



# Disability Resource Center NEWSLETTER

**Welcome  
To  
Spring 2020!**

Spring semester is underway and in this issue we are talking about our Culinary Arts Department. We asked instructor Nicholas Petti some important questions regarding classes and how to be a successful CAM student. We have also included the dates and times of free workshops available at the Ukiah Campus.

## New Upgrades

You may have noticed the construction going on at the end of our street on the Ukiah Campus. We don't want to spoil the surprise but our College is having a stop light built and it will be completed fairly soon. This is a welcome improvement, and relief, for all of our staff and students safety when exiting the campus. Another exciting improvement, which is coming in the next few months, is an electric sign board near that new stop light. We anticipate that the College will finally be able to advertise campus events and sports events in a place where everyone can see it from the main road. Community involvement is essential in supporting all the wonderful things that you, our students, are accomplishing.



*"We may encounter  
many defeats but we must  
not be defeated."*

*~ Maya Angelou ~*

### TV Spotlight

Apple TV is premiering a TV series called *SEE* that is set in a post-apocalyptic world in the distant future. The show bases its story line around a society that has lost the sense of sight. What is significant about this new show is that it features actors who are blind and or have low vision. Blindness is not portrayed as inferior or superior but it humanizes people and normalizes this particular disability. James Rath is a legally blind filmmaker who is involved in this production. Release date was November 1<sup>st</sup> 2019.



## Delicious and Educational Courses

Nicholas Petti is an Associate Professor in our Culinary Arts Management program and we asked him some important questions regarding classes.

**Q. What inspired you to teach in the Culinary Arts?**

**A.** I had been asked to teach a few times during my career as a chef and the birth of my son, Marlon, made me want a schedule that was more in line with his school schedule. People in the hospitality industry often work hours that are the exact opposite of most people and after nearly 35 years of those hours it was time for a change. Plus, I had been training every employee who worked in my restaurant. My not so funny joke upon starting teaching was, "Now I get paid to teach my class."

**Q. Tell us something unique about your Pastry and Desserts class and what skill set should a student have to succeed in the course?**

**A.** Pastry and Desserts is great for many students because it typically runs only 12 weeks and is usually in the late afternoon/early evening. Pastry making is really applied science and it is a lot of fun to see the science in action (and then eating the results). To succeed students should be willing to apply themselves in the classroom and not get discouraged if the results are not perfect the first time. Cooking is repetition, trial and error.

**Q. Which culinary course do you feel would appeal to an individual who wants to try out a cooking class for the first time?**

**A.** For a first time student the best option would be one of the CAM 70 series classes, Seasonal Vegetarian Cuisine. It's a short term class (8 weeks) and is very hands on.

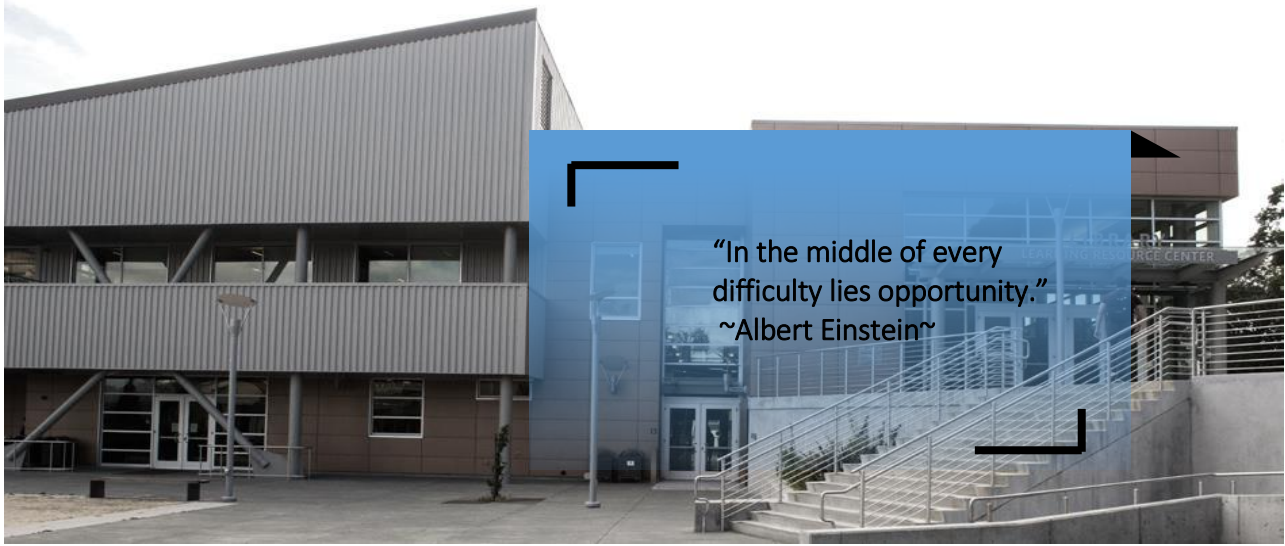
**Q. Are there any other comments you feel would be important for a student interested in Culinary Arts or words of encouragement?**

**A.** The thing I love about culinary arts is that it really is a field that welcomes everyone. Unlike many professions, hospitality professionals tend to be interested in only one thing- can you do the job? It doesn't matter where you come from, who you love, what your beliefs might be, or who your parents are. If you can get the job done, you are accepted, and cherished as an integral part of a team.



### Did You Know?

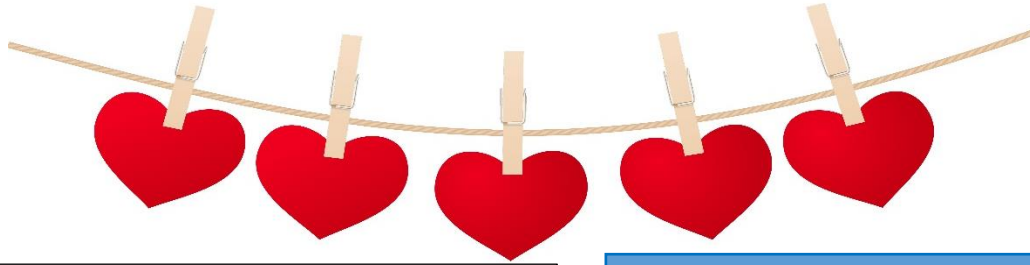
- ✓ A previous CAM student, Ronaldo Rodrigues, is the new owner of the Alley Grill here in Ukiah! We hope that you will take the time to go down to his restaurant and let him cook for you.



## Free Workshops!!!

Tascha Whetzel is our Learning Disability Specialist and Instructor here on campus. Every semester Tascha offers free workshops that are available for any and all students. We strongly recommend that you utilize her expertise and come to one or all of the available topics. Please arrive on time and all sessions are held in the Learning Center on the Ukiah Campus. No need to RSVP.

<b><u>Habits of Successful Students</u></b> Organization, campus resources, study tips, reading a syllabus.	Thursday <b>February 6<sup>th</sup></b> 10 AM- 11 AM	Friday <b>February 7<sup>th</sup></b> 11 AM - Noon		
<b><u>Note Taking</u></b> Before, during and after Note Taking tips, plus study guides	Thursday <b>February 6<sup>th</sup></b> 11 AM - Noon	Friday <b>February 7<sup>th</sup></b> 10 AM – 11 AM	Thursday <b>March 5<sup>th</sup></b> 10 AM – 11 AM	Friday <b>March 27<sup>th</sup></b> 11 AM - Noon
<b><u>Tackling Text Book Reading</u></b> Benefits of the SQ3R strategy, bring in your test book.	Thursday <b>February 13<sup>th</sup></b> 10 AM - 11 AM	Thursday <b>March 5<sup>th</sup></b> 11 AM – Noon	Friday <b>March 20<sup>th</sup></b> 10 AM – 11 AM	
<b><u>Learning Styles &amp; Strategies</u></b> Complete a questionnaire and discover various study strategies	Thursday <b>February 13<sup>th</sup></b> 11 AM - Noon	Thursday <b>March 12<sup>th</sup></b> 10 AM – 11 AM		
<b><u>Test Anxiety?</u></b> Take specific steps to improve confidence and eliminate test anxiety	Thursday <b>February 20<sup>th</sup></b> 11 AM - Noon	Thursday <b>March 20<sup>th</sup></b> 11 AM - Noon		
<b><u>Test Taking Tips</u></b> Multiple Choice and Essay test taking strategies	Thursday <b>February 20<sup>th</sup></b> 10 AM - 11 AM	Thursday <b>March 12<sup>th</sup></b> 11 AM - Noon	Thursday <b>March 27<sup>th</sup></b> 10 AM - 11 AM	



### **Important Upcoming Dates to Remember**

**February 14<sup>th</sup>** – Lincoln Day (campus closed)  
**February 17<sup>th</sup>** – Presidents’ Day (campus closed)  
**March 31<sup>st</sup>** – Non-holiday observance of Cesar Chavez day

#### **Disability Awareness**

**February** is Heart and Stroke Awareness month.  
**March** is Cerebral Palsy, Colorectal Cancer, and Multiple Sclerosis awareness month.

- This year is the 30<sup>th</sup> anniversary of President George H.W. Bush signing the Americans with Disabilities Act into law!

### **The DRC Office**

Our main office is located at the Ukiah Campus on the first floor of the Library/Learning Center Building room 4130 right next to the Learning Center. If you are unable to come to Ukiah for an appointment here are the upcoming Wednesdays that we will be at our other campus locations;

#### **Lakeport (Lake Campus)**

February 5<sup>th</sup> / February 19<sup>th</sup>

March 4<sup>th</sup> / March 18<sup>th</sup>

#### **Fort Bragg (Coast Center)**

February 12<sup>th</sup>

March 11<sup>th</sup>

#### **Willits (North County Center)**

February 26<sup>th</sup>

March 25<sup>th</sup>

### **IMPORTANT CAMPUS PHONE NUMBERS**

Admission and Records - 707-468-3101

Cal Works – 707-467-1034

Campus Bookstore – 707-468-3058

Campus Security - 707-468-3155 or  
707-489-8404 (text)

Child Development Center – 707-468-3089

Counseling Department - 707-468-3048

EOPS / CARE – 707-468-3113

Financial Aid – 707-468-3110

Learning Center – 707-468-3046

Library - 707-468-5053

MESA – 707-468-3023

Native American Resource Center –  
707-468-4603

Veterans Services – 707-468-3101

Veterans Club - 707-468-4602



~ This newsletter is a collaboration of the DRC department staff. If you have questions or would like to participate in our content please contact Christina Orozco the DSPS Administrative Assistant at 707-468-3031.