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Tuesday, December 2
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   Editor

Contributors
Farzana Fayeza     Rachel Moline
Maggie Wentzel     Craig Honer
Heather Dahm
Welcome to the holiday season my friends! It is the time of feasts, family, and the turducken. Basketball season has begun, for your FVTC Men’s and Lady Foxes, and the NBA. Do the Bucks count? I suppose if they are playing then the season has begun for the D-League too. Baseball has ended, congratulations San Francisco on your third title in 5 years.

The NFL is ramping up about this time, my Pittsburgh Steelers are beginning to play as they should, (which means they are winning) and the bandwagon teams are losing fans right about now. I will leave it up to you to decide which teams I am referring too.

You may notice that there aren’t any “Letters to the Editor” this month, also “Ask Foxy” didn’t receive a question. Without engagement from you the student body, or faculty members, these monthly features cannot fly.

For those of you that may not know, FVTC has a food pantry for active students that happens to be struggling. With the holidays fast approaching, the need is greater than ever. Donations for the food pantry are accepted in Student Life, and if you happen to need some assistance you can speak with Lori, Penny, John, Luke, or Shannon in Student Life confidentially about it.

My friend and FOXperts member Pat McConnell has done a great job organizing the food pantry and spearheading the drives to bring in more goods. Her peanut butter challenge was very successful, thank you especially to the Horticulture Club and Electronics and Automation Club for being the big peanut butter donors.

Foxy held his first Facebook Q & A this past month. That was a fun time, and luckily Foxy behaved himself. He tends to get a little salty when he gets silly questions. Thank you to everyone that stopped by and asked Foxy some questions. He said he might do it again in December. A holiday edition if you will.

Lastly, there are a number of great articles in this issue. Frank Meeink and his friend Will Lloyd stopped by and spoke with me for a bit regarding racism and hate. This month’s Author Chat is with an author that wrote a book about a very deep and divisive topic. Liz Jones was kind enough to give me a few minutes out of her busy schedule to discuss Instructional Design, and what that is. I am very proud of this issue, and I hope all of you are as well.

Happy Turkey Day!

Rich
Letters to the Editor

People like the new features, but in order to have them we need more reader engagement. Last month there were four letters. This month, nothing. Send me letters!

Where are your letters?
Welcome to the Flash Fiction Challenge! 

There has been some question as to who can enter the challenge. The answer is simple. Anyone, Staff, Students, Faculty, Family members of Staff, Students, Faculty, etc. Do you have a pulse and breathe? Then you can enter! You might win a prize!

Flash Fiction is typically 500-1,000 words in length, for these challenges, we are looking for 500-600 word maximum. We are looking for as many of you, the student body, to submit your stories. The challenge is that I will give you a sentence, and you will need to create a story with that sentence as inspiration.

The sentence (or prompt) this month is,

**Write a true story that is so (blank) that no one would believe it's true. But it is.**

Use your imaginations and have fun with it!

Submit your Flash Fiction stories to fvtcfoxtimes@gmail.com with Flash Fiction in the subject line.

The Fox Times team will select the three best stories among the submissions for publication in the next edition of Fox Times! All submissions must be the submitter’s original, unpublished work and sent in for inclusion in the December issue no later than **November 20th, 2014**. Anything received after that date will be included in following issues.

*Stories will be judged based on grammar, spelling, typos and adherence to the challenge parameters. Any questions, let us know!

---

Welcome to the Poetry Challenge! Poetry is a fun, creative, and exciting endeavor for millions of people across the globe.

**Write a poem, form of your choice about what you are thankful for.**

Please submit your original, unpublished work to fvtcfoxtimes@gmail.com with Poetry Challenge in the subject line by **November 20th, 2014** for inclusion in the December issue. Any submissions after that date will appear in following issues. Thank you for participating!
Apparently everyone was afraid I would be too sassy with my response this month. No one sent me a question. This makes Foxy’s feel-bads hurt. I need questions people!

Where are your questions?
The Horticulture Club is kicking off the new school year with great green thumb growth. We have 25 solid members to help with our Sweetest Day and Christmas poinsettia fund-raising sales as well as volunteering for the Riverview Gardens, re-starting a campus bicycle sharing committee, and travelling to expos. Keep an eye out for the Horticulture Club members in green for they are busy bees sweetening up the campus and community.

Meet Putu Elita Rembulan. She is from Bali, Indonesia. If you do not know what or where Bali is, you may want to find it out. You would be more inclined to be friends with Elita.

For Elita, this is the first time travelling outside her country. Moving about 15,000km away from home, Elita did have a few first impressions about Appleton. She says that the weather is cold but it is a clean and organized city. She observed that there is a lot of cars but very few people walking on the streets. She was a little bit surprised though, this isn’t the United States she imagined in her head to be. (Tall buildings perhaps?)

I asked Elita about what she thought about the campus. She said that the campus is quite large. She mentioned that the staff and the instructors in college are friendly.

For Elita to be able to come to the United States all by herself is a great success. Remember, it is her first time flying out from her country. She is proud of herself and is thankful to her parents for their support.

Because I consider Elita a good friend of mine, I will take the liberty to talk about her before I end. Elita is a vegetarian and she is quite the smarty-pants. She learnt Japanese all by herself. Her favorite American TV show is The Walking Dead. As a person, Elita is very kind. The second week in Appleton, after shopping for groceries at Walmart, I was having a very hard time carrying my shopping bags. She instantly came to help me when she saw my struggle. This was a very kind act for me and I am really thankful to her. So thank you Elita and I hope you have a wonderful time in the United States!
November SAC Events

**Live Music in Connection Café**
Tuesday November 18th
11:30 to 12:30

**Family Movie Night**
Friday November 21st
6:00 pm
Free w/student ID

**Thanksgiving Extravaganza**
Tuesday November 25th
11:30 in commons

**Mall of America**
Saturday November 22nd
Bus leaves FVTC @ 8:00 am and
Leaves the Mall @ 8:00 pm
Cost for Bus ride is $28

**SAC Meetings** (Anyone is welcome to attend or join us during the Student Activity Club Meetings)

**Tuesday November 11th**
11:30 to 12:30
Rm G120A (Student Success Center)

**Tuesday November 18th**
11:30 to 12:30
Rm G120A (Student Success Center)

**Tuesday November 22nd**
11:30 to 12:30
Rm G120A (Student Success Center)

**December SAC Events**

**Breakfast with Santa**
Saturday December 6th
9:00 in commons

**Packer Party**
Monday December 8th
5:00 to 7:00 in commons
Free w/student ID

**Cotton Candy Day**
Tuesday December 9th
11:30 in commons
Free w/student ID

**SAC Meetings** (Anyone is welcome to attend or join us during the Student Activity Club Meetings)

**Tuesday December 2nd**
11:30 to 12:30
Rm G120A (Student Success Center)

**Tuesday December 9th**
11:30 to 12:30
Rm G120A (Student Success Center)

**Tuesday December 16th**
11:30 to 12:30
Rm G120A (Student Success Center)

**Thursday December 4th**
11:30 to 12:30
Rm G120A (Student Success Center)

**Thursday December 11th**
11:30 to 12:30
Rm G120A (Student Success Center)

**Thursday December 18th**
11:30 to 12:30
Rm G120A (Student Success Center)
My name is Maggie Wentzel and I’m the secretary of the FVTC Student Chapter of AITP. What is AITP you ask? It stands for Association of Information Technology Professionals. What we do is talk about the world of computers, do some community projects, and educate people about computers via our Computer 101 classes we hold twice a year.

The spring semester of 2014 had a group of us traveling to Chicago for the AITP Region 5 Spring Meeting. We went to AITP Chicago’s monthly meeting and dinner and heard a speaker who spoke on IT security and had a lovely steak dinner. The next morning we attended the Region 5 board meeting and met some of the members and stayed for the Intro to the Student Leadership Seminar. The Chicago trip opened our eyes to what goes on behind the scenes of our local region of AITP.

Another event that happened over the summer of 2014 is the Annual NEW AITP Golf Outing which has AITP members from various companies and IT departments golfing to benefit a scholarship for students to attend the AITP National Collegiate Conference as well as get a scholarship for school. We had volunteers from our Student Chapter board who volunteered at the registration table, handed out lunches to the golfers, prepared raffle tickets, and took candid photos of the golfers. We had a great turnout of golfers and the golfers walked away with great prizes and we walked away with connections made with the golfers that could be our future bosses. Who knows what might happen?

We hope that this school year will be filled with more talk of computers, successful Computer 101 classes, and more educational trips. We can’t wait to share our events and what’s happening with you all, the readers of the Fox Times.
The Frolfing Foxes have been Blessed
By Craig Honer

The Frolfing Foxes have been blessed in many ways and would like to “Pay it forward” by helping out a charity called Operation Christmas Child. And in doing so this will be a great way to show how much the student body at FVTC cares about children.

Operation Christmas Child is the largest children’s charity of its kind and has been sending shoeboxes filled with fun and necessity items since 1993. The link to this address is samaritanspurse.org/occ with regards to finding our more information about this charitable event.

If you’ve never heard of this charity, what we do is take an everyday, ordinary shoebox, and fill it with school supplies, hygiene items, socks, hard candy, books, toys and stuffed animals and send them to children in over 100 countries that have been struck with extreme poverty, been displaced due to war or have been through a natural disaster.

The Green Bay/Appleton area had a goal to do 13,500 shoeboxes in 2013, but surpassed their goal and ended up with 16,059 boxes. The goal for northeastern Wisconsin THIS year is 19,300.

Each and every box counts, as it brings fun, hope and love to children in countries that may not otherwise receive a Christmas gift, ever in their life.

It’s a great way to reach children and often times, the parents of these children that receive the boxes find a way to write a letter back or go to an Internet cafe and email the person sending the box if they include a letter with a return address or email address.

As the Season approaches, we hope that you will find it in your heart to grab a box and fill it up. The shoeboxes will be in Student Life and Oct 24 from 11:30 am until 1:30 pm a representative of the Frolfing Foxes will be in the library handing out boxes for those that wish to help. There is a shipping charge but if you can’t afford the $7 shipping cost, please don’t worry about it as no box is turned away because of not having the $7.

The Frolfing Foxes will be collecting these boxes Nov 17 and 19 in the commons across from Student Life from 2:30 – 4:30 and Nov 21 from 12:30 – 3:30. If you can’t make it to drop off the box at those scheduled times you can email me at craighoner@gmail.com and I would be willing to meet you at a more convenient time. I’m praying that this will be a huge success! God bless!

Criminal Justice Student Association (CJSA)
By Heather Dahm

Event — Taze-a-Teacher

When — Wednesday December 10, 2014 from 1130 to 1220

Where — To be determined

What is it — Instructors have volunteered to potentially be tazed. We are doing this as fund-raising event for Criminal Justice Student Association (CJSA). The instructor with the most money in their jar will be tazed. The instructor with the least amount of money will be tazing the other instructor.

Who — Public Safety Dean Aaron Tomlinson, Criminal Justice Instructor Colleen Belongea, Criminal Justice Instructor Cory McKone, Criminal Justice Instructor Aaron Zemlock, Criminal Justice Instructor Jeff Malcore, and EMS Instructor Les James

To put money in an instructors jar please take the money to the Criminal Justice office room C184 (right inside entrance 15) to Chris Thern.

Any questions please contact Ryan Gilbert 920-735-2499. Ryan or a CJSA officer will contact you regarding your questions.
Interview of Teri Jendusa-Nicolai
By Patty Jacob

October was Domestic Violence Awareness month and FVTC was able to bring in Teri Jendusa-Nicolai a survivor to domestic violence. Abused and controlled by her husband she left and took her two young children with her. After filing for divorce from her ex-husband and moving on with her life she still felt threaten when she was near him. She eventually remarried and was trying to gain full custody of her two little girls because she did not trust her ex-husband. One day she went to pick up her two daughters from her ex’s house, he coaxed her into the house saying that the girls were hiding and they wanted her to find them. Something told her that it was not right, but did not want to let her little girls down so she went in. He had taken a bat and beat her in the head, stuffed her in a garbage can with no socks, shoes, or pants on. He traveled from his Wisconsin home to Illinois to a storage facility where he left her to die. If it was not for her determination to stay alive and the help of authorities, Teri would be dead. Since her recovery she has gained full custody of her two daughters, and has been traveling the country speaking out against domestic violence and trying to help as many people as she can.

Here is an interview with Teri:

Patty – As an advocate for awareness and change regarding domestic violence, have you experienced much pushback from the public or government officials?

Teri – In the beginning it was hard to have maybe certain court officials understand the problem of domestic violence. But as time goes on and I think the more cases they see the more in tune they really are getting. Certain judges really, really get it, and then there are judges who just need a little bit more education, little more experience. But I think we are getting there. With the laws that we are creating and the DA’s we have in Racine in place and everybody needs to be on board, the police, the sheriff’s department, DA’s, things will change that way.

What is your opinion on how the NFL has handled domestic violence?

Teri – I actually think some people think it’s harsh, but I actually think it is good. You do something like that and there are consequences. People need to know there are consequences for bad behavior, no justification for it what so ever and it don’t belong in the public eye. You want to behave like that there are consequences.

What advice would you give to someone currently living with domestic violence?

Teri – There is hope sometimes and sometimes you feel hopeless like you are stuck there. So many things maybe economically, financially so many things that may keep you there but what you need to realize is that you need and deserve a better life. Your kids need and deserve a better life and if the perpetrator abuser is going to change great you need to leave the situation until things are changed. Because you, yourself need to keep yourself safe and your children safe. It’s all about having enough gumption to say what, I need to protect myself and my children and this is what I need to do.

In the next five years, what laws would you like to see changed or implemented?

Teri – You know the last two years have been awesome. We have gotten guns out of the hands of the abuser. We have so many things done. I would like to see more changes in the family courts. I would like to see maybe everybody who works with family court guardians, social workers have to go to conferences and get educated and just specifically domestic violence issues because some of them no matter how wellbeing they are. If you haven’t been through it, you don’t really quite understand it and need to be educated. They need to hear the stories of the victims and survivors they need to know what to look for before they just say hey this guy looks like a nice guy. He loves his kids, let’s give him joint custody. Just need to be more education. Laws that may say if you work in a family court system you need to complete so many hours of education, specifically domestic violence. I think the police and sheriff’s departments have already done a lot of training to ramp up their actions to it, now it needs to fall up on to the family court system.

Fox Times is looking for photographers willing to take random pictures, attend sport events, and attend school events – email foxtimes@fvtc.edu if interested!
VETERANS ARE USING BENEFITS!
In 2009, there were approximately 500,000 Student Veterans receiving education benefits. In 2013, over 1,000,000 student Veterans are using their GI benefits to pursue advanced educational opportunities, and this number is estimated to increase by 20% in the next few years.

79% Student Veterans using GI benefits are attending public schools. The remaining 21% are equally split between non-profit private schools and proprietary schools.

WHAT DO VETERAN STUDENTS LOOK LIKE?
73%-80% of Student Veterans are male; 21-27% are female.

With only 10-14% of military personnel being women, female Student Veterans are over represented in postsecondary education.

Only 15% of Student Veterans are traditionally aged college students.

Most Student Veterans are between the ages of 24 and 40.

47% of Student Veterans have children.

47.3% of Student Veterans are married.

62% of Student Veterans are first-generation students.

THERE WILL BE A TRANSITION
Enrollment processes can be overwhelming: initial confusion and a lot of questions.

What program do I want to go into?
Schedules will vary from semester to semester, as well as instructors.

Classroom or online learning is different than military learning.

Need to take 12 credits up front-to qualify for benefits?
The pace of your day will be much, much slower.

Is the time right for you to start your educational endeavors?

BE OPEN TO A NEW MINDSET
You will hear different opinions—expect a wide range of differences.

Life experiences set the tone for individual outlooks.

Open yourself to hear new ideas and opinions.

Your experiences will set the tone for your opinions.

Your life experiences most likely will be much different than non veterans.

Let your self awareness grow, and your awareness of your new surroundings.

Be able to ask for help, its not viewed the same as if you are a military member needing help.

SEEK OUT WAYS TO CONNECT WITH OTHER VETERANS
Your challenges are not unique.

There are others in college who have navigated these challenges—let them help you and feel more comfortable!

In class or formal groups—volunteer activities.

We have over 600 veterans enrolled at FVTC.

Student Veterans of America club at FVTC.

Peer Advisors.

GET TO KNOW SOME CIVILIANS
Form some new friendships.

Look past your military experience/what are your hobbies or outside interests?

Take the first step.

Participate in class/join in discussion.

Join some clubs on campus take advantage of opportunities for social interaction.

PRACTICE PATIENCE
Decisions are made differently than in the military.

Be careful of initial reactions, take time to think the situation through.

Understand the dynamics of life experiences.

The Book by it Cover?

Communication styles.

ASK A LOT OF QUESTIONS
Communication to instructors is crucial, you must feel comfortable asking if you do not understand something.

Use the resources on campus.

Do not wait until you are earning a low grade before you ask.

How are your computer skills?

UNDERSTAND AND WORK THROUGH YOUR BARRIERS
Educational Support office.

Choosing a program/career that matches your abilities.

Continue to use your veteran benefits outside the college.

There are inside and outside resources to address almost every barrier to learning you may have (family issues, finances, disabilities, math, reading, daycare, organization, planning, procrastinating, etc, etc) Get to someone who knows and can connect you!

Follow through and stay committed.
FOXES BASKETBALL

FOXES Basketball @ Madison College
Wednesday November 5th

FOXES Basketball vs UW Washington County *
Friday November 7th
Women @ 5:30 pm / Men @ 7:30 pm

FOXES Basketball @ Rochester
Saturday November 8th

FOXES Basketball vs Western Technical College *
Monday November 10th
Women @ 5:30 pm / Men @ 7:30 pm

FOXES Basketball vs UW Marinette *
Wednesday November 12th
Women @ 5:30 pm / Men @ 7:30 pm

FOXES Basketball @ Western Technical College
Saturday November 15th

FOXES Basketball @ UW Manitowoc
Wednesday November 19th

FOXES Basketball @ UW Fox Valley
Friday November 21st
Women only @ 7:00 pm

* All home games are played at UW Fox Valley 1478 Midway Road in Menasha
Recipe of the Month

By Patty Jacob

Thanksgiving is fast approaching and a time when families get together to celebrate and eat some of their favorite Thanksgiving dishes. In my family we sometimes have over twenty people that get together and have all of our favorite fixings. Turkey, mashed potatoes, squash, corn, dinner rolls, pumpkin pie, and my favorite brownie truffle (some of us do not like pumpkin pie). Some say that turkey and pumpkin pie is what Thanksgiving is all about, but I think it is all about the leftovers. They seem to taste better the second time around and you usually have enough that you can nibble on leftovers all weekend. Here is an easy recipe that I found from Taste of Home, were you can use those leftovers on. It’s simple and it tastes wonderful.

Tastes like Thanksgiving Casserole Recipe

Total Time: Prep: 30 min. Bake: 30 min.
Makes: 8 servings

Ingredients:
• 6 medium potatoes, peeled and cut into chunks
• 1-1/4 cups chopped celery
• 3/4 cup chopped onion
• 1/2 cup butter, cubed
• 6 cups unseasoned stuffing cubes
• 1 teaspoon poultry seasoning
• 1/4 teaspoon rubbed sage
• 1 cup chicken broth
• 4 cups cubed cooked turkey
• 2 cans (10-3/4 ounces each) condensed cream of chicken soup, undiluted
• 1 teaspoon garlic powder
• 3/4 cup sour cream, divided
• 4 ounces cream cheese, softened
• 1/2 teaspoon pepper
• 1/4 teaspoon salt
• 1-1/2 cups (6 ounces) shredded cheddar cheese

Directions:
1. Place potatoes in a Dutch oven and cover with water. Bring to a boil. Reduce heat; cover and cook for 10-15 minutes or until tender.
2. Meanwhile, in a large skillet, sauté celery and onion in butter until tender. Remove from the heat.
3. In a large bowl, combine the stuffing cubes, poultry seasoning and sage. Stir in broth and celery mixture. Transfer to a greased 13-in. x 9-in. baking dish.
4. In another large bowl, combine the turkey, soup, garlic powder and 1/4 cup sour cream; spoon over stuffing mixture. Drain potatoes; mash in a large bowl. Beat in the cream cheese, pepper, salt and remaining sour cream; spread over turkey mixture. Sprinkle with cheese.
5. Bake, uncovered, at 350° for 30-35 minutes or until heated through. Yield: 8 servings.

If you have a favorite recipe and would like to share it with others, please submit your recipe to fvtcfoxtimes@gmail.com
Cheers — Cheers to the entirety of Fox Valley Technical College, for winning an award for being a smoke free campus!

Cheers — To the Civic Life Project, the Lawrence University Documentary event that happened in the commons on October 28th. A fantastic evening all around and hard hitting documentaries about real issues in the Fox Valley area.

Cheers — To the end of political phone calls, emails, tv and radio commercials. At least for a few days.

Jeers — To whomever has the issue with “aiming” in the Men’s restrooms. Seriously, do you need some Cheeri-o’s to aim at? Sit down if you can’t aim.

Jeers — To the coming of winter and snow. What was there, like 4 nice days this year? Sigh.

Jeers — To the money in politics outweighing courtesy, decency, and common sense.

If you wish to submit a cheer or jeer, send an email to fvtcfoxtimes@gmail.com with cheers and jeers in the subject line.
TAKE ADVANTAGE OF OUR SERVICES!

What can the Wellness Coordinator help students with?

“Good question! My ultimate goal is to help you reach your personal wellness goals in mind, body and spirit. There is no cookie cutter mold that works for everyone so I will work with you to find what best fits you personally. Maybe your goal is a physical change or stress management or maybe you just feel unfulfilled and don’t know what is missing in your life. I am here to be your health coach, encourager and friend as you go through your own amazing transformation to become your ideal self whatever that may look like.”

~ Marissa Hunnel CWWS, CWP-Wellness Coordinator

In the Wellness Center we offer a variety of FREE services to you as students:

1. **Wellness Incentive Programs** – Participate in a variety of year round wellness programs to help you stay on track and upon completion your name will be entered for a chance to win all types of prizes including FVTC Wellness Center branded merchandise, Free Smoothies and up to $50 gift cards!

2. **Group Exercise Classes** – Check out our current group fitness schedule in the Wellness Center to find a time that works for you. Classes range from 10 minutes to 1 hour and are for ALL fitness levels!

3. **15 Minute Individual Consultations** – Come to the Wellness Center desk to schedule your consultation when it works for you. We offer a variety of consultation topics:
   - Fitness Assessment – You will undergo a test which includes 1 minute of pushups, 1 minute of sit up, 3 minute step test and a flexibility test to give you a starting point. Each month come back and retake this assessment to track your progress!
   - Body Measurement Assessment – During this appointment we will record all your current body stats including: height, weight, inches, body fat and blood pressure. Knowing your numbers is a powerful tool and a GREAT way to start any program.
   - Nutrition Assessment – Come to this appointment with a food log with at least a 3 day food record log and together we will create a realistic eating plan.
   - Equipment Orientation – During this meeting we will show you around the Wellness Center and teach you how to use the equipment, show you proper form while using the machines and set you up for success during your workouts.

If you have any questions about services offered please see Marissa Hunnel, our Wellness Coordinator.
Frank Meeink Interview — Fox Times
By Rich Weber

*Frank is a little colorful with his language. I did not censor him in anyway. For those of you who may be offended by a little salty language, turn the page. Otherwise enjoy a good interview with an interesting man.*

Frank Meeink came to Fox Valley Technical College in October and I was fortunate enough to sit down with him and his fellow speaker Will Lloyd for a few minutes before his show.

Here is our conversation.

**Fox Times — As a term, Skin Head has many connotations (meanings), when you think of the term, what is your definition?**

Frank — My definition is the reggae/ska loving, working class kids in England. At least that was the original meaning of the term. The term has been hijacked. Ultimately, anyone that thinks they are a skinhead is a skinhead. That is just the way it is.

**How much did growing up in South Philadelphia shape your life? Would things have been different had you grown up in a different atmosphere?**

Frank — The whole thing goes back to parenting. What my parents did to me, it wouldn’t matter. I could have lived in Beverly Hills, having the same parents I would have turned out the same way and do the same things. Growing up in South Philly made it a little bit tougher is all.

**The Reich was your cable access show. What years did it run from, and how did you convince the local channel to carry your show?**

Frank — It ran for a whopping three episodes. That was where they arrested me for the kidnapping, at the third episode.

It was a local cable access channel, freedom of speech, you can talk about whatever you want. So long as you don’t ask for donations on air or threaten to hurt anyone they have to air you. If they hadn’t aired us, we would have called the ACLU! At the time, we hated the ACLU, but when you are being denied your rights, who do you turn to?

**You are stranded on a deserted island, amazingly, your five favorite books are there. What are they, and why?**

Frank — Pet Semetary by Stephen King,
Call of the Wild by Jack London
The Outsiders
Autobiography of Malcolm X

Anything hockey related. Gordie Howe, Bobby Hull, or Wayne Gretzky.

Will — How about five copies of your own book?
*Laughing* If you’re stranded you might forget and need to read up about yourself.

Frank — *Laughing* What kind of asshole brings five copies of his own book to a deserted island? That is arrogant as hell. Some of that stuff I would want to forget though.

**What was it that forced you to change your outlook on life? Prison, or world events?**

Frank — A combination of everything, and I was tired of making exceptions for my beliefs. They were constantly being proved wrong. I hate all black people, but these black guys are cool. I hate all jews, but these jews are okay. My beliefs and opinions were not being upheld by facts. The facts were proving me wrong. Gets tiring man.

**Prison football isn’t like the movies, is it? For example, The Longest Yard.**

Frank — No. You police yourself out there, no pads, no referees, a lot of shit talking. Walk it and talk it. Here I am the only white dude out there with a big swastika on my neck, and there was a lot of shit talking.

Even if you get hurt, you’re not about to stay down and show that you got hurt. Some bumps and bruises, and of course the next day you will feel it. I ain’t about to stay down though. I been hit hard man, some really brutal hits.

I liked playing with the younger black kids, they never got hurt and didn’t interrupt the games. I remember our head biker guy, Peaches, broke his shoulder during a game. Ruined the game. Peaches got hurt, had to go to the hospital and the game was over.

**Since you have become an advocate for harmony, do you feel that you have made a difference? Is there anything you wish you could have done differently in that time?**

continued on next page
Frank Meeink Interview — Fox Times continued

By Rich Weber

Frank — I have made a difference, I get letters, people come up to me after shows and tell me that I have made a difference. That is important to me, I do this to show people the mistakes I’ve made and to show that even if you screw up you can change for the better.

I would have gotten clean and sober a lot earlier than I did. I just celebrated three years clean again, I’ve had multiples of three years over the last nine years. Stayed cleaner too. Get to three years clean then fall off for a day or two. I’m grateful that I have recovery in my life, nothing compares to being clean and sober.

In the early 90’s, why do you think that Pennsylvania/Philly was the leading area for hate? What made it an area ripe for this type of behavior?

Frank — It is the same reason why Michigan is having issues right now. People in the rural areas are getting the “city” news, they see shootings, robberies, stabbings and they think that is all there is. All the people in the rural areas, the white areas that is all they see.

Fear based, if all you see on the news is bad shit, what are you going to believe?

The militias are growing a lot in these rural areas, people are preying on the fears and what the news shows. The hate flourishes and people join the movement, based on lies and what they see on television.

Racism always flourishes under stressful times, poor economic times. The pitch is simply this: it isn’t your fault, it is the jews fault, it is the blacks fault. It isn’t your fault you aren’t educated. It is affirmative action holding you down. They figure out how to word it to make sure you “know” it isn’t your fault, and you have someone to blame for your problems. Stressful times lead to easy recruiting for hate groups.

Have you received much pushback from people, inside and outside the movement regarding your advocacy for harmony?

Frank — Sometimes, my message is ultimately empathy. You cannot fight hate with hate. Look at the Klan rallies that come to town. How do the townspeople respond? They throw bottles at them, they get into fights, and they fight hate with hate.

There is a story I remember of a Klan guy getting beaten up, and a 19 year old black girl jumped on him to keep everyone from beating on him. They became great friends and the guy left the movement.

Imagine if they were able to sit down and talk. Have a civil discussion, be able to see that neither side is the boogeyman. People have to be open minded and willing to have that discussion too.

Your book, ‘Autobiography of a Recovering Skinhead: The Frank Meeink Story’ is highly rated across all platforms. Was the writing or speaking process regarding the book cathartic?

Frank — Yes, absolutely. I was in the middle of doing my fourth step in the 12—step program while writing that book. Me and the lady that wrote it, who is from Ripon, WI, we travelled around and interviewed everyone involved with the book.

A lot of times you really find out how people think about you. Quite often I would find out that I really was a piece of shit towards people, I did some really shitty things. For many of the interviews, the lady that helped me write it interviewed the people alone. Hearing the versions of me they spoke about was a real eye-opener.

When you speak in the juvenile centers, is there an age, or is it on a case by case basis where you find that the kids are just gone? They are past reaching?

Frank — Factually based evidence is that drug dealing kids on the corners make the same amount of money as someone working at McDonalds. The only difference is it is cash and you get paid daily. How many kids working at McDonalds are going to find themselves in prison for selling a burger?

A lot of skills kids learn, or are supposed to learn from their parents they don’t. How are you going to have coping skills, be able to handle criticism or bullies if you are getting the same criticism and abuse at home?

Will — A large percentage of kids in juvenile detention are in there because of some guy that got them to sell the drugs. That guy takes half or more of the money, and you take all of the risk. Not only that, but while you are in jail that guy is still making money off of some other kids, and he is hanging with your girl in your own crib.

Imagine trying to figure out how to handle yourself, by yourself. No one at home is teaching you how to act, they are teaching you how to not act. So you turn to outside sources. Next thing you know the dealer on the corner starts to sound pretty good. He is nice to you, he talks to you, and he listens to you. You don’t get that at home, see what I’m saying? Next thing you find yourself in prison, listening to Frank or me.

Thank you very much guys, I appreciate the time.

Frank — Pleasure man, great interview.

Will — Thank you for talking with us.
The Write Way, Bill Ebbesen and Bob Ebben
By Rich Weber

Recently I sat down with Bill and Bob, or Bob and Bill. Billy Bob maybe, they seemed to be as confused as I, for a highly enjoyable interview regarding the new arm of the TLC, The Write Way. If you get a chance to have a conversation with them, please do so. Very entertaining chaps. Here is our chat.

Bill — Wait, are you recording this?

Fox Times- Yes I am.

Bill or Bob — It isn’t going to be leaked on Facebook or anything, right?

Of course not... wink-wink

Bill — What did you want us to do?

Introduce yourselves please.

Bill- My name is Bill Ebbesen, Co-lead of the Write Way, and a Communications Skills Instructor up here on the second floor.

Bob — I am Bob Ebben, Bill’s colleague and Co-lead of the Write Way and a Communications Skills Instructor.

Bill — Bill Bob, Bob Bill. Totally different first names, and totally different last names.

Bob — There is no possible way to confuse our names at all. Our initials are even different.

The TLC has existed for a while, with writing assistance available. Why did The Write Way need to be created?

Bob — We had heard for some time from faculty all over the college that there was a great need for further writing assistance. Students in a variety of programs were having difficulty meeting their grades, not because they couldn’t take a blood pressure, or do a proper weld, etc. It was because they had difficulty writing a college level written document.

Bill — We are teaching workshops and boot camps for Instructors on how to better teach writing, design their rubrics, etc.

Bob — We were hearing as communication skills faculty from other departments, that there was an increased need in student improvement with writing. The TLC was working with struggling writers, but it wasn’t as focused as it could have been.

It wasn’t done as writing center research indicated it would be most helpful for students. We needed to start doing something for students who might fail their classes, program or otherwise, simple because they were having writing difficulties.

Bill — We came up with the idea within the TLC, to develop a specific arm inside the TLC to work with the students and faculty to better understand how to write a paper.

Our focus was going back to the basics of writing as a process. Beginning again with the foundation of writing, and empowering the student with the knowledge they need to feel comfortable with writing in general.

Another prong we are doing that many other colleges are not doing, is helping faculty improve their assignment rubrics. Writing the assignment and expectations in a clearer, concise way that communicates effectively to the students.

Bob — Oftentimes the tutor was taking charge of the tutoring appointment, instead of placing the ball in the student’s court, they would simply “fix” the paper. Now, the focus is on the student taking charge, being empowered, and the tutor being a resource instead of a tool.

Um, well we have answered an awful lot of questions already.

Bill — Hold on, will you edit out the um’s?

Yes I will. I will leave all of the commas in though. I am a serial over-comma’er.

Bill — There is a new theory with commas, “When in doubt, leave the comma out.”

Ooh that is sage advice. I plan to promptly disobey it.

Bill/Bob — *Laughing*

What is the Wisp Initiative?

Bill/Bob — It is a piece of the Write Way, Writing Intervention Success Plan. A program for students that are in danger of failing their class due to writing assignments. It is for all students in all classes where writing is a factor to whether they will pass or fail the class.

An Instructor will be able to refer the student to us, we will meet with the student, and set that student up with a faculty tutor from the communications skills department. Then we will set up a step by step success program for them to succeed in their writing for that class. This is another way to ensure students do not fall through the cracks, and fail a class due to writing challenges.

Who is available during the hours the Write Way is open? Student Tutors or Instructors?

Bill — Half of the hours the TLC is open will be staffed by Communication Skills Instructors. The faculty tutors will be working directly with the students, the WISP students, providing a safety net if you will. Student tutors will also continue to be a great resource within the TLC.

Bob — Look for one of these attractive orange shirts, and we can help.

Bill — Sexy orange shirts.

Snazzy, sexy, nebulous orange shirts.

Bob/Bill — Perfect! You can’t lose us wearing these things.

FT/Boh/Bill — *Laughing*

How do students contact you?

Bob — Students can drop in whenever the TLC is open, they can send us an email at thewriteway@fvtc.edu.

TLC Hours:
7:30 — 7:30 Monday — Thursday
7:30 — 2:00 Friday
9:00 — 1:00 Saturday
Fox Times Interview — Elizabeth Jones
By Rich Weber

Recently I had the pleasure of sitting down with Elizabeth Jones (Liz), the Manager of Instructional Excellence with Fox Valley Technical College. Over a 45 minute chat regarding a variety of topics, I discovered what it looks and sounds like to truly enjoy going to work every day.

Liz teaches students within the Professional Communications program, along with teaching Instructors in certification/re-certification courses. With 15 years of teaching experience under her belt, the last 5 at FVTC, she has a vast well of knowledge to pass on to students and staff alike.

Fox Times — Why did you choose this field?
Liz — It sort of chose me, to be honest. I began teaching because I needed more flexibility in my work, due to family commitments and I fell in love with teaching adults. As I was developing my own courses I was developing systems and processes for designing learning and curriculum and began working with my peers. Little by little I became an unofficial mentor, then became an official mentor for them. Later I discovered that what I was doing was Instructional Design. I pursued the certificate for Instructional Design, as the stamp of approval, if you will.

When did you realize this was the career for you?
Liz — After I began at Fox Valley Tech. I found that I was able to target everything that I loved, and that I enjoyed doing. As a Lawyer, I enjoyed the law, but not the practice of the law. Five years ago when I started, I discovered something that I enjoyed doing, looked forward to work every day, and have to be kicked out of my office every night.

There are many similarities with the law and instructional design. For example, you have an end goal, whether a decision or a student learning, and you work your way backwards. How do you assess the learning, then how do you teach the information within the assessments. Same with law, you want a certain decision, you figure out your evidence for the decision, then develop the argument to support the evidence. Law is really education in a different form.

What does your typical day look like?
Liz — I begin the day opening up my online courses and seeing what transpired since the previous day. These are courses that instructors or adjuncts take to certify or re-certify their teaching credentials. Starting around 9am, I have meetings with various committees around the college, or one on one meetings with contracted faculty. Those typically last throughout the day. In the evenings or on the weekends I will have training sessions or one on one meetings with adjunct faculty.

Sounds like a very full day.
Liz — It is definitely a full day, I find the more I do and interact with people the more energy I have.

Instructional Design, what is that, and why is it necessary?
Liz — Instructional Design is an education related profession that involves with the design, development, and the delivery of learning activities. In today’s world, Instructional Design is typically strongly associated designing online or technology based learning. That is about 90% of the field right now. I spend a lot of time developing learning apps, assessments, story boards, and activities for in person classrooms as well. I help Instructors or companies determine how to measure the effectiveness of the learning activities.

Has Instructional Design always been around, or is it a new concept?
Liz — It has always been around, typically instructors became their own instructional designers. An example being lesson plans. Instructional Design as we know it today, is a more recent development in terms of an identified profession. The explosion of technology in education, in k —12, college, corporate training, has brought the demand for Instructional Design professionals.

Who let the dogs out?
Liz: *Laughing* Well, this morning my son did, though usually I put them out.

If you were not working in this field, what would you be doing?
Liz — I would be teaching, at any level. I get tremendous satisfaction from teaching. My absolute favorite is adults at the college level, though middle school kids are fun too.

If you could change something in your field, what would it be and why?
Liz — The expense of technology. I would like to see every student at all stages of life have access to technology of all forms. Technology can change people’s freedom. Think about the Google car that drives itself. Now think about the people that cannot drive due to a disability, or some other issue. Imagine what they could accomplish with more access, technology can help with that greatly.

If you were to select your most favorite student ever, would it be me?
Liz — Well of course! *Laughing* I have a favorite type of student. I like the students that contact me, that show the initiative, or engagement, with me. Connection between students and instructors is very important.

What is the best and worst part of your job?
Liz — The best part of my job is working with faculty members to help solve problems. The worst part is working with someone who may not fully appreciate the gifts of his or her students. It is very difficult to work with someone who doesn’t see each day as a wonderful gift.

How long have you been in your current position?
Liz — Five years in January here at Fox Valley Technical College, nine years at Lakeland College before that.

What did you do before you began your current journey?
Liz: I was an International Finance Lawyer. I practiced in Federal Court, never in State Court.

In your opinion, what is the most important part of your job?
Liz — Helping others, specifically instructors bring their ideas to fruition. To be honest, I almost never accomplish anything. My accomplishment is facilitating others in completing their goals and accomplishments. It is a great career, absolutely wonderful.
— 4th Annual —

Holiday Art & Craft Fair

Saturday, November 22, 2014
9 a.m. — 3 p.m.
Fox Valley Technical College  1825 N. Bluemound Dr., Appleton
Entrance #10  $2 Admission

Complete your holiday shopping in ONE STOP!

• Purchase unique handmade items by local artists and crafters
• Experience a great day out with friends
• Proceeds will provide emergency assistance to the FVTC Students

www.fvtc.edu/seedsofhope
Eligibility:
Participation is open to all artists/crafters 18 years of age and older who personally hand-make all products for sale in their booth.

All items must be handcrafted. No commercially made products will be accepted. Artwork must be original in concept and design. You may use non-copyrighted patterns, kits and/or molds, but may not use any portion of buy/sell products.

Due to space, duplicate entries may not be accepted.

Jurying:
All artists/crafters will be juried. Submit three recent photos of the products you will be selling, if you have not previously participated.

Photos will not be returned.

The SOT committee reserves the right of approval of all merchandise. If the display items do not match the quality of work shown in the photos or include prohibited items, the vendor will be asked to leave the fair.

Confirmation of your acceptance will be emailed to you when your application is received.

Booth Fee(s):
A non-refundable fee of $50 is required for each exhibit space. Two tables will be provided per booth. Make checks payable to: FVTC Foundation. In the memo write: Seeds of Hope.

Display:
Exhibitors will be responsible for creating an attractive display. All tables must be skirted to the floor. Boxes must not be showing. Displays must be contained within the exhibit space.

Set-up:
You may set up your booth on either Friday, November 21, from 4-7 p.m. or Saturday, November 22, from 9:30-11:30 a.m. Exhibitors must check in by 8 a.m. on Saturday to guarantee booth space.

Each registrant is responsible for setting up, attending, and taking down displays.

Parking:
Is permitted near the building while unloading; but, vehicles must be moved to the designated parking area by 8:30 a.m.

Failure to do so will affect your acceptance at future One Stop Shop Events.

Donation:
We ask that you donate an item of your work to help raise money for the Seeds of Hope student emergency fund. Please indicate this item on your application.

Your item will be collected on Saturday, November 22, during set-up.

Questions:
Contact Jan Case at (920)735-2497 or casej@fvtc.edu or visit fvtc.edu/seedsofhope.

I didn’t realize the gender gap in the race for governor was so extreme.

RESTROOMS

BURKE VOTERS

WALKER VOTERS
November Fun Facts

1. The heaviest turkey ever raised was 86 pounds, about the size of a large dog.

2. Turkeys have heart attacks. The United States Air Force was doing test runs and breaking the sound barrier. Nearby turkeys dropped dead with heart attacks.

3. It takes 75-80 pounds of feed to raise a 30 pound tom turkey.

4. In the US, about 280 million turkeys are sold for the Thanksgiving celebrations.

5. Sarah Josepha Hale, an American magazine editor, persuaded Abraham Lincoln to declare Thanksgiving a national holiday. She is also the author of the popular nursery rhyme “Mary Had a Little Lamb”.

6. Mashed potatoes, pumpkin pies, milk, corn on the cob, and cranberries were not foods present on the first Thanksgiving’s feast table.

7. Lobster, rabbit, chicken, fish, squashes, beans, chestnuts, hickory nuts, onions, leeks, dried fruits, maple syrup and honey, radishes, cabbage, carrots, eggs, and goat cheese are thought to have made up the first Thanksgiving feast.

8. The annual Macy’s Thanksgiving Day Parade tradition began in the 1920’s.

9. Californians are the largest consumers of turkey in the United States.

10. Since 1947, the National Turkey Federation has presented a live turkey and two dressed turkeys to the President. The President does not eat the live turkey. He “pardons” it and allows it to live out its days on a historical farm.

Word Scramble

1. yrkute
2. kppnimu ipe
3. brrrneyca
4. nkhstaviiggn
5. futnigsf
6. obbgel
7. ruccooipan
8. eigv khtsna
9. cbkal diyfar

Answers on page 33
Adoption Awareness Month
Alzheimer’s Awareness Month
Diabetes Awareness Month
Epilepsy Awareness Month
Healthy Skin Awareness Month
Lung Cancer Awareness Month
Nonprofit Awareness Month
Pancreatic Cancer Awareness Month
Prematurity Awareness Month

In the month of November there are many walks to help raise money to find a cure for a new disease that is becoming an epidemic; it is called “Alzheimer's” disease. Alzheimer's is a disease that takes over someone's memory starting out slowly and often mistaken as normal aging. There is no set age as to when a person may begin showing signs of this disease. Individuals begin to lose the ability to carry on a normal conversation and respond to others. Alzheimer's is the sixth leading cause of death in the United States. Those with Alzheimer’s live an average of eight years after their symptoms become noticeable to others, but survival can range from four to 20 years, depending on age and other health conditions. Currently there is no treatment to stop the disease from progressing, only drugs that can slow down the symptoms. Some say working on puzzles, such as Sudoku and crossword puzzles keep the mind sharp and may help to slow down the onset of this disease.

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<tr>
<th>Signs of Alzheimer's</th>
<th>Typical age-related changes</th>
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<td>Poor judgment and decision making</td>
<td>Making a bad decision once in a while</td>
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<tr>
<td>Inability to manage a budget</td>
<td>Missing a monthly payment</td>
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<tr>
<td>Losing track of the date or the season</td>
<td>Forgetting which day it is and remembering later</td>
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<tr>
<td>Difficulty having a conversation</td>
<td>Sometimes forgetting which word to use</td>
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<tr>
<td>Misplacing things and being unable to retrace steps to find them</td>
<td>Losing things from time to time</td>
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Author Chat with S.K. Nicholls

By Rich Weber

A while back I was able to have a chat with Independent Author Susan Nicholls. (S.K. Nicholls) Her book, Red Clay and Roses is a fantastic 5 star read about some heavy topics. I cannot recommend this book enough, anyone interested in historical fiction, especially high-quality historical fiction, check it out today. $3.99 on Amazon for your Kindle or digital device.

From Red Clay and Roses Amazon page:

“A fictionalized true story of life in the Deep South during the time of Jim Crow Law, and before Roe vs. Wade. Women were supposed to keep quiet and serve, abortion was illegal, adoption difficult, and racism rampant. The discovery of an old ledger opens a window into the dynamics of the 1950s—60s.

Unspoken secrets are shared between Beatrice, The Good Doctor’s wife, and Moses Grier, their black handyman. The Grier’s daughter, Althea, suffers a tragedy that leaves her family silent and mournful. Her brother, Nathan, a medical student, looks for answers from a community that is deaf, blind, and dumb.

A summer romance between Nathan and Sybil, an independent, high-spirited, white woman, leaves more unresolved. Nathan is thrust into the center of the Civil Rights Movement. Sybil is torn between living the mundane life of her peers, or a life that involves fastening herself to a taboo relationship. Witness social progress through the eyes of those who lived it.”

Fox Times — Thank you for taking the time to do this interview Susan. I appreciate it a great deal.

S.K. Nicholls — Thank you for having me, I’m looking forward to it!

If you could have a Literary career in the mold of a current Author, living or dead, who would it be, and why?

S.K. Nicholls — There are two actually, from very different genres and for very different reasons:

1. Carl Hiaasen, because is an excellent regional author. I know some people feel like regional authors are taking the easy road writing about places they are most familiar with, but I believe doing so lends a sense of authenticity to a book that most non-regional authors can’t touch. He also has a knack for writing that reaches a broad audience of children, YA, and Adult alike. He has had a fruitful career publishing over thirty crime fiction books.

2. Anne Rice, because she started out small and made it big. Her series on the supernatural beings are separate, yet connected by human emotions. She continues to write, long after she could have retired. That also speaks volumes on her passion for the craft.

3. Also, I would pick a current one that is alive and still able to write.

What do you enjoy most about the writing process? What do you dislike most?

S.K. Nicholls — I enjoy the creative process, the development of characters, locations and scenes. I love the research, and would have been a professional student if I had the money to keep going to school.

I dislike editing, and find it most laborious and a never-ending process. I think everyone should hire an editor to keep from becoming jaded about writing in general if they wish to be taken seriously. To produce a quality product should be a goal of all authors, and editing is too great a challenge for one singular mind, without taxing it to the limit.

I have heard that Red Clay and Roses might be turned into a movie. How exciting is that, and how did that come about?

S.K. Nicholls — My grandchildren’s uncle makes Indie films. They show at the Enzion Theater here in Orlando. I inquired of him about the logistics and costs to producing such. He is reading the book and has connections that could make it possible. It is a possibility but not a probability at this point, but I think it would be cool. I have been told that the book reads like a movie and I would be excited if that should really happen. I don’t think I would want to be tasked with writing the screenplay. I like the idea of the indie book being supported by an indie film and vise-versa. I really don’t know if we could do the story justice, but it would be fun to try. That would be years down the road. Should I be graced with living so long.

Do you have any projects you are excited/passionate about, yet are unable to finish them?

S.K. Nicholls — I have two works in progress.

One is an autobiographical of a sort that touches on my life growing up in foster care and an orphanage and how my adult life was influenced by that journey, but I have shelved it for a while. Although I always looked at the brighter side of my exposures growing up, being estranged from so many family members depresses me sometimes to write on it, so I don’t work on it often. You also have to be dead to find the end of the autobiography, so I will probably never get this one accomplished.

The second is a crime novel, a regional one, taking place in Florida with a most unusual setting. Like Hiaasen, it has a touch of humor, but would be directed at an adult audience, more like Randy Wayne White’s work. Not that I would put my writing at their status, but they are both authors whom I love to read. As soon as I find a way to keep better organized, I will return to this work.

Red Clay And Roses is a serious book. It details a number of unpleasant practices that were common a few decades back. It also details some practices that were illegal, and were conducted under the table. Have you gotten any “unhappy” or hate mail (email, letters, etc…) about bringing these things to light in this book?

continued on next page
S.K. Nicholls — To the contrary, most say that I handled the delicate and sensitive matters well. They are glad the story was told. They express that they want to share it with their children and grandchildren. I have received fan mail, primarily from women between 50—60 years old (some younger), both black and white, and other races. I deliberately opted to not choose sides in the story. My goal was to describe how things were before Jim Crow Law was repealed and before Roe vs Wade, not to have an opinion on what was right or wrong about it, but to document the truth through fiction, as it was from a true story. As a nurse, I have been in position to openly talk about many things that others might find distasteful. I had no reservations.

However, I received one hate letter about a quote in my “Afterword”. A person apparently bought the book assuming that it would be opinionated and did not find that, so they could not be critical about an opinion, so they were critical about the Mark Twain Quote that I wrote in the “Afterword”.

They felt it anti-religious. They read the book and felt it had a religiously motivated message, but could not understand why I chose to include such a quote. The quote says, “The three greatest evils of mankind are chauvinism, racism, and religion.”

I went on to explain why they were evil in that they are tangible evils because of the bloodshed in their name. It was not my intent to put down religion, but they are entitled to their opinion. They sent me an angry and challenging email, but to the best of my knowledge, did not write a review. I did not write them back, as I did not wish to have a philosophical/theological debate with them.

You will never please all of the people all of the time...there is no need to try.

I do feel that there was enough suspense and humor in the story for it to be entertaining as well as serious, maybe not.

What have you found to be your biggest struggle as an Author?

S.K. Nicholls — Sometimes I forget to feed my pets and husband. Having time to write, market and keeping organized, are all challenging. I am a panster, not a plotter, and I have a stream of consciousness writing style that does not lend itself well to keeping organized, but I am learning how not to allow organization to distract me from the writing process. The key is to keep learning. Don't EVER think you know enough.

You were nominated for an Award a while ago, congratulations! Which one is it, and how did you feel when you found out you were being considered for it?

S.K. Nicholls — I felt excited to be acknowledged at all by any readers group, but I do not wish to call the name of the group or the award at this time. No self-published work has won this award before, but many have been nominated. (So I am told). So I feel honored to have been nominated and would be more that honored to place or win. Getting the paperback version in time has proven to be quite a challenge.

There is money involved...and since I am not making any money to speak of from the book, in consideration to the investment...I could possibly turn a dollar. (JK, I didn’t write this book for money.)

The decision to write Red Clay and Roses couldn't have been an easy one. What prompted the decision? Was it the finding of the ledger? Or that the story needed to be told?

S.K. Nicholls — Both. I wanted to tell the story of the ledger back in 1992—93, but could not for personal reasons, get involved. As I matured, and the people who were sharing their stories with me were ailing/dying, I felt more strongly that their stories needed to be told. I felt they deserved to be remembered. They were common people. They sacrificed much. I also cared more about the story and less about what people might think.

What would you say to someone who felt this story needed to stay hidden along with the ledger?

S.K. Nicholls — When we hide from painful truths, or refuse to acknowledge them, we are allowing ourselves to become part of the problem...the ignorance. Oppression, poverty and ignorance are our greatest foes.

Our history is a very real part of how we earned our liberties. Our constitution guarantees us certain freedoms/liberties, but defining our rights and assuring that they are equally distributed has been something that people have had to work for, and fight for. There are big names in that process, like MLK, JFK, Margaret Sanger, and Lilly Ledbetter, but there were also common people working and fighting for common goals. They had mundane lives and suffered real tragedies along the way. Their stories deserve recognition. Sometimes I feel that even I could not do them justice to tell their story.
From the archives!

November 11, 1981

MULTI PURPOSE CENTER PROPOSED AT FVTI

A proposal to build a multi-purpose center at Fox Valley technical Institute will be presented to the District Board by Deputy Director, Mr. D.J. Bordini at the November 17th meeting. This is phase six of a major facilities planning program.

The facility, if approved, would be an addition extended off of Building E. It would contain a student activities room, meeting rooms for clubs and classes, and a large all-purpose center.

The proposed multi-purpose building would be used to a great extent for the educational benefit of all the students. "Education is our major objective for being in school, and that should take precedence."

Rooms would be provided for classes and organizations in which to meet, plan, and carry out their activities.

If the center was approved, the student activities room would move into the new area. The move would result in several very specific benefits.

1. The student activities center is now located in the upper level of Building G. This location is "out of the way" and somewhat restricted. Thus, full utilization of the room is not realized. The alternate site is more centrally located which means that more students would have the opportunity to make use of it.

2. At the present time, the student activities room is occupying space which could be used for classrooms. Relocation of the room would result in the recreation of six classrooms.

3. The current location of the activity room creates a high flow of traffic through the lab areas. This can be disruptive of, and detrimental to the educational process. Moving the room to another building would alleviate this problem.

The multi-purpose center would provide a place, other than the cafeteria, to hold entertainment events such as films, intramurals, concerts, dances, and guest speakers.

In addition, construction of the proposed addition would create a space capable of facilitating large groups of people. It would be the ideal place to hold seminars, skills, and energy fairs, lectures and the like.

The proposed center would cost approximately $850,000 to $950,000 to build. Some $400,000 of funding would be realized through the sale of the old Oshkosh center. The remainder would be covered by grants, money earned in the form of interest, and money from a loan that was taken out in 1966, to fund the major facilities planning program.

Mr. Bordini stated that, "If the Board members were to approve the recommendation, he could foresee a possible ground breaking this spring. Completion of the facility would take about one year."

This proposal has already received the endorsement of several businesses in the area and student bodies of the past have strongly supported the concept. It would be a tremendous benefit for the students, employees, administration, and supporters of Fox Valley Technical Institute, if this concept was to become reality.

GREAT AMERICAN SMOKEOUT

The Great American Smokeout will be held on Thursday, November 19th. The Smokeout is a light-hearted approach to urge smokers to quit the habit—at least for one day. Most smokers want to quit smoking and if they can for one day, maybe they will quit for good. The goal of the 1981...
Smokeout is to get at least one in every five smokers to give up cigarettes from midnight to midnight on November 19th. Last year on Smokeout Day, 16.5 million Americans and over 200,000 Wisconsin smokers tried to quit during the day. Information, pledge cards, sign-up sheets, and encouragement will be available from the Health Service.

Some general facts on smoking and health.

Thirty-seven deaths per hour—more than one death every two minutes—are attributable to cigarette smoking.

Fifty-four million Americans smoke. Nine out of ten have said in surveys they would like to quit.

The physical damage done by cigarette smoking can be reversible if habits are changed before it's too late.

Twenty-five year old—2 pack a day—smokers have a life expectancy 8.3 years shorter than non-smoking contemporaries. But after 10—15 years, ex-smokers' risk approaches that of those who've never smoked.

Cigarette smokers have increased risk of lung, larynx, mouth, esophagus, bladder, and pancreatic cancer. Approximately 85,000 people die of lung cancer per year.

Smoking is responsible for 120,000 excess U.S. deaths from coronary heart disease per year.

Smoking mothers have more still births and babies of low birth weight. Babies of smoking mothers are more vulnerable to disease and death.

Smoking alters pharmacologic effects of many medicines, diagnostic tests and greatly increases the risk of thrombosis (blood clots) with oral contraceptives.

Cigarette smokers get more peptic ulcers and die more often of them; cure is more difficult in smokers.

Some tips used by smokers to help quit:

Before you quit smoking, try wrapping your cigarettes with a sheet of paper like a Christmas present. Every time you want a cigarette, unwrap the pack and write down what you are doing, how you feel and how important this cigarette is to you. Do this for two weeks and you'll have cut down as well as developed new insights into your smoking.

If cigarettes give you an energy boost, try gum, modest exercise, a brisk walk or a new hobby. Avoid eating new foods that are high in calories.

Never smoke after you get a craving for a cigarette until three minutes have passed since you got the urge. During that three minutes, change your thinking or activity. Telephone an ex-smoker or somebody you can talk to until the craving subsides.

Don't store up on cigarettes. Never buy by the carton. Wait until one pack is finished before you buy another.

Change your brand of cigarettes weekly so you are always smoking a brand of lower tar and nicotine count than the week before.

Take a shower. You cannot smoke in the shower.

Brush your teeth frequently to get rid of the tobacco taste and stains.

If the cost of cigarettes is your motivation for quitting, try purchasing a money order equivalent to a year's supply of cigarettes. Give it to a friend. If you smoke in the next year, he cashes the money order and keeps the money. If you don't smoke, he gives back the money order at the end of the year.

Fox Times is looking for photographers willing to take random pictures, attend sport events, and attend school events – email foxtimes@fvtc.edu if interested!
This month I am spotlighting Security Intern Lindsey Burrows. Most of you know Lindsey, for those of you that don’t I think this chat will be very enlightening. An interesting lady and an enjoyable chat. Here is our conversation.

Fox Times — Thank you for sitting down with me Lindsey.

Lindsey — No problem, I’ve been looking forward to it.

What program are you in, and what made you pick it?

Lindsey — I am currently in the Security and Security Management program. I started out in the OTA program (Occupational Therapy), and after I began as a Security Intern I realized that OTA just wasn’t for me.

Oh, so you changed your program after you became an Intern?

Lindsey — Yes, the experience of working with Security, working with Jayme (Bowman) and Erin (Bynoe), really showed me what I enjoyed doing. Helping people as a member of the security team.

What made you become a Security Intern?

Lindsey — Like anyone else, I saw the “help wanted” sign and liked what I saw. I guess they liked me too, and here we are.

What do you like best about being with Security? Do you get to taze people? I’ll join up if I get to taze someone...

Lindsey — “Shakes her head” No Rich, we don’t get to taze people. We are trained to de-escalate situations, tazing wouldn’t do that. People get awful cranky when they get tazed.

Boooooo. 😊 What fun is that?

Lindsey — *Laughing* Developing quality relationships with students and faculty, really getting to know people simply by talking with them. Building rapport with someone so if an issue does arise, they understand that as Security you aren’t the bad guy. We are here to help, it is just as simple as that.

I still want to taze someone...

Lindsey — I’ll mention it to my bosses, but don’t get your hopes up.

I asked Ryan last month this question, and I will ask you as well. Do you get much grief as a Security Intern?

Lindsey — For the most part no, I’ll hear the occasional “red shirt” comment, otherwise people are pretty good about treating us Interns with respect. When you show up for a medical call, people are happy to see you. If I happen to stop someone who is misbehaving, like riding a skateboard down the hallway for example, that person might not be as happy to see me.

What do you do for fun, when you aren’t patrolling the halls?

Lindsey — I do jam skating and competitive speed skating.

What is jam skating?

Lindsey — Dancing on roller skates, hip hop and break dancing. Some people call it breakskate. I also teach kids how to skate and jam skate a couple days a week. Basically if I’m not on campus or sleeping, I am skating. For speed skating I can do a 9—10 second lap on a 100 meter track.

That is really cool. Thank you for the time Lindsey!

Lindsey — You’re welcome, I had fun.
Welcome to another wonderful Wednesday with the esteemed Wolfgang Wallschlaeger! I am very fortunate to sit down with the maestro every few weeks and chat about what he has going on within the college. Here is our conversation.

**Fox Times — Thanks for seeing me again Wolfgang, can you tell me some of the things you have going on this month?**

Wolfgang — My pleasure, every month is pretty busy around here. November is the big smoking cessation month. The Great American Smokeout is on November 20th, millions of people will make the decision to quit smoking.

The smoking cessation program offered here is quite successful, correct?

Wolfgang — Yes I do, if someone is interested in ceasing smoking they can come speak with me. I can provide nicotine patches, gum, and lozenges free to students that want to seek better health. I am very proud of the people that have succeeded in the program.

**Do you have a lot of participation in the program?**

Wolfgang — I do, many people want to quit, and up to this point just haven’t been able to. One on one sessions, the patches and what have you, the cost of smoking, not just the price of cigarettes but the true cost of smoking. Healthcare costs, insurance costs, the inconvenience of having to be outside in a blizzard or 40 below zero temps just to have a cigarette.

I hear that Fox Valley Technical College won an award for being a smoke free campus. Can you tell me a little bit about that?

Wolfgang — Of course, we won the Spark Award for being a smoke-free campus. There were 20 colleges recognized at the ceremony, and it was put on by the American Lung Association.

**When and where will your Lunch N Learn’s be?**

Wolfgang — I will be having a Lunch N Learn in Appleton on Wednesday, November 12, 11:30 AM in room E130. Smoking Cessation: Do you Want Some Help? Is the title. I’m not going to preach or force anyone to quit, it is simply there if anyone wants additional information regarding the programs and what is available here at FVTC.

I will also be in Oshkosh on Thursday, November 20th, providing the same Lunch N Learn for Oshkosh students and staff.

Thank you Wolfgang!

Wolfgang — My pleasure, see you next month.
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