

NOV 2024

RAMS MONTHLY



STORIES OF STUDENT SUCCESS AND LEARNING AT VICTOR VALLEY COLLEGE



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The Fast-Food Chains with the Unhealthiest Items: What the Data Says

New survey reveals what's really on the menu

Rank	Fast-Food Chain	Average Calories	Fat per 100 Calories (g)	Sodium per 100 Calories (mg)	Sugar per 100 Calories (g)	Score
1	Dairy Queen	631.10	0.53	5.36	1.57	59.22
2	Raising Cane's	876.00	0.81	11.25	0.97	59.69
3	Sonic	583.25	0.68	9.43	1.48	59.89
4	Popeyes	1,099.30	0.45	9.41	0.47	60.02
5	Carl's Jr.	762.50	0.46	7.85	1.08	60.55



A recent study by price-tracking website Pricelisto has highlighted the fast-food chains with the unhealthiest menu offerings. Using data from Fast Food Nutrition, the study analyzed the top five most popular items from 20 chains, scoring them on nutritional value based on calories, sugar, fat, sodium, and protein content. Chains were rated on a scale of 0 to 100, with lower scores indicating poorer nutritional quality.

Top Findings: Dairy Queen and Raising Cane's Lead in Unhealthiest Options

Dairy Queen topped the list with a score of 59.22 out of 100. Its most popular items average 631 calories, 0.53 grams of fat, and 1.57 grams of sugar per 100 calories. Raising Cane's followed closely with a score of 59.69. Its offerings average 876 calories, with 0.81 grams of fat and 11.25 mg of sodium per 100 calories.

Other chains in the top five include Sonic (59.89), Popeyes (60.02), and Carl's Jr. (60.55). The table below summarizes the findings for the unhealthiest fast-food chains: (see right)

Eating Fast Food on the Go: A Holiday Habit

The holiday season brings a surge in fast food consumption, as Americans balance busy schedules with shopping, travel, and festivities. Data from a 2022 report by LendingTree highlights that nearly 40% of Americans eat out more during the holidays, citing time constraints as the primary reason.

The demand for quick meals spikes during this period, with fast food offering an affordable and convenient solution. However, the health trade-offs are significant, as highlighted by the Pricelisto study.

Fast Food Spending Habits in America

Fast food is deeply ingrained in American culture, with consumers spending an average of \$53 per week on fast food and dining out—translating to over \$2,700 annually per person. This preference aligns with broader dining trends, where Americans eat out an

average of 4.3 times per week. Millennials, in particular, are heavy contributors, spending approximately \$174 monthly on fast-casual dining.

A Call for Healthier Options

A spokesperson from Pricelisto commented on the findings:

"These findings highlight the persistent issue of fast-food chains offering unhealthy menu options. Many meals are still high in calories, saturated fats, and sodium, leaving individuals with few healthier choices while relying on the convenience of fast food."

As fast food remains a staple of American life, particularly during the holidays, consumers face the challenge of balancing convenience with nutrition. The data underscores the need for fast-food chains to prioritize healthier menu options, especially as dietary habits and health awareness evolve.

NATIVE AMERICAN HERITAGE MONTH

National Native American Heritage Month is celebrated each year in November. It is a time to celebrate the traditions, languages and stories of Native American and Alaska Native communities and ensure their rich histories and contributions continue to thrive with each passing generation. This November and every month, we celebrate the culture and heritage of these remarkable Americans who deeply enrich the quality and character of our Nation. We celebrate Indian Country with its remarkable diversity of American Indian and Alaska Native cultures and peoples while remembering and honoring our veterans who have sacrificed so much to defend our Nation.

For about 100 years, Americans, both Indian and non-Indian, have urged that there be a permanently designated place on the calendar to honor the contributions, achievements, sacrifices, and cultural and historical legacy of the original inhabitants of what is now the United States and their descendants: the American Indian and Alaska Native people.

The quest for a national honoring of Native Americans began in the early 20th Century as a private effort. As far back as the late 1970s, Congress has enacted legislation, and subsequent presidents have issued annual proclamations designating a day, a week, or a month to celebrate and commemorate the Nation's American Indian and Alaska Native heritage. In 2009, Congress passed, and the President signed legislation establishing the Friday following Thanksgiving Day of each year as "Native American Heritage Day."

Image Source: US National Archives/VVC/Library of Congress



VVC Dedicates High Desert Training Center to Exquadrum, Celebrating Commitment to Local Workforce Development



Victor Valley College (VVC) recently honored aerospace and defense innovator Exquadrum with a formal dedication of VVC's High Desert Training Center (HDTC) at the Southern California Logistics Airport. This dedication highlights Exquadrum's invaluable partnership with VVC in workforce development, further strengthening the Victor Valley region's economic and industrial landscape.

In a ceremony at the HDTC, VVC officials acknowledged Exquadrum President Eric Schmidt, Chief Executive Officer Kevin Mahaffy, and the Exquadrum team for their ongoing dedication to building a skilled workforce and enhancing local job opportunities. The HDTC provides a critical training environment for Victor Valley residents, offering hands-on, skills-based education that directly supports the local economy.

Reflecting on the company's commitment, Schmidt remarked, "We've been digging in the trenches to make the training center valuable to our community. Sometimes you work so hard you can't see the horizon, but today we were able to lift our heads and see the impact of our work." Mahaffy echoed this sentiment, adding, "Being part of this journey and receiving this recognition is truly overwhelming. We're proud to contribute to a future that brings new opportunities to Victor Valley."

According to a 2022 article from the County of San Bernardino, the High Desert Training Center was developed to deliver a "space-age education" through its state-of-the-art facilities and collaborative approach to technical training. As the article notes, the HDTC has been a valuable addition to the region, addressing workforce needs by delivering advanced instruction in fields such as manufacturing, engineering, and technology. VVC and Exquadrum's collaboration plays a key role in filling these essential roles, ensuring the Victor Valley remains competitive in today's job market.

With Exquadrum's support, VVC's High Desert Training Center is uniquely positioned to provide training that aligns with the needs of high-demand sectors, contributing to the future workforce's preparedness and the region's continued growth.

Future First Responders: VVC Hosts Successful Public Safety Fair for over 500 Students



Victor Valley College (VVC) recently hosted a large-scale multi-discipline public safety event in November 2024, drawing an impressive turnout of over 500 high school students from across the region. The event aimed to provide valuable insights into diverse careers in public safety while showcasing the vital work of first responders.

The fair, held at VVC's Regional Public Safety Training Center, located in Apple Valley, was organized in collaboration with local law enforcement agencies, fire departments, and emergency medical services. It featured a variety of interactive exhibits and activities designed to immerse students in the fast-paced, challenging world of public safety careers.

Interactive Exhibits and Demonstrations

Students had the opportunity to participate in hands-on activities, such as an obstacle course replicating physical challenges faced by professionals, and to observe emergency scenarios like vehicle extractions using the "jaws of life." These simulations provided a glimpse into the decision-making and teamwork required in real-life emergencies.

VVC's student firefighters, paramedics, emergency medical technicians, and nursing showcased their skills, demonstrating fire suppression techniques and life-saving medical procedures. Meanwhile, booths staffed by representatives from agencies such as the San Bernardino County Sheriff's Department and Victorville Fire provided insights into the training and dedication required to enter these fields.

San Bernardino County's top cop, also visited the event in Apple Valley. Sheriff Shannon Dicus says that it was his first time visiting stating, "It was my pleasure to have the opportunity to tour VVC's Regional Public Safety Training Center. I am pleased to see the effort and care taken to expose the High Desert community to the educational resources needed to embark on a career as a first responder. Whether someone is looking to become a law enforcement officer, firefighter, or emergency medical services provider, this campus has it covered. I look forward to seeing many new deputy sheriff applicants come out of this program, a program that benefits the student and community alike."

Inspiring the Next Generation

High school students left the event inspired and more informed about potential career paths. One senior shared,

"This event opened my eyes to the range of public safety careers available. I've always wanted to make a difference in my community, and now I have a better understanding of the paths I can take."

VVC President Dan Walden, Ph.D., echoed the importance of the event, stating,

"We are happy to provide this platform for high school students to explore various aspects of public safety. Our aim is to inspire the next generation of professionals who will serve and protect our communities."

Building a Stronger Community

The November 2024 Multi Discipline Day highlighted the dedication of public safety professionals while motivating students to consider careers in fields that make a tangible impact. VVC and its partners plan to continue hosting similar events to nurture young talent and contribute to a safer community.

AGNR donates over 50 plants to our youngest Rams

In a heartwarming display of collaboration and community spirit, Victor Valley College's Child Development Center (CDC) and Agriculture and Natural Resources (AGNR) department have come together to transform the CDC campus environment. The center recently received a generous donation of over 50 plants from the AGNR department, with families and the volunteers lending a helping hand to plant the greenery around the center.

This thoughtful gesture has brought new life to the campus, with the vibrant plants brightening the surroundings and creating a more welcoming atmosphere for young students, faculty, and families alike. The plants were donated and carefully planted by CDC families, alongside students from the VVC Garden Club, demonstrating the strong sense of community within the campus.

"We are truly grateful for the support and generosity of the AGNR department," said Annette Franquez, VVC Child Development Program Director. "Their donation not only enhances the beauty of our space but also reflects the caring and collaborative spirit that defines our campus community. We are so fortunate to be a part of a place that values both education and the environment."

The collaboration between the CDC and the AGNR department highlights the power of teamwork and the shared commitment to making VVC a brighter, more vibrant place for learning. This donation, which took place on what was otherwise a gloomy day, brings a splash of color and positivity to the campus, reinforcing the importance of working together to create lasting impact.



VVC's VRC Salutes Veterans with Annual 'Thank You Veterans' Event



Victor Valley College (VVC) celebrated its annual "Thank You Veterans" event on November 8, honoring the brave men and women who have served our country. Held in Building 80 on Lower Campus, this near decade-long tradition continues to grow in significance, bringing together many military families and veterans who attend or are part of the VVC community. The event was an opportunity to celebrate and express heartfelt gratitude for their service and sacrifices.

With nearly a 10 years of tradition behind it, this year's event was filled with activities designed to acknowledge the important role veterans play not only in our national defense but also in enriching our local community. The celebration included opportunity drawings, free food, and live music by the Guitars for Veterans, an organization dedicated to providing music lessons to veterans. The event also provided a space for veterans and their families to connect, share stories, and enjoy the support of their peers.

"Today's event was a wonderful reminder of the strength, resilience, and sacrifices of our veterans," said VRC Program Manager Esteban Penameza. "We are proud to offer this celebration each year, as a small token of our

appreciation for everything they've done to protect our freedom and serve our country."

VVC, like many community colleges, serves a growing number of veterans who are returning to education after their service. According to data from the National Center for Education Statistics, nearly one-third of veterans who have served in Iraq or Afghanistan pursue higher education within a year of their separation from military service. Community colleges are often the first choice for many veterans due to the affordable cost of education, supportive environments, and flexible scheduling that accommodate family and work life.

In the past decade, VVC has seen an increase in the number of veterans returning to school, with military families and veterans making up a significant portion of the student population. In addition to the approximately 415 veterans using their GI bill benefits, about 300 veterans and military families attend VVC without accessing their benefits. The College offers a variety of services through its Veterans Resource Center (VRC) to support veterans' transition into academic life, including academic counseling, VA benefits assistance, and peer support programs.

The VVC Veterans Resource Center is dedicated to providing a comprehensive network of support to ensure veterans succeed academically, personally, and professionally. This includes helping student veterans navigate the complexities of higher education after military service, from accessing GI Bill benefits to transitioning from military life to civilian life. The VRC has played a critical role in helping veterans feel at home at VVC, making the College a welcoming place for them to continue their education.

Military veterans face unique challenges when returning to civilian life, including adjusting to academic life after service, managing mental health, and securing stable employment. A study conducted by the American Council on Education found that veterans who attend community colleges are more likely to succeed in their academic and career pursuits due to the flexible environment, lower tuition rates, and the sense of community these institutions offer. For veterans, community colleges provide the opportunity to transition back into civilian life while continuing their education at their own pace.

Lights of Love

LIGHTS OF LOVE 2024

*Twas many weeks before the holidays, when all through the college
All staff was bustling with new acquired knowledge;
That the "Lights of Love" were all hung with care, with the associated
student body next to the stairs.*

*The names of the children for all to see,
We're brightly written out for you and me;
Just pick a light from the window display
The only one you want and you're on your way..*

*Just purchase a gif, approximate \$15 to \$20
Wrap it nicely, bring it back and then
We'll log it in and you've done your part
The child will smile and warm your heart.*

*So don't say no time, no money, no way!
Share what you've gotten; make a child's day
On the "Lights of Love" hundreds. wait there
For a kind giving soul to remember. They're here.*

*So thank you for taking the time to read
And we hope we have planted a generous seed,
So just remember before you leave,
That it's better to give than to receive!*

M. Kagy 2002, revised 2024

Toy Drive to sponsor 540 children of VVC students

- Children's names (along with age & gender) are displayed on the Associated Student Body windows (second floor Student Activities Center)
- Choose a child's name & remove tag from the window. Log in your choice with ASB.
- Purchase an age appropriate gift approximately \$15-\$20.
- SECURELY tape name tag to your wrapped gift.

Gifts must be returned by December 6th

THANK YOU FOR YOUR SUPPORT!

*ASB Council *READY RAMS CLUB *Child Development Center *ASB Clubs



STUDY-A-THON



Want to earn that **A+** grade on your final exams and papers?

Join the Math, Writing Center and other Departments for tutoring and workshops on **FRIDAY, December 6, 2024** from **8:30 AM TO 4:00 PM** in **BUILDING 21(ATC)!**

8:30 AM – 11:30 AM

1:00 PM – 4:00 PM

Math 105 Moore ATC-155	Math 227 Viehweg ATC-157	Math 228 Schellhaus ATC- 156	Math 105 Moore ATC-155	Math 270 Viehweg ATC-157	Math 227 Schellhaus ATC-156
Math 105 Mecklenburg ATC-142	Math 226 Simanyi ATC-146	Math 120 Bahena Liberal Arts - 6	Math 105 Mecklenburg ATC-142	Math 226 Simanyi ATC-146	Math 120 Talley Liberal Arts - 8
Math 231 Rocha ATC-145	Math 120 Talley Liberal Arts - 8	Math 132 Risinger Liberal Arts - 7	Math 104 Rocha ATC-145	Chem. 202 Rahimnejad ATC- 133	Bio. 107/211 Jalota ATC-171
Bio. 107/211 Jalota ATC-171	Chem. All Nguyen ATC-125	Psych. Stats 215 Luna Liberal Arts - 5	Chem. 202 Montgomery ATC- 133	Chem. All Nguyen ATC-125	Psych. Stats 215 Luna Liberal Arts - 5

11:30 AM – 2:30 PM LUNCH

Lunch, desert, and Boba will be provided @ ATC Courtyard.

Tickets Required for Student Attendees



Join us during lunch break for the Student Art Show and musical performances by the Music Department

Engagement Centers

BLAR (ATC-171): Board Games/resilience tools. Time: 12:00pm – 1:00pm

HASS (ATC-176): Focus and Flourish: Maximizing Group Study and Self-Care ([Scan the QR code for full workshop schedule](#))

1:00 PM – 2:00 PM: Collaborative Study Groups: Discover tips for effective group study.

2:00 PM – 3:00 PM: Stress-Busting Art Breaks: Relax with creative activities.

3:00 PM – 4:00 PM: Group Study (Continued): Apply group study strategies from earlier.

PSIT (ATC-170): Tranquil Brews – Coloring & painting at PSIT. Infuse your day with art, tea and coffee. Time: 9:00am – 11:30am

Writing Center

Workshops ATC-143

- 9:00 AM – 10:00 AM: Introductions and Thesis Statements with Professor Mott
- 10:00 AM – 11:00 AM: MLA Format: Basics & Works Cited
- 11:00 AM – 12:00 PM: MLA Format: Quoting
- 1:00 PM – 2:00 PM: Finish Strong Workshop with Professor Mott
- 2:00 PM – 3:00 PM: Conclusions

Communication Center

Workshops ATC-126

- 8:45-9:15 or 2:30 – 3:00: Overcoming Speaker Anxiety
- 9:15-9:45 or 1:00 – 1:30: Getting to know PowerPoint
- 10:30-11:30 or 1:30 – 2:00: Tutoring assistance
- 2:00 – 2:30: Presenter Showmanship and Independent feedback session on presentation/ speech delivery
- 3:00-3:30: Ask the Professor: Q & A session: What's on the exam?
- 3:30 – 4:00: Finals Prep

TASC Lab Tutoring:

- 10:30 AM – 1:30 PM: Psychology
- 10:30 AM – 3:30 PM: Business/Accounting
- 10:30 AM – 4:00 PM: Biology/Chem/Poli. Science
- 12:00 PM – 2:00 PM: ESL
- 1:00 PM – 4:00 PM: ASL

Art Workshops

Painting Workshop with Prof. Rowland
11:30 AM – 3:30 PM:
ATC - 170

3D Clay Workshop with Prof. Allebes
12:30 PM – 3:00 PM:
Art, Room 101

Scan the QR Code to sign up

