



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

November 2021 | Newsletter



Director's Corner

Welcome to November!

This month, the International Education (IE) Office will celebrate International Education Week from November 15-19 to promote and celebrate international education and exchange. This idea was developed by the U.S. State Department and the U.S. Department of Education to highlight the importance of international education.

At MCC and across the Maricopa Community College District, there will be many events scheduled. One is the **Maricopa Global Leadership Retreat: Power of Perception** which will be held on **Wednesday, November 17 from 3-5 pm**. This year, the program will be virtual. You can register to attend at the following link:

<https://events.maricopa.edu/event/global-leadership-power-perception>

At MCC, the IE Office is organizing a major event called "MCC Appreciation Day". This event is tentatively scheduled for November 22 at the Southern & Dobson campus. Our goal is to develop a program to convey our appreciation to you our students for choosing Mesa Community College for your study and also to thank the sponsors and all the faculty and staff for supporting international education at our college.

If you would like to attend to represent your country at the event, please respond to the email you received inviting you to participate. If you have questions, please email James.Boumalhab@mesacc.edu.

I also want to remind you to remain in contact with your advisors and to let us know if there is anything we can help you with! It is important also that you submit any changes in your address or phone numbers in accordance with visa regulations so that we can contact you whenever necessary. You can send any changes to your contact information to ie@mesacc.edu.

MCC offers a range of excellent resources to support you and my team will be happy to arrange for any assistance you need.

Best wishes,

Aziz Alhadi
Director, International Education (Building 36N)
aziz.alhadi@mesacc.edu | 480-461-7753

WELCOME TO OUR NEW ADVISOR!

Zhaowen Ruan

Hello! My name is Zhaowen Ruan. I just joined the MCC International Education (IE) Department as an International Student Advisor!



I was born in Zhongshan City, China and moved to the United States as a teenager but continue to speak Mandarin and Cantonese.

Although I am new to the IE office, I have been working for MCC for about 11 years. My knowledge and skills are in student support services, and my career passion is in student success. I have good knowledge of the Maricopa Community Colleges' systems, policies, programs, degrees, and student services. I provide guidance and support to students from the time that they enter MCC until they reach their educational goals. I love working with international students and learning about their cultures!

As a first-generation college graduate, I value education. I believe education brings so much value to someone's day-to-day life and career. I was a student at MCC. After the completion of my general studies at MCC, I transferred to Arizona State University and received my Bachelor of Science in Supply Chain Management. Additionally, I obtained my Master of Education in Educational Leadership, Community College/Higher Education Emphasis through Northern Arizona University.

I am excited to be part of the International Education Department at MCC and looking forward to meeting with each one of you!





From Your Advisors

JENNIFER VINCA, ZHAOWEN RUAN
YVONNE SCHMIDT AND SUPIE SENALUANG

Quarantine

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

Travel Signatures

If you have travel plans outside the US during Winter vacation OR if you are currently in your home country and planning to return in person for the Spring 2022 semester, you can request a travel signature to reenter the US with the online form: [Travel Signature Request](#). Note that you must be registered full-time for the Spring 2022 semester to be eligible for a travel signature!

OPT Employment Authorization

Graduating this Fall 2021 semester?

If you are interested in [OPT Employment Authorization](#) after graduation, you should apply **now!**

The first step is to [Apply for Graduation](#) and submit the online request: [Optional Practical Training I-20 Request](#).

Please email the IE Advisors with any questions or to set up a consultation: ie@mesacc.edu.

Class Registration

Spring 2022 class registration will begin on **November 8**. If you need to know your required classes for next semester, please submit the online advising request: [Pre-Advising Worksheet](#).

How to Stay in Lawful F-1 Visa Status

- You must report your Change of Address 10 days after you move. Fill out the [Change of Address Request](#).
- If you are planning to Change Majors, complete the [Change of Major Request](#) application.
- **Enroll full-time (12 credit hours) & attend classes to avoid being withdrawn by the professor for non-attendance.**
- You must maintain valid immigration documents (**Passport and I-20**) at ALL times.
- Employment must be on campus for 20 hours during the regular semester and full-time during summer break. Off-campus employment requires work authorization.
- For more details, refer to your copy of the [F-1 Student Statement of Understanding – Fall 2021](#).

For questions related to your visa or I-20, send an email to ie@mesacc.edu

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:

- Fall 2021- November 1
- Spring 2022 - March 1



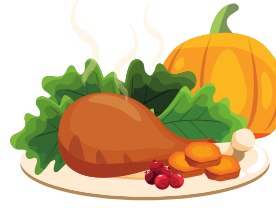
Please read the instructions on the Enrollment Center's website for the [Steps to Graduation](#)
<https://www.mesacc.edu/graduation/steps-graduation>.

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

NOVEMBER

Holidays

- November 1 [Native American Heritage Month](#)
- November 1 [Karnataka Rajyotsava Day](#) (India)
- November 1 [Día de los Muertos](#) (Mexico)
- November 3 [Japanese Culture Day](#)
- November 9 [World Freedom Day](#)
- November 11 [Veterans Day](#) (campus closed)
- November 13 [World Kindness Day](#)
- November 16 [International Day for Tolerance](#)
- November 19 [International Men's Day](#)
- November 20 [Black Consciousness Day](#) (Brazil)
- November 24/25 [Thanksgiving Holiday](#) (campus closed)
- November 28 [Hanukkah](#) (Jewish)



Thanksgiving Dinner

Thanksgiving, a national holiday, is celebrated on the 4th Thursday in November. It's a day for friends and families to gather for a day of thankfulness, feasting, and football. A traditional Thanksgiving dinner consists of roast turkey, turkey stuffing, mashed potatoes, gravy, green beans, corn, dinner rolls, cranberry sauce and pumpkin pie.

One of the most popular dishes served on Thanksgiving is Campbell's Green Bean Casserole, created in 1955 by Campbell Soup Company employee, Dorcas Reilly. It only takes 5 ingredients and 10 minutes to prep before baking for 30 minutes. The recipe is viewed 4 million times each Thanksgiving Day. Dorcas' original recipe card for "Green Bean Bake" now belongs to the National Inventor's Hall of Fame in Akron, Ohio. That's the same building where Thomas Edison's light bulb is on display! Here is the infamous recipe that you can make any day of the year.

Black Friday November 26

Black Friday marks the start of the holiday shopping season and is typically the busiest shopping day of the year!



To find some of the best deals, check out the following sites to preview the ads for doorbuster sales and in-store discounts.

This year, many early sales are already happening so do your homework NOW!

bestblackfriday.com

blackfriday.com

bradsdeals.com/black-friday

nytimes.com/wirecutter/deals/

techradar.com/black-friday/black-friday-deals-sales

tomsguide.com/deals/best-black-friday-deals

Cyber Monday is on November 28. This shopping holiday was created by retailers to encourage people to shop online versus in stores. Check out the databases above for Cyber Monday ads as well!

For a good shopping strategy, check out [How to Shop Smart on Black Friday](#) (and [Cyber Monday](#)).

Green Bean Casserole

- 1 can (10 1/2 ounces) Campbell's® Condensed Cream of Mushroom Soup or 98% Fat Free Cream of Mushroom Soup or Condensed Unsalted Cream of Mushroom Soup
- 1/2 cup milk
- 1 teaspoon soy sauce
- 4 cups cooked cut green beans or french style green beans
- 1 1/3 cups French's® French Fried Onions (amount divided in recipe steps below)

Step 1

Heat the oven to 350°F. Stir the soup, milk, soy sauce, beans and 2/3 cup onions in a 1 1/2-quart casserole. Season the mixture with salt and pepper.

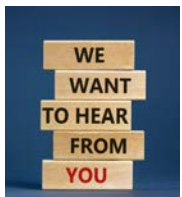
Step 2

Bake for 25 minutes or until hot. Stir the bean mixture. Sprinkle with the remaining 2/3 cup onions.

Step 3

Bake for another 5 minutes or until the onions are golden brown.

We are looking for students to feature in our newsletter! If you would like to share your story about your home country and how you came to MCC, we would love to spotlight you in this newsletter! Email Yvonne at yvonne.schmidt@mesacc.edu for info.



CIVIC ENGAGEMENT CIVIC ACTION CIVIC SERVICE CIVIC LEADERSHIP

MCC's Center for Community & Civic Engagement invites you to attend:

EngageMe Workshop

MODERATOR TRAINING

Friday, November 12, 2021
12:00 pm - 2:00 pm



Approved Honors Co-curricular Event

Register by November 10, 2021

<https://tinyurl.com/ModeratorTraining-Registration>



DEANNA VILLANUEVA-SAUCEDO

Community Engagement Director
Maricopa Community College

Brought to you by the Maricopa Community College's Center for Community Engagement and MCC Center for Community & Civic Engagement, this moderator training uses the National Issues Forums (NIF) model. NIF focuses on convening public forums for the consideration of public policy issues.

The forums provide an opportunity for citizens of diverse views to join together to deliberate and dialogue in a reasoned, nonpartisan manner. This allows people to get past heated debate and instead, consider the issue from multiple angles and find common ground for action.

Whether you are interested in convening public forums and helping citizens discuss difficult issues; learn a new skill set or enhance existing facilitation skills, or interest in incorporating public deliberation into your workgroup, club, committee or community - join us for this unique, interactive training.



Center for Community & Civic Engagement
480-461-7393
getengaged@mesacc.edu
www.mesacc.edu/getengaged



Employee Spotlight

Assisting Students at the Front Desk

Assalamu alaikum! ("Hello" in Arabic)

My name is Amna Alrefai.

I graduated from Mesa Community College (MCC) in 2020 with two associate degrees (an Associate in Art and an Associate in Science). My plan is to get my bachelor's degree at NAU as an interior designer. I am currently pursuing the Associate in Applied Science (AAS) in Interior Design. I work part-time at the front desk in the International Education (IE) Department.

I was born and raised in Basra, Iraq and ended up moving to Syria in 2005. I lived there for seven years before moving to the United States in 2011. I left my entire life behind for the future of my kids. When I moved here, I was forced to leave all my belongings there because there was a limit to the amount of stuff I could take. When I arrived, I wasn't able to speak the language, so it was really difficult to get used to the environment. I currently have four kids, two in college, one in high school, and one in elementary school. In 2016, I received my U.S. citizenship.

First of all, It was not easy for me to acclimate to the new culture and at the same time build my language skills from the ESL classes. It was interesting to learn a new language and get my academic education at MCC. Here, I learned how to communicate with the people, faculty, and students during my work-study job in the Testing Center for two years.

Also, my experience in the USA, in general, has been interesting. I learned that in my life I should never give up and continue to get as much as I can from education and become an active person in this community. And giving as much as I can to help those who are coming from other countries and who have difficulty because they left their families and their lives to get education and knowledge in the USA.

In the International Education (IE) Department, I work at the front desk to help the students. I work as a team member and find different ways to help students. The IE Department has the same desire to help other people. We are all working hand-in-hand to support our wonderful international students and solve any problems that they may encounter along the way.

Enjoy ALL Phoenix Has to Offer!

Now that the weather has become something to brag about, get out and enjoy all the fall festivals, attractions and events that the Valley of the Sun has to offer! Check out the range of activities ranging from go kart racing, indoor skydiving, and hot air balloon rides to zoos, farmers markets, and outdoor festivals!

VisitPhoenix.com

WE CARE WEDNESDAYS

DRIVE-THRU FRESH PRODUCE DISTRIBUTION AT MESA COMMUNITY COLLEGE

First Wednesday of each month at
SOUTHERN/DOBSON CAMPUS
10 AM-12 PM
Or until supplies last

F	Sept 1	S	Jan 5
A	Oct 6	P	Feb 2
L	Nov 3	R	Mar 2
L	Dec 1	I	Apr 6
		N	May 5

1833 W. Southern Ave., Mesa
Enter on Solar Way off of Dobson Road

Third Wednesday of each month at
RED MOUNTAIN CAMPUS
10 AM-12 PM
Or until supplies last

F	Sept 15	S	Jan 19
A	Oct 20	P	Feb 16
L	Nov 17	R	Mar 16
L	Dec 15	I	Apr 20
		N	May 18

7110 E. McKellips Rd., Mesa
Enter on Red Mtn Way off of McKellips Road

FREE AND OPEN TO EVERYONE IN NEED OF FOOD ASSISTANCE

A volunteer will place food in your trunk or vehicle.
Walk-up service is available for those without vehicles.

Fountain Festival

OF FINE ARTS & CRAFTS

The Fountain Hills Festival of Arts and Crafts features nearly 500 artists, artisans and gourmet food provisioners. Over 200,000 visitors are attracted to this event to do their holiday shopping, purchase art and enjoy good food and live entertainment. Many of the artists in this fair offer unique holiday themed ornaments that have become family tradition. Enjoy live music, abundant breakfast and lunch selections in shaded seating areas make this a great way to spend the day in Fountain Hills.

Avenue of the Fountains
12925 N. Saguaro Blvd.
Fountain Hills, AZ

Date: November 12-14, 2021
Phone: (480) 837-1654
Time: 10 a.m.-5 p.m. daily
Price: Free admission & parking



Mesa Community College American Indian Institute
 Presents

NATIVE AMERICAN HERITAGE CELEBRATION



Friday, November 19th, 2021 at 5:00pm

Mesa Community College
 1833 West Southern Avenue, Mesa AZ 85202

Celebrate a night full of
 Indigenous Arts, Crafts,
 Performances, and a
 Free Movie showing of
 Smoke Signals

**FREE ADMISSION &
 OPEN TO THE PUBLIC**

VENDORS AND PERFORMERS
 PLEASE EMAIL AIH@MESACC.EDU
 FOR MORE INFORMATION

*MASKS RECOMMENDED

*PLEASE PRACTICE SAFE SOCIAL DISTANCING PROTOCOLS



Empty Bowls

MAKE A DIFFERENCE FOR WORLD HUNGER DAY
 AT THIS ANNUAL MCC TRADITION!

THURSDAY, NOV. 4, 2021
RED MOUNTAIN

Community Room
 Mesquite Bldg.
 7110 E. McKellips Road
 10:30 a.m. - 3 p.m.

WEDNESDAY, NOV. 10, 2021
SOUTHERN & DOBSON

Navajo Room
 Kirk Student Center
 1833 W. Southern Avenue
 10:30 a.m. - 3 p.m.

Empty Bowls also at Chandler-Gilbert Community College Oct. 19

Sponsors include: Laguna Clay Company, Marjon Ceramics, Mesa Arts Center, MCC Art Department, New Frontiers, Dobson High School and Desert Ridge High School.

► **DONATE \$10** and take home a handcrafted bowl designed by MCC art students.

► **BID** in the silent auction to win beautiful ceramics designed by some of the Valley's most talented artists.

► **HELP** an MCC student in need by donating canned and non-perishable food items to the campus Mesa Market.

Students need:

- Boxed meals
- Nut butters
- Canned fruit, Jam and Jellies
- Beans, Soups, Vegetables
- Grains - rice, quinoa, noodles, pasta
- Vegan and gluten-free items
- Snacks - crackers, energy bars, jerky
- Canned meats - chicken, turkey, beef
- Cooking basics - flour, sugar, salt, oils, spices
- Canned fish - tuna, salmon, sardines, sardines

Proceeds from the sale of bowls benefit Paz de Cristo Community Center.



20th Annual American Lebanese Cultural Festival

St. Joseph's Maronite Catholic Church
 5406 E. Virginia Ave. Phoenix, AZ 85008

www.facebook.com/stjoseph.maronite
 www.stjosephphoenix.org TEL: 602-667-3280

NOVEMBER 5TH, 6TH, & 7TH 2021
 FRI 5PM-10PM SAT NOON-10PM SUN NOON-7PM

أمير يزبك Amir Yazbeck

Amir Yazbeck Official

LIVE DJ! MAROUN SAWMA

SAWMA

LIVE ENTERTAINMENT x BELLY DANCING x FOLKLORE DANCE TROUPE



Admission Prices

3 yrs and younger.....\$0
 FRI SAT SUN 4-10 yrs.....\$5
 SAT 5pm 11+ yrs.....\$20
 SUN 3pm 11+ yrs.....\$10



MCC INTERNATIONAL EDUCATION

JOIN THE INTERNATIONAL STUDENT ASSOCIATION

Exchange Cultures from All Around the World!!

COME AND GET INVOLVED!

Hello Everyone!

ISA is an MCC club that is made up of mostly international students on campus. We are almost like an international family as everyone is from different parts of the world. Our aim is to help students who are far from home feel like they are part of a big family. Come meet new friends and become a part of this AWESOME club!!! All MCC students are WELCOME!!

If you are interested in joining ISA or becoming a club officer, please fill out the form below:

<https://forms.gle/GBL3cfLSCMLxAaAi7>



For More Information

Visit: International Education - Building 36N

Email: Jia-Wei Zhang, ISA President at jia2119068@mesacc.edu

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JOIN ISA!

<https://forms.gle/GBL3cfLSCMLxAaAi7>

Arizona Vaccination Program Login

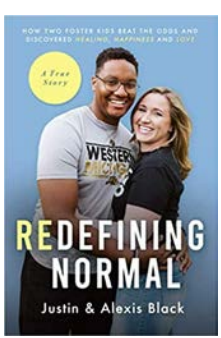
<https://www.azdhs.gov/index.php>



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 Locate, Register, and Schedule an Appointment

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



REDEFINING NORMAL

November 1st marks the one-year anniversary of the launch of Justin & Alexis Black's book *Redefining Normal: How Two Foster Kids Beat The Odds and Discovered Healing, Happiness and Love*.

In their stark and often shocking story, Alexis and Justin reveal how two people brutalized in childhood managed to defy the odds, get healthy, and build a new life together. Guided by hope and a sense of purpose, as well as a desire to help others who have similarly suffered, they learned to reject the abusive patterns of their past, thereby breaking the cycle of generational violence and neglect.

As a part of their celebration, they are launching a Redefining Normal 30 Day Challenge. A weekly email will be sent out of the challenges at the beginning of each week. The 10-minute challenges will be based on their Facebook and Instagram pages. The activities are designed to help you relieve your stress, heal, and discover more about yourself. Each activity will serve Redefining Normal's message and serve the purpose of: building better relationships, finding your success, having a better understanding of happiness, and starting the process of healing. Justin and Alexis will be giving away a FREE badge, bracelet, and t-shirt to people who complete all the challenges!

REDEFINING NORMAL
30 DAY CHALLENGE

DAY 1 START A GRATITUDE JOURNAL	DAY 2 SERVE YOUR NEIGHBOR	DAY 3 PRACTICE 10 MIN OF MEDITATION	DAY 4 MAKE A DONATION TO A GOOD CAUSE	DAY 5 WRITE A LOVE LETTER TO YOURSELF
DAY 6 TRY A DAY OF NO COMPLAINING	DAY 7 MAKE A VISION BOARD	DAY 8 TAKE YOURSELF ON A DATE	DAY 9 AUDIO BOOK DAY	DAY 10 PRACTICE DAILY AFFIRMATIONS
DAY 11 GO FOR A WALK.	DAY 12 RECONNECT WITH AN OLD FRIEND.	DAY 13 DO ONE THING YOU'VE BEEN PROCRASTINATING.	DAY 14 VOLUNTEER IN YOUR COMMUNITY.	DAY 15 MAKE A LIST OF YOUR FAVORITE ATTRIBUTES YOU HAVE
DAY 16 DO SOMETHING YOU LOVED AS A CHILD	DAY 17 START A NEW PODCAST	DAY 18 ENGAGE IN AN INTENTIONAL ACT OF KINDNESS	DAY 19 SET SOME GOALS FOR THE REST OF 2021	DAY 20 DONATE TO A CHILD WELFARE ORGANIZATION IN YOUR LOCAL AREA OR STATE. DONATING MONEY, FOOD, VOLUNTEER, ETC.
DAY 21 WRITE AN ENCOURAGING MESSAGE TO YOUTH WHO ARE GOING THROUGH HARD TIMES	DAY 22 WRITE A LOVE LETTER TO YOURSELF	DAY 23 START A NEW HOBBY OR NURTURE A CURRENT HOBBY	DAY 24 WRITE A LETTER TO YOURSELF. OPEN IT IN A YEAR (TIME CAPSULE)	DAY 25 TRY AND MAKE SOMEONE'S DAY, EVERYDAY.
DAY 26 EXPLORE PART OF YOUR LOCAL AREA THAT YOU'VE NOT BEEN TO BEFORE	DAY 27 UNPLUG FROM TECHNOLOGY FOR AN HOUR	DAY 28 SHOW GRATITUDE FOR THE LITTLE THINGS	DAY 29 START A NEW BOOK	DAY 30 CALL A LOVED ONE AND TELL THEM YOU ARE GRATEFUL FOR THEM



www.facebook.com/groups/iamredefiningnormal



[@re.definingnormal](https://www.instagram.com/re.definingnormal)



What is Student Life & Leadership?

- CLUBS & ORGANIZATIONS
- STUDENT GOVERNMENT
- CAMPUS & VIRTUAL EVENTS
- LEADERSHIP TRAINING
- MULTICULTURAL PROGRAMMING
- MESA MARKET & WE CARE WEDNESDAYS
- AND MUCH MORE!



Get the latest T-Bird Times! [Click here](#) to check out campus happenings!

You can always get to the T-Bird Times by visiting the **Virtual Student Life Center**, which is also your hub for all things Student Life.

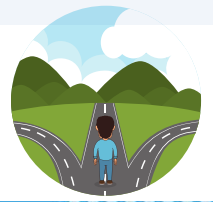
Get INVOLVED at MCC! Find us in KSC 35S and Mesquite 210 | www.mesacc.edu/student-life

Student Clubs and Organizations

are an important part of your experience as a student of Mesa Community College!

View each club to learn more about: what each club is about, contact information, meeting days & times.

<https://sites.google.com/mesacc.edu/clubsatmcc/home?authuser=0>



CAREER SERVICES

offers a variety of resources and assistance for career planning!

www.mesacc.edu/career

Mesa Community College Career Services

Invest in yourself...

Professional Development Workshops

VIRTUAL
Tuesdays and Thursdays
10am - 11am
6pm - 7pm

IN PERSON (BA-10W)
Wednesdays
2pm - 3pm



For information on topics and links to join our virtual workshops visit www.mesacc.edu/career/events-calendar



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MCC's Career Services presents...

Working Wednesdays

Each Wednesday**
Sept. 1st - Dec. 1st
**Excluding 11/24

10AM - 12PM

Clock Tower Sidewalk

- Meet with employers and find out about the opportunities available within their organization
- Ask MCC's Career Services team your career related questions

2PM - 3PM

Southern & Dobson (BA-10W)

Professional Development Workshops presented by Career Services (rotating schedule)

- Professional Networking
- Workplace Etiquette/Professionalism
- Branding Yourself
- Job Searching Skills



To view details for each Wednesday visit www.mesacc.edu/career/events-calendar

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GET INVOLVED AND MEET NEW FRIENDS!

International Education Week

Engaged • Resilient • Global

International Education Week (IEW), November 15-19, 2021, is an opportunity to celebrate the benefits of international education and exchange worldwide. This joint initiative of the U.S. Department of State and the U.S. Department of Education is part of efforts to promote programs that prepare Americans for a global environment and attract future leaders from abroad to study, learn, and exchange experiences.

Join the Maricopa Community Colleges' International Education Departments for a series of virtual events from Monday, November 15-Friday, November 19.

Learn More, RSVP, and Get Live Links:
www.maricopa.edu/international-week



MCC INTERNATIONAL EDUCATION TEAM CONTACT INFORMATION

- **Aziz Alhadi**
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- **James Boumalhab**
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Speaks Arabic
- **Zhaowen Ruan**
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zhaowen.ruan@mesacc.edu
Speaks Cantonese & Mandarin
- **Joy White**
Int'l Student Adviser
joy.white@mesacc.edu
Speaks Tagalog & Visayan



Email: questions@mesacc.edu
Visit: www.mesacc.edu/international



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