

# KNIGHT NEWS

*The latest news, events and announcements!*

January 2021

## FEATURED EVENTS

View full list of events here:  
[wvc.edu/CampusLifeEvents](http://wvc.edu/CampusLifeEvents)

### MARTIN LUTHER KING DAY

January 18, WVC closed.

### OMARI AMILI SPEAKS AT WVC

January 21, 6 p.m. ASWVC Student Senate partners with WorkSource to bring you guest speaker Omari Amili to discuss his journey from crime to the classroom.

### SUICIDE PREVENTION SPEAKER

January 28, 3 p.m. ASWVC Student Senate brings you guest speaker Josh Rivedal to talk about his road to recovery from clinical depression *see pg. 2.*

### HEALTH CLINIC IN SPANISH

Every Saturday, 3-8 p.m. until January 31 at the Student Recreation Center.



## Omari Amili speaks at WVC

In honor of Martin Luther King Jr. Day, the Department of Campus Life, Diversity & Equity is partnering with WorkSource and Humanities Washington to bring guest speaker Omari Amili Thursday, January 21, 6 p.m. Amili will present his topic “From Crime to the Classroom: How Education Changes Lives” and then take live questions from the audience. Studies have shown that education is one of the best ways to reduce the chance of returning to prison, and Omari explores how we all benefit—as individuals and a society—from the new perspective, sense of direction, and confidence education provides. If you are interested in attending [register here](#).

*pg. 1*



# How to Live Mentally Well and Crush it in College

On January 28 at 3 p.m., author and college mental health specialist, Josh Rivedal will share the powerful message that it's okay to talk about mental health and that it's possible to live mentally well in college and beyond. Students will learn about what mental health is and is not, coping skills, how to reframe failure, and how to help oneself or a friend if in a mental health breakdown or suicidal crisis. Students will receive local and national resources for student mental health. Register for event [wvc.edu/CampusLifeEvents](http://wvc.edu/CampusLifeEvents).

## WVC Veteran Knights

Would like to invite veterans, dependents, and those interested in the military to join our veteran group. Meetings occur virtually through Zoom on Tuesdays and Thursdays from 2-4 p.m. For additional questions email [jgerak@wvc.edu](mailto:jgerak@wvc.edu).



## Featured Class: Exercise Physiology

Study the relationship between physical activity and physiological processes in the human body with an emphasis on the adaptation to strength training, cardiovascular endurance, and neurological adaptations. This 5 credit Zoom course, PEH 286, is taught by Erin Long, Exercise Science professor. For additional information contact [elong@wvc.edu](mailto:elong@wvc.edu).

# OMAK CAMPUS

*Two campuses, one mission.*

January 2021

## Experience WVC at Omak

Wenatchee Valley College at Omak is located 90 miles north of the Wenatchee campus on the sunny slopes of the Cascade Mountains, serving the residents of Okanogan County in North Central Washington. WVC at Omak provides the greater Omak area an advanced learning environment, both in the classroom and on the web. Whether you're just getting started, or picking up where you left off, WVC at Omak can help you advance in your career goals. To learn more visit [www.wvc.edu/Omak](http://www.wvc.edu/Omak)



The Wenatchee Valley College at Omak is known for its small classes, personalized instruction, and student support in changing lives for the better.

## Upcoming events

ASWVCO Student Government is happy to announce multiple events this Winter Quarter:

- January 11, 7 p.m. join a **book discussion** on Brene Brown's, "The Gifts of Imperfection", A motivational and inspiring guide to wholehearted living. For more info contact [Christa](#).
- February 12, 5 p.m. join Teresa Jensen for an evening of **virtual painting**. Painting supplies are free to students. For more info contact [Christa](#).



## Knights Korner Pantry serves students in Omak

ASWVCO Student Government Knights Korner Pantry curbside pickup will be open every Tuesday from 10 a.m. to noon during Winter Quarter. The pantry can assist students with food, hygiene products, diapers and other items. For more information contact Shannon Statler at (509) 422-7875 or Livia Millard at (509) 422-7814.

# JOIN WVC TODAY!

*Your future starts here.*

January 2021

## APPLY FOR WVC

Kick off your education by learning more here: [wvc.edu/GetStarted](http://wvc.edu/GetStarted)

## FINANCIAL AID

Explore financial assistance, grants, work study opportunities, veteran benefits & student loan programs by visiting: [wvc.edu/FinancialAid](http://wvc.edu/FinancialAid)

## SCHOLARSHIPS

WVC awards approximately 200 scholarships annually. Get more information here: [wvc.edu/Scholarships](http://wvc.edu/Scholarships)

## Is Running Start Right For You?



PAY NO TUITION



EARN YOUR TWO-YEAR DEGREE



4-YEAR READY

[LEARN MORE AT WVC.EDU/RS](http://wvc.edu/RS)

## Virtual Assistance When You Need It



[GET ASSISTANCE AT WVC.EDU/VA](http://wvc.edu/VA)

Wenatchee Valley College is committed to a policy of equal opportunity in employment and student enrollment. All programs are free from discrimination and harassment against any person because of race, creed, color, national or ethnic origin, sex, sexual orientation, gender identity or expression, the presence of any sensory, mental, or physical disability, or the use of a service animal by a person with a disability, age, parental status or families with children, marital status, religion, genetic information, honorably discharged veteran or military status or any other prohibited basis per RCW 49.60.030, 040 and other federal and state laws and regulations, or participation in the complaint process.

The following persons have been designated to handle inquiries regarding the non-discrimination policies and Title IX compliance for both the Wenatchee and Omak campuses:

To report discrimination or harassment: Title IX Coordinator, Wenatchi Hall 2322M, (509) 682-6445, [title9@wvc.edu](mailto:title9@wvc.edu).  
To request disability accommodations: Director of Student Access, Wenatchi Hall 2133, (509) 682-6854, TTY/TTD: dial 711, [sas@wvc.edu](mailto:sas@wvc.edu).



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