



MARINE, MOM AND COLLEGE GRADUATE HEATHER AUSTIN DEMONSTRATES PERSISTENCE AND A LIFELONG PASSION FOR LEARNING



Heather Austin

Heather Austin, Kalamazoo Valley's student speaker for its 88th Commencement Ceremony on Dec. 18, is no stranger to hard work. Austin was one of the 278 students who participated in the ceremony at Western Michigan University's Miller Auditorium.

In addition to graduating from Valley, Austin just celebrated 20 years as a U.S. Marine and graduated from Advance Career Course training. The single parent has juggled

full-time work as an operations manager for FedEx while completing her associate degree in business administration and caring for her five children who range in age from 10 to 16.

The Clare, Michigan native graduated from high school in 2003 and immediately joined the Marine Corps. "I joined because I wanted to belong to something bigger. It doesn't matter where you go, there's always a Marine." She loves the camaraderie so much that she recently re-enlisted.

She first enrolled in classes at Kalamazoo Valley in 2005 and had planned to take a semester off when she became pregnant. She remembers telling English instructor Michael Keller about her pregnancy and being touched that he was genuinely happy for her. "He's responsible for me continuing my education," Austin said. "His kindness brought me back after 17 years."

Other Kalamazoo Valley employees have also made an impact on her. Business

instructor Steve Walman has encouraged her with his calm and steady demeanor and Public Safety Director Don Benthin "unlocked my car at least 87 times," she said. Being on active duty in the Marines from 2017 to 2019 made her realize the importance of continuing her education. "I thought I wanted to be a nurse," said Austin. She is trained as a medical assistant and has worked as a dialysis technician. "I figured out that that's not what I really want to do," she said. The leadership and management skills she gained in the military made her realize that business administration is a better fit.

Challenges to completing her degree have included trying to take tests while in the field with fellow Marines and having her laptop screen crack due to extreme cold temperatures. In her commencement speech, Austin's main points were "believe in yourself" and "never stop learning." She said she has learned to be comfortable with being misunderstood. "The only voice that matters is yours," she said. "Make sure your

voice is on your side."

Austin is going to continue with her studies by completing a bachelor's degree through the University Center at Kalamazoo Valley. "I want to learn everything I can to help my daughter with the small business she wants to start. Long-term I would love to continue on to get my master's degree." Austin's 16-year-old daughter MacKenzie has two horses and wants to open a boarding and training facility. "It's my job to make my kids successful," she said. "That means helping them to explore and develop their talents and passions."

Austin believes that there is no "magic timeline" for college completion. "It doesn't matter when you go to college," she said. Although her children are ready for her to be done taking classes, Austin knows they're proud of her and she's happy to be demonstrating the importance of persistence. "Never say never" is her motto. "I didn't think in 2005 that college was for me, but here I am," she said.

MERIT SCHOLARSHIP APPLICATIONS BEING ACCEPTED NOW

High school seniors planning to attend Kalamazoo Valley for the 2023-2024 school year are encouraged to apply for the Kalamazoo Valley Merit Scholarship.

The \$2,000 scholarship can be used toward educational expenses for two consecutive

semesters at \$1,000 per semester. To be eligible for consideration, the following is required:

- Minimum high school GPA of 3.25
- A 200-300 word essay about the benefits of attending a community college

- Must be a current high school senior (2023 high school graduating class)
- Must be receiving a high school diploma or GED with a 2023 high school graduating class
- Must have applied and been accepted to Kalamazoo Valley Community College
- Must complete New Student Orientation
- Must enroll in a minimum of six credits each for the Fall 2023 and Winter 2024 semesters
- Must have completed a minimum of 12 credits by the conclusion of the first academic year

The Merit Scholarship may be combined with TIP, Michigan Competitive Scholarship, Kalamazoo Promise and other federal grants and loans, including the Pell Grant.

If awarded, the scholarship is renewable for a second year for students who complete 12 credits in their first year and are in good academic standing.

Apply online at kvcc.edu/merit by March 1, 2023.

Other scholarships are available. For details visit www.kvcc.edu/admissions/finaid/scholarships/.

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MIPSA STATEWIDE AWARD RECOGNIZES HONORS STUDENTS

Two of Kalamazoo Valley's Honors Program students were chosen as finalists for the Michigan Political Science Association's (MIPSA) Undergraduate Student Paper Award during the annual MIPSA conference from Oct. 20 - 22 at Ferris State University.

Twenty-five-year-old D Pitts of Kalamazoo was awarded first place for her paper submission titled, "Not by Right but the Hand of Power: Land Policy and the American Revolution."

"I feel very honored to be recognized like this," said Pitts. "I spent a lot of time in my younger years viewing American history as somehow boring or less exciting than the history of the rest of the globe, but this was another topic that clearly displayed that my understanding was not accurate and there was so much more to learn. I enjoyed being able to use

resources we'd discussed in class while putting the research together, and really fell head-first into reading letters between Founders - whether they had anything to do with my land policy thesis or not."

Additionally, 19-year-old Pearl Steenstra from Portage was honored as a finalist with her submission titled, "What Effect Would a Universal Access to Higher Education Have in America?"

"I'm grateful that my skills and passion are aligned and were confirmed by placing as a finalist," said Steenstra. "My paper allowed me to explore my fascination with public policy, and placing as a finalist in the contest felt like a confirmation; I should continue to follow my passion."



D Pitts



Pearl Steenstra

Pitts and Steenstra both serve as Honors Program student vice presidents and are pursuing degrees in liberal arts at Kalamazoo Valley.

Founded in 1969, MIPSA is a professional non-partisan state organization comprised of educational practitioners, students and scholars with the intention of advancing the study of political sciences.

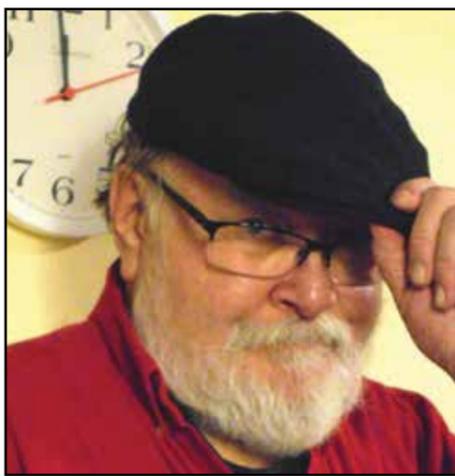
For more information about Kalamazoo Valley's Honor Program, contact Program Director Kevin Dockerty at kdockerty@kvcc.edu or visit kvcc.edu/campuslife/orgs/honors.

FRETBOARD FESTIVAL CELEBRATES STRINGED INSTRUMENTS MARCH 3-4

MENTAL HEALTH: MIND MATTERS

FEB. 18 - JUNE 18 | FREE

This exhibit creates a safe space for important conversations about mental illness. It was produced for North America by the Science Museum of Minnesota in collaboration with Heureka, The Finnish Science Centre. For details, visit kalamazoomuseum.org.



Joel Mabus

Love live concerts? The 18th Annual Fretboard Festival takes place in person March 3-4 in person at the college's Kalamazoo Valley Museum and Anna Whitten Hall in downtown Kalamazoo.



Crossroads Blues Band

This free annual celebration of Kalamazoo's stringed-instrument legacy and musical heritage invites visitors to meet instrument designers and learn about their trade, attend workshops for a

variety of stringed instruments, and hear live performances from area musicians.

The Fretboard Festival Kickoff Event on Friday, March 3, from 5:30 to 9 p.m., will feature a musical performance from Bahar Ensemble and "The History of the Oud" presentation with Beau Bothwell. The festival continues on Saturday, March 4, from 9:30 a.m. until 7 p.m., with workshops, vendors and performances from Joel Mabus, Dave Johnson, Crossroads Blues Band and many more.

Attending virtually? Free preregistration for the link is available at the Kalamazoo Valley Museum website at kalamazoomuseum.org.

STUDENT PROFILE: MATTHEW MAKA



Instructor Brian Murray (l) and student Matthew Maka (r)

A desire to keep his sister's car repair costs to a minimum sparked Matthew Maka's interest in studying to become an automotive technician. "I didn't want her to pay an arm and a leg after she crashed her car," he said. "My Dad and I helped fix her car and got her back on the road."

Maka, an Allegan High School graduate, ruled out an expensive automotive program at a college in Ohio before committing to Kalamazoo Valley. Receiving the Marshall Beachler Professional Trades Scholarship solidified his decision. "I'm very grateful for the support of this scholarship," he said. "It helps me pay for all of my classes and books. It has really helped me out tremendously this semester. It gives me peace of mind that I have support." He works full time at a Toyota dealership during the summer and part time while he's taking classes.

Maka is in his second year at Kalamazoo Valley. He plans to return for a third year to complete the automotive drivability systems and automotive undercar systems associate degrees. Maka has always enjoyed school. He maintained a 4.0 GPA during his sophomore to senior years of high school. He's also

earning high marks while taking 17 credit hours during to fall semester at Kalamazoo Valley.

He credits his instructors with keeping him interested and motivated. "All of my auto instructors have been amazing," he said. "They're all different, but all are amazing." Maka loves working on cars and is confident that there will always be a demand for skilled auto technicians. "It's definitely a great investment," he said of his training. "You can definitely learn a lot and save yourself a lot of time and money. Everyone drives a car so techs are always going to be needed."

To apply for the Marshall Beachler Professional Trades Scholarship, Maka was required to submit an essay about his goals for the next five years. "I want to be a master technician for Toyota and to be able to fix anything on any kind of car," he said.

Because of all the hands-on instruction he's receiving in the auto lab at Kalamazoo Valley, Maka is certain that his goals are within reach. "I'm certain that when I'm ready, my instructors can help me find a job by the end of the day," he said.

COLLEGE WELCOMES ANGELINE BOULLEY



Angeline Bouley

Kalamazoo Valley's Visiting Writers series offers students the opportunity to talk with professional writers and listen to their work.

The visits take place in the Student Commons Theater, Room 4240, at the Texas Township Campus. All events are free, open to the public and include a 10 a.m. craft talk and a 2:15 p.m. reading by the author.

Tuesday, April 4, 2023
Angeline Bouley | Craft talk at 10 a.m.
Reading at 2:15 p.m.
Fiction - "Firekeeper's Daughter"

Angeline Bouley is an enrolled member of the Sault Ste. Marie Tribe of Chippewa Indians. She is a storyteller who writes about her Ojibwe community in Michigan's Upper Peninsula. She is a former Director of the Office of Indian Education at the U.S. Department of Education. Previously, she was her tribe's Education Director/Assistant Executive Director and served on the Board of Regents at Bay Mills Community College. Bouley lives in southwest Michigan, but her home will always be Bahweting (the birthplace of the rapids) in Sault Ste. Marie.

Firekeeper's Daughter is Bouley's debut novel and was an instant number one New York Times Bestseller. The book has been named the Walter Dean Myers Award winner for Outstanding Children's

Literature, the Printz Award, the William C. Morris Award for Young Adult debut literature, and was an American Indian Youth Literature Award Honor Book. The book is soon to be adapted at Netflix for TV with former President Barack Obama and Michelle Obama's production company, Higher Ground.

In this riveting novel, a biracial, unenrolled tribal member and the product of a scandal, Daunis Fontaine, has never quite fit in—both in her hometown and on the nearby Ojibwe reservation. When her family is struck by tragedy, Daunis puts her dreams on hold to care for her fragile mother. The only bright spot is meeting Jamie, the charming new recruit on her brother's hockey team.

Yet even as Daunis falls for Jamie, she senses the dashing hockey star is hiding something. Everything comes to light when Daunis witnesses a shocking murder, thrusting her into an FBI investigation of a lethal new drug.

As the deceptions—and deaths—keep growing, Daunis must learn what it means to be a strong Anishinaabe kwe (Ojibwe woman) and how far she'll go for her community, even if it tears apart the only world she's ever known.

For more details go to www.kvcc.edu/campuslife/visitingwriters/.

BLACK ARTISTS EXHIBIT

OPENS
FEB. 3
2023

FOURTH ANNUAL
CENTER FOR NEW MEDIA

In collaboration with the Black Arts & Cultural Center and the Metropolitan Kalamazoo branch of the NAACP (National Association for the Advancement of Colored People), Kalamazoo Valley will host its fourth annual Black Arts Exhibit in February and March. See www.kvcc.edu/artexhibits for more information.



APPRENTICESHIP CREDITS AVAILABLE TO CARPENTERS AND MILLWRIGHTS



Statewide Training Director for the MRCC Tod Sandy (l) and President L. Marshall Washington, Ph.D. (r)

The Michigan Regional Council of Carpenters and Millwrights (MRCC) and Kalamazoo Valley Community College

recently signed an innovative articulation agreement that provides college credit toward Kalamazoo Valley's welding certificates or the occupational technical studies associate of an applied science degree to apprentices who successfully complete journeyman certification training with the MRCC.

"Kalamazoo Valley works to ensure high academic quality and encourages student achievement," said Kalamazoo Valley President L. Marshall Washington, Ph.D. "We have found a worthy partner in our shared commitment to this goal in the MRCC. We are pleased to provide this opportunity for apprentices who complete their journeyman certificate."

Statewide Training Director for the MRCC Tod Sandy said, "Partnering with Kalamazoo Valley just makes sense. Now carpenters and millwrights who train to our rigorous standards can have their hard work recognized when they pursue continued learning and certification programs with Kalamazoo Valley. We are grateful for the opportunity to work with a tremendous community partner like Kalamazoo Valley."

Highly trained skilled trades professionals are in high demand in Michigan, and experts anticipate the current shortage of such workers to continue well into the next decade. Skilled trades professionals such as carpenters and millwrights account for more than 500,000 jobs in Michigan. Every year, businesses need 47,000 workers

to fill job openings in the skilled trades. Careers in skilled trades typically do not require a four-year-college degree and pay well above Michigan's median income.

A carpenter or millwright apprentice earns around \$60,000-\$80,000 a year, with benefits, health care and pension. A carpenter or millwright with five years' experience could earn more than \$100,000 a year on average, with benefits, health care and pension.

For more information about technical trades training at Kalamazoo Valley, go to www.kvcc.edu/programs/industrial_trades/. Winter semester began on Jan. 9 and classes are still available. Go to www.kvcc.edu/register for details.

VIETNAMESE COMPANY TAPS WIND ACADEMY FOR EXPERTISE



WTTA instructors Tom Sutton (left) and Lief Doezema (far right) with Huynh Bao (third from right) and his Vietnamese colleagues.

Growing up in Vietnam, Huynh Bao never imagined that his first trip to the United States would have him scaling a 300-foot wind turbine in Kalamazoo, Michigan. But for the 44-year-old and three other Vietnamese colleagues, that's exactly what their first trip across the pond entailed.

The group, employees at the Ho Chi Minh City-based EVNGENCO 3, traveled more than 24 hours by plane to Kalamazoo in late 2022 to train with instructors in Kalamazoo Valley's Wind Turbine Technician Academy (WTTA). EVNGENCO 3 specializes in electricity production and electric power engineering. The company aims to become one of the leading units in the energy sector, in both investment and development of wind power, in Vietnam and in Southeast Asia.

Kalamazoo Valley's Director of Wind Energy and Technical Services Tom Sutton hopes to help get the company there.

With the assistance of an interpreter and Google translate, Sutton provided Bao and his co-workers with 32 days of instruction, Monday – Friday from 8 a.m. – 5 p.m., including one-week training in the field at Stoney Corners Wind Farm in northern Michigan.

"Fundamentally, the electrical skills the group already had were transferable to wind power but the skills they learned were new," Sutton explained. "The training went really well and was a very positive experience for everyone."

Bao, speaking through an interpreter, agreed.

"The class is very practical. I'm learning new and interesting things. I'm very happy about it," he said. Bao and his colleagues were required to submit a daily report to their company detailing what they learned in class.

"Wind power is a new industry in our country,"

he said. "We have experience with gas, solar and hydro power but wind power is new in Vietnam. We want to be able to provide maintenance and service to wind farms in Vietnam."

According to Bao, the country hopes to put 10 gigawatts of wind power, or approximately 3,000 wind turbines, into operation by 2025.

"The United States is the leader in wind power," he said. "Vietnam wants to follow the U.S. standards."

Topics covered during the training included SCADA operations, automation controls, power conversion and grid integration. Upon completion, Bao and his colleagues received certification in GWO Basic Safety Training, GWO Basic Technician Training, NFPA -70E ArcFlash, Certificate of Participation and Advanced First Aid.

According to Sutton, there is potential for another group of EVNGENCO 3 employees to travel to Kalamazoo and the school is in discussions to expand its training to other international energy companies.

"We're in very early talks with companies in Thailand, Brazil and Japan through our affiliation with the BZEE in Germany," he said.

"We will welcome at least one instructor from Australia to the campus in February for eight weeks of hands-on BZEE Instructor Certification training."

Kalamazoo Valley's competency-based WTTA provides a fast track to jobs that are in demand and pay high wages. Kalamazoo Valley offers the course as a non-credit, full-time program allowing students the chance to be job-ready in less than six months. Focused on specific, hands-on competencies, the unique training model moves students from the classroom to the learning labs and into the field quickly.

The program requires graduates to achieve 100 percent success in meeting industry standards in core areas of qualification. The graduates must successfully complete written assessments, practical examinations in the lab and demonstrate their capabilities in the field.

More than 96 percent of WTTA alumni work in the wind industry, with the majority accepting offers for employment prior to graduation. The Academy is offered twice a year, in January and July. For more information, call 269.353.1560, email careeracademies@kvcc.edu or visit www.kvcc.edu/wind.

COMPLETE A BACHELOR'S DEGREE AT VALLEY

The University Center at Kalamazoo Valley allows students to complete a bachelor's degree from a partner university on Valley's campus – without commuting to an out-of-town campus. Ferris State University, Davenport University and Siena Heights University all have program options at Kalamazoo Valley and staff who work on campus in the University Center.

Through the University Center, Kalamazoo Valley students have the opportunity to transfer up to 90 credits they've earned at Kalamazoo Valley and apply them directly toward completing their bachelor's degree, all on Valley's campus.

The bachelor's degrees offered through the University Center provide a seamless transition from Kalamazoo Valley's certificate and associate degree pathways directly into completing a bachelor's degree. Upper-level courses are designed for student's professional development and academic success and are created to fit even a busy schedule. Classes are offered

online, with virtual meeting times, as well as once per week evening classes.

Kacey VanDerBos earned two associate degrees from Kalamazoo Valley and was considering transferring to Western Michigan University before she discovered the University Center. "When I was coming to the end of my studies at Kalamazoo Valley, I was meeting with a counselor at Western Michigan University, but I just didn't feel welcome there. I felt like I was one of thousands."

Back at Valley, she noticed University Center signage and decided to check it out. "I looked to the right and saw 'Get your bachelor's here,'" she said. She set up a meeting with Amy Doxtater from Davenport University and immediately felt at home. "I felt like she actually cared and wanted me to go through their program," VanDerBos said. Doxtater mapped out her classes to make sure she'd graduate on time.

VanDerBos completed her Bachelor of Business Administration through Davenport at the University Center. She works in human resources as a recruiter for Senior Care Partners PACE and is also in graduate school.

Khadijah Kabbani earned an associate degree in business administration from Kalamazoo Valley before transferring to Davenport University to complete a bachelor's degree in general marketing. "I had always heard great things about Kalamazoo Valley and I knew this was where I wanted to start out," the 27-year-old said. "I also thought Davenport would be perfect for me because of the flexibility." She is taking classes both on campus and online and said the transition from Valley to Davenport has been seamless.

Kalamazoo Valley's Director of Administrative Computing, Application Development, Web Services and Analytics Mike Thompson was able to complete a bachelor's degree in occupational studies

with a minor in Information Technology Management through Siena Heights at the University Center while working full time.

"It was very daunting to think about going to Western Michigan University," Thompson said. "I noticed the University Center signage and applied and was accepted. A counselor helped me pick my degree after looking at my credits and life experience. I had already taken a lot of courses for general life enrichment so I only had to take 30 credits to earn my bachelor's degree."

Thompson was impressed that the University Center seemed to be geared to help adult learners succeed. "They gave me a level of attention you don't get at other schools. I felt like they really set me up to succeed."

For more information about the University Center at Kalamazoo Valley, go to www.kvcc.edu/universitycenter.

CORPORATE TRAINING CLASSES OFFERED AT THE GROVES CAMPUS

CORPORATE TRAINING CLASSES

In-person classes are held at The Groves Campus of Kalamazoo Valley Community College, 7107 Elm Valley Drive, Kalamazoo, 49009. To register go to www.kvcc.edu/programs/corporate_training/ or contact Kelly Reed at 269.353.1289 or kreed1@kvcc.edu for more information.

LEADERSHIP: COACHING ON THE FRONT LINE

Wednesdays, Feb. 22 - March 22 or

March 29 - April 26 | 8 a.m. - noon | \$750

Participants will improve in their evolving role and learn to build leadership skills through the use of feedback, communication, coaching, improving and performance. Supervisors attend five sessions designed to increase their leadership skills.

LEADERSHIP BEYOND THE FRONT LINE: ENGAGING OTHERS

Wednesdays | Feb. 22 - March 22 | 12:30 - 4:30 p.m.

Participants will have the opportunity to enhance and improve their leadership skills and to build on the tools and strategies offered in Leadership: Coaching on the Frontline. Helping others better themselves and improving their organization are the main foundations for being a leader. Leaders' success is dependent on the success of the people they're leading. Leadership Beyond the Front Line: Engaging Others is aimed at giving leaders additional skills - by building on the successful Leadership Coaching on the Frontline. Prerequisite: Leadership: Coaching on the Front Line or having leadership.

HR CERTIFICATION EXAM PREPARATION

Mondays | Feb. 6 - April 24 | 5:30 - 8:30 p.m. | \$1,340

This intensive program incorporates lectures, discussions and tests to learn the HR body of knowledge. It is designed primarily for HR professionals seeking HR certification. The course materials utilized are the Human Resource Certification Preparation (HRCP) learning system.

BUILDING TEAM TRUST

Wednesday | March 29 | 6 - 8 p.m. Virtual | \$120

This program is for frontline to mid-level management, team leads, supervisors, shift managers and other leaders not serving in senior level or executive roles. Participants will learn:

- The role of trust in work environments
- How to determine if your team lacks trust
- How to build trust on a team with employees and new hires

KALAMAZOO VALLEY ADDS MEDICAL CANNABIS COURSES TO ITS CANNABIS EDUCATION PROGRAM



Expanding on its popular workforce cannabis training program, Kalamazoo Valley Community College recently announced that it is offering an online medical cannabis education course.

Through a unique partnership with Medical Cannabis Mentor, a leader in online medical cannabis education, Kalamazoo Valley is offering Cannabis Therapeutics 2022, an in-depth, foundational self-paced course for healthcare providers, dispensary personnel and patients. Kalamazoo

Valley is Medical Cannabis Mentor's first community college partner. "Through conversations with community members and patients, we learned there was a lack of formal and easily accessible education for understanding the various therapeutic components of cannabis," said Craig Jbara, vice president for strategic and business development at Kalamazoo Valley. "We believe it is important to promote accurate information and, if appropriate, provide an opportunity for improved quality of life in our community."

The college began offering the self-paced, online training late last year. The certificate program costs \$299 and should take between eight to 10 hours to complete. "There is so much confusion about what medical cannabis is and how to use it," said Medical Cannabis Mentor and Founder and CEO Joe Dolce. "That's why our mission is 'education before medication.' The goal is to separate myth from fact and to bring professionals and patients up to speed quickly. Our materials are based on the latest research and data from the world's leading scientists and clinicians."

After the successful completion of the virtual training units, participants earn a certificate of completion from Kalamazoo Valley Community College and Medical Cannabis Mentors.

Medical Cannabis Mentor online programs are evidence-based and have been vetted and approved by healthcare professions and health agencies, such as New York's Department of Health.

Cannabis Therapeutics 2022 is the fourth cannabis education course the

college offers. Last year, the college announced the addition of three cannabis certificates designed to provide job-skills training for those interested in a cannabis-related career.

According to Business Wire, cannabis is the fastest growing industry in America. To address the critical need for workers in the industry, Kalamazoo Valley partnered with Green Flower, a leader in cannabis education, to offer these in-demand programs.

"The cannabis industry is creating thousands of career opportunities in Michigan and yet, nationally, a significant shortage of qualified professionals exists," said Jbara. "These programs are designed to give participants the foundational knowledge needed to work in the rapidly expanding cannabis industry. Similar training programs across the country have proven to be very successful for employers."

To date, nearly 100 people have completed one of the three cannabis work-force training certifications. For more information, visit www.kvcc.edu/cannabis.

LET THE WOMEN'S AND MEN'S BASKETBALL GAMES BEGIN

Basketball season is underway at Kalamazoo Valley Community College. Drop in at any time to the men's and women's basketball games, which are always free in the main gym at the college's Texas Township Campus.

The Cougars plan to deliver a continued high caliber of play for the second half of the season, which restarts this month.

This year's women's basketball team is loaded with experience and new talent. The team has a strong returning five, led by former co-captains, Michigan Community College Athletic Association (MCCAA) Player and Freshman of the Year Abigail Long and LaNeshia Burse, All-Conference Honorable Mention.

The Lady Cougars are also excited about its recruiting class led by transfer student MCCAA Second Team All-Conference Hannah Vallier from Lake Michigan College. The team has a slew of skilled freshmen from various surrounding high schools, including Taylor Rickli from Paw Paw, Cali Miller from Otsego and Tayanna Townsell from Kalamazoo Central, plus a dynamic dual-sport duo from Portage Central, Lexi Lee and Carly Boughton.

"Our goal this year is to be the most disciplined team in our conference and compete day in and day out," said

Head Coach Felicia Thomas. "We look forward to being a defensive force with grit, aggression and speed, as well as having a fun and exciting offensive style of team basketball."

The Cougar men's basketball team is coming off a 22-9 and 13-5 season, in which they lost the conference championship on a last-second shot, but are optimistic they can battle as contenders again this season.

The team returns with six players possessing starting experience, including First Team All-Region wing Myles Johnson, Honorable Mention All-Conference point guard Kobe Clark as well as JJ Bushu, Justin Davis and Parker Ellifritz.

"Along with a solid core of experience, the Cougars also return with more experienced players who played quality minutes along with a few redshirts," said Head Coach Jim Horn. "Andre Whiteside and Riley Scofield came off the bench and were very productive, and Jakson Dentler and Baylee Shafer were redshirts but will make huge contributions to the team this year."

The Cougars have a talented incoming class led by All-Stater's Ramere Draper from Wyoming High School, Ashton



Cougars vs. Glen Oaks

Atwater from Otsego High School and Jaylin Fox from South Haven High School. "Draper is a 6'4" do-it-all guard who will make an immediate impact in the program, and Atwater is a 6'0" combo guard who is a two-way player ready to make his mark at Kalamazoo Valley Community College," Horn said. "Fox was recruited to play football out of high school, but has turned his talents to the hardwood to showcase his abilities."

To round out the class of '22, Josh Wilson and Tavaz Lawler-Showers will bring depth to an already talented back court. Both can score and distribute the ball at a high level. The roster also features Gerald Crawford, Caleb Johnson, DeShawn Leslie-Tinsley and Mehki Bloodworth.

Visit athletics.kvcc.edu for the full season schedule.

COMMUNITY CULINARY LIFE ENRICHMENT CLASSES

COMMUNITY CLASSES

The college's offers non-credit classes that emphasize personal enrichment, professional development and community outreach.

See the full course list and register at www.kvcc.edu/community and go to the CampusCE registration site link.

The following in-person classes are held at the Food Innovation Center (FIC) of Kalamazoo Valley Community College.

VISIBLE MENDING - MAKING YOUR OLD CLOTHES A SLOW FASHION STATEMENT

Thursdays | Jan. 26 - March 2 | 6 - 8 p.m. | \$140

Transform your holey clothing into a work of slow fashion art. Repairing and refurbishing your clothing keeps your clothing out of the waste stream, saves you money, gives you a creative outlet and will make you the envy of your friends. Learn to mend socks, jeans and other pants, shirts and more types of clothing using techniques of weaving, embroidery, knitting and more. Minimal sewing skills are required.

GARDEN EDUCATION SERIES

Mondays | Jan. 30 - March 6 | 6 - 8 p.m. | \$120

This introductory garden series takes a deep dive into the essentials for starting and maintaining a garden. Students will learn about the importance of garden location, preparation, light needs, water, soil, season dynamics, seed selection, crop rotation, pests, weeds, harvest, storage and more.

AT HOME HYDROPONICS

Wednesdays | Feb. 15 and 22 | 6 - 8 p.m. | \$60

This class will teach the very basics of home hydroponics including light needs, water, pH, growing mediums and building and operating your own small-scale setup. Participants will leave with resources for purchasing table-top gardens, plans for DIY setups and starter plants or seeds.

PLANT PARENTING 101

Saturday | Feb. 4 | 10 a.m. - 1 p.m. | \$30

Plant Parenting 101 is designed to explain the basics of plant biology in a way that will help you become a knowledgeable and successful plant parent. We will discuss plant nutrition, water and light requirements, soil selection and more. In addition to learning some biology basics, we will also discuss how to select the right plant for your indoor environment. Lastly, we will head into the greenhouse to practice some hands-on plant propagation techniques – at the end of the day, you will have up to three new plants to take home with you.

SEASON EXTENSION WITH LOW TUNNELS FOR FARM AND GARDEN

Saturday | Feb. 18 | 10 a.m. - 1 p.m. | \$120

Stretch your harvest further into the winter and start harvesting earlier in the spring by using low tunnels. Using our hoop bender, you'll make a set of 4' x 4' low tunnels for your farm or garden and learn what and when to plant for successful winter and early spring harvests. Low tunnels can be used directly in the ground, inserted into raised beds or used inside of a hoophouse to provide additional protection. Each participant will receive a set of 4 steel hoops, nursery clear film to cover the hoops and fasteners to keep the covering in place.

PLANTER BOXES AND POWER TOOLS

Tuesdays | Feb. 22 and March 1 | 6 - 8 p.m. | \$120

The Dell Darnell, the Dapper Hammer, will teach community members to create a wood planter box. This two-part series will cover introduction to basic power tools, including miter saw, drill, power sander and basic joinery. There will be additional instruction on finishing methods.

BEEKEEPING 101

Tuesdays | Feb. 28 - April 4 | 6 - 8 p.m. | \$140

This three-part course is for those thinking about keeping bees, or in their early years of this hobby. Learn how to get started and fundamental bee biology. This will likely be a virtual course, with the link sent to all registered participants the day before the class begins.

BACKYARD POULTRY

Saturday | March 4 | 10 a.m. - noon | \$20

Participants will learn the basics of raising chickens on a small scale, including breed selection, raising chicks, housing, handling, sanitation and flock wellness.



AT HOME HERBALISM

Thursdays | March 9 - April 20 | (No class on March 23)

6 - 8 p.m. | \$180

Students will explore the impact of ancestral plants, sources of materia medica, ethical and sustainable foraging techniques, as well as recipes for building a home apothecary. We will engage in on-campus plant walks to discuss bioregional, cultivated and seasonal plants. Includes hands-on workshops.

MUSHROOM CULTIVATION

Wednesdays | March 8 - March 29 | 6 - 8 p.m. | \$140

Learn about growing your own gourmet mushrooms from locally available materials. Participants will grow oysters, shiitake, winecaps and more. Students will learn to procure substrates and create good environments for mushroom growth. Some mushroom identification is practiced during this course. Students take home different inoculated mushroom media.

BUILD A NATIVE BEE HOTEL

Saturday | March 11 | 10 a.m. - 1 p.m. | \$45

Tunnel nesting bees are important pollinators for fruits and vegetables. Unlike honey bees, tunnel nesting bees do not live in colonies or move in swarms so they are also often called solitary bees. Participants in this class will learn how to build and manage a bee hotel to support their local tunnel nesting bees. Each participant will be able to take home a bee hotel at the end of the class.

BEEKEEPING 102

Thursdays | April 27 - June 1 | 6 - 8 p.m. | \$140

This second part of the course will (weather permitting) be hands-on in the college apiary. We'll hopefully install a package and a nuc, split overwintered colonies and evaluate hive health each week. We'll also cover pests, diseases, swarming, splits and integrated pest management with the goal of teaching successful beekeeping for Southwest Michigan.



INTRO TO NUT PRODUCTION

Saturday | May 6 | 10 a.m. - 1 p.m. | \$40

Intro to Nut Production will help landowners decide if nut production is right for them. We will provide education on various nut varieties that grow in Michigan: walnuts, hazelnuts, chestnuts and pecans. We will go over their uses, common pests, tools, equipment and offer a taste test of nuts and value-added products.

ECO-FRIENDLY LANDSCAPE DESIGN 2.0

Tuesdays | May 16, 23 and 30 | 5:30 - 8 p.m. | \$50

Prerequisite: Eco-Friendly Landscape Design 1.0 is required for enrollment.

This course is the second in a two-part series and will give you additional hands-on experience designing your eco-friendly home landscape. Students will 1) revisit the design principles, 2) review right plant, right place concepts, 3) enhance their drawing and design skills and 4) visit local residential spaces with a professional designer. These experiences will enable students to feel confident structuring a design plan that works for their space and local ecosystem. One class session will be offsite so students can gain hands-on experience measuring and evaluating outdoor spaces.

SEED STEWARDSHIP: GARDEN DESIGN FOR FOOD AND SEED

Saturday | May 20 | 10 a.m. - 1 p.m. | \$40

Whether you are tending a half-acre, a few raised beds, or some pots on your patio, you can learn how to design your garden to produce an abundant yield of both food and viable seeds for planting next year. In this hands-on workshop, we will examine a variety of garden designs, plant the seed garden at the Food Innovation Center and develop participants' garden plans. We'll help you decide which seed crops will do best in your garden and teach you what you need to know to steward those crops to a successful seed harvest.

GARDEN GUARDIANS - HOW INSECTS KEEP PEST OUT OF THE GARDEN

Saturday | June 3 | 10 a.m. - noon | \$30

This fun and informative class will focus on how beneficial insects in the yard and garden help protect your plants from damaging pests. We will take an up close look at lacewings, lady beetles, "true bugs," mantids and others. These insects serve as predators of aphids, thrips, and caterpillars, to name a few. The course will be a combination of hands-on and classroom learning and students will take home a packet of seeds for plants that will help attract predators to their gardens. Attracting guardians to your garden could be part of your Integrated Pest Management program – and it's fun to see them in their ecological habitats.



CREATE A TRADITIONAL FAIRY GARDEN

Saturday | June 17 | 10 a.m. - 1 p.m. | \$70

Fairy gardens have been cultivated in Ireland, the British Isles, Germany, France and Scandinavia since druidic times, and are still very popular in the Celtic regions of Europe. Fairy gardens are believed to serve as passageways that enable fairies to join the human world; they're also an excellent way to add a bit of whimsy and mystery to your garden. Participants will design and create their own traditional fairy gardens using natural items like cones, acorns and twigs. Students will learn which plants work best in your garden. A pot, soil, gravel, plants and other items will be provided.

COMPOSTING AND VERMICULTURE COMPOSTING

Thursdays | June 8 and 15 | 6 - 8 p.m. | \$70

FIC and Gibbs House

Learn the basics of composting at home and become familiar with the variety of composting systems. The first class will be a classroom-based component at the Food Innovation Center, and the second class will be more of a hands-on experience with multiple composting systems at the Western Michigan University's Gibbs House.

URBAN HOMESTEADING

Wednesdays | May 3 - June 7 | 6 - 8 p.m. | \$160

Join us in revealing many of the ways to make more food with less from home. In an era of climate change and energy decline, we will benefit from being more involved in producing our own food to ensure access to the most nutritious and life-supporting meals. Learn about making simple gardens (indoor and outdoor), planting perennial food crops, preserving and fermenting crops, raising urban livestock, cheese making, composting and mushroom cultivation. A class for all ages and all scales of land access.

TOUR OF THE FOOD INNOVATION CENTER

March 11 | May 20, June 17 | 1:15 - 2:45 p.m. | Free

ValleyHUB is a farm, food hub and education center based at the Food Innovation Center at Kalamazoo Valley Community College. The Urban Farm at ValleyHUB showcases a range of sustainable agricultural practices. The five-acre site includes an indoor grow room, a heated greenhouse, outdoor raised beds and two passive solar hoopouses. The Food Hub is a licensed food processing facility equipped to produce fresh-cut fruits and vegetables at a range of production scales. Join us on this free tour to explore our beautiful site and learn about our programs and practices.

HIGH SCHOOL ART CONTEST WINNERS ANNOUNCED AT THE CNM

The winners of the first Kalamazoo Valley Community College Greater Kalamazoo High School Art and Design Competition Exhibit were announced during Art Hop on Dec. 2.

The exhibit includes 70 pieces of art created by students from 16 different high schools. The winners are:

BEST OF SHOW

Gabriel (Gabe) Huntley
Van Buren Tech
Center Animation -
"Sonic vs. Scorpion"

Award - Two semesters of tuition (15 credit max per semester) and additional funds for books and materials for enrollment in the Studio Arts or Applied Media Technologies programs.

FIRST PLACE

Alexa Garcia, Portage Central | Encaustic Art -
"Pile of Metal"

Award - \$500

SECOND PLACE

Olivia Clauda | KRESA CTE Art & Design
Digital Illustration -
"Through the Stained Glass"

THIRD PLACE

Malia Kleis, Kalamazoo Central | Woodblock & Ink -
"Forever In Thought"

HONORABLE MENTION

Sydney Hughes, Kalamazoo Central | Mixed Media -
"My Life On Paper"

HONORABLE MENTION

Timothy Zhang, Portage Central | Oil On Canvas -
"The Window"

The exhibit will remain on display at the Center for New Media on the college's Arcadia Commons Campus in downtown Kalamazoo until the end of January. To view artist work visit www.flickr.com/photos/kalamazoovalley/albums/72177720304220921.

PHOTO EXHIBIT DOCUMENTING KALAMAZOO COUNTY LIFE OPENS



A 2011 image of River Street Flowerland nursery in Comstock Township is in the exhibit

In 1984, during the 100th anniversary of Kalamazoo becoming a city, a group of photographers documented what life was like that year. This original project has expanded to chronicling everyday life throughout Kalamazoo County every decade or so, most recently in 2020. The result of this collaboration between volunteer photographers and the Kalamazoo Valley Museum is a new exhibit at the museum of about 100 images, selected from the thousands taken since the project began.

The "Moments in Time: The Kalamazoo

County Photo Documentary Project" exhibit will be on display until June 2023. It features the work of 41 of the 152 photographers who participated in the project. Museum staff hope the installation will help shape the community's understanding of local history in the future.

"I think the community will want to come and enjoy this because it represents their lives. It's not just grand events," said Julie Bunke, manager of exhibits and interactive experiences at the Kalamazoo Valley Museum, which

Kalamazoo Valley Community College operates in downtown Kalamazoo. The exhibit captures the variety of human life and the changing landscape of America.

More than 7,500 images were submitted for the project in the year 2020 alone, the most recent year it took place; photos were also collected in 1984, 1990, 2000 and 2011. Each project has grown in the number of photographers as well as the photos submitted for consideration. Of the thousands of images amassed since the project started in the mid-1980s, 3,006 have been accepted for the museum's permanent collection.

The goal is to place each of the photos in the Kalamazoo Valley Museum's searchable online collection database on its website. Visit kalamazoomuseum.org under the "Collections" tab to see some of the photos. Type "Kalamazoo County Documentary Project" in the search field. Keep checking back, as more photographs will be added.

FOOD AND MEDIA EXPLORED AT 2023 FOODWAYS SYMPOSIUM



Keynote speaker Emily Contois, Ph.D.

Mark your calendars for the 2023 Kalamazoo Foodways Symposium. This annual community celebration of the history and heritage of food and food systems in Southwest Michigan, sponsored by Kalamazoo Valley Community College, will take place April 10 and April 15. This year's theme is "Food and Media." The public is encouraged to attend the free event. Festivities open with a virtual keynote address, "Food Media: Forging Past, Present & Future Connections," on Monday, April 10, from 6-8 p.m., delivered by food media authority Emily Contois, Ph.D. She is the Assistant Professor of Media Studies at The University of Tulsa, where she is Faculty in Residence. Contois is a scholar, writer

and teacher whose research explores the links between food, the body, health and identities in contemporary U.S. media and popular culture.

The Foodways Symposium will culminate with an outdoor festival from 11 a.m. to 2 p.m. on April 15, in downtown Kalamazoo at Kalamazoo Valley Community College's Food Innovation Center on the Bronson Healthy Living Campus. It will feature food vendors, community organizations, art displays, youth workshops, planting activities, live music and a special foraging session by Gabrielle Cerberville, a.k.a. @Chaoticforager.

The first hour of Emily Contois' two-hour keynote address on April 10 will be moderated by Western Michigan University Presidential Innovation Professor in Communication Sue Ellen Christian, Ph.D., creator of the "Wonder Media" news literacy exhibit at the Kalamazoo Valley Museum. The Foodways Symposium is a collaboration between the museum and the Bronson Healthy Living Campus, both operated by Kalamazoo Valley Community College.

Contois is the author of "Diners, Dudes and Diets: How Gender and Power Collide in Food Media and Culture" and co-editor of

"Food Instagram: Identity, Influence, and Negotiation." She has written for such major media outlets as NBC News and Jezebel online women's magazine; been on podcasts like "Gastropod," BBC "The Food Chain" and "Food Psych"; and appeared on CBS "This Morning," "BBC Ideas" and on "Ugly Delicious" with chef David Chang on Netflix. She holds doctoral and master's degrees in American Studies from Brown University, as well as a Master of Liberal Arts in gastronomy from Boston University and a Master in Public Health in Public Health Nutrition from University of California, Berkeley.

The Foodways Symposium provides historical, cultural and practical insights into the region's food and food systems, and equally important, serves as a yearly convening point for students, practitioners and the community to come together to ensure our local food system remains strong and vibrant.

The event is made possible in part by a grant from the KVCC Foundation.

Visit kalamazoofoodways.org for details and to preregister for the live virtual events as they become available in the coming months.

HAVIRMILL CAFE AND THE 418 RESTAURANT OPEN



Students enrolled in Kalamazoo Valley's Culinary Arts and Sustainable Food Systems programs put their training to work in the 418 Restaurant and Havirmill Cafe in the Marilyn J. Schlack Culinary and Allied Health Building, 418 E. Walnut St.

The Havirmill Cafe is open for lunch from 11:30 a.m. - 1 p.m. Monday - Thursday

The 418 Restaurant will be open for lunch 11:30 a.m. - 12:30 p.m. Tuesday - Thursday by reservation 269.548.3200

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Editor: Linda Depta
Managing Editor: Dawn Kemp
Designer: Robyn Pargeon Hughes

Photographers: Robyn Pargeon Hughes, Annette Shutty, Samuel Zomer
Contributors: Erin Dominianni, Khadijah Kabbani, Dawn Kemp, Earlene McMichael

Kalamazoo VALLEY
community college

ARCADIA COMMONS CAMPUS
202 North Rose Street
269.373.7800

BRONSON HEALTHY LIVING CAMPUS
418 East Walnut Street
269.548.3205

GROVES CAMPUS
7107 Elm Valley Drive
269.353.1253

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230 North Rose Street
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PO Box 4070 | Kalamazoo, MI | 49003-4070