



NUTRITION

Culinary Arts Visits Seattle



The ACC Culinary Arts classes are pictured at Seattle Sutton's Healthy Eating in Ottawa Illinois. Pictured far left is the founder Seattle Sutton.

Through a joint effort with the SRAVTE office, the Culinary Arts classes of the ACC were given a tour of the Seattle Sutton Healthy Eating headquarters in Ottawa, Illinois. The focus of the experience was to meet with the companies Registered Dietician Nutritionist and gain an understanding of how the company prepares its menu and completes its food preparation.

While many may think of Culinary Arts as simply preparing food, that would only be a small portion of the overall curriculum. Through work done with their instructor, students are also exposed to the wide variety of occupations associated with the industry. In this case, an understanding of the role of an RDN was gained, as well as an additional understanding of the entrepreneurial opportunities that are available in the Culinary/Hospitality industry.

To fully support this understanding, the students were given a guest visit by the founder of the company, Seattle Sutton. Her enthusiasm for the mission of the company as well as a demonstration of the drive that embodies all entrepreneurs provided the ACC students with a valuable life lesson and a wealth of knowledge.

The ACC is thankful to April Stevens, Rene Ficek (RDN), and Seattle Sutton for providing this opportunity.



MARTIN MAKRANSKY--ENTREPRENEURSHIP INSTRUCTOR



In his 9th year of teaching Mr. Marty Makransky brings a wide variety of experience to his ACC IVEO (Entrepreneurship) class. Mr. Makransky came to teaching after having served his country for 21 years as an active duty member of the U.S Air Force.

When one enters Mr. Makransky's classroom you are greeted by students who stand up, shake your hand, and welcome you to their class. It is habits such as this that form the cornerstone of what is taught in the IVEO classroom. As Mr. Makransky likes to say, "Yoda from Star Wars had a great phrase, **do or do not**. You will be remembered by what you do, not what you say you're going to do." It is on a grounding principle such as the phrase just quoted, that the students learn your word is what will make or break your credibility in life. In many ways this forms the foundation of Mr. Makransky's favorite lesson plan, which is one on Ethics in Business.

Mr. Makransky takes pride in the custom developed content of his class. In learning about Entrepreneurship, his students are exposed to an astounding number of different business types, people, and models. These opportunities are a result of the tireless effort that he has put into developing these relationships with the local Business Community. One of the greatest benefits any student can get is the connection with an established community member who can help them in the future.

In commenting on the pride he takes in what is taught in IVEO, Mr. Makransky cites a number of former students who still take the time to write him and inquire as to how things are going. These former students have started their own businesses and are using the life lessons they were taught as a principle for their business ownership. When one considers that these young people are only in their early 20's, you start to get the big picture of how Mr. Makransky's IVEO curriculum can positively impact not only the life of the individual, but also the surrounding community.



IVEO Sponsors Variety Show

On February 4th the IVEO class of the ACC hosted a Variety show in the LP Mathiessen Auditorium. With over 13 acts participating, the evening was punctuated by acts that included singing and dancing. All organization, ticket sales, and charity donations were organized by the ACC IVEO class.



Emcee- Zoe Piano Congratulates Zomnyet Webster, the winner of the IVEO Variety show.

Fire Science

On March 8th, 2017 the Fire Science classes of the ACC were treated to a presentation by Sgt. Hailey of the Illinois National Guard. Students were made aware of opportunities that existed within the Guard (as they pertain to the Fire Science and EMR career strands), as well as benefits of Guard Membership.



Representatives of the Illinois National Guard speak to Fire/EMR

[Click Here to Learn About ACC Student of the Month: Kylie Edens](#)



Kylie Edens (of the IVEO Program) with her instructor Mr. Marty Makransky



Students in Mr. Harold Burr's Building Trades classes constructed cubby storage spaces for the Illinois Valley PADS homeless shelter.

Building Trades and The Community

Students in Mr. Harold Burr's Building trades program are taught a wide variety of skills associated with carpentry. Generally, a majority of the class focusses on techniques associated with construction on a larger scale. However, when the opportunity arises those skills can be translated to projects that may not be large in physical size, but are valuable in their social impact.

Such is the above (and below) pictured project that has recently been completed by the Building Trades class. Working with a request from Mrs. Carol Alcorn, the Building Trades class undertook a project that would assist the local homeless shelter in solving a storage problem they were experiencing. The class designed storage units to meet specifications for removable storage bins. The storage units would be designed so they could receive an individual storage basin and allow for easy filling and emptying of personal items.



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