President’s Message

2010—another year and our chance to stay up to date on what’s happening here at WWCC and throughout the state and nation.

It’s been an interesting year, a challenging year as we’ve enrolled more students with less state funding. But YOU, our dedicated staff, continue to provide educational opportunities to all who want them.

We make a difference for hundreds of students each quarter as our counseling, financial aid, and admissions personnel work to provide options for every student and potential student. Each department strives to offer the choices that best complement a student’s needs and goals.

We’ll keep you apprised of Olympia’s decisions and how they affect us at WWCC. And we’ll continue to do our best to keep Walla Walla Community College among the top community colleges in the state.

TRiO Grant Brings Mazur to Walla Walla

A professional mountain climbing guide and motivational speaker, Dan Mazur came to Walla Walla on January 14 for two presentations on campus made possible through a TRiO grant.

The annual Winter Convocation was scheduled at 10:30 a.m. in the Dome, and a second presentation was open to the public at 7:30 p.m. in the Performing Arts Center. Mazur combined stories of leading Greg Mortenson’s “Three Cups of Tea” expedition to K2, and the rescue of fallen climber Lincoln Hall from just below the summit of Mt. Everest in 2006. That story was featured on the Today and Dateline shows and across international media. In addition to climbing Everest, Mazur has led over 15 expeditions to the world’s highest peaks.

Mazur’s motivational goal is teamwork and leadership. His determination and wisdom in the field brings confidence and understanding to audiences worldwide.

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COMING EVENTS

January 14 - WWCC Convocation with guest speaker Dan Mazur
January 16 - W/M Basketball v. TVCC, 4 p.m. and 6 p.m.
January 18 - Holiday, Martin L. King Day
January 23 - W/M Basketball v. Wenatchee, 4 p.m. and 6 p.m.
January 30 - W/M Basketball v. Big Bend, 4 p.m. and 6 p.m.
February 15 - Holiday, Presidents’ Day
March 3-9:30 to 11:30 a.m., “Flashpoint Violence Prevention Training”

Support Women’s & Men’s Basketball in the Dome!!
Danielle Swan-Froese, Administrative Assistant, VP of Instruction & Work Force Education

Outgoing and qualified are two words to accurately describe Danielle Swan-Froese, the newest addition to the Admin I staff. Born and raised in southern California, she attended an all-girl’s Catholic high school (“think green plaid skirts and gray blazers,” she says) where she played basketball, softball, and ran cross country. She then attended Loyola Marymount University for one year before transferring to Oregon State University where she completed a BS in Health and PE. While at OSU, she was a member of the women’s crew team that took second place in the nation in the ‘women’s lightweight four’ her junior year.

Danielle married Walter three years ago (he is the Controller at Whitman College, a Walla Walla native, and “a really nice guy”) and they have five children between them—Anna is a CNA in Dayton; Ian is a sophomore at Lehigh University in Bethlehem, PA studying engineering and business; Gus is a senior at Dayton HS; Alyssa is a senior at WaHi; and Abbie is a sophomore at WaHi. “We also have a dog, cat, fish, and six chickens,” Danielle notes.

The Big Lebowski is Danielle’s favorite movie “because I just think it’s hilarious.” While she doesn’t really have a favorite book, she’s read many and has many more she’d like to read, “but at this point in my life, I seem to read more magazines than books—except for my accounting textbook.”

High school graduation saw Danielle and her sister spending the summer traveling around Europe with backpacks and Eurail passes. “We saw lots of interesting places including Venice, Athens, Salzburg, Rome, Paris, Amsterdam. I’d go back in a heartbeat!”

When she relaxes and leaves the cares of the college behind, Danielle likes to ride her bike. She did the STP (Seattle to Portland) ride last year with a group of friends and plans to ride the RSVP (Seattle to Vancouver, BC) this summer. She also likes to ski with her family, hike, lay in the sun, hang out with friends, and drink red wine and eat dark chocolate.

Danielle’s excitement for life shows through when she talks of what she still wants to do, see and accomplish. “I’d like to travel just about everywhere to see what there is to see, and I’m hoping we’ll have more time and money to travel once we get all the kids through college. Beyond that, I want to keep learning new things and possibly work on a Master’s degree.”

And we bet she’ll successfully complete whatever she starts!!

Wellness at Work

Financial Stress & Lost Sleep

It’s a common feeling these days, whether you’re a millionaire or living from paycheck to paycheck. The economy affects everyone in some way. Top worries include lack of money for retirement, health care expenses, and the ability to make a mortgage or rent payment.

After your doctor rules out a sleep disorder, you can find helpful tips for improving your sleep at sleepfoundation.org. Avoid alcohol as a sedative to put you to sleep.

Did You Set a Goal for 2010?

If you made a New Year’s resolution that’s still hanging in there, here are four suggestions to keep your goal alive:

--Decide precisely what you’re going to achieve and accept no substitute for achievement.

--Decide that you will act relentlessly to make the goal reality.

--Recognize progress (or lack of progress) so you can repeat, add to, or not repeat steps accordingly.

--Abandon preconceived notions of what should or will ultimately work.

To a Prosperous & Happy 2010!!

Bits & Pieces

Elizabeth and Matt Stroe welcomed their second baby boy January 12 at 8:12 a.m. Kittrick Jay weighed 9 pounds 3 ounces and is 21 inches long. Kittrick joins big brother Mihai.

Kay and Mark Raddatz are the proud grandparents of their third grandson, Andrew Joseph, born at 9 a.m. on Christmas Eve in Chicago to Jen and Randy Hajduk. He weighed 7 pounds 10 ounces and was 20 inches long. Andrew joins older brother Matthew.