

## The Counseling Corner

Hello all,  
With this article, I hope to introduce an ongoing feature to the *Cougar Cry*—*The Counseling Corner*. In this forum, I want to identify student concerns as they relate to counseling, mental health, and substance abuse issues. Though this forum will seek to be informative, many topics are challenging, and your voices need to be heard. So, I invite you to fully utilize our resources in Student Services by offering input, responses, and questions. No topic should be considered "off limits". Many students may shy away from a face-to-face meeting with a counselor--if you would rather write about an issue, I am available. All queries sent to email will be handled confidentially, with the exclusion of issues dealing with imminent harm where someone's life may be in jeopardy. In some cases, I may ask your permission to publish responses anonymously in upcoming editions, as student voices are invaluable in the reassurance of others dealing with similar issues.

Through my years of counseling others, I have been asked a seemingly time-honored question—"How do you make someone get help?" To answer, I am tempted to draw on the overused country cliché: "You can lead a horse to water... but you can't make him drink!" This aphorism, at its heart, alludes that you can help someone to a point, but then he or she has to take the initiative. In response, I might think, "But, is it that easy to lead a horse to water?" For that matter, ever tried to pull a pony? If you have actually tried tugging

on a horse, steadfast in his current locale, you may know the answer.

This question has often been asked by distressed family members of individuals with alcohol or substance addictions. It may originate from concerned individuals reminded of similar problems in their past, desperate to interrupt the destructive path of someone they care for. And, alas, an individual's behavior may indicate treatment need in 1001 ways--but judgment, inaction, choice, or legitimate fears from the community hinder those individuals in receiving the services they need. Unfortunately, in the wake of the Virginia Tech tragedy, we are reminded of communities that could communicate more, and we ponder whether imposing appropriate social pressure is necessary to protect lives. Statistics support this concern, showing that for every completed suicide in the U.S., there are approximately 16 attempts.

So, I pose these questions to the student body—"How do you get someone to seek help?" Should self-destruction be ignored in the name of individual freedom? Have you found an effective way to get someone help?

Mike Roope, MA/EdS LPC  
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Counselor, Student Services

## Cougar Cry Editorial Guidelines

The *Cougar Cry* is a publication of the student activities office of Wilkes Community College. Its objective is to keep the students of WCC informed of issues, interests, and events related to campus and academic life. The *Cougar Cry* does not necessarily reflect the views or opinions of the faculty and/or staff of WCC.

The *Cougar Cry* welcomes articles, stories, opinions, photographs, and artwork for publication consideration. However, everything that is received cannot be published and the right is reserved to reject any material with or without cause.

The *Cougar Cry* will be published as staffing and resources permit. All submissions must include the author's name, phone number, and email address. Constructive criticism is acceptable, while defamation of individuals or organizations is not; no material which defames or insults any individual or group will be published. Opinions, editorials, or viewpoints should be clearly labeled as such. Material that is obscene, libelous, not in keeping with local standards of decency, or disruptive to the instructional or administrative process will not be published.

All submissions must be in accordance with the above stated objective: namely, they should be of specific relevance to WCC students. The staff reserves the right to edit for size, content, grammar, spelling, typographical errors, good

taste, and civility. Once an article has been revised, it will be reviewed with the author before it is published. Articles without time sensitive content that are received near publication deadlines may be published in later editions because of time and/or space restrictions.

It is strongly recommended that the author have her/his submission edited for grammar and style before it is submitted to the *Cougar Cry*. It is the author's responsibility to ensure the accuracy and spelling of names, program names, abbreviations, logos, etc. Copyrighted material will not be used without written permission of the copyright owner.

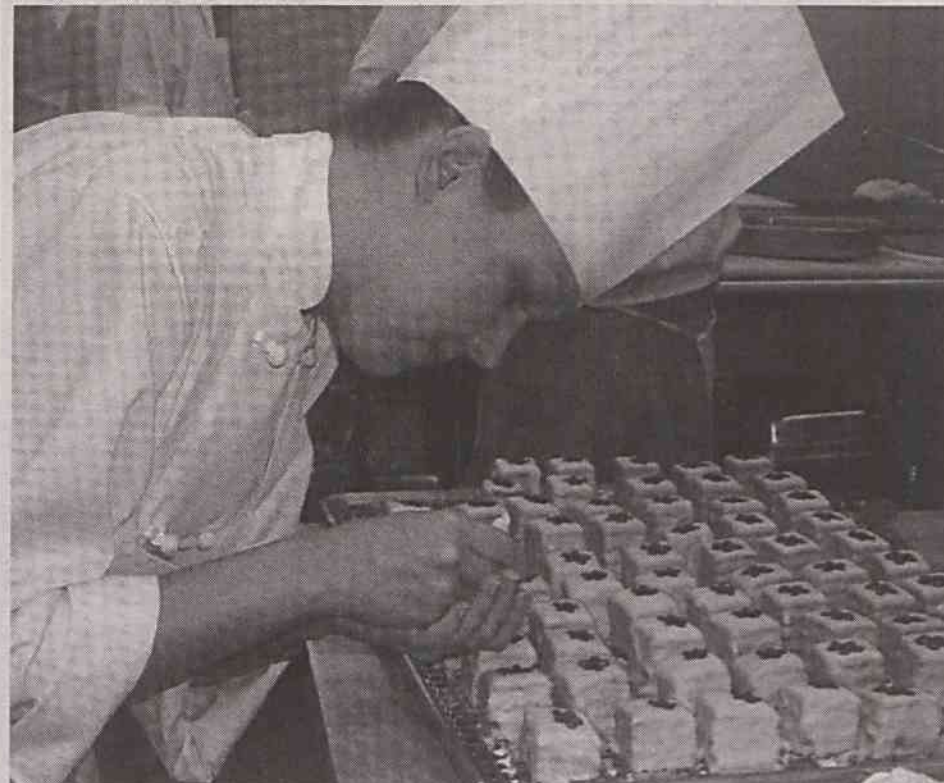
To submit an article to the *Cougar Cry* please send email to [wcc.newspaper@wilkescc.edu](mailto:wcc.newspaper@wilkescc.edu) with the article attached in word format.

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## Baking and Pastry Arts:

*Stressed spelled backwards is desserts. Coincidence? I think not!*

By: Rainbow L. Cowan



Many of us, at one point or another, have experienced personal indulgences that led us to our "sweet tooth" vices, but have you ever tasted a sweet morsel of a pastry, cookie or cake and think to yourself, "I would love to make this!" Or have you ever dreamed of creating beautiful cakes for special occasions that can add a memory to someone's special day? Do you adore that addictive smell of fresh baked bread? If you answer "yes" to any of the above, we have a great opportunity to share with you!

Chef Kimrey Jordan, Culinary Technology Department head/Instructor, developed a NEW Baking and Pastry Arts Associates Degree program that unveiled this Fall 2007 semester. Chef Jordan, along with some highly experienced bakers and pastry chefs, will share their professional skill and experiences to prepare you for a career as a professional baker and/or pastry chef. If you love to bake and create sinfully sweet, morsels of enjoyment, have a strong work ethic, and a thirst to learn the gastronomy of baking, you will want to be a part of this new program.

Once you complete the program, you should qualify for entry-level positions, such as pastry/bakery assistant, area pastry chef and assistant pastry chef producing items including specialty/artisan breads, desserts, pastries, candies, and decorative work. American Culinary Federation certification is also available to graduates of the Baking and Pastry Arts program. (See page 98 in your WCC catalog for course overview.)

Chef Jordan, former Executive Chef, Restaurateur and Instructor with one of the nation's top culinary schools, Culinary Institute of America in New York, is a man full of wisdom and knowledge that believes in passing his experience and knowledge on to the future of culinary generations. We are privileged to have someone of his caliber here at WCC.

If you have an interest in the Baking and Pastry Arts program, please feel free to email Chef Jordan to arrange a time to meet and learn more about this fabulous NEW Baking and Pastry Arts program [kimreykjordan@wilkescc.mailcruiser.com](mailto:kimreykjordan@wilkescc.mailcruiser.com)

## College Calendar

November 1, Thursday \*\*\*\*\* Last Day to Withdraw from a Class  
November 12-November 16 \*\*\*\*\* Open Registration for new and returning students for Spring Semester  
November 21-November 23 \*\*\*\*\* Thanksgiving Holidays  
November 26, Monday \*\*\*\*\* Classes Resume  
December 18, Tuesday \*\*\*\*\* Last Day of Classes Fall Semester