THE END OF FALL SEMESTER

As students move into finals, the Journey office will be packing up and starting to move into the new student building.

The Portable Village will be relocating to this new building—Journey, The Spot, Campus Life, Student Government, E-Services, and a brand-new cafeteria, including a Starbucks!

The Journey Office will have a bigger space for students to study, get tutoring, attend events and workshops, and meet with peer mentors, staff, and counselors!

Here are some statistics and numbers on Journey students that were served this Fall semester:
- October: 339 students
- November: 297
- From August 27th to November 30th:
  - August: 95 students
  - September: 569 students

JOURNEY OFFICE HOLIDAY HOURS

The Journey Office will be open until Friday, December 21st. Until then, the Journey office will be open Monday–Friday from 8–5 p.m.

We will be closed from 12/22/12–1/16/13 and will be open on 1/17/13 from 8–7 p.m. at the new Student Development Building.
JOURNEY PROGRAM CURRICULUM REQUIREMENTS

Modules require:

- two counselor meetings
- two workshops
- two volunteer hours
- Two money smart modules
- One cultural event
- One academic progress report
- Enrolled in at least 6 units
- Maintain a minimum of a 2.0 GPA

“One must know not just how to accept a gift, but with what grace to share it”

- Maya Angelou

JOURNEY HCD COURSE FOR SPRING 2013—REGISTER NOW!

The Human Career Development course, 318: Transfer Making It Happen, will be offered next semester in two sections and taught by Rick Ramirez.

One section will be co-taught by one of our counselors, Monica Preciado, so we are encouraging Journey Students to take this course! If it fits into your schedule, please register and add the course. If you are unable to register, you may be able to add the class the first week of Spring semester.

HCD 318 Journey Class (2 Units)
Course #: 11714; Instructor: Ramirez
Course Meeting Time:
Tuesdays & Thursdays
4:30-5:20
Raef Hall 160

NEW JOURNEY STAFF: MEET ZANG!

We are very excited to have a new Student Personnel Assistant at Journey! Zang comes to us from Assessment here at ARC.

Zang was born in Thailand and came to the U.S. when he was 8 years old to Merced, California. He moved to Sacramento to complete his Bachelors at Sacramento State University in Sociology. Zang also continued at Sac State for his Masters of Science in Counseling with a specialization in Career.

Zang enjoys sports, especially tennis and is a San Francisco 49ers fan and Sacramento Kings fan. Zang enjoys working with students and has worked at the Sac State Career Center, the University of the Pacific Career Center, and will now be with Journey! Welcome to the team, Zang!

Zang Her
Journey Student Personnel Assistant
**HOLIDAY RECIPES**

**GINGERBREAD MEN/WOMEN COOKIES**
Ingredients:
- 1 cup butter, softened
- 1 cup sugar
- 1 1/2 teaspoons baking soda
- 1/4 cup hot water
- 1 cup molasses
- 5 1/2 cups all purpose flour
- 1 1/2 tablespoons ground ginger
- 1/4 teaspoon ground allspice
- Icing, Sprinkles and assorted Candies

1. Beat butter and sugar at medium speed with an electric stand mixer until fluffy.
2. Stir together baking soda and 1/4 cup of hot water until dissolved; stir in molasses.
3. Stir together flour and next 4 ingredients. Add to butter mixture alternately with molasses mixture, beginning and ending with flour mixture. Shape mixture into a ball; cover and chill for 1 hour.
4. Preheat oven to 350 degrees. Roll dough to 1.4 inch thickness on a lightly floured surface. Cut dough with a 4 inch gingerbread cookie cutter. Place 2 inches apart on parchment paper lined baking sheets.
5. Bake at 350 degrees for 15-18 minutes. Let cool on baking sheets 2 minutes; transfer to wire racks. Cool completely (about 30 minutes).
6. Spoon icing into ziplock bag, cut small tip on corner of bag and pipe faces with eyes, buttons, smile, etc.
7. Decorate as desired.

Recipe from Southern Living Magazine

**MEXICAN HOT CHOCOLATE**
Ingredients:
- 1/2 cup water
- 1/3 cup honey
- 5 tablespoons unsweetened cocoa
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 4 cups of milk (1%, 2%, soy)
- 1 teaspoon vanilla extract

Preparation
1. Combine first 6 ingredients in a large heavy saucepan. Bring to a boil over medium-high heat, stirring constantly.
2. Gradually add milk, and extract, stirring constantly with a whisk.
3. Heat to 180 degrees or until tiny bubbles form around edge, stirring with a whisk (DO NOT boil).

Recipe from Cooking Light Magazine

"Each day comes bearing its own gifts. Untie the ribbons."
-Ruth Ann Schabacker

**HELP OTHERS THIS NEW YEAR!**

The California India Manpower Consortium, Inc. is looking for volunteers for its start-up tutoring program. As a volunteer tutor, you would work with youth ages 18-21 on their math and English skills and help them work towards their high school diploma or GED.

You must be at least 18 years old to volunteer and a college student. This is an excellent opportunity to get involved with your community and build your skills on your resume.

If you are interested, please contact Angela Atene at 916-920-0285 or by e-mail at angela@cimcinc.com.

If you become a volunteer tutor, Journey would count this for your module requirement.
CONGRATULATIONS TO OUR DECEMBER 2012 GRADUATES!

The Journey Program is proud to announce the graduation of two of our students! These two bright ladies will be completing their AA degrees at ARC this month! Congratulations to you and best wishes on the next steps of your journey to academic, career, and personal success!

Yahaira Martinez
A.A. Psychology, the Individual, & Society

Julie Callahan
A.A. Language Studies & A.A. Social Science

UPCOMING EVENTS & WORKSHOPS: SPRING 2013

New Student Orientations
UC Davis Transfer Student Collective Workshops
Sacramento State Transfer Student Panel Workshop
Stress & School
Time Management
Resume & Job Portfolio
Interviewing Skills
Internships & Careers
Preparing for the ARC Assessments
Test Taking Strategies
Journey Cultural Potlucks
College/University Tours