn the lights on at WWCC’s baseball/softball complex! (See photo—page 2)

Over 300 people found time during the busy Balloon Stampede and Mother’s Day weekend to participate in the ceremony held between a baseball doubleheader against YVCC and a softball doubleheader against CBC. Sophomores and their parents were also acknowledged in their last regular season games by coaches Mike Cummins and Mike Staudenmaier.

Near the baseball pitching mound, it was an honor for me to share the microphone with the coaches, student athletes from each team, and County Commissioner Greg Tompkins who helped spearhead the move to provide the Walla Walla Valley with more lighted fields. These fields now improve the community’s ability to host playoffs and state and regional tournaments. And the increased number of athletic events will bring more tourist dollars to the area.

The Walla Walla Valley Youth Baseball and Softball organization are a driving force for this project as they generously agreed to partially fund the installation of our “green” system that will save 50 percent over standard lighting systems. And many donors, both community- and college-wide, opened their wallets to ensure installation of the lights.

Our rapport with the community is such a blessing for many reasons. We not only graduate the future leaders of our community and provide training to all, but we also are able to provide a solid base of giving through you—our staff—who are the backbone of Walla Walla, the small southeastern Washington community that is home to us all.

We are fortunate to live here where we can enjoy the importance of ball fields on the same level as new wineries, new businesses and beautiful home developments. We can sit in our quiet backyards to enjoy a barbecue and evening sunset as easily as we can enjoy a hotdog at a noisy ball park!

Not only is WWCC your best choice! So is Walla Walla!

Road Warriors Second In Bloomsday Race

The WWCC Road Warriors running team took second place in its corporate cup division in Spokane’s famed 7.4 mile Lilac Bloomsday Run on Sunday, May 4. Running for the Road Warriors were: Juliane Sachs, Marleen Ramsey, Cami Eastep, and Nancy Kress. Two other team members, Forrest Baker and JR VanSlyke, were not able to participate in the run; Cami ran for Forrest.

Goals for next year are to win the division with the following strategies:

Julie: “I’ll trim my time by five minutes.”
Cami: “I’ll take one minute off of each mile.”
Marleen: “Staying alive, staying alive.”
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**Bragging Rights**

Holly Thornton, the youngest daughter of Dennis and Kathy Thornton, will graduate with an Associate of Applied Science degree in Dental Hygiene from YVCC on May 16. She’s already passed four of her six boards with the last two scheduled in June. Congratulations Holly, mom and dad!!

Janelle Hartford, 14 year old daughter of Jim and Sherry Hartford, was named Assumption School’s eighth grade Student of the Year at ceremonies held at the Elks Lodge May 8.

Les and Susan Echtenkamp’s daughter Emily received a $500 scholarship from the Elks at the same ceremony. She will attend Western Oregon University to Major in Psychology and minor in Dance or American Sign language.

Andy and Denise Winnett’s daughter Micah from Waitsburg also received a $500 Elks scholarship as well as the Bob Abbey scholarship from Northwest Grain Growers and a Rasty and Nona Ketleshides scholarship. An interesting side note to Micah and the Ketcherside scholarship—Rasty and Nona were neighbors of the Winnetts’ outside Waitsburg and they were witnesses for Andy’s parents when they got married.

**Kudos to . . .**

. . . Roberto Romero who celebrates 35 years of full-time classified employment at WWCC effective June 1. Congratulations Roberto!!

**Spotlight . . .**

**Vince Ruzicka, Information Center**

Born and raised in Walla Walla, Vince Ruzicka started his schooling at Assumption Grade school for kindergarten, then switched to Sharpstein to be a Stomper in the 1st grade. From grade school to Pioneer Middle school, “I played football, basketball and baseball,” he said, “and our football team was the first to go back to back seasons undefeated, 14-0!”

After those three years in middle school it was on to Wa-Hi where Vince again competed in sports year round. “My junior and senior year I was also ‘Spirit King’ which was pretty cool at the time,” he remembers. “It was an award for the person who showed the most Spirit at sporting events—and that was definitely me!” After graduating from high school Vince attended WWCC and received his AA degree (GO WARRIORS)!

“From CC I moved away to Cheney for two years to go to school at Eastern Washington University where I graduated with a B.S. in Applied Developmental Psychology,” he proudly notes. “Now I am here at WWCC working at the Information Center, looking to get into Student Services as a counselor/advisor. I currently volunteer with the Walla Walla Babe Ruth Coaching Exchange, a team of 13-16 year olds. Our season starts Monday, May 19 so if anyone is interested in watching, stop by or email me and I can get you a schedule!”

Although not currently married, Vince is “in a long-term relationship!”

**The Count of Monte Cristo** (2002) is Vince’s favorite movie. “This is just a good story/movie,” he says. “James Caviezel (Jesus in Passion of the Christ) plays Edmond Dante who is falsely imprisoned by jealous friends. Everyone should see this story—it’s kind of one of those ‘keep your friends close but your enemies closer’ type of story. His favorite book is John Steinbeck’s *Of Mice and Men* when he read it in high school.

The Prague in the Czech Republic is the most interesting place Vince has visited. “That’s where the Ruzicka name comes from,” he explained, “so when we visited the area and people saw our last name, they got excited and tried to talk to us in Czech! We could only say about ten words, but it was definitely an amazing experience. Old structures and very historical. The Charles Bridge that crosses the Vltava River in Prague and Prague Castle were two of the main highlights of the trip.”

Vince doesn’t really leave the college when he relaxes—he comes out to support Warrior athletics! “I love to watch sports of any kind,” he says. “From soccer and volleyball in the fall, basketball in the winter and baseball and softball in the spring. When I attended last weekend’s lighting dedication, I was just in ‘ahh’ at the beautiful fields under the lights. What these coaches and teams have done out there is just amazing!!”

Vince’s top priority in life is to have a happy family and be a successful counselor. He also hopes to travel to Australia, go to Europe again and see all 50 states.

“We’re awfully glad Vince graduated from WWCC so he could come back as an employee. And he will definitely succeed in any direction that life leads him.

**From Vince’s Kitchen to Yours . . .**

**CHICKEN ENCHILADAS**

1 pound uncooked chicken breast strips
1 package (8 ounces) cream cheese, cut into strips
1 can (4.5 ounces) chopped green chilies
1 package (12 count) flour tortillas for soft tacos & fajitas
2 cans (10 ounces each) green or red chile enchilada sauce
3/4 cup shredded cheddar cheese (3 ounces)

**Directions**

Heat oven to 400 degrees. Lightly grease 13x9x2-inch rectangular baking dish. Cook chicken in skillet over medium-high heat, stirring occasionally, until no longer pink in center. Add cream cheese and chilies; reduce heat to medium. Cook and stir until blended and cream cheese is melted. Spoon chicken filling onto tortillas; roll up and place seam side down in baking dish. Pour enchilada sauce over top; sprinkle with Cheddar cheese. Bake 15 to 20 minutes or until hot and cheese is melted.

Softball pitcher Makenzie Marchbanks enjoys an evening softball game under the lights following the lighting dedication May 10.
**Weight Watchers Continues**

Dedicated staff continues to post impressive losses during their Weight Watchers meetings on Wednesdays. And with the results to date, they’ve lost nearly fifty-two 10-pound bags of onions or the equivalent of about three people (four if they’re small). They’ve also walked from Walla Walla to Okanogan and back twice or from Walla Walla to the Tri-Cities and back nearly 11 times.

<table>
<thead>
<tr>
<th>Results thru 5/7</th>
<th>#s Lost</th>
<th>Miles Walked</th>
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<tbody>
<tr>
<td></td>
<td>516 lbs.</td>
<td>1,090 miles</td>
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Plans are to continue a summer Weight Watchers at Work program. Two series are offered depending on the number of people enrolled—15 weeks beginning June 4 and ending on Sept. 10 for $180 with a minimum of 15 people. For just $6 more or $186, the series will be for 17 weeks with free e-tools (a $12.95 per month value) and would end on Sept. 24. This series requires a minimum of 20 people. Contact Doreen at 4239 for information.

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**Wellness at Work**

If you—and especially the people around you—can handle the notorious odor of garlic, you might want to start eating a raw clove now and then. For thousands of years, garlic has been hailed as an elixir of health. Claims include treating the common cold, keeping the plague at bay and warding off vampires. Garlic was even used as currency in ancient Egypt and was used as an aphrodisiac in India.

Today, garlic’s use in cooking is almost being overtaken by its claim as a low calorie immunity-boosting superstar. One clove contains 5 mg. of calcium, 12 mg. of potassium and more than 100 sulfuric compounds—powerful enough to wipe out bacteria and infection (it was actually used to prevent gangrene in both World Wars according to Kathleen Zelman, MPH, in her review of “Anatomy of Garlic” by Katherine Schaufelberger).

Raw garlic is the most beneficial because heat and water inactivate sulfur enzymes, lessening garlic’s antibiotic effects. Garlic has also been shown to lower blood pressure and cholesterol and kill parasites in the body. Other immunity boosters high in sulfuric compounds include brussel sprouts, cabbage, chives, kale, leeks, onions and shallots.

So now you know. Just remember to let your spouse and close friends know what you’re eating—not that it will be a secret at 10 feet or less!!!

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**TRiO Collecting Items For YWCA, STARS, CAC**

TRiO Club is collecting toiletries and household items for the local YWCA, STARS, and CAC. Please bring your extras to Cami Eastep’s office in TRiO SSS as they will go to a great cause. Hint: bringing home the soaps, etc. from hotels when you are on business trips is a fabulous way to stock up!