

# Access Issues

## Feather River College: DSPTS Digital Newsletter

October 2023 Edition

### DISABILITY RIGHTS ARE CIVIL RIGHTS

#### OVERVIEW OF DSPTS SERVICES

The Disability Support Programs for Students (DSPTS) assists those with disabilities access technologies, aides, academic adjustments, and services to support their success at FRC. A few examples of our services include testing accommodations, access to audiobooks, and assistance with class notes. The DSPTS Director and the student work together to determine appropriate accommodations, and create a personalized Academic Accommodation Plan.

#### IF YOU HAVE ANY OF THE FOLLOWING VERIFIABLE DISABILITIES, YOU MAY QUALIFY FOR SERVICES:

- Mental Health (anxiety, depression, PTSD, etc.)
- ADHD/ADD
- Learning Disability
- Autism Spectrum Disorder
- Blind/Low Vision
- Acquired Brain Injury
- Intellectual Disability
- Physical Disability
- Deaf/Hard of Hearing
- Inquire about other disabilities

To access DSPTS services students must contact Sarah Dimick Director of DSPTS and WorkAbility III. You will need to provide verification of your disability (IEP, 504 Plan, documentation from a doctor, etc.). **For more information, [please click here to see our website](#), or contact at [sdimick@frc.edu](mailto:sdimick@frc.edu).**

## DISABILITY RIGHTS ARE CIVIL RIGHTS.

Disability rights advocate, Mary Lee Vance, recently spoke about civil rights. She explained how disability rights are civil rights. She outlined historical human rights laws: The Civil Rights Act of 1964 prohibits discrimination on the basis of race, color, religion, sex or national origin. However, this law said nothing about disability.

It wasn't until July 26, 1990 that The Americans with Disabilities Act (ADA) was signed to guarantee the same opportunities as everyone else to participate in the mainstream of American life – to enjoy employment opportunities, participate in purchasing goods and services, as well as state and local governance programs.

If access does not include disabilities it is not inclusive. When we make spaces that people can't access then we communicate that people are not welcome. We will all grow older and encounter functional limitations as our bodies change. Let's be proactive. Let's start imagining a world where nobody is excluded, because "If it doesn't include disability, it is not diversity" (Mary Lee Vance, Conference talk from 8/10/2023). Inclusive design provides universal access that reaches all learners.

Let's start designing now. The best design provides access opportunities.

## Spotlight on: Temple Grandin

Dr. Temple Grandin is unique because she rose to show how challenges made her different, not less. According to the online Encyclopedia Britannica, "Her experience with [autism](#) funded her professional work in creating systems to counter [stress](#) in certain human and [animal](#) populations" ([Click here to learn more about Temple Grandin from this source](#)). Grandin's invention changed industry standards for livestock.

Dr. Temple Grandin continues to inspire growth by speaking about her experiences. The DSPS Office staff had the honor of seeing her speak and meeting with her this summer at a convention. Some key takeaways were that a person needs to set goals and build skills with intention. Even small private accomplishments, such as daily sit ups add up to building the skill of resilience overtime. If you met her she would ask: "What are you good at?" She would encourage you to build it, make it, and move on the idea, because our nation needs people who can do the work.



The DSPS Office Staff, Heather Robinson, Sarah Dimick, and Danielle Westmoreland with Dr. Temple Grandin

## Spotlight Book:

The book, "Demystifying Disability: What to Know, What to Say, and How to Be an Ally," by Emily Ladau, takes a look at the world of disabilities and offers essential advice. Let's begin with what Ladau says from the start, that each person with a disability is unique and individual. She states, "Because disability exists in infinite forms...it's important to remember that if you've met one disabled person, you've met *one* disabled person" (5 Ladau). Furthermore, she states, "my goal is to shine a spotlight on a wide-ranging spectrum of topics, perspectives, and experiences," so this is something that can help us grow (5 Ladau). Check it out:

[Demystifying Disability: What to Know, What to Say, and How to Be an Ally](#)

# ASSISTIVE TECHNOLOGY SPOTLIGHT: KURZWEIL

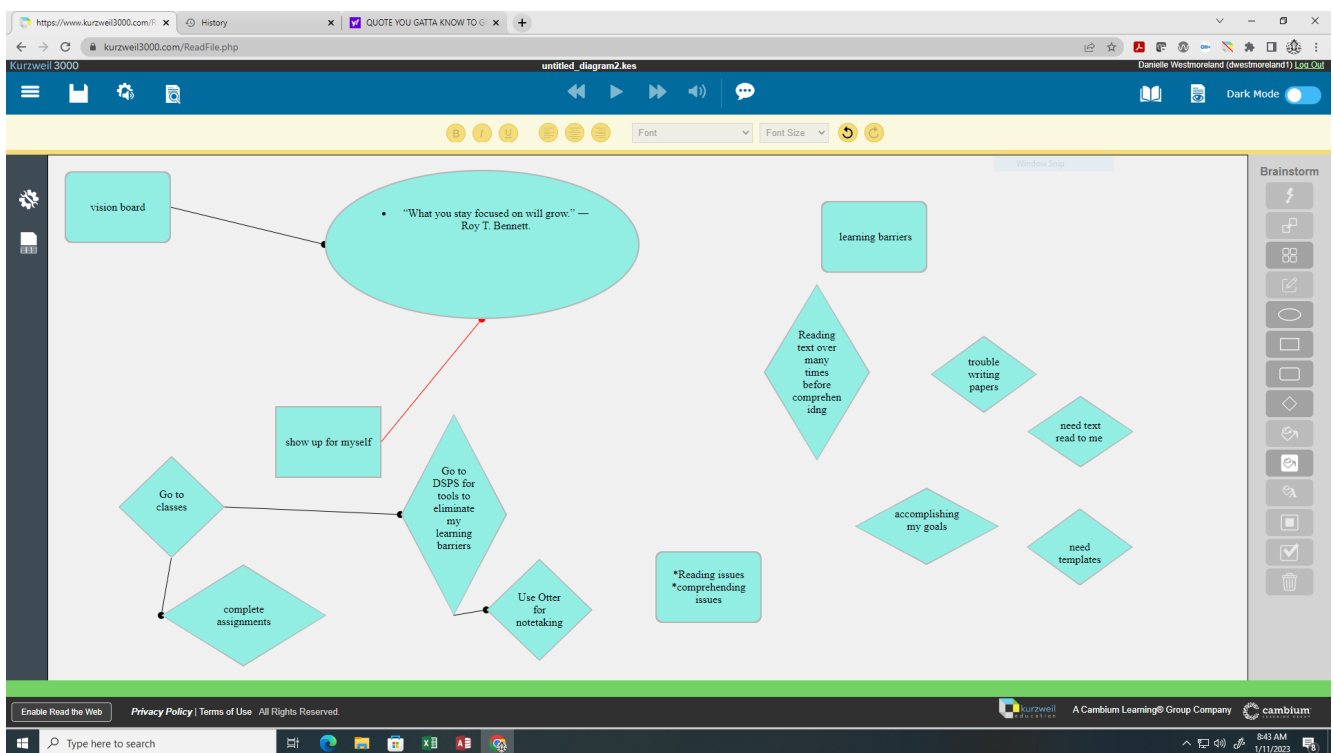
## ELIMINATE YOUR LEARNING BARRIERS

*Use Kurzweil's Brainstorming tool*

## Create a Vision with Kurzweil

Eliminate learning barriers with Assistive Technology.

*Kurzweil works with the way you think to help you succeed.*



Above screenshot shows what Kurzweil brainstorming tool looks like mapping out a vision with shapes. The shapes can become an outline and then a drafted document.

**WANT TO USE THIS EDUCATIONAL TOOL?**

[CLICK HERE TO CONTACT DSPS.](#)

# What's New in DSPTS?

## *Welcome, Heather!*

**Heather is our new Program Staff Specialist II and looks forward to helping students with disabilities reach their goals.**



Will Lombardi, Heather Robinson, Monica Potter, and Sarah Dimick celebrating Heather's first day in her permanent position at DSPTS.

## DSPTS Testing Procedure Fall 2023

DSPTS Testing Procedure Fall 2023: Walk-in Hours: Monday, Tuesday and Thursday 10:00-3:00  
Instructors: Please encourage students to make an appointment to ensure adequate office coverage.  
Students can text 530-293-7518, or call the office 530-283-0202 x255. We will do our best to accommodate proctoring, by appointment, at other times. DSPTS students may come in at any time to utilize their approved academic accommodations.

**\*\*\*PHOTO ID IS REQUIRED FOR ALL STUDENTS\*\*\***

### **Newsletter Vision Statement:**

The intention of this newsletter is to provide a bird's eye view of the nature of disabilities in order to increase awareness. The value of awareness is that it helps us to make decisions that affirm the value of another human.

### **DSPTS is seeking article submissions to give voices to hidden disabilities.**

Submissions must be 12 point font, 1.5 space, and emailed as a Microsoft Word attachment.

[Click here to Submit your article.](#)

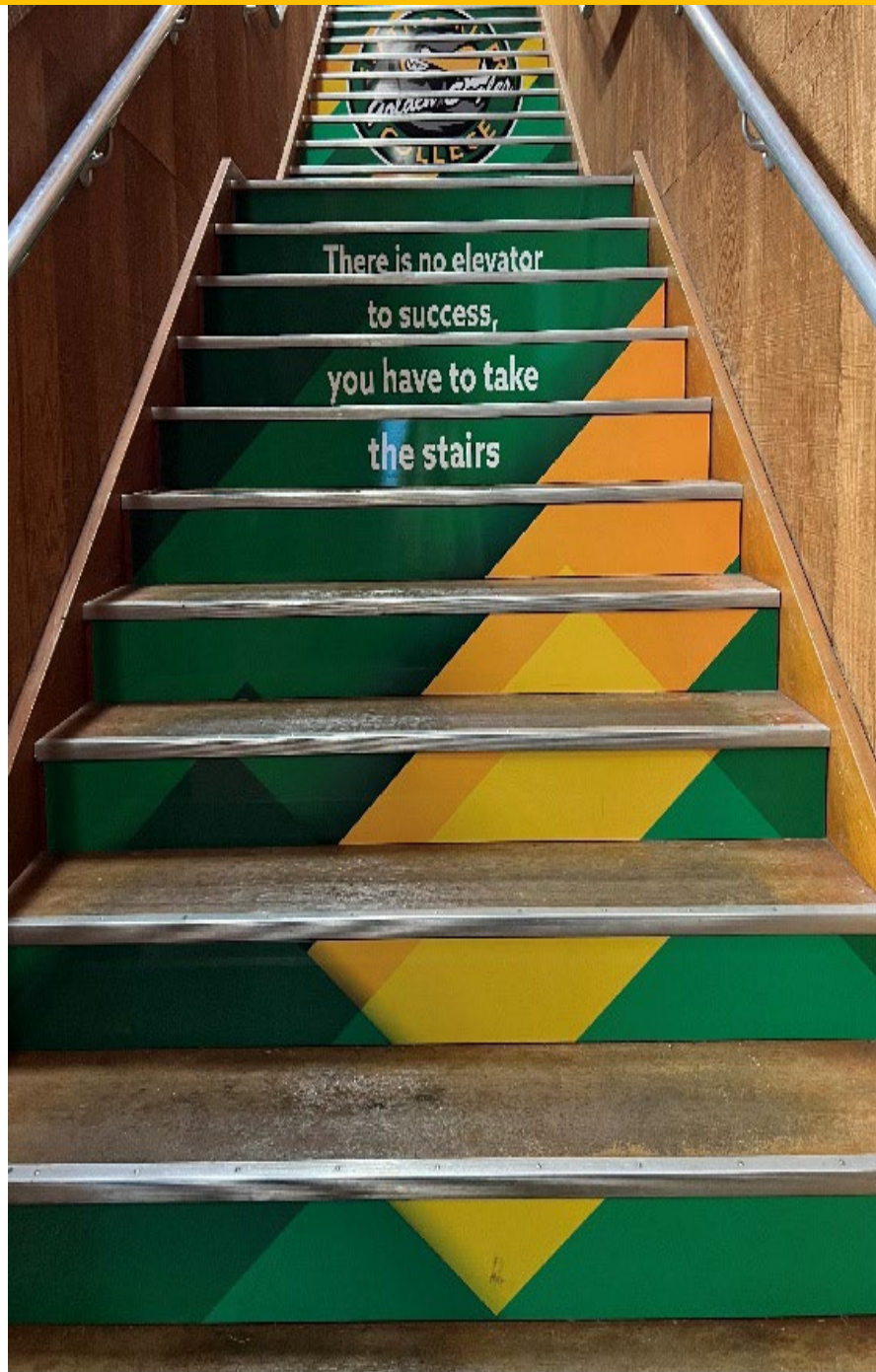
# THE FRC GYM INSPIRES GROWTH

Have you been into the FRC gym? “There is no elevator to success, you have to take the stairs,” are the words written on the stairs of the FRC Gym.

While the words are a metaphor, they provoke the question: How do you get up the ladder of success without climbing? Climbing requires willpower.

It requires drive. The problem of needing to move yourself forward is good. Where does motivation come from? Somehow you decided to start reading these words. This begs to question, what are you going to do next? The power of intentions is everything.

[Click here to learn more about the power of intentions.](#)



Above image is of the FRC stairs in the gym that read: “There is no elevator to success you have to take the stairs.”

*The gym also has an elevator for accessibility purposes.*



## DSPS OFFICE STUDENT STAFF

### Emergency Preparedness Campus by Jasmine Wear

Would you be prepared if disaster struck? Emergencies cause fear and confusion but being prepared can reduce fear and anxiety. Emergency preparedness can also help you grow more independent, help you become more self-reliant, and can allow you to give others reassurance in the face of an emergency. Learning how to be prepared on campus is important for all students and faculty members. Here are a few ways you can be prepared on campus:

- Learn to dial 911. If calling 911 you must first dial 9 to reach an outside line. (In other words, if dialing 911 from a campus phone you must dial 9 911).
- Research natural disasters that occur in your area. In Quincy fire, flash flooding, snow storms, and mud slides are common disasters.
- Memorize an emergency contact number.
- Power outages occur. Keep your cellphones charged. Use flashlights.
- Know which direction is north. (East is always to the right of north).
- Learn escape routes. Being able to calmly, effectively, and safely leave an area can affect life or death in a disaster situation.
- Learn basic first aid and CPR. Learning basic first aid and CPR can save your life as well as other people's. Another incentive to learning first aid and CPR is that some employers will pay a premium to employees with first aid and CPR trainings.

[Click here to learn how you can be more prepared in an emergency situation.](#)

### Hidden Disabilities by Jasmine Wear

When most people think of disabilities they imagine wheelchairs, mobility canes for the blind, a vested service dog, but what if someone told you that most disabilities are invisible to the naked eye? According to Disability.com approximately 25 percent of adults in the United States have a disability, and approximately 20 percent of US adults have an invisible disability ([Click here to find out more from this source](#)). Hidden disabilities encompass disabilities such as chronic pain, chronic fatigue, mental disorders, gastrointestinal disorders and diseases, as well as many other invisible impairments.

People who have disabilities have hidden barriers. These barriers can be increasingly difficult to maneuver for people with invisible disabilities due to the fact that most people think disabilities are visually seen. This creates additional struggles because it can affect the resources individuals receive. It also affects the understanding that the individual receives. Ultimately, this is relevant to you as a college student. Hidden disabilities can affect any person no matter the age. In fact invisible disabilities are the most common type of disability among college students as explained by disabled-world.com.

## Feather River College Rodeo by Nikki Saurman

The Feather River College rodeo team aims to be a big and meaningful part of the community as much as possible, each year. A major part of our involvement in the community is hosting the annual Feather River College Rodeo right here in Quincy, California. Each year at the Plumas County Fairgrounds, there is a rodeo for two days that everyone is invited to come out, watch and cheer on their Quincy locals on the FRC Rodeo team. The events to look out for in the FRC rodeo are Barrel Racing, Bull Riding, Team Roping, Steer Wrestling, Tie Down Roping, Saddle Bronc Riding, Bareback Riding, Breakaway Roping, and Goat Tying and entertainment from our very own rodeo clown. The FRC Rodeo team will be selling their merchandise for anyone in the community to buy, food and drinks will be available to purchase through our very own FRC Food truck, and much more fun and games to come. This year, on October 6th and 7th we are hosting it all over again!

With weeks and even months of preparation, you will find each Feather River Rodeo student working hard at the fairgrounds to clean up the facility and put together a beautiful arena and ground for our equine and human athletes to perform in.



*Above photo taken by Nikki Saurman shows community Feather River Rodeo Athletes*

As much work as we put into it, the rodeo grounds are not the only thing that requires preparation. Just like any other sport, our rodeo athletes have been preparing themselves physically and mentally and their horses for each event in the rodeo they compete in.

Success does not occur overnight which is why these cowgirls and cowboys practice and prepare for years before even entering a rodeo to be able to perform their best while staying safe in doing so in order to put on an eventful rodeo for the community each year.

At our very own rodeo grounds, here at Feather River College, we practice our events and drills periodically throughout the week with the help of our coaches to better ourselves and our horses. This year, we welcome our new head coach Zack Brown and assistant coach Bryar Byrne to Feather River College to lead us to victory against the best in the West Coast Region! We have been preparing all year for our favorite rodeo of the season so we hope you all will come out to cheer us on as we compete this October!

## REVISITING COMMUNICATION SKILLS: Email Etiquette

According to an Article on “Indeed.com” by the Indeed Editorial Team, there is a code of email etiquette that could help us all. [Click here to learn more from this source](#) or check out this summary of insights from our past DSPS Office student workers:

**Email Etiquette Definition:** The code of conduct that guides how to write and respond to emails. This can vary based on who you’re emailing with and for what purposes that you’re emailing.

**Why is this important?** Communication in any form reflects the type of person you are. It gives others insights to your work ethic, politeness, professionalism, and even your personal opinions on those you’re talking to.

### The Basics

- Standard formatting should be used. Many emails are set up with standard formatting, but if you’re not sure, use MLA formatting.
- Emails are meant to be concise and to the point. The best emails are 50-200 words long, according to research. Give the recipients just the information they need; there’s no need to ask about weekends or weather.
- Responding to emails should take place no later than 48 hours after receiving them. (Within 24 hours is ideal.)
- Use professional emails for professional matters. Your FRC email is a great choice to email your professors.
- Proofread your emails! Make sure grammar, tone, and clarity are all up to par.
- Emojis and acronyms are best left out of emails. It looks unprofessional.

### Common Mistakes

- Spelling someone’s name or job title wrong. Proofread!
- Emailing over the weekend. Don’t expect an answer until Monday.

### Basic Email Outline

1. The subject line: make it short, simple, and straight to the point.
2. Greeting: Use something appropriate to the situation and check for spellings on names!
3. Body: Include all essential information.
4. Signature: Use an appropriate sign-off and include your contact information.



**Coach Dee says: investigate like a reporter. Question everything.**



Above is the cartoon character, Coach Dee, teaching how to pursue facts like an investigative reporter. She says: ask for proof, investigate all supporting details, ask why, what, when, where, how?

## DSPS OFFICE STUDENT STAFF



NIKKI  
SAURMAN

Nikki Saurman grew up in Southern California but moved up to FRC to be on the rodeo team here and get her bachelor's degree in Ranch Management and Equine Science. She has been doing rodeo since her senior year of high school and plans on continuing to rodeo after college as well. She would like to continue to pursue a job in agriculture after college as well.



JASMINE WEAR

Jasmine Wear is a senior at FRC who is studying Farm and Ranch Management with the goal of receiving her Bachelor's degree. Jasmine grew up in Mendocino County, California and aspires to use her degree for beef cattle production. She enjoys spending time in nature, hanging out with friends, and has a passion for animals and disability awareness.



The above photo is of the path from the lower main parking lot leading up to the DSPS office

Located to the left of the Campus Center.



## THE DSPS OFFICE STAFF



**Sarah Dimick**

Sarah Dimick is the Director of Disability Support Programs for Students, and WorkAbility III. She attended FRC before transferring to CSU Chico to pursue her bachelor's and master's degrees. Sarah was diagnosed with a disability while in graduate school, and had to quickly learn how to navigate school while also focusing on her health. While this was incredibly challenging, she was able to complete her degree with the support of her instructors, and mentors. Sarah is grateful to be able to use her experience as a student with a disability to help others achieve their goals. She lives at Lake Almanor with her husband and two cats, and spends her time reading and starting crafts that she will most likely never finish.



**Heather Robinson**

Heather Robinson lives in Quincy with her teenage daughter. She attends Chico State University's online Social Science program, working towards a BA with an emphasis on career and life planning. Heather has worked as a caregiver for those with disabilities for about 15 years, as she enjoys assisting others to gain and maintain their independence. Heather loves spending time in the forest and enjoys crystal hunting.



**Danielle  
Westmoreland**

Danielle Westmoreland has worked as the DSPS Assistive Technology Specialist since 2007. She is originally from Los Angeles and enrolled at FRC right out of high school. During her attendance at FRC she was a student worker in the DSPS Office; an ASB Officer; AmeriCorps Volunteer; and took on other student leadership roles. She also graduated from CSU Chico before returning to Quincy to marry her husband. She is most recently excited to be the club advisor for the campus sign language club, Sounds of Signs. She is passionate about helping dsp students to achieve their educational goals. She is also the author of two books everyone can relate to: "Tapping out Beats" and "Covid Chronicles with Dee and Flower," which both showcase how we need the spirit of connection to inspire growth. She is also working on publishing her third book in her spare time.

### DSPS STAFF CONTACT INFORMATION:

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