Hurvis transportation center poised for success
Space will help raise awareness of opportunities in the automotive sector

Victoria Magee
John H. Frautschi Chief

After nearly three years of planning and hard work, the new jewel of Sixth Street is finally a reality. The Al Hurvis / PEAK Transportation Center opened to a bevy of fans as attendees included Milwaukee Mayor Tom Barrett, benefactor and Old World Industries’ chairman Tom Hurvis, drag car racing legend John Force and MATC president Dr. Vicki Martin.

“We could not have imagined the kind of support we would get from the industry when we first had the vision for this project,” said Martin, beaming. “We couldn’t imagine what the space would really look like, even though we had seen renderings.” She added, “When you have a lot of people coming together really believing in the vision, working together really hard day after day, and making sure we have a successful program for our students and for our community, this is the fruition of that. And it’s just a magnificent space."

Located in the T Building at the downtown campus, the space will help encompass the college’s RevUp program, which focuses on educating and training future automotive industry professionals. Students currently in the program at Mequon and Oak Creek campuses spoke of the value of having a showcase space to build awareness for their program. “I like how well thought-out the space is with the big lab floor and the classrooms overlooking the space from above,” said Xavier Buchanan, an auto-technician program student at the Oak Creek campus. “My advice to future students would be to come check it out, learn the work, and learn it slowly.” Buchanan added that the benefits of the RevUp program go a long way.

Hurvis, whose company produced the PEAK brand of automotive products, was “overjoyed” with the project’s results. “On a scale of one to 10 I’m a 15,” said Hurvis, major donor to the RevUp program. “This new space is absolutely sensational because everyone worked together. This is a great example of a public/private collaboration and it could not have worked any better.”

Projections from the U.S. Bureau of Labor Statistics predict the automotive repair job sector will increase 9% by 2022. This is primarily due to a substantial number of current workers nearing retirement at almost twice the rate of the country’s entire workforce; a statistic not lost on Hurvis. “We have all these kids from the city who don’t know these jobs exist,” he said, “jobs in the automotive area, drivers, mechanics, etc. Part of what our job was to communicate that message. Dealers and others are desperately looking for employees, so what we did was step in the middle.”

Hurvis added, “This project is about the best thing we have ever done. And the benefit is a lot of students’ lives will be changed.”

Student resources relocating to S Building

Student resources relocating to S Building

Welcoming the new jewel of Sixth Street

The difference a day makes. (photo above) Construction workers were hard at work completing the finishing touches a few days before the Al Hurvis/PEAK Transportation Center is ready for its grand debut. (photo below) The ribbon-cutting ceremony for the new jewel of Sixth Street included (pictured left to right) an automotive program student, Jim Tolken, John Amato, Tom Barrett, Dr. Vicki Martin, Tom Hurvis, Eric Sauer, Becky Alsup-Kingery, Laura Bray, Shaline Rodriguez, Steve Herro, Ann Andersen, Greg Hobbs.
Lack of legal consistency leaves medical marijuana up in smoke

EDITORIAL

Come 2020, Illinois will be among the 11 states that currently allow the sale of marijuana for recreational use, though it is already one of 22 that allow it for medical reasons.

At the very least, Wisconsin must expand legal medicinal uses of marijuana – beyond allowing nonpsychoactive CBD oil and industrial hemp. Gov. Tony Evers has signaled his intention of doing this. The state legislature should get on board. Even more important is the consistent application of those laws nationwide.

Several medical organizations such as the National Multiple Sclerosis Society, American Neuroimmunology Association, and Leukemia & Lymphoma Society have issued statements in support of patient access to medical cannabis. Others such as the American Cancer Society have asked the federal government to enable more scientific study of the drug. While noting that early studies suggest it can be helpful for curbing nausea caused by chemotherapy and decreasing the need for pain medication.

Studies conducted in multiple states have found that legalizing medical cannabis leads to significant drops in crime, reduced traffic fatalities and decreased rates of opioid use. All of this supports what many sufferers of serious ailments have been saying for a long time: marijuana helps them manage their symptoms.

Even though there are 33 states with laws that allow some marijuana access, many sick residents who would benefit from the herb are unable to do so due to legal hypocrisies surrounding marijuana. Impossible requirements (Virginia only allows marijuana possession with a doctor’s prescription, which is forbidden by federal law – doctors can recommend, but not prescribe it) are one reason. Fear of repercussions is another. Many government agencies still regard marijuana use as a violation, even in states allowing legal use. Veterans have lost pensions and been denied home loans for working in the legal cannabis industry. Employees who test positive for marijuana can still be fired. Most frightening, parents have lost custody of their children.

Earlier this month, a Utah mom, Emily Roberts, stopped taking her legal, doctor-recommended CBD oil even though it meant a return to debilitating pain. Roberts lost custody of her two girls after testing positive for THC. Across the country, protesters gathered outside the Children & Youth Services office with a similar complaint: Parents who participated in the state’s medicinal marijuana program had their children removed from their homes for no good reason.

While many aspects of marijuana use are still being studied, one thing is clear: Government agencies need more consistency regarding marijuana use so that people don’t find themselves punished for exercising their legal rights. Wisconsin can be a leader in this regard.

MATC students should study abroad

Every student should take advantage of studying abroad and take the opportunity to learn a different cultural experience.

Learning in a different country is a great experience. The ability to learn another language and immerse in culture at the same time is priceless. Studying abroad happens through two universities in two different countries. This unique adventure can happen in three different ways: a couple of weeks, a semester or a full year.

To help make this experience easier, the hosting university can place you with a host family. This family will give you the total experience of living in the country, experiencing the culture firsthand and forcing you to speak the native language.

A host family also can help make you feel comfortable by being in a home rather than staying in a hotel and not interacting with family. Studying abroad can be difficult when your family is back home but thanks to the advances in technology, communicating with family isn’t hard with Skype, FaceTime and other applications of communication. Studying abroad is a great way to give back by volunteering at different non-profit organizations. When volunteering, it’s humbling to see how appreciative people are in other countries of the little they have.

Studying abroad is beneficial to learning a language and culture but also building relationships that last a lifetime. I hope the Times will talk to MATC students about their first-hand experiences of traveling overseas especially since we have students going to Guatemala, Germany and Ghana during the spring semester.

– Nancy E. Rooding
Hayley Peters
Teachers Education Associate
Arts Program Students

WHAT'S ON YOUR MIND?
Students, faculty and staff are encouraged to share their insights, concerns and solutions with the Times. Letters to the Editor can be sent to: matctimes@gmail.com

LETTERS TO THE EDITOR
Readers may submit letters via mail, fax or email, and they must contain the author’s name and telephone number for verification.

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Wisconsin should join the club and benefit from pot legalization

Adrienne Davis
Times Opinion Editor

Illinois — effective January 1 — will become the 11th state to legalize both medical and recreational marijuana use. It is one of 33 states that have legalized marijuana in some form. Wisconsin and the rest of the United States should do the same. In fact, legalizing marijuana would be beneficial for the entire country.

Less than a decade ago, the topic of legalization was controversial. Fast forward to 2019 and most states plus the District of Columbia have legalized its use. I’m all for it.

First, there are the medical benefits. Marijuana plants contain more than 100 different chemicals called cannabinoids, and each one has a different effect on the body. THC and cannabidiol (CBD) are the chemicals mainly used in medicine, with positive effects treating a number of conditions including Alzheimer’s, appetite loss, cancer, Crohn’s disease, glaucoma, multiple sclerosis, muscle spasms and nausea. They’re effective because cannabinoids are similar to the chemicals the body makes that are involved in appetite, memory loss and pain.

Last year, the FDA approved Epidiolex, (made from CBD), as a therapy for people who suffer seizures. If medical marijuana helps to treat medical conditions, why is it not fully legalized in the United States for treatment purposes?

There’s another practical benefit: marijuana sales — from both recreational and medical uses — have also proven to be very profitable. Colorado legalized marijuana for both medical and recreational use in 2014. In June, Colorado reportedly passed $1 billion in state revenue from marijuana sales. It took the state roughly three-and-a-half years to hit the $500 million mark in total state revenue and then two more years to double that. The revenue contributes to Colorado’s general reserve fund, as well as for education and health care, and mental health and youth drug prevention programs. These are the revenue benefits for just one state. Imagine if the whole country generated this type of revenue.

The majority of Wisconsinites in the 16 counties that put an advisory measure on the ballot voted to legalize marijuana last year, but the Legislature has yet to approve a bill. As the Milwaukee Journal Sentinel reported in June, Wisconsin will soon be an island surrounded by legal weed. That’s a lot of extra revenue the state will not generate. State Rep. Melissa Sargent, D-Madison, a legalization advocate, says this could bring in $138 million a year for Wisconsin.

There are cost savings from decriminalizing marijuana — helping with court and imprisonment budgets. Wisconsin would clearly benefit from a revenue source proven to be so lucrative. The topic of marijuana was still very controversial 10 years ago, but now you see it almost everywhere you go.

Wisconsin lawmakers should get on the same page so we can see some revenue growth for our city and the state.

PERSPECTIVES: We asked MATC students what are the benefits or drawbacks of legalizing marijuana?

Although responses were varied regarding the plant, the majority of the students interviewed believe that marijuana should be made legal for medical purposes.

“I see no real harm in legalization. If it’s medicinal, let it be legalized, but the downside to legalization is that it could be abused.”
— Raven
Teacher Education (Downtown Campus)

“I see it (marijuana) as a stress reliever, but it could affect peoples’ lives. Too much could prevent people from performing daily functions.”
— Prentice
Electricity (Downtown Campus)

“I think it should be legalized because people are going to do it regardless. If it’s beneficial to the medicinal field, then why can’t we use it? You can’t tell someone how they feel.”
— Joseph
Criminal Justice (Mequon Campus)

“I’m not a big fan of marijuana. I don’t really see any benefits to it unless it’s for medicinal reasons. If it’s legalized to everyone then people could be less responsible, and it could introduce drugs to people at a young age.”
— Lucero
Dental Hygienist (Mequon Campus)

“Studies to help the medicinal field are good. But legalizing it to the public could be unwise because it could introduce teens and young people to drugs sooner.”
— TK
IT Security (Mequon Campus)

“I support legalization for economic and social reasons. I support using it for medicinal purposes and general legalization over a certain age. As long as it’s regulated, it should be fine.”
— Connor
IT and Computer Software Development (West Allis Campus)
Veteran journalist joins the Times
The Times welcomes Ricardo Pimentel as new adviser

Leah Fischer-Toerpe
Features Editor

Now at MATC, he looks forward to developing journalists of the future. Pimentel strongly supports keeping the Times student-led and student-run. As an adviser, he plans to keep an open-door policy and help students with whatever they need. "I love to write, but more than that, I love to help people with their writing," he said. "Students who don’t plan to become journalists can still benefit from working on the Times," he explained. "The skills you learn—fairness, accuracy, objectivity and balance—will make you a valuable employee in any industry, and the ability to write sensitively and respectfully about people will make you a better person."

Ricardo Pimentel steps in as the perfect fit for the MATC Times. The position had been vacant for 10 months following the retirement of Robert Hanson. Pimentel will be the fourth adviser in the 60-year history of the award-winning newspaper.

Leah Fischer-Toerpe
Features Editor

In his 40 years in journalism, Ricardo Pimentel has "done virtually everything on a newspaper that can be done," he said. This includes layout, design and photography, and especially writing. As a nationally syndicated columnist, Pimentel has been published in over 100 newspapers. As a reporter, he covered every-thing from local stories to the Supreme Court. He’s held a variety of editor positions, including editor-page editor at the Milwaukee Journal Sentinel and editor of his hometown newspaper, which he recommends, as it’s "a lot of fun."

Leah Fischer-Toerpe
Features Editor

Davids has written for the Times for the past three semesters. Beaver joined the newspaper in June. In their work for the Times, both staffers have distinguished themselves with their hardwork, dedication and talent in creating excellent content. Beaver always walks fast in the halls, because she’s always on the move. When the long-time Times writer isn’t in a Milwaukee PBS studio studying a Production and digital media, she’s interning at Milwaukee Magazine, or working at HearsRadio. Writing has been her dream since fifth grade, and after years of putting it off, she’s finally decided to pursue it. As busy as she is, she encourages anyone to talk to her when they see her. "I truly believe it’s the students’ voices on campus that determine true change," she said, adding that she wants to do whatever she can to support that. She intends to bring honesty, dedication and integrity to her role.

Beaver is an experienced visual artist with a strong history of working in the creative industry. When he isn’t creating cartoons for the Times, including his popular "Tattle Tales" comic, he’s pursuing his associate degree in graphic design. After that is achieved, he intends to pursue a bachelor's degree in visual communications. Beaver draws inspiration from Gerhard Richter's saying that "art is the highest form of hope." His artwork goes beyond what the eye can see.

Tyler Beaver, graphic design student, is the new Times art director.

"I can affect people with my creativity," he said. "I don't just want to create, I want to inspire. I want to comfort and hearten my audience." Beaver looks forward to leading other creatives in this venture.

Students who are interested in joining Davis, Beaver and the rest of the Times staff in this venture—to raise student voices and bring about change with creativity and art—should stop by Room ME209 at the downtown campus or call the Times office at 414-297-6250.

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 promoted!
New Times editorial staff members look forward to inspiring and uplifting students with their work

Leah Fischer-Toerpe
Features Editor

The MATC Times has two new additions to its editorial staff. Writer Adrienne Davis and artist Tyler Beaver have been promoted to opinion editor and art director, respectively.

Congratulations! Times editor-in-chief Victoria Magee was named a finalist for the national 2019 ACP/Emmie Pyle Reporter of Year Award. Magee was selected for her article covering MATC Promise winning the 2019 MANIX awards, her interview with Mayor Tom Barrett on Milwaukee hosting the Democratic National Convention and her article about Lt. Gov. Mandela Barnes’ MATC visit and the state’s budget battle. The award ceremony took place in Washington, D.C. Magee won honorable mention, which placed her in the top 10 for two-year colleges in the country.

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The changing scope of libraries

Libraries are shifting their focus to meet user needs in new ways

Leah Fischer-Toerpe
Features Editor

Twenty years ago, if a student went to a library, they’d most likely find physical book, and either leave immediately or stay to study it alone in silence. That model of use is increasingly less common in the digital age. With electronic information widely available, students are turning to libraries for the things they can’t get from a web search: services, spaces and things. Librarians around the world have been proactive in seeking out user feedback and tailoring their libraries to meet their communities’ needs. This is true for both public and academic libraries, like ours here at MATC.

While most students are aware that our library has books and computers, MATC’s district library manager, Michelle Harrell, says there’s a lot they probably don’t realize that students don’t realize the number and scope of the electronic databases we have and the electronic book resources that are available. I think a lot of them don’t realize they can make an appointment with a librarian to sit one on one.

MATC’s 27 librarians are specially trained to help students learn how to do college level research. If a student wants help with a project, the librarians can help them formulate a topic, develop an outline, identify resources, use the databases, and learn how to cite sources properly. In the future, the librarians plan to host a series of workshops for students, but in the meantime, Harrell encourages students to just “come in and see us.”

Another broad trend that Harrell has observed in her 20 years at MATC has dipped its toes into is the library of things. Library of things is a global movement that’s been gaining a lot of steam lately, and it’s exactly what it sounds like: a library where you borrow objects instead of books. For people who want to reduce their consumption (for environmental reasons or financial ones or simply to save space in their homes), being able to borrow things you need to use once in a while is a great alternative to buying them.

While the objects offered can vary from board games and musical instruments to kitchen utensils, party supplies and sporting equipment, MATC has focused on things our community uses. Students at MATC can borrow tea for interviews, laptops, anatomy models, and plant seeds from what’s incredibly popular seed library (currently accepting donations). However, the biggest shift Harrell has observed in her 20 years of being a librarian has been the rise of libraries as a multi-use gathering place. As one of the last free public spaces where people can gather, libraries serve an important role in keeping communities connected. For public libraries, this often means events like book clubs and movie nights and craft sessions, to encourage community interaction. For academic libraries, like ours at MATC, it means creating space that invites students to gather, meet up and hang out. While students still have the option of studying in silence, academic libraries now have spaces and policies that are conducive to group study, where students can talk and work on projects collaboratively. MATC students have been taking advantage of this — the group study rooms have been in constant use this semester.

Even though libraries are changing how they serve their users, their mission stays the same: to foster growth and learning in the community by providing people with the tools and information they need to be their best.

What do you do when life happens?
Dealing with stress before stress deals with you

Life can often be complicated and there will undoubtedly be stress. School can be stressful. However, we don’t run from it or quit. We learn how to deal with and manage the stress. In doing so, we become more resilient and focused.

We do well when everything is going well. But how do we respond when things around us don’t go as planned? When assignments are due? When we can’t find a babysitter? When the car breaks down?

It’s in these times that our character is tested. Will we do the right thing when our back is up against the wall? When nobody’s watching? It’s in these times that our belief system is tested. Do we really believe everything to pass the class would depend on my confidence to pass the class would increase. I began to focus my thoughts on what was possible. Then the fear left, as did the anxiety. It was no longer my focus. I started to analyze my thoughts and sift through what was true, what was false and what was fear-based. The truth was, I needed to spend more time studying. If I had the knowledge, my confidence to pass the class would increase. I began to focus my thoughts on what was possible. Then the fear left, as did the anxiety. It was no longer my focus. I started to analyze my thoughts and sift through what was true, what was false and what was fear-based.

In the moment, we have a tendency to think we’re the only one. You’re not the first person who’s experiencing that stressful life circumstance and you won’t be the last. Someone dropped out before they even started but YOU are HERE. You will get through it. Focus and see yourself FINISHING!

*Education is the most powerful weapon which you can use to change the world.* — Nelson Mandela

Milwaukee Public Library’s Central Library is just one of the hundreds of public libraries in the country offering more than just reading material. In addition to housing millions of books and documents, Central Library serves the public by providing space for gatherings and services like tutoring, help understanding health care options, and computer classes. This is part of an overall trend affecting both public and academic libraries, including MATC’s libraries.

Naturalization ceremony at MATC

From the naturalization ceremony held Oct. 10 in Cooley Auditorium: Becoming an American is a process unlike any other. With tears rolling down these individuals’ and their families’ faces, the room was full of relief — relief felt from an earned sense of freedom they didn’t have before. Whether they had to flee or fight to get here, every new American citizen took a deep breath in appreciation for their new lives.
FAST Fund: Union workers offer help to struggling students

Victoria Alexander
Times Staff Reporter

A little-known nonprofit provides students with resources if they are experiencing financial insecurity. FAST Fund is a program offered by MATC workers and funded entirely by donations from people who want to see students succeed.

FAST Fund was started four years ago by retired educator Mike Rosen and the American Federation of Teachers Local 212 (AFT) union at MATC, with the help of other downtown Milwaukee unions.

The first fund was created to help 26 students last year. It helped cover over 150 students in financial crisis, with the help of donations from local restaurants, and sports teams such as the Green Bay Packers and the Milwaukee Bucks.

The biggest help FAST Fund has offered is providing students with rent, housing and food. Homelessness and hunger are growing issues in the city. FAST Fund agreed to a partnership with Pete’s Fish Market. For $75 food card it pays, it will get $100 card instead. This partnership will help FAST Fund provide groceries to even more students in need.

The goal of FAST Fund is to provide students with small amounts of money, quickly, and redirect them to other resources that can also help.

The application process for students using FAST Fund is online, which requires documentation and a faculty reference for students in their second semester or later. FAST Fund operates on a “culture of trust,” which means it will help anyone who goes to class regularly and shows they are making an effort to get an education.

For more information, visit the Facebook page of Local 212 MATC believes in Students and FAST Fund. You can find the application for FAST Fund on the Local 212 website, at local212.org/fast-fund/index.htm.

Hunger Task Force

Hunger Task Force is a Milwaukee nonprofit committed to ending hunger, with offices at the downtown Milwaukee, West Allis campuses.

In addition to operating a student food pantry, it can help students enrolled or stay enrolled in FoodShare (also known as SNAP Food Stamps or EBT), health care and child care.

Hunger Task Force is available on the West Allis campus on Wednesdays from 8 a.m. - 4 p.m. If you have a job fair on Monday, Tuesdays from 8 a.m. to 1 p.m. and Fridays from noon to 4 p.m, by appointment. Call 414-778-1407.

Maximus FoodShare Enrollment Program

Maximus FoodShare Enrollment Program helps anyone enrolled in FoodShare obtain transportation, child care and enrollment training, as well as job placement. Representations are available Monday - Friday from 8 a.m. to 4 p.m. in the student resource center at the downtown Milwaukee campus, by email at maximusFoodshare.com.

Mental Health of America

Mental Health of America (MHA) offers a variety of mental health services for individuals struggling with a variety of mental health concerns. Students are encouraged to come in and talk.

MHA students can visit their on-campus clinic from 8 a.m. to 4 p.m., downtown on Mondays and Tuesdays, and 9 a.m. to 5:30 p.m., downtown Milwaukee campus, or by appointment. Call 414-576-3122 for an appointment.

Sojourner Family Peace

Sojourner Family Peace Center offers assistance and support to those affected by domestic violence. Besides a 24-hour emergency shelter and food (and transportation, clothing, and empathy), the nonprofit organization provides support groups, a restraining order clinic, counseling and advocacy. It can help with legal care, legal assistance and secure housing. Contact them at 414-270-1511, or call the 24-hour confidential hotline at 414-933-5722.

Dreamkeepers Grant helps MATC students stay in school when emergencies strike

Valerie Evans
Times Contributor

MATC, with the goal of helping students be successful in any way possible, is investing in the students’ success via its Dreamkeepers program, which offers grants to students who are at risk of dropping out of school because of unexpected financial stresses.

Such financial emergencies make it difficult for students to continue their education. This program was created to help students remain in school despite these unexpected financial stresses.

“It helps students overcome barriers that interfere with their academic success,” said MATC paralegal Kim Gilmarin.

How do I get a job on campus?

Kristine Kadlec
MATC-JOBshop

If you are a current student looking for a student worker position, here are a few ways to get started.

1. If you are interested in working in a particular department, like the cafeteria or library, just ask someone who works in that department if they have any student worker positions available. You can also ask your instructors if they are using student workers and apply for the position.

2. You may also attend any scheduled job fair taking place. (The last one was on Sept. 24.) Area employers attend. They can offer on-the-spot opportunities.

Staff from MATC departments talk about their student worker positions as well. Stop by and introduce yourself. Bring your resume!

3. To find student worker opportunities that are posted on the campus, go to the MATC-JOBshop, com. follow the steps below:

Go to the matc.edu website.

Select Your Work Study on the left-side menu.

Look for the orange box that says “View the work study jobs” and select here.

Sign in with your MATC email address and password.

Select the My Jobs option in the menu on the left side of the screen.

Select the Advanced Search button.

Under Job Type, check Work Study.

Select Search.

There are two types of student worker positions one is work study and the other is banner program. If you have applied for financial aid, then you might be eligible for work study funds. If you have been awarded funds, it will be listed on your financial aid packet. For work study positions, you need to be eligible for financial aid and the positions allow up to 16 hours per week.

If you are not eligible for financial aid, then you would look for a budgeted student worker position. Those positions are paid by the department that hires you. For budgeted positions, you need to be enrolled in at least three credits and will be offered to work up to 19 hours per week.

Once you have been selected for a student worker position, your supervisor can print off enrollment forms from the MATC website: http://www.mactc.edu/studentresources/Enrollment-New-student-worker-Enrollment-Pack-2016.pdf.

Both you and your supervisor need to complete the enrollment forms and submit them to the JOBshop in Room S114 at or email address, workstudy@matc.edu. Once the completed enrollment paperwork is submitted to the JOBshop, it is reviewed and then passed along to the student employment department. After the paperwork is returned by HR, the time sheets are created. This can take up to 10 days. Time sheets must be emailed to the supervisor.

If you need help, please call 414-270-6244. Good luck with your job hunting.

Kristine Kadlec is an office supervisor associated with MATC’s JOBshop.
Reflection of art

My mirror has a new showcase today.
This time I decided to stay and enjoy the art.
It’s an old piece but it’s been revised.
The details this time being more suffocated.
Having an organic shape most would say is home grown.
With movements that look like they’ve experienced the world.
The texture remains preserved
Unveiling this beautiful glow, like when the sun kisses you
one last time before night.
With age this piece will reveal different perspectives.
The image being more mature than the last still
showcasing reminiscent of the past.
Raising the value of the art in my reflection.
– Kai

The Phantoms that haunt in the washed-out eve

On these nights
I know nothing.
Lost,
dancing across the moon beams
under pale white light
Seeking
Searching
yearning, yet
On these days I understand
For what flickers within our souls is undefinable.
Much like the twinkle in the night
We feel a connection
to the beauty that flows,
On those soft yellow days.
We lose ourselves in the vast,
endless nights.
For we feel meek in drastic
comparison to its light.
In the night all is found
Within the days of endless yellow,
Some are lost but yet somehow all is felt

– Isabella Oryszczyn

One Eye

I woke up this morning with my third eye speaking to me telling me I’m falling weak beneath the devil wings Can’t over-come thee, thee shall I see
The light shining before me
I woke up this morning with my third
Eye speaking to me to conquer my needs fear no one and believe

– Tyesha Robinson

Keep Your Head Up

Sometimes life can get you down.
But that’s no reason to give up and frown.
It’s these moments we have to keep on going.
For it’s the good times ahead that will start showing.
Look at all the things around you that are worthwhile.
So many different reasons to smile.
Be grateful and positive for the good times ahead,
Don’t give up, push forward instead.
Life isn’t always sunshine and rainbows.
But during cloudy days we have to keep calm and composed.
Keep your head up friend, I know you will
No matter the journey, it always starts uphill.

– Jillisa Schmidt
Planning a career in education? Milwaukee Area Technical College has a wide array of resources for students interested in the education field. Specifically, there is the MATC Educator’s Club, a group of MATC students who have built a tight-knit community. While the club was inactive for some time, it is working to become a real force in training future educators in our community.

Lizzit is not billed when the strippers react to Usher showing off cameos. At the beginning of the movie, Lizzit steals the show in terms of her dramatic performance very well. She becomes her best friend, a relationship that leads to digestive issues, fatigue and body happy and healthy, on and off campus.

HYDRATE
We could all use a little more water in our lives. Studies have shown that staying hydrated can lead to digestive issues, fatigue and anxiety. Not only will it help satisfy your thirst, it helps boost energy, aids in cognitive function and helps improve your mood. Bring a reusable bottle to class, to work, to the gym, and to all your other daily activities like apples with nut butter or hard-boiled eggs and mixed nuts. Foods higher in protein and fiber can help you keep satified longer and help avoid the “sugar crash” caused by many junk foods. Incorporate “good” fats into your diet like those found in avocados and dark chocolate. Not only do these foods taste great, they are also linked to better brain function.

EAT HEALTHY
We all need food to function, but what we put in our bodies either fuels or fatigues us. Focus on the healthy foods, please. Look for healthy alternatives like vitamins like apples with nut butter or hard-boiled eggs and mixed nuts. Foods higher in protein and fiber can help you keep satified longer and help avoid the “sugar crash” caused by many junk foods. Incorporate “good” fats into your diet like those found in avocados and dark chocolate. Not only do these foods taste great, they are also linked to better brain function.

Ari Papermaster
Movie Review
Jennifer Lopez shines bright in ‘Hustlers’

The Educator’s Club has a broad mandate. The club creates opportunities for members to get involved in real things happening in the education field.

We collaborated with ISU last semester to volunteer at the MPS statewide special education prom, Rodriguez said. “We did everything from setting up, creating decorations, preparing the gym room for students to change, if they didn’t have prom attire, dancing with children, and helping with the cleanup.”

Club members have also tutored middle school children in math and reading. The club hosted a panel discussion on the teacher pipeline with several renowned education professionals, including Dr. Tony Breaux, Dr. Bob Peterson, Dr. Debra Kee, and David Brown. Breaux and Peterson are on the Milwaukee Public Schools board, Dr. Kee is the superintendent of the Brown Deer School District, and Bowen is a state representative for Wisconsin Assembly District 39.

The club hosted several events this semester, including events related to Hispanic Heritage Month. In October, it held a breakfast and a financial advisor presented topics related to financial literacy so future teachers can start saving for retirement. A month-long book drive started Oct. 1, partnering with De Pauw Clochesy, an English professor at MATC, to donate books to a school in Zimbabwe. Whether you’re a new MATC student or still pursuing your degree, the Educator’s Club provides an opportunity to meet a group of hardworking and motivated future educators. The Educator’s Club also offers groups that help with homework. The club’s members have even helped exchange books for classes on an honor system. Rodriguez said that the club is always interested in finding new members. If you are interested in learning more about the Educator’s Club, you can attend meetings on Wednesdays from noon to 1 p.m. in room M289 on the downtown campus.

A happy and healthier you can make a difference

Let’s be honest, getting back to a lifestyle your body could be from healthy to physically active doesn’t have to be hard. Trying to balance the obligations of school, work and family/social life may often lead to neglecting ourselves. Here are 7 tips to keep your mind and body happy and healthy, on and off campus.

SLEEP
Challenging to find time to lay your head down for eight hours, but it’s a necessary part of life and vital for recovery. A chronic lack of sleep deprivation causes mood swings, anxiety and lack of concentration. Try getting to bed at the same time every night. Being in this kind of routine helps your brain know it’s time to wind down. Remember, you will be more mentally prepared for your day by getting enough sleep.

To get your mind sharper longer, it’s important to find time to press your face into a book. Not only does regular reading help you stay smart, but it can actually increase your brain power! With age comes a decline in memory and brain function, but regular reading may help slow the process, keeping your mind sharper longer.

EAT
Research shows that 30 minutes of exercise a day can improve mood, increase weight loss and reduce your risk of chronic diseases. Can’t find time? Take the stairs! Takeda is sold on the claim that the stairs is known to be a sedentary lifestyle (aka sitting in a classroom all day!) and aid in cardiovascular health. Try climbing at least four flights a day, especially between classes. With age comes a decline in memory and brain function, but regular reading may help slow the process, keeping your mind sharper longer.

MOVE
Research shows that 30 minutes of exercise a day can improve mood, increase weight loss and reduce your risk of chronic diseases. Can’t find time? Take the stairs! Takeda is sold on the claim that the stairs is known to be a sedentary lifestyle (aka sitting in a classroom all day!) and aid in cardiovascular health. Try climbing at least four flights a day, especially between classes. With age comes a decline in memory and brain function, but regular reading may help slow the process, keeping your mind sharper longer.

Read in our glowing screen world of viral videos and social media posts, it’s important to find time to press your face into a book. Not only does regular reading help you stay smart, but it can actually increase your brain power! With age comes a decline in memory and brain function, but regular reading may help slow the process, keeping your mind sharper longer.

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A dish of jambalaya is the perfect remedy for cold weather

CULINARY CORNER

Victoria Magpie
Editor-in-Chief
Jamee (Hueschen) Stefanski
Culinary Contributor

What started as a method to relax has now become a career for culinary student Jamee Stefan- 
ski, who is currently on pace to earn two associate degrees from the college. “I became very ill five years ago and my mom suggested I take an online cake decorating class to relax, she said. After excelling in the course and researching possible schooling op- tions, Stefanski decided to enroll in MATC’s culinary program.

She says the International Cuisine course has given her the opportunity to cook from sev- eral different regions, which has been fun for her. However, one of her best experiences was a trip to New Orleans with the Future Hospitality Managers Associa- tion. “Going to New Orleans was an opportunity I could not pass up,” she said. “We took a walking culinary food tour, visited plant- ations, and dined at fine-dining establishments. Stefanski noted that these were opportunities the stu- dents otherwise may not have.

“Students should take advan- tage of the opportunities present- ed,” said Stefanski. She credits her connections with MATC in identifying job opportunities that help to hone her skills including working at the U.S. Open, Wisconsin State Fair Cream Puff Pavil- ion and St. Paul Pub Company’s annual scavenger hunt for a cause.

Stefanski will graduate from the Culinary Management pro- gram in December and from the Culinary Arts program in May 2023. She will attend Lakeland University on a full scholarship while working toward her bach- elor’s degree.

As I started my culinary jour- ney, I was blessed with the op- portunity to take a culinary field trip to New Orleans. This city and the melting pot of cultural influence color everything from the music, to the food and the architecture. Creole is a term that means “Frenchman” on a very literal way. The variety in methods of preparation to the creative use of locally avail- able ingredients, is part of what makes this dish both a tasty and time-tested treat. As with most dishes from this region, it starts with the “trinity” of sausage, celery and green pepper. For almost every family when this dish is made, everyone fights over the garnish (grob-TAHN). Garden is the crayfish, brown or white, of rice.

Dear Diet Detectives,

I need help! My schedule is incredibly busy this fall. I don’t have much time in the morning to have breakfast or pack a lunch. Halfway through class I’m starving and I only have a few minutes to grab some snacks from the vending machine. By the time I get home, I’m too tired to cook. I know it’s important to eat healthy, but how can I when I’m so busy?

– Jane B.

Jane, I am so glad that you reached out! It can be difficult to adjust to a new semester. One of the largest challenges is priori- tizing time. Of course, we don’t want to sacrifice our health for the sake of getting things done. Brianna Zorfini, M.P.H., R.D., C.D.N., of Elitz Nutrition in Self magazine, reminds us that “eat- ing regularly throughout the day prevents dips in your energy, keeps you alert and focused.” The best way to ensure that you are eating healthy and not missing meals is to plan and prepare meals ahead of time. My favorite way to do this is to meal prep.

First, look at your schedule and identify job opportunities that help to hone your skills including working at the U.S. Open, Wisconsin State Fair Cream Puff Pavilion and St. Paul Pub Company’s annual scavenger hunt for a cause.

Jamee Stefanski is in the process of earning two culinary degrees at MATC. Upon graduation she will attend Lakeland University on a full scholarship.

Jambalaya
Servings: 6-8
• 1 ½ pounds raw, peeled and deveined shrimp
• ¼ teaspoon black pepper
• ½ teaspoon crushed dried thyme leaves
• 1 teaspoon sugar
• 1 (10 ½-ounce) can beef broth with 1 can of water
• 1 clove garlic, minced
• 2 tablespoons margarine or butter
• 1 (28-ounce) can tomatoes, undialed, chopped
• 1 (15 oz) can red kidney beans in water
• 1 cup uncooked long grain rice
• 1 teaspoon salt
• ½ teaspoon crushed dried thyme leaves
• ½ teaspoon chili powder
• ½ pound sausage

Directions
1. In a Dutch oven, melt margarine or butter. Add onion, celery, green pepper, parsley and garlic. Cook until tender.
2. Cover and cook until tender.
3. Add remaining ingredients, except shrimp.
4. Cover and simmer 25 minutes or until rice is tender.
5. Add shrimp and simmer uncovered until shrimp are cooked (about 10 minutes).

Recipe by Jamee (Hueschen) Stefanski

Jamee (Hueschen) Stefanski is a student of Chef Robert Burton. International cuisine is an eight-week course that covers the cuisines of Latin America/Europe, the Mediterranea- nos/Africa, and America. If you are interested in enrolling in the Culinary Arts program, contact Cheryl Bohn at 414-297-6535 or email bohek@uc.wisc.edu.

DIET DETECTIVE CLASSIC

The Diet Detective offers tips for healthy food options to refuel during the school day. The easiest way is to prepare the meal or snack yourself.

reduce unnecessary waste and keep your meals organized so you don’t lose any time in the morning before running off to class.

With these tips, you’re sure to succeed this school year, Jane!

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The Diet Detective offers tips for healthy food options to refuel during the school day. The easiest way is to prepare the meal or snack yourself.
According to Henry by S.K. Henry

According to Henry by S.K. Henry

TIMES PUZZLE

ACROSS
4 What is writer Erin Broderick asking readers to do in this issue of the Times?
5 What is the name of the column that discusses a busy schedule?
6 What is the name of Sara Goldrick-Rab book mentioned in this issue of the Times?
7 Name of MATC’s paralegal and Dreamkeeper’s contact.
8 A former employer of O. Ricardo Pimentel?
9 What department will be moving to room S-215 in the spring?
10 Name of librarians in the MATC system?
11 Name of the Times new Opinion Editor?
12 What column explains how to get a job on campus?
13 Movie reviewed this issue of the Times?

DOWN
1 The Times Art Director?
2 Times finalist for ACP/Emie Pyle Reporter of the year awards?
3 What’s the topic of this issue’s editorial?
4 Women’s basketball new head coach?
5 What word appears in each panel of Comic “According to Henry?”
6 What is the featured dish in our column “Culinary Corner?”
7 Topic of this issue’s column “Leading with Shanice?”

Submit your answers to the Times Office in Room M240 on the downtown campus for a chance to win a prize. Prizes will be awarded to contest winners while supplies last.
Women’s basketball coach Leonard Erickson has come to MATC to help rebuild the program. The coach likes underdogs and has a history of guiding them to success.

While part of his strategy is practical – he encourages players to “keep an up-tempo pace, play fast, get the ball and go” – another part is mental. Be positive. Keep it simple. Control what you can control: your attitude and effort. Above all, show up and do the work. He sums up his philosophy with a talk-about-boost Conor O’Brien quote, “If you work really hard and are kind, amazing things will happen.”

When he was a high school basketball player, Erickson already knew he wanted to be a coach when he grew up. A few years later, he got his first opportunity – as assistant coach for his sister’s Little League team.

Fifteen years and eight college seasons later, this passion has taken him all over the country.

Raised in El Paseo, Texas, Er

rickson received a master’s in physical education and coaching from Indiana State University. He was an assistant coach for Southwestern Community Col-

lege in Iowa and, most recently, head coach at Little Priest Tribal College in Nebraska.

Little Priest didn’t have a lot of resources. Under his guidance, the team improved its win total from three to 10, earned Iowa Community College Athletic Conference all-academic honors, and maintained a team GPA of 3.06.

He always emphasizes the im-

portance of being positive. Even though the players didn’t have as much, they had the ability to go to school and to play basketball, which was what they wanted to do.

Now, at MATC, he looks for-

ward to instilling the same val-

ues in his new team.

In life, in basketball, if you can have a positive outlook, things are going to work out in the end. Everyone knows it, life’s a roller coaster. There’s go-

ing to be ups and downs, there’re things that you can’t control that are going to happen to you, but if you approach it from a nega-

tive point of view, you’re not go-

ing to be very happy and you’re not going to be as successful as you want,” he said. “So if they can just learn to be positive and keep their heads up when things get rough on the basket-

ball court, because it’s going to happen on the basketball court, and they can take that and relate it to their lives, then that’s kind of what I’m hoping to instill in them. If there’s anything they take from me, hopefully that’s that one thing. Because if you can do that, then they’ll turn out to be successful women out there in the world.”

Like MATC’s athletic director Randy Casey, Erickson believes the team should be a family. He sees his players as younger sisters, and believes in using bas-

ketball to help them teach values that will help them be successful throughout their lives.

When recruiting new players, besides talent, Erickson looks for students who will be a good fit. Are they coachable? Are they doing well academically? Are they positive toward themselves and others? Players need to fit to together to have good team co-

hesiveness – an essential part of victory.

Basketball has obvious mea-

sures of success: winning more games than last year, having a winning season, making a na-

tional tournament. Achieving all of that with the women’s basketball ball team would be “amazing,” he said, but he is looking to do more.

“You could win 20 games and not have a successful season, and you could win five games and be considered to have a suc-

cess,” he said.

Even more important than winning is winning the right way. He looks forward to helping to build a program and create standards so athletes represent MATC well, take care of things in the classroom, and learn life skills to become well-rounded individuals.

In the coach’s view: If you do that, the wins will come.

Former Milwaukee Wave

midfielder takes charge

Christine Smith

Times Staff Reporter

Three seconds left in the 90

minute soccer game and then boom! The Stormers men’s soc-

cer team scored.

Goals are a team effort, but this recent goal was also argu-

ably the fruit of a Hawaiian-born athlete raised in Bryan, Texas — Rodrigo Oliveira. Oliveira is the head coach for the men’s soccer team, working his way up from assistant coach, a position he held for two years. He was named head coach last year.

Oliveira also played on the Milwaukee Wave, a professional indoor soccer team, joining the team as a third-round, 35th over-

all pick.

He scored 27 points in eight goals and 11 assists playing Divi-

sion 1 soccer at the University of

Alabama at Birmingham on a full

scholarship. Oliveira has more than 10 years of coaching experience. He has a simple philosophy. “The fruit of hard work is working the positive results and the hard work is working,” he said.

Oliveira believes that victory comes naturally if you have a dedicated, hardworking workforce. “Do not put difficulties in your life or in your way because dif-

ficulties already exist in us,” he said. “We live to block the dif-

ficult that exists and move on with determination.”

Oliveira is a former center de-

fensive midfielder and was a 2004 draft pick for the All-Conference

USA third team. He also coaches a youth soccer club in Whitefish Bay for ages 8 through 11. He has had some recruiters and communicators reach out to him about coaching opportunities.

What Oliveira looks for is a captain or teammate is someone who, in a very positive way, gets the team as a whole and the mem-

bers helping each other – some-

one who can push teammates, and communicate well and on and off the field. This season’s team cap-

tain is Daniel Noguera, a senior on-de-

leader — and a defender on the field in Jackson Galiani.

Oliveira doesn’t just look for talent in recruits, but school dedi-

cation and positivity. Oliveira said he will work hard to get his players transferred to D1, D2 and D3 schools.
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