



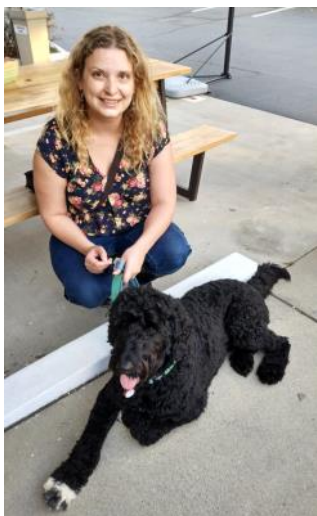
*A community where individuals of all abilities have limitless opportunities.*

Sports, page 1

Arts & Entertainment, page 2

ALC Pictures, page 3

Yearend Fundraiser, Page 4



## Interview with Becky Wieringa, ALC Assistant Director

A Newsletter Group Interview

**How long have you been at ALC?** Since May 2019

**What do you enjoy about working as ALC's Associate Director?** I enjoy being part of our community here. I love getting to celebrate peoples' accomplishments and growth. I really enjoy the fun things we do. The summer picnic and the Halloween party have been my favorite events at ALC.

**Can you tell us more about Person Centered Thinking (PCT)?** Absolutely! Person Centered Thinking is the lens we look through to help people receiving support (which is all people in some way or another) to feel empowered within their own lives. We try to place the person at the center of their own lives, rather than have systems dictate the services and supports people need and receive. Person Centered Thinking values a power with approach vs. a power over approach and attempts to balance what is important to people with what is important for people.

Continued on page 3

## Sports Section



### Aaron Judge breaks American League Baseball record with 63 homeruns in one season



By Gabe Z.

Aaron Judge, born in Sacramento, CA, now plays for the New York Yankees. He stands at 6'8", and attended Fresno State University. He broke the American League record for homeruns in one season, on Oct 5, 2022, Aaron hit 62 homeruns. Roger Maris, also of the NY Yankees, held the record with 61 homeruns since 1961. In the playoffs, Aaron added one more homerun for a total of 63 homeruns this year.

The National League record was set by Barry Bonds with 73 homeruns in one season in 2001, when playing with the San Francisco Giants. Aaron Judge won American League's Most Valuable Player for the year, and will play for the NY Yankees again next year with a 9 year contract

worth \$360 million, after briefly considering playing for the SF Giants.

Also in baseball, the Houston Astros won 4-2 in the World Series against the Philadelphia Phillies in Game 6, November 5. Jeremy Pena won MVP from the Houston Astros.

In basketball news, it's the beginning of the NBA season, so far the Golden State Warriors have won most games on their home court in San Francisco, but lost all their away games, hopefully the Warriors will win more games on the road. — GZ



# Arts & Entertainment

## Duran Duran Inducted into the Rock & Roll Hall of Fame

By Kate W.

Duran Duran is the first band to be nominated by fans and inducted into the Rock & Roll Hall of Fame November 5<sup>th</sup>, and aired on HBO Nov. 19<sup>th</sup>. As a long time fan, this is long overdue, they deserve it. Musicians are usually nominated by fellow musicians to the museum, located in Cleveland, Ohio.



I had an awesome opportunity to see them once in concert at the Concord Pavilion in 1998. I had so much fun I was singing along to all of the songs. I have all of their albums. They started in 1978 in Birmingham, England, and became popular in the 1980's worldwide, with their first self-titled album. "Decade" is also a good album. My favorite songs are "Planet Earth" and "Hungry like the Wolf".

Members John and Nick Rhodes were childhood friends and co-founding members. Simon LeBon, Roger Taylor and Andy Taylor also joined the band.

Four members are still touring together today, after Andy dropped out of the band in 2000. Andy couldn't make it to the ceremony, because he was sick, but Simon read a letter from Andy. Robert Downey Jr. introduced them, and they performed a few of their classic songs.

Duran Duran released a new CD in 2021, "Future Past". This album reminds me of some of their songs when they first started out. It's like old school meets new school. A new feature-length docu-concert film called, *A Hollywood High*, will be coming out in movie theaters soon.



If you are a 1980's music fan, and you like to listen to mellow music, I would recommend listening to Duran Duran. - KW



"Transformers Tokyo City Cyber-Heroes", Digital Artwork by Tim G.

This is a poster I created of my roleplay characters from Transformers Tokyo City Cyber-Heroes. With Tara Lovestrong, Tami Hughes Gilliam Lovestrong, Clara Nicole Nickleson Lovestrong, Nightslasher, Gold Hornet, with Optimus Prime, leader of the Autobots.



"Bee Yourself", Diamond Dot Artwork by Jennifer



Becky Wieringa Interview (Continued from page 1)

ple. Each person is unique and different and our services need to be individualized to represent this diversity.

**Have you worked in this field before, and if so, how long?** I have been a social worker for about 12 years but started off in the field of child welfare. In 2013, I joined the Regional Center of the East Bay which opened up many opportunities for me in this field.

**Do you like dogs or cats?** I like both!

**Do you have a pet?** I have a dog named Levi who my family adores. He is one now and still gets in to some puppy mischief if he hasn't gotten his energy out! He loves visiting ALC and getting pets from everyone here!

**What are some of your hobbies?** I like to scrapbook. I love spending time outside in nature. I like exploring local historical sites. In the last month, I visited John Muir's House and the WWII artillery defenses on Rodeo Beach. I am a voracious reader.

**If you had a choice of car, what type of car would you pick to drive?** I want a self-driving car so a Tesla!

**What kind of music do you like?** All kinds! I love to listen to soundtracks to musicals. I like some country, some hip hop, Motown, and folk music.

**Would you rather go to France or Japan?** Japan. I have gone to France!

**If you could meet anybody famous, who would it be?** Ruby Bridges.

**What did you want to be when you were growing up?** I wanted to be a fiction writer. But my mom was a social worker and social justice issues were a big part of my family life, so I do remember always being interested in Social Work.

**Is there anything else you would like to add?** I wake up and am so excited to go to work every day. ALC is an important part of my life, and I feel very lucky to be here. — BW

## Halloween Spirit Week



*"I liked seeing everyone's costumes, and the food. We had noodles, and a week of games and activities this year."*  
- Jeffrey G.



### Holiday Gift & Craft Fair at the Concord Senior Center



### ALC Winter Holiday Party



ADAPTIVE LEARNING CENTER

*A Key to Individual Potential*

### Yearend Fundraiser



As 2022 draws to an end, we are setting our sites on 2023, with the hopes that we will be able to make this our best year ever as we celebrate our 35<sup>th</sup> year of providing high quality training and support services for the people in the ALC community. In 2023, we are planning to make some much needed improvements to the center to enhance the lives of the people we support within a modern, safe, healthy, and inspiring environment. Some of these improvements overhauling our “great room” to improve media access and versatility of use, completed some much needed updates to our restrooms & kitchen, replacing some of the flooring throughout the building, and revitalizing our interior space with a fresh coat of paint. In order for us to complete any of the aforementioned projects, we very much need your support. You may visit our newly revised website [www.alc-ca.org](http://www.alc-ca.org) and hit the Donate button, or mail in a check to the Adaptive Learning Center. The Board of Directors have seeded this annual appeal by donating a combined total of \$3,750.00, and we could not be more thankful for their commitment to this initiative.

We hope you will join us in supporting ALC. Thank you all so very much for your generosity.

*Happy Holidays and Happy New Year!*

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