



THE THUNDERBIRD SUN

*There are only two forces that can carry light to all the corners of the globe...
the sun in the heavens and the Associated Press down here."*

- Mark Twain

MCC International Education June/July 2021 | Newsletter

Director's Corner

I am pleased to convey this letter for the June/July edition of the "Thunderbird Sun", a publication of the International Education Office produced especially for you—our international students!

In this newsletter, you will find useful information, guidance, advice and information on important dates. Please be sure to read all the articles and send us any questions! We want you to stay informed and please always CHECK AND READ YOUR Maricopa EMAILS!

Advising Interviews

During the months of June and July, we will schedule advising interviews for each and every one of you, to allow you to meet with your Advisors and to enable us to help you plan your Fall semester and beyond. It is very important that you take the time to attend these sessions. Not only will you have a chance to ask any questions you might have, but we will also be able to brief you on developments at MCC and provide you with information on MCC services to help you meet any challenges you are facing.

Alumni Spotlight - Andrea Brambila



Hello, my name is Andrea Brambila from Mexico. I moved to the U.S. in the summer of 2014 to attend Mesa Community College (MCC). I chose MCC because one of my aunts had recommended it. I fell in love with the college right from the beginning! I have always liked being involved in extracurricular activities and I soon found out that MCC was a perfect fit.

I became engaged with Student Life & Leadership my first semester and got a job as a Student Ambassador during my second semester. Working at Student Life & Leadership opened up so many opportunities for me to grow and develop my leadership skills. I learned so much about the college and the many resources it offers to students. A couple semesters later, I was offered a job in the International Education Department. I was really excited for this opportunity because it allowed me to interact with students from all over the world and assist them throughout their time at MCC.

One of the best experiences I had at MCC was participating in the different leadership retreats and taking the Model United Nations class. I earned my Associates in Arts degree with an emphasis in Sociology in December 2016. During the first months of my OPT, I worked at MCC's Enrollment Services as a New Student Specialist, until I got a job at an attorney's office and at a Chamber of Commerce.

I transferred to Arizona State University (ASU) to pursue a degree in Global Studies. While at ASU, I continued to be engaged as much as possible with the international students' community from which I met many of my current closest friends.

As you know, your advisors can be reached at ie@mesacc.edu. I urge you to send an email to advise us of your preference for the consultation even before you receive the email and schedule from us.

Finally, as we approach the Fall semester, please let us know if you need any assistance. Please keep us informed and send any questions or developments to your advisor or to questions@mesacc.edu. Please also feel free to email me directly at the address below.

I hope you all enjoy a pleasant and safe summer!!

Best wishes,

Aziz Alhadi
Director, International Education
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As part of my program at ASU, I did a study abroad in Barcelona, Spain, which turned out to be one of the best experiences in my life! I graduated from ASU with a major in Global Studies, a minor in Political Science and a certificate in International Relations. I graduated with the highest distinction summa cum laude and was also honored to receive the Inspiring Global Citizen Award.

After I earned my bachelor's degree from ASU, I applied for OPT, but it was hard for me to find a job at first due to COVID-19. Months later, I landed a job as a Spanish-English interpreter and worked there until my OPT expired. I currently work for the Mexican Consulate in Phoenix as a Press and Media Coordinator.

Looking back, there are three main factors that have led to my career success and to where I am now, which are: **engagement**, **networking** and **resilience**. Although the journey was not easy, being so engaged in extracurricular activities, allowed me to develop leadership skills which in turn, made me stand out from the crowd. Being engaged also provided a natural networking environment. Meeting people, the right people, has taken me to where I am now. It's all about networking! Lastly, being resilient helped me stay focused on my goals despite difficult times. Resilience was what made me stand up every time I fell during this whole journey. I truly feel MCC was the perfect place for me to be. I learned so much aside from my degree. I learned life-changing skills for success and earned life-long friendships along the way. I hope you all get to experience MCC to the fullest like I did! There are so many awesome resources and people there, take advantage of them all!

NEWSWORTHY!!



Congratulations to **Gabby Mansilla** of Guatemala for winning the **\$1,000 John Ohl Memorial Scholarship!**

In Gabby's words...

"I have always been fascinated by US History, which is why one of the first classes I took at MCC was HIS104 with Professor Morgan Tanner. This class covers history from 1865 to the present day. I very much enjoyed this course and it gave me a great foundation to apply for the John Ohl Memorial Scholarship, which is organized by the Social Studies Department. The process of the submission was to read one of Dr. Ohl's publications and then write an essay summarizing and analyzing the publication. I chose to write about "The Keystone Division in the Great War". Dr Ohl's publication was so wonderful that I thoroughly enjoyed writing my essay and am immensely honored to be receiving the award."

Gabby has studied at MCC since Fall of 2019 and is pursuing one year of OPT. Afterwards, she plans to transfer to Grand Canyon University to complete her BS in Biological Sciences. Her most special memories as a Thunderbird are from being involved with the school and creating relationships with other students and staff! She is the vice president of Psi Beta, the psychology honors society. She served as their senator at ASMCC during the fall of 2020 and has participated in volunteer opportunities with them. She has also been involved with the Student Support Foundation, been in contact with our leaders in Student Life and participated in various campus events. Way to get involved Gabby!!

John Ohl Memorial Scholarship applicant requirements are:

- Student's current enrollment is at least 6 credit hours
- Student's GPA is 3.0 or above
- Student has completed, or is in the process of completing, at least one History class at MCC
- Student has completed at least 12 credit hours at MCC
- Applicant is pursuing an MCC degree
- Completed application deadline (TBD).

See more info at: <https://www.mesacc.edu/departments/social-science/social-science-scholarships>

SUMMER TRAVEL PLANS?

Are you looking for ways to save on the cost of travel this summer? **StudentUniverse** empowers young adults to experience the world with discount travel. For students and those under 26, their cheap flights, hotels and tours make it affordable to travel anywhere you want to go! Many of their promo codes apply to all ages. Check them out at www.studentuniverse.com/.

Arizona Vaccination Program Login

<https://www.azdhs.gov/index.php>



The Department of Homeland Security (DHS) and its Federal government partners fully support equal access to the COVID-19 vaccines and vaccine distribution sites for undocumented immigrants. It is a moral and public health imperative to ensure that all individuals residing in the United States have access to the vaccine. DHS encourages all individuals, regardless of immigration status, to receive the COVID-19 vaccine once eligible under local distribution guidelines. For more info, read: <https://www.dhs.gov/news/2021/02/01/dhs-statement-equal-access-covid-19-vaccines-and-vaccine-distribution-sites>

To Register and Schedule an Appointment

<https://azdhs.gov/covid19/vaccines/index.php#registration>

Embry Women's Health Vaccinations at MCC

The Moderna COVID-19 1st Dose and 2nd Dose Vaccines are available at MCC near Riggs Stadium on the east side of campus. The vaccine is available to anyone aged 18 years or older. Book your 1st Dose or 2nd Dose appointment by selecting your desired time slot below. Note that your 2nd Dose appointment should be booked 28 days after you have received your 1st Dose shot. Go prepared with a face mask, driver's license and insurance card, if applicable.

<https://app.backstagemedical.co/widgets/#/schedule-appointment?pld=9567&widgetType=allopen&typeld=1869&count=300>



Need a Ride to Get A Vaccine?

Uber & Lyft are Giving Free Rides!

See if you qualify!

<https://www.uber.com/us/en/coronavirus/>

<https://lyftup.typeform.com/to/k6xYpwVV>



From Your Advisors

BY JENNIFER VINCA

Quarantine

Please see Centers for Disease Control ([CDC](#)) [travel guidelines](#) to determine if and how long you should quarantine after your arrival to the US.

Travel Signatures

If you are currently in your home country and planning to return in person for the fall semester, or traveling outside the US this summer, you can request a travel signature to reenter with the online form: [Travel Signature Request](#). Note that you must be registered full-time for fall semester, per the requirements above, to be eligible for a travel signature.

OPT Employment Authorization

If you will graduate this summer or fall (August or December 2021), you can apply for OPT (Optional Practical Training) employment authorization in your field of study for up to 12 months. The first step is to apply for graduation (next column), and then submit the online form: [Optional Practical Training I-20 Request](#)

Class Registration

Class registration is now open for summer and fall semester! Register now to get the classes you need at the times you want! If you need to know your required classes for next semester, please submit the online advising request: [Pre-Advising Worksheet](#)

Format Requirements for Fall 2021 Class Registration

For Fall 2021, F-1 visa students must maintain full-time status (12 credits minimum). Of these 12 credits, 9 credit hours must be In Person or Live Online courses. "On your own time" online classes will be limited to a maximum of 3 credit hours per semester. Any exceptions to this requirement must be approved by your International Student Advisor or the Director of International Education.

For students studying from their home countries, a reduced load of Live Online classes may be approved given class scheduling and availability matters. In this case, a consultation is required with your advisor for review and approval.

Graduation Deadlines

Do you plan to graduate this year? *Graduation does not happen automatically!* You must submit a graduation application before the applicable deadline:

Application Deadlines:

- Summer 2021 - June 1
- Fall 2021- November 1



Please read the instructions on the Enrollment Center's website for the [Steps to Graduation](#) <https://www.mesacc.edu/graduation/steps-graduation>.

For more information on any of the above information, please write to jennifer.vinca@mesacc.edu.

STAY HYDRATED This Summer!

BY YVONNE SCHMIDT



June 23 is **National Hydration Day**, serving as a reminder of how important it is to drink water and keep hydrated, especially in metro Phoenix! Water is vital in keeping us alive and healthy in the desert. Staying healthy during the summer is easier if you take the time to protect yourself by making sure you are drinking enough water and limiting your exposure to the heat.

The Arizona Department of Health Services recommends these simple rules:

- **Drink water.** Even people that stay mostly indoors all day should drink at least 2 liters of water per day. People that spend time outdoors should drink 1-2 liters per hour that they are outdoors. People that do strenuous activity outdoors should be very careful, being your body can lose up to 4 liters of water per hour during strenuous activity. You should carry water with you and drink even if you do not feel thirsty. Be heat safe and avoid alcohol, which dehydrates the body.
- **Dress for the heat.** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella. Always apply sunscreen to exposed skin.
- **Eat small meals and eat more often.** Avoid foods that are high in protein which increase metabolic heat.
- **Slow down.** If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.
- **Stay indoors when possible.**
- **Take regular breaks when engaged in physical activity on warm days.** Take time out to find a cool place. If you recognize that you, or someone else, are showing symptoms of a heat-related illness, stop activity and find a cool place.



Drink Water!

- A good way to start a habit of drinking more water is to set up reminders on your phone to drink a glass of water at different points throughout your day. On average, you should aim to drink around 8 glasses of water a day, but this is dependent on your age, physical activity, and climate.
- Keep your water bottle close by as a reminder to drink. Stainless steel water bottles are durable and keep your beverages cold for up to 24 hours.
- If you don't really enjoy the taste of water, you can always infuse it with some of your favorite fruits or herbs to make it tastier and more refreshing. Some popular mix-ins include cucumber, mint, lemon, and strawberry.

Watch for These Symptoms

- **Thirst:** By the time your body tells you that you are thirsty, you are already mildly dehydrated.
- **Heat cramps:** Heat cramps are muscular pains and spasms due to heavy exertion.
- **Heat Exhaustion:** Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock. As a result, the body is not cooled properly. Signals include cool, moist, pale, flushed or red skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion
- **Heat Stroke:** Also known as sunstroke, heat stroke is life-threatening. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Signals include hot, red and dry skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high.

GENERAL CARE FOR HEAT EMERGENCIES

General care for heat emergencies include cooling the body, giving fluids, and minimizing shock.

For specific heat-related emergencies, follow the steps at: <https://www.azdhs.gov/preparedness/epidemiology-disease-control/extreme-weather/heat-safety/index.php#heat-illness>



Golfland Sunsplash

Golfland Sunsplash features over 30 exciting rides and attractions in one location! From thrilling waterslides, to award winning miniature golf,

Golfland Family Fun Center and Sunsplash Water Park is a great place to cool off in the summer! Due to COVID-19, hours and attraction availability are subject to change. Check their website the week of your visit for the most current schedule.

The waterpark is located at 155 West Hampton Ave. which is just minutes from the MCC Southern & Dobson campus. For information and tickets, visit: <https://www.golfland.com/mesa/>.



City of Mesa Pools

Pools open for public swimming on May 29th.

Pre-registration is highly encouraged. Due to COVID-19, there will be a limited capacity of 220 per 1 hour and 50 minute time-frame.

Fee: \$2.00 per person

The City is adhering to all health and safety guidelines to provide a safe and enjoyable experience.

All Aquatic Facilities encourage social distancing measures and masks are optional.

Register Online.

Questions? Call 480-644-PLAY (7529)



Tubing Down the Salt River

Float trips range from 1.5-4 hours depending on the points of entry and departure as well as the water current flow on any given day.

Salt River Tubing offers inner tube rental (for you and for your cooler), shuttle bus service to and from the Salt River, and parking for \$19. They are open from 9 am – 6:30 pm every day. Last tube rental is at 2 pm.

For directions, necessary gear, safety tips, and information on float trips, visit: <https://www.saltrivertubing.com/>.



UPCOMING SPECIAL EVENTS

- SALT RIVER HEROES - May 29-31
- SALT RIVER PIRATES - June 12
- SUPER HEROES SPLASHDOWN - June 26
- BAG IT FOR BUCKS - July 3-4
- SPOOKTACULAR HALLOWEEN - July 17
- MEGA HAWAIIAN HULA - July 31
- MARDI GRAS MAGIC - August 21
- SALT RIVER HEROES LABOR DAY - Sept 4-6

Looking for some FUN water-related things to do to keep cool this summer? Here are some ideas!

BY YVONNE SCHMIDT



Saguaro Lake

rimmed with majestic canyon walls, is set in the Sonoran Desert in Tonto National Forest

Soak up the stunning scenery, have a picnic, hike some trails and/or swim at Butcher Jones Beach. Tonto Day Passes are available for \$8 per day. Although there are vending machines to purchase day passes at Saguaro Lake, it is advised to purchase at a retail outlet prior to going there as sometimes the vending machines are empty or not working (based on personal experience!).

Retail outlets for day passes can be found at:

https://www.fs.usda.gov/detail/tonto/passes-permits/?cid=fsbdev3_018733. For more information, visit:

<https://www.fs.usda.gov/recrea/tonto/recrea/?recid=35547>

June/July Holidays

BY YVONNE SCHMIDT

- **June 16 - International Day of the African Child** honors those who participated in the Soweto Uprising on June 16, 1976. In Soweto, South Africa, about 10,000 black school children marched in a column more than half a mile long, protesting the poor quality of their education and demanding their right to be taught in their own language. Hundreds of young students were shot, the most famous of which being Hector Pieteron. More than a hundred people were killed in the protests of the following two weeks, and more than 1,000 were injured.
- **June 19 - America celebrates Juneteenth, or Freedom Day**, on the birthday of the Emancipation Proclamation that abolished slavery in Texas and other former Confederate states in 1865.
- **June 20 - Father's Day** is celebrated in the United States on the third Sunday in June. It is a day to commemorate fathers and the crucial role they play in people's lives, from childhood through to adulthood.
- **June 20 - Countries around the world observe World Refugee Day**, a United Nations holiday that aims to raise awareness to the situation of refugees and the dangers they face in their lives. It is a day to celebrate the courage of the millions of women, children and men around the world who had to leave their homes to escape violence and persecution.
- **July 4 - Independence Day** commemorates the adoption of the United States Declaration of Independence, signed by all 13 colonies, and which marks the beginning of American Independence. It is a federal holiday, and as such businesses, schools and federal offices are closed. If the 4th falls on a weekend, it is observed on the previous Friday or the following Monday.
- **July 17 - Tisha B'Av** is a Jewish holiday. It is a day of mourning and fasting, as many disasters are said to have happened to the Jewish people on this day. The two main tragedies remembered on this day are the destruction of Solomon's Temple and the Second Temple in Jerusalem. Because of its meaning, Tisha B'Av is considered to be the saddest day in the Jewish calendar.
- **July 18 - Nelson Mandela International Day** (or Mandela Day) is an international holiday in honor of Nelson Mandela, South African politician and activist, who contributed for social justice, toleration against racist discrimination, world peace and conflict resolution. It is celebrated each year on Mandela's birthday.
- **July 18-19 - The Day of Arafah** is known as the day where if sought after, millions of Muslims' sins are forgiven by Allah.
- **July 19- 20 - Eid al Adha / Feast of Sacrifice** is the latter of the two Islamic holidays celebrated worldwide each year (the other being Eid al-Fitr).
- **July 30 - International Friendship Day** is a worldwide celebration of friendship promoted by the United Nations, commemorated on July 30. It is a day to promote friendship and community, and how each is appreciated and observed in different cultures.

Sources: www.calendarr.com and www.wikipedia.com



Refreshing Summer Drinks

BY YVONNE SCHMIDT

Celebrate National Iced Tea Day on June 10!

A great way to quench your summer thirst is to use the power of the desert sun to make refreshing sun tea!



Sun Tea

ingredients

4-8 tea bags

equipment

2 quart or one gallon glass jar (usually available at Target/WalMart or just "Google" sun tea jars)

instructions

Put tea bags into a clean 2-quart or one-gallon glass container (4 tea bags for a 2-quart container, 8 tea bags for a gallon container). Fill with water and cap.

Place outside in the sun where the sunlight can strike the container for about 3 hours. When the tea has reached your desired strength, bring inside and remove tea bags (a slotted spoon works great). Store in the refrigerator.

Lemonade

ingredients

6 lemons
1 cup sugar (more or less to taste)
6 cups of water

When choosing lemons from the grocery store, look for lemons that are tender to the touch, indicating they are juicy. If you pick up two lemons that are about the same size, the one that is heavier will be juicier. Bring lemons to room temperature before you try and squeeze the juice from them.

equipment

handheld or electric citrus juicer

instructions

Juice the lemons. Roll the lemons between your hand and countertop before cutting them in half and juicing. Use a handheld or electric citrus juicer to juice the lemons. Juice the lemons to make 1 cup of juice.

In a gallon pitcher, combine 1 cup lemon juice, 1 cup sugar, and 6 cups cold water. Stir. Adjust water and sugar to taste. Start with a little less than 1 cup of sugar and add more to taste. Chill and serve over ice.

FALL 2021 APPLICATION DEADLINE

BY SUPALUCK SENALUANG

NEW International Students
July 2, 2021

TRANSFER Students:
July 30, 2021

NO application fee!!

Apply online

<https://www.mesacc.edu/international-education/future-f-1-students>

For any assistance, please contact
mccintladdmissions@mesacc.edu

Shout out to your family & friends!

Arnold Palmer

The Arnold Palmer is a name commonly used for a beverage that combines iced tea and lemonade.

The name refers to the professional American golfer Arnold Palmer, who was known to often request and drink this beverage combination; some attribute the invention of the beverage to the golfer.

To try it out, **combine your freshly brewed sun tea and lemonade in a tall glass** (about half and half). Add ice and stir until chilled.

UPCOMING BOOT CAMPS

www.mesacc.edu/students/foundations-student-success/boot-camps



READING/ WRITING BOOT CAMPS

READING: AUGUST 9-10
WRITING: AUGUST 11-12
BOTH SESSIONS WILL BE OFFERED FROM 10 AM TO 12PM LIVE ONLINE.

For more information, scan here.

FOUNDATIONS FOR STUDENT SUCCESS

Who Should Sign Up?

- If you want to improve your EdReady scores for placement
- If you are enrolled in a Fall English course or any course requiring college-level reading

Session Dates/Times

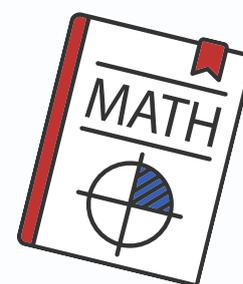
- **Reading:** August 9-10 (Monday & Tuesday) - 10 am to 12 pm
- **Writing:** August 11-12 (Wednesday & Thursday) - 10 am to 12 pm

How Do I Register?

www.mesacc.edu/fss/boot-camps/reading-writing-boot-camps

For questions, contact Foundations for Student Success @ (480) 461-7667.

MATH BOOT CAMPS



Foundations 1: Entering MAT081, 091 or HESI review
Foundations 2: Entering MAT12X
Foundations 3: Entering MAT15X or Intermediate Algebra review
Liberal Arts: Entering MAT112 or MAT14X
Calculus: Entering MAT220

For Dates and Times in July & August, Visit

www.mesacc.edu/students/foundations-student-success/boot-camps/math-boot-camps

COMPUTER SCIENCE BOOT CAMP

Introduction to Designing Algorithms
Problem Solving
Coding in Java and C++

FREE

August 2-5 9:00-11:15am
or
August 9-12 6:00-8:15pm

MESA COMMUNITY COLLEGE
A MARICOPA COMMUNITY COLLEGE
The V. SENEGAL Center

Who Should Sign Up?

- Students who are enrolled in CSC 100AB or CSC110AB this coming semester.
- Students who are curious about the Computer Science program at MCC.

How Do I Sign Up?

Sign up online: www.mesacc.edu/fss/boot-camps

Your MEID and password are required for registration

Have More Questions???

Contact Allie Berkman at allison.berkman@mesacc.edu or call 480-461-7388.

Who Should Sign Up?

- Students who are enrolled in AST 111, AST 112, GLG 101, GLG 102, GLG 105, GLG 110, or PHY 101 this coming semester.
- Students who are curious about the Physical Science programs at MCC.

How Do I Sign Up?

Sign up online: www.mesacc.edu/fss/boot-camps

Your MEID and password are required for registration

Have More Questions???

Contact Allie Berkman at allison.berkman@mesacc.edu or call 480-461-7388.

PHYSICAL SCIENCE BOOT CAMP

Review fundamental math concepts and science tools while learning about

PHYSICS
GEOLOGY
and
ASTRONOMY

FREE

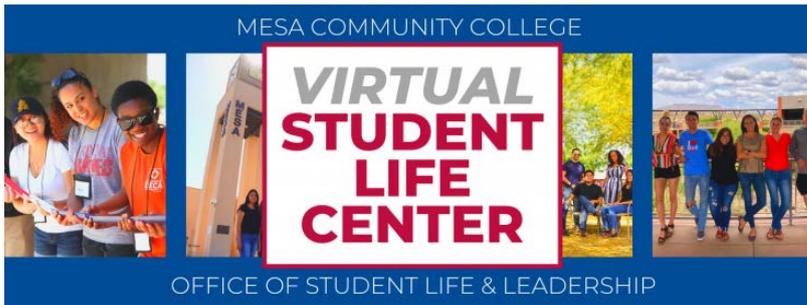
August 16-19 4:30-6:30pm
or
August 28 8:00am-5:00pm

MESA COMMUNITY COLLEGE
A MARICOPA COMMUNITY COLLEGE
The V. SENEGAL Center

Campus Events



For Information, visit:
<https://www.mesacc.edu/student-life/services-campus-resources#pantry>



Student engagement is one of the highlights of the MCC student experience!

<https://www.mesacc.edu/student-life>



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The Maricopa County Community College District (MCCCD) is an EEO/AA institution and an equal opportunity employer of protected veterans and individuals with disabilities. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, age, or national origin. A lack of English language skills will not be a barrier to admission and participation in the career and technical education programs of the District.

The Maricopa County Community College District does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs or activities. For Title IX/504 concerns, call the following number to reach the appointed coordinator: (480) 731-8499. For additional information, as well as a listing of all coordinators within the Maricopa College system, visit <http://www.maricopa.edu/non-discrimination>.