

COMMUNITY CULINARY LIFE ENRICHMENT CLASSES

The Community and Continuing Education Department at Kalamazoo Valley Community College provides innovative and relevant lifelong learning opportunities to community members of all ages. These non-credit classes emphasize personal enrichment, professional development and community outreach.

The following classes are hosted at the Marilyn J. Schlack Culinary and Allied Health Building, 418 E. Walnut, Kalamazoo, 49007. Go to www.campusce.net/kvcccommunity and click on Culinary & Nutrition to register.

KNIFE SKILLS 101

Thursday, Sept. 28 | 5:30 - 7 p.m. | \$20
Chefs Noel Corwin, Leena Mergen and Lizzie Luchsinger will demonstrate fundamental knife knowledge, safe knife handling and classic knife cuts. At the end of this course, students will be able to dice, slice, brunoise, julienne and chiffonade like a pro.

SIMPLE SAUCES: SAVORY AND SWEET

Wednesday, Oct. 4 | 5:30 - 7 p.m. | \$40
Join the Community Culinary and Nutrition team as they guide the class through preparing chimichurri with roasted cauliflower, vegan chipotle crema with roasted sweet corn, vegan kale pesto and a raspberry coulis with poached pear.



SEASONAL PRODUCE FEATURE: BRUSSELS SPROUTS

Tuesday, Oct. 17 | 5:30 - 6:30 p.m. | \$10
Chef Noel Corwin will prepare a Brussels stir fry. Learn to cook this recipe like a pro, sample the completed dish and join Kalamazoo Valley's culinary team for a fun food-focused night.

TOFU 10 WAYS

Thursday, Oct. 26 | 5:30 - 7 p.m. | \$65
Join Chef Josh from Water and Wheat to learn various ways to use and enjoy tofu. Students will be able to sample 10 different recipes, including veggie tofu scramble, sesame ginger baked tofu and chocolate mousse.

CORPORATE TRAINING CLASSES OFFERED

Corporate Training classes take place at the Groves, 7107 Elm Valley Drive, Kalamazoo, 49009 unless otherwise noted. Go to www.campusce.net/kvcccommunity and click on Personal & Professional Development to register or contact Madeline Isch, associate director of corporate training, mischo311@kvcc.edu or 269.353.1250 for more information.

LEADERSHIP: COACHING ON THE FRONT LINE

Tuesdays, Oct. 3 - Oct. 24 | 8 a.m. - noon | \$750
Thursdays, Oct. 26 - Nov. 16 | 8 a.m. - noon | \$750
This course will help leaders to improve in their evolving role and learn to build leadership skills through the use of feedback, communication, coaching, improving and performance.

Designed for anyone in a supervisory role and the direct managers who support them. The managers receive information packets that familiarize them with the structure of the program, and are provided with tips and suggestions for coaching the supervisor through the core sessions that supervisors will complete.

LEADERSHIP COACHING BEYOND THE FRONT LINE: ENGAGING OTHERS

Tuesdays, Oct. 3 - 24 | 12:30 - 4:30 p.m. | \$750
This second class in the leadership series builds in more leadership behaviors and skills, including delegation, empowering and motivating others, training, managing change and influencing people. Previous attendance of Leadership: Coaching on the Front Line or having leadership experience is a prerequisite.

SEASONAL PRODUCE FEATURE: LEEKS

Tuesday, Nov. 28 | 5:30 - 6:30 p.m. | \$10
Chefs Lizzie Luchsinger and Noel Corwin will prepare roasted leek panzanella. Sample the completed salad and have fun in Kalamazoo Valley's culinary demonstration theater.

TAMALES 101

Thursday, Nov. 30 | 5:30 - 7 p.m. | \$65
¡Bienvenidos! Welcome to tamales 101. This bilingual class will add spice to your holiday season. Join the Vargas family (local restaurateurs) as they share their tamale traditions. Participants will learn history, preparation, assembly and can taste the finished creations. Offerings include vegetarian style, spiced chicken and dulce (dessert). ¡Buen Provecho!

¡Bienvenido! Bienvenido a tamales 101. Esta clase bilingüe agregará sabor a su temporada festiva. Únase a la familia Vargas, restauranteros locales, mientras comparten sus tradiciones de tamales. Los participantes aprenderán historia, preparación, montaje y degustarán las creaciones terminadas. Disfruta de tres ofertas únicas; Vegetariano, pollo especiado y dulce (postre). ¡Disfrutar!

SEASONAL PRODUCE FEATURE: SPAGHETTI SQUASH

Tuesday, Dec. 5 | 5:30 - 6:30 p.m. | \$10
Chefs Noel Corwin and Leena Mergen will prepare spaghetti squash and chickpea sauté. Learn to roast and prepare spaghetti squash for this delicious dish.

HOLIDAY COOKIES: DAZZLING DECORATIONS

Thursday, Dec. 7 | 5:30 - 7 p.m. | \$55
Ring in the holiday season with this festive cookie decorating class. Students will learn the fundamentals of cookie decorating and will decorate their own sugar cookies to take home and savor. All decorating ingredients and equipment will be provided.

CULINARY CANNABIS AND EDIBLES

Saturdays, Jan. 20 - Feb. 24 | 9 a.m. - 1 p.m. | \$225
Join certified Executive Chef, Nathan Koscielski for this virtual six-week course. Learning outcomes include an introduction to the legal, financial and societal issues surrounding the culinary cannabis industry as well as the laws that govern cannabis distribution, cultivation, possession and consumption for adults and medical patients.

The following classes are hosted at the Food Innovation Center, 224 E. Crosstown Parkway, Kalamazoo, 49001. Go to www.campusce.net/kvcccommunity and click on Sustainable Foods, Farm & Garden to register.

MIOSHA 10 HOUR OSHA CONSTRUCTION SAFETY COURSE (2 DAYS)

Oct 9 and Oct. 10 | 10 a.m. - 3:30 p.m. | \$200
This overview of MIOSHA regulations for the construction industry provides detailed information to enable the participant to develop an accident prevention plan as required by Rule 114 of MIOSHA Construction Safety Standard Part 1, General Rules. Students will receive both MIOSHA and OSHA 10-hour cards upon successful completion of the class.

FAMILIES IN TRANSITION: HELPING CHILDREN COPE WITH SEPARATION AND DIVORCE (ONLINE)

Oct. 21 | 8:30 - 11:30 a.m. or Nov. 21 | 5:30 - 8:30 p.m. or Dec. 16 | 8:30 - 11:30 a.m. | \$40
Participants will learn about the effects of divorce on children at different ages and how to help them adjust to the changes in their lives. There will also be discussion about the impact of divorce on parents along with suggestions for healthy coping and problem solving. A webcam and microphone are required to participate in this class. Registration closes five days prior to the class session. To register after this time frame, call 269.353.1253.

SMART PHONE PHOTOGRAPHY: EDITING AND ORGANIZING

Nov. 4 | 10:30 a.m. - 12:30 p.m.
Rm. 220 at Center for New Media | \$35
Instructor Aubrey Jewel Rodgers will help students edit, enhance, and organize photo collections so they can find, print, and showcase some favorites in multiple ways. Bring your phone and phone cable to connect to a computer.



MUSHROOM CULTIVATION

Wednesdays, Oct. 11 - Nov. 1 | 6 - 8 p.m. | \$140
Learn to grow gourmet mushrooms like oysters, shiitake, winecaps and more from locally available materials. Students will learn to procure substrates and create good environments for mushroom growth. Some mushroom identification is also practiced. Students take home inoculated mushroom media at the end of each session.

AT HOME HERBALISM

Thursdays, Oct. 12 - Nov. 16 | 6 - 8 p.m. | \$180
Students will explore the impact of ancestral plants, sources of *materia medica*, ethical and sustainable foraging techniques, as well as recipes for building a home apothecary. We will engage in on-campus plant walks to discuss bioregional, cultivated and seasonal plants. Includes hands-on workshops.

SEED STEWARDSHIP - HARVESTING, CLEANING AND STORING STAPLE CROPS FOR FOOD AND SEED

Saturday, Oct. 14 | 10 a.m. - 1 p.m. | \$30
In this class at the Food Innovation Center seed garden, we'll explore seed crops like beans and grains that can be grown in our region as protein-rich staple foods. We'll demonstrate tools and techniques for threshing and winnowing, selecting seeds for next year's seed crop, and ideas for incorporating these nourishing foods into your daily diet.

TOUR OF THE FOOD INNOVATION CENTER

Oct. 14 | 1:15 - 2:15 p.m. | FREE
The Urban Farm at ValleyHUB at the Food Innovation Center showcases a range of sustainable agricultural practices. The five-acre site includes an indoor grow room, a heated greenhouse, outdoor raised beds, and two passive solar hoop houses. The Food Hub is a licensed food processing facility equipped to produce fresh-cut fruits and vegetables at a range of production scales.

ECO-FRIENDLY HOME LANDSCAPE DESIGN

Mondays, Oct. 16 - Nov. 6 | 6 - 8 p.m. | \$40
This course is for the homeowner or interested beginning designer to learn to develop and design a home landscape that enhances local ecosystem services. Learn the basics of "right plant, right place," and how to use plants and hardscapes to amplify aesthetics and ecosystem function. The class will include one field trip to a local nursery.

MIOSHA PART 10, CRANES AND DERRICKS

Nov. 6 | 9 a.m. - 3:30 p.m. | \$130
A review of MIOSHA regulations found in Part 10, Cranes and Derricks. Rules regarding crane assembly and disassembly, inspections, safe operation, power line safety, and required training, certifications and qualifications will be covered.

MIOSHA INCIDENT INVESTIGATION

Nov. 8 | 9 a.m. - 4 p.m. | \$130
The goal of this program is to provide participants with reasons why incident investigation is important, to discuss the aspects of an investigation and to practice techniques for determining the root cause of incidents.

MIOSHA BEHAVIOR - BASED SAFETY: FUNDAMENTALS AND IMPLEMENTATION

Dec. 4 | 9 a.m. - 3:30 p.m. | \$130
Using scientific principles of motivation, students learn to analyze systems to identify what is motivating safe or unsafe performance of tasks. By analyzing behavior and motivation, we can modify or implement systems to improve performance.



KALAMAZOO VALLEY EXPANDS COURSE OFFERINGS FOR FUTURE EDUCATORS

Several new education course offerings have been added for the Fall 2023 and Winter 2024 semesters, giving students more options, especially if they plan to transfer to a four-year university to complete a bachelor's degree.

For fall, the new courses include EDU 112, Teaching Lab Seminar III; and EDU 217: Inclusive Practices in Elementary Education. For the winter semester, the college will also offer EDU 207, Physical Science for Elementary Ed; EDU 230, Early Childhood Teaching and Learning and Math 153: Early Mathematical Reasoning.

Department chair Cheryl Almada said a new associate degree in Early/Elementary Education will be offered during the Winter 2024 semester. Most of the related courses are already available, but EDU 230, Math 153 and 155 and science courses EDU 207 and 209 will first be offered in 2024. Classes are offered in many modalities – online, hybrid and face-to-face.

"This is the first time we've had a department specifically focused on supporting the development of Pre K-grade 12 teachers," Almada said. "We're responding

to the community's needs. There's such a huge need for paraprofessionals and teachers. This is a degree program that's going to meet our community's requests to develop local talent into our next generation of teachers!"

She said the new associate degree in early education includes two tracks. Students can prepare to transfer to a four-year university to complete a bachelor's degree in "Birth - 3rd" and "Pre K - 5th" grade bands and become a teacher, or they can move directly into the workforce with the credentials earned at Kalamazoo Valley to become an elementary school paraprofessional or other educational assistant.

Portage Central High School graduate Livia Lewis is an education major who was dual enrolled, taking classes at Kalamazoo Valley while completing her high school classes in 2020. At first she had planned to pursue a degree in social work, but a First Year Experience course at Kalamazoo Valley helped her pinpoint her interests and strengths. She transferred to Western Michigan University this semester.

"I actually spent time researching a career and the steps to get there," Lewis said. "I kind

of wanted to be a teacher when I was a little girl." At Kalamazoo Valley, her First Year Experience Instructor Ivona Swan assured her that she'd be an excellent educator and Lewis redirected her career goals to teaching.

Swan's course helped lay the groundwork for Lewis' successful college career and future as a teacher. "She helped me become a better student. I wasn't the greatest in high school," Lewis said. "I learned how to use a planner and how to organize myself. I learned strategies and how to apply myself. Now I'm excited about being in a field that I enjoy."

Other education students share Lewis' enthusiasm. Liah Heintz wants to become an early elementary teacher. She shared, "I hope to become a kindergarten teacher. Working with kids brings me such joy. It is amazing to see their face light up when they understand a concept you have been working on with them and I can't wait to experience that every day!"

Emma Moore agreed, "I am so excited that Valley is offering more classes for elementary education students." Both Heintz and Moore are currently enrolled in



Livia Lewis is an education major

two teaching labs which place students in public school classrooms. Almada explained that Kalamazoo Valley's education students spend eight weeks working with students in local classrooms during their teaching labs. "They're in the classroom right away during the first semester," she said. "We have partnerships with Kalamazoo Public Schools, KRESA and Mattawan Consolidated Schools. Students get into public school classrooms starting their very first semester in our program which is a highlight. They observe in EDU 108, 109 and 110 and practice teach in EDU 111, 112 and 213." Moore said, "I can't wait to be a teacher!"

Registration for winter semester opens during the week of Oct. 9 and classes begin on Jan. 8. See www.kvcc.edu/register for details.

VALLEY ATHLETES COMBINE SERVICE WITH ACADEMICS

On one side of the volleyball net were Kalamazoo Valley Community College athletes in their blue and black uniform jerseys and on the other side were senior citizens in blue vests with catchy nicknames on them, like Bam Bam and Yoopers. Welcome to chair volleyball at StoryPoint Kalamazoo at Bronson Place retirement community, formerly The Fountains, on a recent Tuesday afternoon.

The game was kind of like beach volleyball, except the net was erected in a common area inside of a building, instead of on a beach. The ground was carpet, instead of sand. And everyone returned their volleys while seated in metal folding chairs, instead of from a standing position. The spectators were fellow residents, staff and visitors, who enthusiastically cheered all on.

"Engaging the senior residents in physical activity was awesome for our players," said Athletic Director Russell Panico.

Team members agreed. "I'm so glad I was able to experience playing with the residents," said sophomore Madison Burke. "They were so good! I was impressed. I loved how they had their custom jerseys with their nicknames on them. I can tell they work hard in their practices. They even beat us. It was definitely a heartwarming experience I'll never forget."

Sophomore Rylie Glass said, "It was unlike

anything I'd participated in before. I really enjoyed it!" Teammate Lauren Barno, also a sophomore, said the experience may help her with career choices. "Iately I've been considering going into geriatrics and this helped all the more," she said.

This was the Kalamazoo Valley volleyball team's first community service project for the Fall 2023 semester. In addition to volleyball, the college offers men's and women's basketball, softball and baseball. Every semester, all five sports teams must participate in at least two community service projects.

Some will do even more than that, Panico said. The two-project minimum was implemented when Panico was hired in July 2011. He leaves it up to the coaches to choose their projects. Volunteerism had long been an expectation of Valley's scholar-athletes, but it was an informal one with no specific requirements. Panico believed it was important to change.

"Community service gives the players the experience of giving back to the community and exposes them to different walks of life," Panico said. "Student-athletes are also great representatives of the college, and allowing them to interact with the community puts our athletic program and the college in a positive light."



Kalamazoo Valley volleyball players and seniors in August

Volleyball coach Rhonda Sturgeon said she thought the activity was beneficial for the students as well as the seniors. "I think community outreach projects help boost young people's self-confidence and gives them a chance to give back to our community. Even doing small things for others can go a long way. I don't think young people realize what a positive impact they can have on others."

Gabriella High, a freshman, said she'd like to play chair volleyball again. "I loved the chair volleyball games," she said. "They were so much fun to play in and even more fun to watch. I hope to be back soon."

Over the years, Valley athletes have volunteered at schools; at the Kalamazoo Gospel Mission, Kalamazoo Loaves & Fishes

food bank and other area agencies; and at annual events, ranging from Girls on the Run, Gryphon Place Suicide Prevention Walk, the Anti-Violence Carnival to Tim Tebow's Night to Shine Kalamazoo prom night for people with special needs.

One of the newer service projects is the free basketball clinics for girls and boys at the Douglass Community Association in Kalamazoo, led by Valley basketball players and coaches for the last two summers and created through a partnership between the college and the Douglass.

Home games at the Texas Township Campus are always free. Find the game schedules at athletics.kvcc.edu. For questions about the recruiting process, contact Panico at 269.488.4393 or email athletics@kvcc.edu.

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It is the policy of Kalamazoo Valley Community College not to discriminate on the basis of race, religion, color, national origin, sex, disability, height, weight, or marital status in its programs, services, employment or activities. The following person has been designated to handle inquiries regarding the nondiscrimination policies: Vice President of Campus Planning and Operations, 6767 West O Avenue, P.O. Box 4070, Kalamazoo, MI 49003-4070, 269.488.4434.

Kalamazoo VALLEY
community college

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PO Box 4070 | Kalamazoo, MI | 49003-4070

WINTER REGISTRATION OPENS OCT. 9
WINTER CLASSES BEGIN JAN. 8

kvcc.edu/register

KALAMAZOO VALLEY GIVES STUDENTS THE ADVANTAGE

Four months ago, Zoe Whelman, 18, was anxious at the thought of even starting college.

Now, thanks to the Valley Advantage program, the 2023 graduate of Portage Central High School is poised and self-assured – enrolled in fall classes, studying sustainable horticulture and sharing what she learned with others.

"Before Valley Advantage, I was nervous about college. Now I'm excited and feel confident," Whelman said. "I feel like I know how to navigate it and can help other people."

Whelman was one of 62 students who attended Valley Advantage, a free, three-week summer program that focused on what was needed to start college and was designed to help students build confidence and navigate college.

"Kalamazoo Valley is focused on student success," said Program Director Louis Thomas. "This was a great opportunity for students interested in sharpening their skills – both inside and outside of the classroom – before beginning classes in the fall."

The state-funded \$10 million initiative, administered by the Michigan Community College Association, was aimed to counteract learning loss among recent high school graduates who experienced interruptions to in-person learning due to the COVID-19 pandemic but was open to anyone with a high school diploma or GED. The college offered four sessions of Valley Advantage, with an average of 15 students per class. More than 170 applications for admission to the program were received. Students who attended earned \$550 for participating.

Laurie Barkman, 50, graduated from Comstock High School in 1992 and never saw college as an option for herself, until the Valley Advantage program.

"I would not have gone back to school without this program," Barkman said. "It made me feel like I am able to overcome some of my fears and barriers."

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COLLEGE NIGHT RETURNS OCT. 9

High school students exploring college options are invited to attend the 2023 Greater Kalamazoo Area College Night Oct. 9 at Kalamazoo Valley Community College's Texas Township Campus. Representatives from more than 60 different colleges, universities and training institutions will be available from 6 - 7:30 p.m. to connect with students and their parents about post-secondary educational opportunities, their programs and campuses.

Additionally, representatives from the U.S. Armed Forces will be on hand to discuss military opportunities and how military service can help pay for a college education.

Director of Recruitment and Outreach Ryan St. John said the event is an excellent opportunity and convenient way for college-bound students and their parents to explore their options.

The married mother of three had applied to Kalamazoo Valley several times over the past three decades, but never enrolled. Instead, she raised her children and worked as a CNA at a local nursing home.

"School seemed overwhelming and just a dream that faded over time," she said.

Now she is enrolled full time in fall classes, studying social work and hopes to one day be a probation officer.

During the three-week program, students:

- Reviewed skills in English and mathematics.
- Explored college resources.
- Learned valuable life skills and success strategies.
- Engaged in team-building exercises.

Math and English faculty worked closely with the students over the course of the three weeks. Eighty-five percent of the students improved their math placement scores, with an average increase of nine points while English faculty concentrated on writing proficiency. The final survey revealed that prior to Valley Advantage 28% of students felt confident using the academic writing process. After completing the Valley Advantage program, 67% of students indicated that they were confident using the academic writing process.

Valley Advantage also offered:

- Assistance with transportation costs.
- Loaner laptop computers.
- Classroom supplies.
- Free breakfast (a.m. sessions) and lunch (p.m. sessions) each day.

According to Thomas, the program did exactly what it was meant to accomplish.

"Students gained the confidence they needed to feel comfortable taking the next steps in their educational journey. By the end of the three weeks, you could see a difference," Thomas said.



Zoe Whelman, Valley Advantage participant

Eighty-five percent of students who participated in the Valley Advantage program are currently enrolled in fall semester classes at the college. As part of the program, those students have been assigned completion coaches who provide individualized support to help them address academic and non-academic challenges and connect them with appropriate campus and community resources.

Additionally, one student enrolled in the college's Phlebotomy Academy and 5% of Valley Advantage students enrolled at another Michigan college or university.

"This was one of the most impactful academic experiences I've ever had," said Griffin Stover, a 2022 graduate of St. Joseph High School. Stover completed the program and was accepted in to the college's Honors Program. He is currently studying engineering and plans to eventually transfer to Western Michigan University.

Due to the overwhelming success of the program statewide, a fall session of Valley Advantage was offered. The program began Sept. 26 and runs through Oct. 12. Learn more at www.kvcc.edu/valleyadvantage.

STAND OUT.
START HERE.

WINTER REGISTRATION OPENS OCT. 9
CLASSES BEGIN JAN. 8

COLLEGE NIGHT 2023

for Federal Student Aid (FAFSA®), identifying the necessary documents needed and time frame for completion.

Sponsored by Kalamazoo Valley, Western Michigan University and the Michigan College Fair Committee, the 2023 Greater Kalamazoo College Night is free and open to the public. Pre-registration is encouraged. For a list of participating colleges and to register visit www.kvcc.edu/collegenight.

A financial aid workshop, led by Mattie Kirby, financial services specialist at Western Michigan University, will be held at 7 p.m. in the Dale B. Lake Auditorium to assist those with questions and concerns about paying for college. The workshop will cover scholarships, student loans and the kinds of financial assistance available from the federal and state governments. It also will provide an in-depth look at the Free Application

MEDICAL ASSISTANT TECHNOLOGY TRAINING MEANS CAREER ADVANCEMENT FOR STUDENT



Queenisha Dugas, MAT graduate

graduation and sign-on bonuses and paid externships are also commonly offered, Loucks said.

Tuition and fees for the program amount to about \$4,000. "It's a great opportunity for those who want to get into the medical field," Loucks said. "We need to give back to our community post-COVID-19."

Kalamazoo Valley offers both a one-year certificate program and an associate of applied science degree in MAT. Loucks said the training makes perfect sense for students who are waiting for admission to a nursing program or who want to add to their pre-med skills. "We can help students with their hands-on skills and professionalism," she said.

The training also makes sense for certified nurse assistants (CNA) who want to advance in the workplace or food service employees looking for a change. "If you're tired of physical, strenuous work or high-paced restaurant work, you can transition beautifully into medical assisting," Loucks said. "Put your brain to work rather than your body."

Loucks explained that a medical assistant opens the doctor's office, greets patients, checks vitals, records prescriptions and administers vaccines and electrocardiogram tests as well as draws blood for lab work. They are also familiar with pediatric care and pharmacology.

"Students get so much information from this stepping stone," she said. "And there's a lot of room for advancement into management and leadership," Loucks said.

Kalamazoo Valley's MAT teaching laboratory was remodeled a few years ago to resemble a medical office. "It's set up like a real provider's office with a laboratory," Loucks explained. In addition to hands-on experience, students receive test preparation assistance for certification exams. A student who earns a MAT certificate can go straight to work or continue on to earn an associate degree.

To accommodate students who are already employed, Kalamazoo Valley's MAT classes are primarily offered during the evening. Some are offered online and the instructors are all working in the field.

"We need to make students aware that this is an option," Loucks said, calling the program a hidden gem. "Due to the huge demand in our community, we are taking late applications." Queenisha Dugas earned her associate degree in Medical Assistant Technology in 2021 and works for Residential Opportunities, Inc. as a program coordinator running a group home. The 2009 Kalamazoo Central High School graduate said the training she received at Kalamazoo Valley enabled her move up from an assistant program coordinator position.

"My MAT training helped me to understand lab work so that I could be a better advocate for clients. It definitely helped me get the promotion for the position I'm in now," Dugas said.

During her training, she was placed in an externship with Bronson Hospital's pediatric gastrointestinal department. "That was awesome. I loved it there. They really taught me a lot," she said. Dugas works with many people who consider CNA training as their first step into the medical field and she always encourages them to enroll in the MAT program. "It's an amazing program and I recommend the program to everybody who wants to work in the medical field. The evening courses were doable even while being employed full time and being a parent. It's not easy, but with hard work and dedication, it's doable."

She especially enjoyed learning to give immunizations and to draw blood. "It was all fun to me," she said. Dugas said she struggled to choose a major when she first started taking college classes. She chose MAT training after more than a decade of providing direct care. "I still want to study nursing," she said. "Kalamazoo Valley will see me again."

Go to www.kvcc.edu/programs/health_careers for more information or contact Dee Loucks at dloucks@kvcc.edu.

SUSTAINABLE BREWING STUDENTS WIN THIRD PLACE IN U.S. OPEN COLLEGE BEER CHAMPIONSHIP



Brewing students' beer featured at Tuesday on Taps at Marilyn J. Schlack Culinary and Allied Health Building

the Märzen (silver) and Belgian Dubbel (bronze). The students credited for crafting the winning brews include Nicholas Alpher, Marcy Binns and Alex Lawrence.

"I have been in the brewing program for about three years," said Binns, award-winning student and Kalamazoo Valley brewing lab assistant. "The instructors have been amazing at teaching me techniques and taking time to learn about who I am while working with me to grow as a person and future brewer. I worked with the brewing team on the Belgian Dubbel and felt accepted and included."

Since 2016, the U.S. Open College Beer Championship has awarded colleges and universities throughout the U.S. and Canada for outstanding programs and student crafted beers. Colleges and universities offering courses in brewing are eligible to participate and can submit beers to the competition each year.

COLLEGE TO OFFER CRX ROBOTICS TRAINING

Kalamazoo Valley Community College recently acquired four Fanuc CRX robots for use in expanding corporate education robotics training courses offered at the Groves Campus in Texas Township. Welding, taking inventory, lifting heavy loads, crafting art, constructing a product and assisting with 3D printing are just some of the tasks that can be completed by the industrial robots.

Through simple programming, the machines possess the ability to turn imagination into reality. The collaborative robots, also known as cobots, are innovative in their ability to work closely in tandem with their operators. The cobots have improved reaction capabilities and are sensitive to touch and interaction, making them safer to use than traditional industrial robots.

"Because people can work right next to them, they don't have to worry about fencing and guarding," said Ian Salo, Kalamazoo Valley mechatronics instructional manager. "They are also able to grab hold of the robot and position it wherever needed."

Due to limited sensory capabilities, traditional industrial robots operate within a fenced cell and require extensive precautions for safe use. Though more powerful than a cobot, the machinery lacks safety features granting collaborative functionality. According to Salo, the versatility of the CRX series encompasses a wider range of applications that older models lack, making it popular since its debut in December 2019.

Cobots are not only safer but are easier to use and quicker to program. The units use USB-C cables to connect to any Samsung Galaxy tablet and are controlled through a downloadable application with drag-and-drop features. The CRX series can also be controlled through an Android smartphone. Older industrial robot models use pendants, or remotes, that take lengthy programming prior to use.

The CRX cobots represent a growing niche in the market. "Not only do the robots narrow gaps in workforce shortages by being able to work closely with employees, but they also create job opportunities for machine and maintenance operators

"I want to extend a cheers and congratulations to all of the students, staff, lab assistants and other brew faculty on the fifth year of placement in this competition," said Aaron Ross, Kalamazoo Valley sustainable brewing faculty. "We are looking forward to entering more of our students' high-quality recipes in coming competitions."

Kalamazoo Valley has consistently placed in the competition, winning Grand National Champion last year as well as in 2017. The college also achieved third place in 2019, tying two other programs for the title.

"We're so pleased to have placed again in the competition," said Lucas McFarland, Kalamazoo Valley culinary and brewing operations manager. "The fun part is that it's all student driven. These recipes tend to be capstone projects prior to graduation."

With the instruction of teachers and the

who can program them," Salo explained. Industries seeing a need for trained professionals include automotive, welding, line work professions, electronics, pharmaceuticals, packaging and more.

"An organization can benefit from cobot training, whether line workers or maintenance technicians," Salo said. "Knowledge of these robots can save time and resources. Different levels of training will be available ranging from base-level knowledge to using vision training with cameras."

Salo noted that many workplaces continue to use traditional industrial models, such as the industrial robots currently used for instruction at the Groves Campus, due to their ability to powerfully process large quantities of repetitive tasks without interruption.

"The odds are very high that you are going to have both types of robots used in a company," Salo said. "Those organizations will need maintenance technicians who are able to work on each model."

aid of lab assistants, students brew beers themselves and get to serve their creations to the public during the college's Taps on Tuesday events held at Kalamazoo Valley's 418 Restaurant located at the Marilyn J. Schlack Culinary and Allied Health Building, downtown Kalamazoo. The winning medals will be on display at upcoming events.

Kalamazoo Valley's comprehensive sustainable brewing curriculum is designed with input from many of Michigan's top craft brewers and industry partners. Insight is provided by external advisory board members whose experience and expertise contribute to the program's design.

Brewing program students have the option to pursue a certificate of achievement, an associate degree and a transferable degree to Western Michigan University. To learn more about sustainable brewing at Kalamazoo Valley, visit kvcc.edu/brewing.



Fanuc CRX robot

CRX robots are currently used at the college's Texas Township Campus as part of computer numerical control (CNC) instruction. The Groves Campus' robotics course expansion will offer training for overall use of the robots, including safety, functionality and more. Courses for traditional industrial robots are currently available. CRX training will begin late 2023 or early 2024. For more information, contact Salo at isalo@kvcc.edu.



Sara Lupita Olivares will visit on Oct. 19

Kalamazoo Valley's "About Writing" Visiting Writers series is coordinated by English instructor Julie Stotz-Ghosh, Ph.D., and offers students and community members the opportunity to talk with professional writers and listen to their work. The visits take place in the Student Commons Theater, Room 4240, at the Texas Township Campus. All events are free, open to the public and include a craft talk and a reading by the author.

SARA LUPITA OLIVARES
Feb. 27 | Student Commons Theater
Texas Township Campus
10 a.m. craft talk | 2:15 p.m. reading
Olivares is the author of "Migratory Sound" (The University of Arkansas Press), which was selected as winner of the 2020 Canto Mundo Poetry Prize, and the chapbook "Field Things" (dancing girl press). Her poems have appeared in The New York Times, "Hayden's Ferry Review," "Black Warrior Review," "Salt Hill Journal," "Quarterly West" and elsewhere. She is an assistant professor of English at the University of Illinois Springfield.

VISITING WRITERS SERIES RETURNS IN OCTOBER

BONNIE JO CAMPBELL
with film producer/director Haroula Rose
Feb. 2 | Dale B. Lake Auditorium
Texas Township Campus | 1 time TBA
In partnership with the Kalamazoo Film Society and the Kalamazoo Valley Museum, Kalamazoo Valley will host a conversation with Campbell and Rose about the film adaptation of Campbell's book "Once Upon a River," a meandering story of survival about a Native American girl's search for her estranged mother.

Campbell will also discuss her new novel, "The Waters," which will be released in January 2024. On an island in the Great Massasauga Swamp—an area known as "The Waters" to the residents of nearby Whiteheart, Michigan—herbalist Hermine "Herself" Zook has healed the local women of their ailments for generations.

NAOMI SHIHAB NYE
Feb. 27 | virtual event | 7 p.m.
The award-winning Palestinian-American poet and essayist describes herself as a "wandering poet." She has spent more than 40 years traveling the world to lead writing workshops and inspiring students of all ages. She is the author and/or editor of more than 30 volumes of poetry and prose for adults and children, including "19 Varieties of Gazelle: Poems of the Middle East" (a finalist for the National Book Award) and "The Turtle of Michigan: A Novel." She was named the 2019-2021 Young People's Poet Laureate by the Poetry Foundation. In 2020 she was awarded the Ivan Sandorf Award for Lifetime Achievement by the National Book Critics Circle.

KAI HARRIS
April 11 | Student Commons Theater
Texas Township Campus
10 a.m. craft talk | 2:15 p.m. reading
Harris is a writer and educator from Detroit, Michigan who uses her voice to uplift the Black community through realistic fiction centered on the Black experience. She is an assistant professor of creative writing at Santa Clara University.

Harris' novel, "What the Fireflies Knew," a 2023 Michigan Notable Book, is the college's common read selection for Winter Semester 2024. After her father dies of an overdose and the debts incurred from his addiction cause the loss of the family home in Detroit, almost-11-year-old Kenyatta Bernice (KB) and her teenage sister, Nia, are sent by their overwhelmed mother to live with their estranged grandfather in Lansing.



Kai Harris comes to Kalamazoo Valley in April

HIGH SCHOOL ART SHOW RETURNS IN DECEMBER



The Second Annual Kalamazoo Valley Community College Art and Design Competition Exhibit is open to all junior and senior high school students throughout the greater Kalamazoo area. The exhibit will open at the Center for New Media on Dec. 1 during the city of Kalamazoo's Art Hop event.

The first review will be for acceptance into the show and the second for selection of awards. The exhibit will be on display December and January in the Arcus and Center for New Media gallery spaces and open on the evening of Art Hop. Four awards will be given: Best of Show and first, second and third places.

AWARDS
Best of Show - Two semesters of tuition (15 credit max per semester) and additional funds for books and materials for enrollment in the Studio Arts or Applied Arts and Media Technologies programs.
First Place - \$500
Second Place - \$200
Third Place - \$100

"We had great participation in last year's inaugural contest and we're expecting even greater turnout this time," said Tom Hamann, director of ambient learning for the college.

Enter now! See details and entry forms at www.kvcc.edu/artexhibits.

WHAT'S HAPPENING AT THE



FREE EXHIBITS AT THE KALAMAZOO VALLEY MUSEUM

Check out these exhibits and programs happening over the next few months at the Kalamazoo Valley Museum, located at 230 N. Rose St. in downtown Kalamazoo. Admission to exhibits and to the museum are free. Hours are Tuesday - Saturday, 10 a.m. - 4 p.m., and Sunday, noon - 4 p.m. The museum is operated by Kalamazoo Valley Community College and is governed by its Board of Trustees. Visit kalamazoomuseum.org for more details.



OFF THE SHELVES: EXPLORING THE KALAMAZOO VALLEY MUSEUM'S FURNITURE COLLECTION

Oct. 31, 2023 - Jan. 21, 2023
Explore the KVM's furniture collection that spans over 200 years of history from one-of-a-kind items to mass produced pieces from local manufacturers.

WONDER MEDIA: ASK THE QUESTIONS!

Now - Dec. 31, 2023
Fourteen activity stations provide a fun and hands-on way to get you thinking about big issues surrounding media.



SPLAT! THE BUZZ ABOUT FLYSWATTERS

Now - Jan. 7, 2024
A unique exhibit featuring more than 1,000 flyswatters from overseas collector Iza van Riemsdijk.



WINTER BREAK FUN

Dec. 27 - 30 & Jan. 2 - 7, 2024
Join the Kalamazoo Valley Museum this winter break for "Stories We Share" to explore the many ways stories are shared! Enjoy live music, dance movement, illustration, cinema, the planetarium night sky, museum collections' objects and more.
*The museum will open at 1 p.m. on Jan. 4.



KALAMAZOO STATE HOSPITAL EXHIBIT

Feb. 3, 2024 - Jan. 19, 2025
A look at the history of the building and patients.

SKIN: LIVING ARMOR, EVOLVING IDENTITY

Feb. 10, 2024 - June 2, 2024
The exhibit aims to illustrate the incredibly adaptive properties of skin across all organisms, and spark dialogue about skin's role in shaping human culture and identity.
Created by Science Museum of Minnesota.



VALLEY'S OFFICE OF DIVERSITY AND INCLUSION

Did you know that Kalamazoo Valley Community College has an Office of Diversity and Inclusion? It provides support, resources and leadership in the college's quest for inclusive excellence.

Programming is offered year-round, such as lectures, discussions, trainings and film screenings. All events take place at the Texas Township Campus (TTC), unless otherwise specified. The public is welcome to attend.

Expect important programming this fall from the Office of Diversity and Inclusion. Highlights include:

- Interfaith Connections on Oct. 25 4 - 5 p.m. | Anna Whitten Hall Rm. 128
- Mental Health First Aid training | Nov. 1 8:30 a.m. - 4:30 p.m. | TTC Rm. 4380
- safeTALK suicide prevention workshop Nov. 14 | 9 a.m. - 12:30 p.m. | AWH Rm. 207

Ableism will be explored through workshops and a film showing:

- Ableism 101 | Sept. 26 | 1 - 4 p.m. TTC Rm. 4240
- Ableism 102 | Oct. 3 and Oct. 10 1:30 - 4 p.m. | TTC Rm. 4240
- The "Crip Camp" documentary (rated "R" for adult themes) | Oct. 11 noon - 2:30 p.m. | TTC Rm. 4240

The film is about a groundbreaking teen summer camp that inspired some of its alumni to join the disability rights movement.

For questions, email Trice Batson, diversity and inclusion director, at tbatson@kvcc.edu or Cat March, program coordinator, at cmarch@kvcc.edu. Learn more at www.kvcc.edu/diversity/.



Make a difference in the life of a student – donate to the KVCC Foundation NOW!
www.kvcc.edu/foundation




KYLE A. MITCHELL NAMED TO 40 UNDER 40 CLASS OF 2023

Kalamazoo Valley Community College culinary instructor Kyle A. Mitchell, 39, has been named to Moody on the Market's 40 Under 40 Class of 2023, a recognition program reserved exclusively for professionals under the age of 40 who are making a positive impact in the community. "To be included in this elite group of individuals feels fantastic," Mitchell said. "I truly enjoy the things that I do for a living and to be recognized for them just feels great!"

In addition to teaching at Valley, he is a third-generation organic blueberry farmer at Mitchell's Patch of Blue farm in Bangor. "We provide blueberries that are served in hospitals, schools, restaurants and breweries all throughout Southwest Michigan," Mitchell said. "We also host educational farm tours for the Sustainable Horticulture program at Kalamazoo Valley Community College."

At Kalamazoo Valley, Mitchell teaches culinary arts, agrifoods and sustainable horticulture. This includes food safety, culinary math, agrifoods and processing, and horticulture management. He also advises the Food Club student organization.

Mitchell's experience includes:

- Restaurant manager with Red Lobster

in the Grand Rapids, Chicago, Detroit, and Lansing markets.

- Culinary Instructor (ProStart).
- Sanitarian I (health inspector): Oversaw food safety and sanitation in 180 restaurants and licensed/inspected about 30 festivals annually in the Lansing/East Lansing market.
- Adjunct professor in culinary arts at Jackson College.
- Adjunct professor in culinary arts at Grand Rapids Community College. Classes instructed include: CA 102 – Exploration of the Food Service Industry.
- Tenured professor agrifoods/culinary arts: Kalamazoo Valley.

Mitchell is a sixth-generation Michigan farmer and a third-generation blueberry farmer. He oversees and carries out the day-to-day activities for field prep, harvesting, distribution, marketing, sales and nutrient management for 25 acres of organic blueberries.

He has a bachelor of arts degree in hospitality management with a double minor in business and information technology from Grand Valley State University.

He started his career path in 11th grade when he enrolled in Patti Kenworthy's

Culinary Arts and Hospitality Services program at the Van Buren Technology Center. "She has been my mentor/advisor/friend/support team since that day," Mitchell said. "When I talk to people about Ms. 'K,' I tell them that I have not made a major career decision without calling and getting her feedback first. She has inspired me to create my own path across the foodservice industry, and it has led me to this moment right now."

ProStart is a program that Mitchell credits with providing a stable foundation to catapult his career. It is a two-year, industry-backed culinary arts and restaurant management program for high school students. He has been a ProStart student, a ProStart teacher, competition mentor and competition judge. In addition, Kalamazoo Valley Community College recently sponsored the ProStart nutrition competition and Mitchell was able to hand out scholarships to the winning team.

"I really enjoy every opportunity I get to work with ProStart students and instructors across the state, whether it be visiting the different program classrooms, judging ProStart competitions, volunteering at ProStart workshops or hosting farm tours," he said.



Kyle A. Mitchell, culinary instructor

Mitchell said he loves teaching and helping his students to grow. "I do my best to set the students up for success both when they are taking classes, and also once they leave the classroom by providing job opportunities, fresh produce from the farm and an open door for mentorship after graduation. I would have to say that my legacy once I am gone will be the success that my students have, and the future generation of culinarians they themselves will eventually train. Maybe one of my jokes or sayings might make it through the years, such as my grandfather's quote: 'A short pencil is better than a long memory.'"