



NEWSLETTER

**Destigmatize * Educate *
Empower
Winter 2024
Vol 4, Issue 9**

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STUDENT SPOTLIGHTS

Meet some of our current and former students as they share their successes!

Meet Special Olympics winner, Shayan Rahimimanesh!

Shayan is a student in PE 130 Adapted Sports class and a fabulous dancer in Dance 150. Shayan competed in four tournaments in the Special Olympics Southern California Santa Clarita and Tri -Valley region. He won two gold, one silver, and one bronze medals in the Singles Tennis events.

In his spare time, he likes walking, listening to music, arts and crafts, and watching movies. With Adapted PE and Dance 150, Shayan enjoys “having fun, doing exercise, loves dancing, being safe and happy, and being myself.” Shayan would like to share that, “I love GCC. It is the best place for me. My teachers are very kind.”

Congratulations, Shayan!!



Special Olympics



Meet Madelyn Chan, photographer and poet!



My name is Madelyn Chan, and my goal at GCC is to earn an AS degree in Digital Photography. I earned my photography certificate in 2022. As a woman with Autism, one of my goals is to create many images and poems that remind all audiences, young and old, that anyone can follow their dreams despite their personal struggles or their disabilities. I am a huge fan of K-pop group BTS and I am following in their footsteps to prevent self-harm and suicide by providing this message in my works for people of all ages, especially to those who feel insecure because of what they look like or compare themselves to others and want to change who they are: “Speak Yourself” which is BTS’ way of saying to know who you are and admire every part of yourself.

When I am not busy photographing, editing in Photoshop, coming up with poems to support my images, or working on school assignments, I spend my time painting, reading, or simply relaxing in bed while listening to K-pop music on my phone.

I discovered my passion for photography when I was sixteen years old. I was obsessed with taking pictures of my dog. I was especially good with close-ups and capturing the right moment when my dog would turn his head and face the camera; therefore, perfectly capturing his adorable little eyes and nose. Seeing how skilled I was with my camera phone made me think, “I have got to learn more about photography when I graduate from high school.” Thus my new life as a photography student began when I first enrolled in GCC in the Fall 2019.

I think drawings of light, also known as light painting, is a fascinating subject to photograph because looking at these wide varieties of colorful shapes and random forms almost sends you into a mesmerizing trance, kind of like something you would see in a science fiction or fantasy movie. This type of photography also makes it easier for me to illustrate what I want to communicate to my audience. For example, I use colors and shapes in my photo series, “Radiant Moods,” to portray the emotions I feel. Another reason why I love light painting is because it does not require a lot of equipment that is fancy or expensive. Even something as simple as a flashlight can create an illuminating piece. Although it is not a difficult technique, light painting still requires both practice and patience to get your desired results. I also enjoy exploring other subject matter such as portraits, landscapes, and close-up images of flowers. I even have future plans to create a self-portrait series that portray the events that go on in my life, such as my goals and struggles.

As a huge fan of music, I know that poem writing and songwriting are exactly the same. The words you write express who you are, what you feel, and sometimes even the challenges you are currently facing. There are times when I find it hard to talk to others about my feelings, meaning I keep my thoughts to myself that creates a big, painful knot inside of me, making it more difficult to socialize with others. Writing about how I feel, however, is a lot easier for me. Using the art of poetry to describe my thoughts and feelings eases the pain of my anxiety and depression because the words I write in my notebook illustrate who I am which makes me feel special and unique.

My advice to other students at GCC is to never give up on your goals no matter how big the obstacles you face are. Remember to stay true to yourself and work hard to find ways to overcome your challenges. Also remember to accept who you are and admire your own unique qualities. Besides working hard, another way to remain confident and successfully achieve your goals is to focus on the positive parts of yourself instead of the negative. K-pop superstars BTS reminds their fans through their songs that loving who you are comes before loving anyone else, which is why I admire them so much.

You can check out Madelyn’s photography and poetry at

<https://mchanphotography123.wixsite.com/madelynchan/radiant-moods>

Meet Justin Herman, who will be graduating with an Associate in Science Computer Engineering and Associates in Science for Transfer in Math and in Physics. Justin was part of the NASA Community College Aerospace Scholars program (NCAS). Here, he shares some advice for other DSPS students.



My name is Justin Herman and I am pursuing a major in Computer Engineering. I have put in eight transfer applications to four UCs and four CSUs, pursuing the majors of computer engineering and physics.

Some advice I would give to any new students, especially those using DSPS services, are to make full use of the services given to you. I understand what it is like to want to be like everyone else and not wanting to feel like you're getting an extra advantage over the other people in your class. However, speaking from my own experience, this thought process will only hurt you in the end. You need to make full use of the services allotted to you, so you're able to make full use of your potential. Another piece of advice I can give is to speak to your counselors (DSPS, Transfer, etc.) often to make sure you are on the right track to completing your major for transfer.

The last piece of advice I can give is while you're at GCC, take your time and truly get to understand what you want to do in the future. Because once you get to university, the pressure is on to complete your major.



Alumna **Alina Martin** has published *Discover Yourself through the Art of Poetry*, a book of poems available on Amazon ([Link to Poetry book](#)) and Barnes & Noble ([Link to Poetry book](#)). She shares her inspirations and process with us.

How long have you been writing poetry?

In all honesty, I have not been writing poetry for that long. My love has been rooted in writing lyrics since the fifth grade. However, I decided to explore writing poetry in October of 2023. I've always enjoyed reading poetry, and I just decided to take a shot at writing it, and as I started writing, everything just came to me and flowed naturally. I particularly enjoyed the writing process.

What inspires your poetry?

Everything I write is extremely personal to me; poetry included. All of my poems are inspired by my own life experiences and things I've been through in life. Poetry has a world of its own and once I start writing, I can't stop. All my poems are introspective and based on my life and the things I hope to experience down the road. This book in particular, is a great representation of everything I went through in 2023; whether it be the passing of my beloved grandfather or graduating GCC. I feel like this book really captures the ups and downs of 2023.

What made you decide to publish?

I was finally ready to embark on a journey I never experienced; I've never published a book... so I was curious what the process would be like. I've learned a lot from this experience, trust me. Importantly, I wanted to share my poetry with the world.

What was the process like?

I started writing early October of 2023. I was done by the end of October. Then I had to decide on a cover design, come up with a title for my book, and write a bio, which you will see on the back cover. I also did A LOT of editing on my poems. All that led me into November. It took some time for the publisher to get everything done, so that's what resulted in the book to go live on December 16 of last year. If I had to, I'd say the hardest aspect of this was NOT the writing part, it's the marketing aspect.

What are your plans for the future?

My future plans include self publishing. I have a children's book that I wrote eleven years ago, titled *Allen's First Big Adventure* and I'm currently working on another children's book, which is titled *Celebrating Our Differences*. In addition to a second poetry book (which I've already completed), I'm now writing my third poetry book. All of which will be self published. I hope my Vaquero family will support me by not only purchasing my first book, but also my future books that are yet to come.

SHOUT OUT, DAI GROUP, & RESOURCES



A shout-out to ASGCC for being diligent about language access. They regularly request interpreting and captioning services for the events they host and sponsor, providing general access for all in attendance.

Way to go, Vaqueros!!

Join our student organization, the **Disability Advocacy Initiative!**

Mission Statement: To provide a safe environment to facilitate self advocacy while empowering students with disabilities and allies.

For more info, contact DAI president, Kylo Tenuta at ktenuta3704@student.glendale.edu or Club Advisor, Janelle Delgado at jdelgado@glendale.edu.

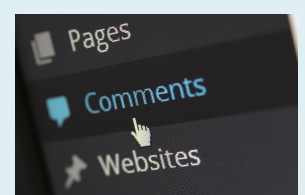


Check it out! Did you know there's a lengthy **list of resources** on the DSPS page? We have resources on advocacy, education, employment and internships, scholarships, state and federal programs, transportation, and more!

Go to www.glendale.edu/dsps and click on **RESOURCES from DSPS.**

NEWSLETTER IDEAS, QUESTIONS, COMMENTS?

Email Rita at rzobayan@glendale.edu



HELLOS!

Say “Hello” to some new DSPS members!



Garfield DSPS counselor Jesse Villarreal welcomed baby boy, Robert Alan III aka “Bobbitos.” He was born at a whopping 9.9 lbs and is already 17 lbs! He is smiling and laughing, and loves taking naps on his momma!

Verdugo DSPS counselor Diana Carrillo welcomed baby girl, Celeste Camila. Celeste weighed 7lbs and was 21 inches. She enjoys getting milky wasted and spitting up on her mommy.



Meet our newest DSPS counselor, Danielle Kennelly Hussain.



Hello everyone! My name is Dani and I am so excited to be a part of DSPS here at GCC! I started out as a community college student myself, and I am very passionate about making higher education accessible and working with students to help them learn, grow, and achieve their academic goals.

I have a Master's degree in Rehabilitation Counseling from CSULA and a Bachelor's in Middle East and Islamic Studies from UCR. I love to study languages. I took two years of Arabic at UCR and am currently studying Bangla in my free time.

A fun fact about me is that I love to thrift and sew. (I made the skirt in this photo.) I have not purchased a brand-new item of clothing in over 10 years! I also love to read, embroider, play guitar, explore outside with my husband and family, or stay at home with my two sweet cats. I am a big fan of beaches, sunshine, flowers, and the color yellow.

CHECK OUT OUR SPRING 2024 CLASSES!

Credit Classes in Spring 2024 at Verdugo

Adapted Physical Education (PE) 1 unit and transferable to UC and CSU.

PE 130: Adapted Activities (#1610; Dr. Parks; TuTh 10:45AM - 12:10PM; in person)

PE 131: Adapted Self Defense (#1488 for in person and #1588 for remote; Dr. Parks; MoWe 11:55am-1:45pm)

PE 132: Adapted Aquatics (#1489 with Dr. Parks on MoWe 8:45am-10:35am; #1548 with Coach Laura on TuTh 9:10-10:35am; Rose Bowl Aquatics)

PE 134: Adapted Wellness & Fitness Lab (Multiple sections for remote and in person; please check online schedule)

PE 135: Adapted Indoor Cycling (#1549 with Coach Laura on TuTh 1:55-3:20pm in person)

You can also check out Dance 150: Physical Reintegration (#2382 & 2383 lab with Victor Robles on Fri 12:20pm-2:50pm; transferable to CSU only.)



Computer Applications and Business Office Technology (CABOT)

CABOT 90 Self-Paced Introduction to Adapted Word Processing in person on TuTh **9:10am-10:35am new time** (#1181 lecture and #1182 lab).

CABOT 92 Introduction to Adapted Word Processing in person on TuTh 10:45am-12:10pm (#1126)

CABOT 93 Adapted Computer Lab in person (#1127) Days and times are to be announced.



Student Development (ST DV)

St Dev 105: College Success for Students with Disabilities (#3251; 3 units; MoWe 3:30PM - 5:20PM in person with Janelle Delgado)

Topics include effective study strategies, short and long-term goals, time management, self-advocacy, college academic regulations; associate degree options, including transfer; student services and specialized student support services. Transferable to UC and CSU.

St Dev 143: Study Skills Lab (#2151; 1 unit) for study strategies and help with Math and English classes.

CONTACT INFORMATION

Center for Students with Disabilities (CSD) located in SG 128

Dafna, Dani, Diana C., Flora, Janelle, Karmen, Rita, Shauna, and Tracey
csd@glendale.edu, 818-240-1000 ext. 5905

Winter hours: MON to THURS, 8:00AM to 4:30PM and FRI, 8:00AM to 3:00PM for the office.
Counselors' days and hours vary.

Accommodations Resource Center (ARC) located in SG 108/112

David, Diana M., Elena, Prof. Ellen Oppenberg, Laura, Maryam, Mauricio, Rogelio, Rozik,
and Stela

ARC@glendale.edu, 818-240-1000 ext. 5530 and 5402

Winter hours: MON to THURS 8:00AM to 4:30PM and FRI, 8:00AM to 3:00PM for the office.
Specialists' and tutors' days and hours vary.

Alternate Media

Scott, sziegler@glendale.edu, 818-240-1000 ext. 3366
MON to FRI 8:00AM to 4:30PM



Lead Interpreter and Coordinator for ASL and CC/RTC Services

Kim, kweissman@glendale.edu
MON to FRI 9:00AM to 3:00PM

Adapted Physical Education

Dr. Lee Parks: lparks@glendale.edu
Coach Laura Matsumoto: lauram@glendale.edu

Garfield DSPS

Dani, Janelle, and Jesse
818-240-1000 ext 5035 or 5099
Counselors' days and hours vary.



Join the DSPS Canvas Shell

Receive official announcements, reminders, and more! Students registered
with DSPS can contact Rogelio Ramirez at rramirez@glendale.edu to check
if they are on the list or if they wish to join.



Follow our IG

Check it out to learn about workshops, scholarships,
employment opportunities, fundraisers, conferences,
webinars, deadlines, and more.

Follow us at [dsps_gcc](https://www.instagram.com/dsps_gcc).

