



# NEWSLETTER

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**Destigmatize \* Educate \***  
**Empower**  
**Summer 2023**  
**Vol 3, Issue 8**

## STUDENT SPOTLIGHTS

**Meet some of our current and recently graduated students as they share their stories, interests, and advice.**

**Alina Martin:** I've been at GCC since 2018. Therefore, I have five years worth of experiences to reflect from. I would say I enjoyed taking the courses that pertained to my major, such as intro to mass communications and all my journalism courses. I learned a great deal in these classes. My goal here at GCC was to earn my AA and Mass Communications certificate, which I completed in Spring 23. I love writing. In particular, I mainly enjoy writing lyrics. Additionally, I enjoy watching TV and reading TV scripts.



**Advice:** Before you begin your journey at GCC, I would highly recommend you go see your counselor and plan out the classes you're going to be taking each semester. And most importantly, stick to that plan. Don't take semesters off, and take at least three or four classes per semester. This way you can graduate faster. I am looking forward to finally living my life and not worrying about homework, tests, and projects. I've been going to school for 18 years. It'll be nice to finally move on from that point of my life. Now I get to put all my energy into physical / speech therapy.



**Tigran Samsonyan** earned a Culinary Arts Skills Award and an Armenian Language Certificate. He shared that "It was difficult to study a language, but I would also like to take Spanish classes. I hope to learn and become successful. I love cooking, especially Armenian and Russian foods like kebab and dolma and buckwheat kasha (Grechka). I also love Armenian dancing. My dream is to work at GCC."

My name is **Darren Gaines**. I graduated Spring 2023 with an AAT Sociology, and will be transferring to UC Berkeley in Fall of 2023, majoring in Sociology. I am a 53-year-old, non-traditional, re-entry student. I worked as a personal fitness trainer (and in customer service jobs) for many years, but always had a desire to earn a college degree. I am vegan, and enjoy watching movies, reading books, and listening to music.

- What did you enjoy most about GCC?

The incredible amount of academic support this school offers to everyone in general, and me as a disabled student in particular. Be it test proctoring, counseling, tutoring, or access to scholarships, GCC has offered me all of the tools necessary to be successful at a four-year and beyond.

- What piece of advice would you give to incoming or current students?



Be proactive in everything, get your accommodations early, and, develop an academic relationship with your Professors and counselors as soon as you know who they are.

Also, ASK FOR EVERYTHING!!! If you are in need of anything academic or financial, consult with your counselors. GCC has many resources to help you thrive as a student, you just have to be willing to reach out and ask.

\*What are you most looking forward to as you move on from GCC?

The academic challenge that The University of California will give me, along with having the confidence and reassurance that GCC and DSPS have prepared me for the journey ahead

\*Anything else you'd like to share relevant to your time at GCC?

Never give up on your academic goals and make a plan with your counselors to make that goal come true. Utilize GCC and DSPS resources and remember that you are just as important as anyone else. Finally, study hard, be focused and use the adaptive equipment and techniques given to you.

“Work hard and the rewards will come!”

My name is **Scarlet Lastrapes** and I'm a music major at GCC. I was raised in a family of musicians, so it felt very natural to sing and make music from a very young age. I became interested in arranging vocals once I joined choir in high school, and that interest has stayed with me. I started writing songs at 15 but started writing good songs at 17. I began learning music production around that same time. I also play the baritone ukulele. I'm always striving to improve all these skills and my overall musicianship.

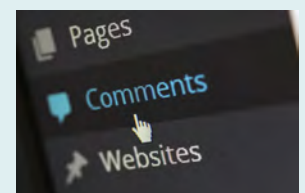
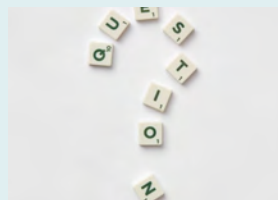
My song "Shady Little Lady" is set to release in August and I'm so excited for people to hear it. It's the first original song I've recorded. The subject matter handles neurodivergence, something I'm very passionate about representing and destigmatizing. This song is about my experience with trichotillomania, a subtype of OCD. I want to make others feel seen in something I felt so alone in growing up. I also have ADHD, which colors every aspect of my life experience. I know there are many others who have brains like mine, so I hope those people find a home in my music.

"Shady Little Lady" was a joy to create. I got to work with some incredible musicians on completing the song's recording, all of them family and close friends. Additionally, my GCC music education and all my lovely professors in the department push me to expand my musical knowledge and goals. Someday I'd like to release an album or EP. But for now, stay on the lookout for "Shady Little Lady" released on Eye Knee Records! There's a music video in the works as well, set to release at the same time. I really hope you all have fun with the song and video, because I had so much fun making them



## NEWSLETTER IDEAS, QUESTIONS, COMMENTS?

Email Rita at [rzobayan@glendale.edu](mailto:rzobayan@glendale.edu)



# STUDENT SUCCESS!

## DSPS students earned awards, certificates, and degrees in

Addiction Studies Counseling  
Administration of Justice  
Animation  
Armenian Language  
Biology  
Business Administration  
Chemistry  
Child Development  
Cinematography and Editing  
Culinary Skills  
Electronics & Computer Technology  
English  
Film, Television, and Electronic Media



General Office  
History  
Mass Communications  
Nursing  
Physics  
Pilot Training  
Psychology  
Social Work and Human Services  
Sociology  
Spanish Language  
Studio Arts  
Visual Arts- Media Arts  
Visual Arts-Two Dimensional

and more!

## DSPS students have been accepted to

### Cal State University

Cal Poly Pomona  
Cal Poly San Luis Obispo  
Long Beach  
Los Angeles  
Northridge  
San Diego State



### University of California

Berkeley  
Davis  
Irvine  
Los Angeles  
Merced  
Riverside  
San Diego  
Santa Barbara  
Santa Cruz

and to Loyola Marymount, Pepperdine, and more!

Our many congratulations and best wishes for your continued success!

We are so proud of you! [Check out our congrats video.](#)

## DSPTS IN THE NEWS!

### Professor Ellen Oppenberg is awarded the William L. Parker Exceptional Service Award !



**DSPTS Learning Specialist, Professor Ellen Oppenberg,** was awarded the prestigious William L. Parker Exceptional Service Award in May 2023. This peer-nominated award recognizes long service to GCC. Criteria include multiple areas such as academic, professional and community service; recognition by faculty, staff, students and administration; and lasting contributions to the college. Colleagues shared just a few of the praises that describe our beloved Ellen, who has been with GCC since 1991!

"Anyone who knows Ellen knows that she is an exceptional individual and educator. She has dedicated decades to serving the students in DSPTS and GCC, and in

doing so, she pours her heart and soul into those efforts."

"She has dedicated herself and her visionary prowess to college committees and projects, and authored many programs to help disabled students and all students."

"She helped to organize the first food pantry on campus and then served in all roles for it for four years. She served on the Financial Literacy Committee for six years and ran workshops to get the message out. She was on the Basic Skills Committee and became the first Basic Skills Coordinator the college ever had. She started the DSPTS Gateway to Glendale Adult Re-Entry group. She wrote a proposal and received funding for the DSPTS Emergency fund.

She worked with many community agencies and organizations doing presentations on basic needs for students. She helped to start the Machinist program here at GCC for students on the spectrum."

Professor Oppenberg truly exemplifies the Vaquero spirit!

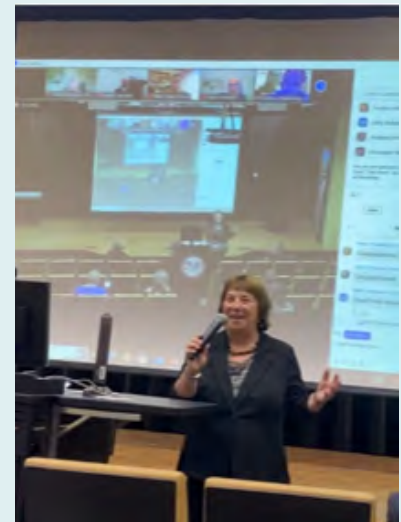
**Many congratulations on earning this incredible and well-deserved award!**

**DSPTS is honored to have been the subject of several 2023 *El Vaq* and *The Insider* articles.**

[Dr. Lee Parks: Serving Students' Needs](#)

[The Role of the Accommodations Resource Center in Students' Success at GCC](#)

[GCC Eases Challenges of Online and Remote Learning for Students with Disabilities](#)



# CHECK OUT OUR FALL 2023 CLASSES!

## Credit Classes in Fall 2023 at Verdugo

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

**PE 130: Adapted Activities** (#1506; Dr. Parks; TuTh 10:45AM - 12:10PM; in person)

**PE 131: Adapted Self Defense** (#1528 for in person and #1607 for remote; Dr. Parks; MoWe 12:20-1:45pm)

**PE 132: Adapted Aquatics** (#1507 with Dr. Parks on MoWe 9:10am-10:35am; #1508 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** (#1531 with Coach Laura on TuTh 1:55-3:20pm in person)

**You can also check out Dance 150: Physical Reintegration** (#2384 & 2385 lab with Victor Robles on Fri 12:20pm-2:50pm)

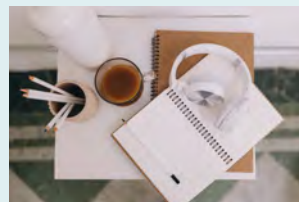


### Computer Applications and Business Office Technology (CABOT)

#### CABOT 90: Self-Paced Introduction to Adapted Word

**Processing** (#2144/45 with David Midell; TuTh 9:10-10:35am; 2 units). The course provides individualized, self-paced instruction and combines specially designed assistive computer technology and a word processing program to enhance basic word processing skill acquisition and facilitate the production of simple written documents.

**CABOT 93: Adapted Computer Laboratory** (#1131 with David Midell; TBA; in person; 1 unit)



### Student Development (ST DV)

**St Dev 105: College Success for Students with Disabilities** (#2172; 3 units; MoWe 3:30PM - 4:55PM 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** (#2166; 1 unit) for study strategies and help with Math and English classes.

# IN MEMORIAM

**Judith “Judy” Heumann (1947-2023)**—widely regarded as “the mother” of the disability rights movement—passed away in Washington, D.C. on March 4, 2023. Judy was at the forefront of major disability rights demonstrations, helped spearhead the passage of disability rights legislation, founded national and international disability advocacy organizations, held senior federal government positions, co-authored her memoir, *Being Heumann*, and its young adult version, *Rolling Warrior*, and was featured in the Oscar-nominated documentary, *Crip Camp: A Disability Revolution*.

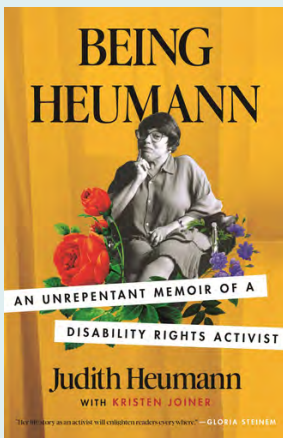
Born in 1947 in Philadelphia and raised in Brooklyn, New York, Judy contracted polio at age two. Her doctor advised her parents to institutionalize her when it was clear that she would never be able to walk. “Institutionalization was the status quo in 1949,” she wrote. “Kids with disabilities were considered a hardship, economically and socially.” When Judy attempted to enter kindergarten, the principal blocked her family from entering the school, labeling her a “fire hazard.” However, her parents, particularly her mother, fought back and demanded that Judy have access to a classroom. Judy eventually was able to attend a special school, high school, Long Island University (from which she earned a B.A. in 1969), and the University of California, Berkeley, where she earned a Master’s in Public Health in 1975.

In the 1960s, Heumann attended Camp Jened, a summer camp for people with disabilities in the New York Catskills, and she later returned there as a counselor in the 1970s. Several of the leaders of the disability rights movement also were at Camp Jened, which was the focus of *Crip Camp*. During the same decade, the New York Board of Education refused to give Judy a teaching license because they feared she could not help evacuate students or herself in case of fire. She sued and went on to become the first teacher in the state to use a wheelchair. Continuing her fight for civil rights, Judy helped lead a protest that shut down traffic in Manhattan against Richard Nixon’s veto of the 1972 Rehabilitation Act, and she launched a 26-day sit-in at a federal building in San Francisco to get Section 504 of the revived Rehabilitation Act enforced.

Judy was instrumental in developing and implementing national disability rights legislation, including Section 504, the Individuals with Disabilities Education Act, the Americans with Disabilities Act (ADA), the Rehabilitation Act, and the UN Convention on the Rights of Persons with Disabilities. In addition, Judy helped found the Berkley Center for Independent Living, the Independent Living Movement, and the World Institute on Disability. She also served on the boards of the American Association of People with Disabilities, the Disability Rights Education and Defense Fund, Humanity and Inclusion, Human Rights Watch, the United States International Council on Disability, Save the Children, and several others. In 1993, Judy moved to Washington, D.C. to serve as the Assistant Secretary of the Office of Special Education and Rehabilitation Services in the Clinton Administration, a role she filled until 2001. From 2002-2006, she served as the first Advisor on Disability and Development at the World Bank. From 2010-2017, during the Obama Administration, she worked as the first Special Advisor for International Disability Rights at the U.S. State Department. She also was appointed as Washington, D.C.’s first Director for the Department on Disability Services.

**“Some people say that what I did changed the world,” she wrote, “But really, I simply refused to accept what I was told about who I could be. And I was willing to make a fuss about it.”**

Adapted from <https://judithheumann.com/the-world-mourns-the-passing-of-judy-heumann-disability-rights-activist/> Photo Credit: Neha Balachandran (IG: [@jeevanportraits](https://www.instagram.com/jeevanportraits))



**In October 2020, DSPS aired *Crip Camp: A Disability Revolution*, the Oscar-nominated documentary that prominently featured Judy. We were very lucky and honored to have Judy as a guest presenter in March 2021 as part of the A Woman's Place: Overturning the Exclusion of Women in Positions of Power panel. In December 2021, Judy's latest book, *Being Heumann: An Unrepentant Memoir of a Disability Rights Activist*, was the selection for the campus-wide DSPS Book Club. Judy was an inspiration. May she rest in power.**

# CONTACT INFORMATION

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

Dafna, Diana C., Flora, Karmen, Rita, Shauna, Tracey  
csd@glendale.edu, ext. 5905

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, & Stela

ARC@glendale.edu, ext. 5530 and 5402

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, 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

Jesse, jessev@glendale.edu, ext. 5027  
MON & WED 8:00AM-3:30PM and FRI 8:00AM-12:00PM  
Janelle, jdelgado@glendale.edu, ext. 3086  
TUES & TH 8:00AM-3:30PM and FRI 8:00AM-12:00PM



## 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).

