INTRODUCTION

Hello to all my fellow EOPS/CARE students. I hope everyone enjoyed their Thanksgiving holiday and the much needed rest and time off with your loved ones. I don’t know about you, but I cannot believe we are in the home stretch portion of our semester! I know you are most likely sleep-deprived and feel like walking balls of stress, but hang in there….the end is near! I am sure you are all aware of this, but in case you are not I’d like to stress to everyone to please remember to check the final examination schedule for each one of your classes either on your syllabus or on the SCC website. Your final exam days and times differ from your normally scheduled class days and start times. The finals examination schedule for fall 2013 is runs from Friday, December 13th through Thursday, December 19th. So again, please check the final schedule or ask your Professor.

Unfortunately, I had no submissions for the “EOPS/CARE Acronym Challenge”. The educational incentive was a $25 gift certificate for school supplies redeemable in our college bookstore. I know you are all busy with studies and responsibilities at home, but please remember; this newsletter is for US, the students. It is a way to make us feel connected with one another and a reminder that we are not alone in our everyday struggles AND triumphs. I can make this newsletter all about me and my experiences, but it’d be much more interesting if we had a little variety. ☺ Putting this newsletter together is very time consuming on my end, but I take great pleasure in knowing that I am getting valuable information out there and making someone feel like they are part of something, more than just another student ID number walking aimlessly around campus. I will be checking my email daily throughout winter break and would love to hear from you.

I would also love to hear the thoughts of the 30+ clubbers….. I want to have a 30+ corner in the newsletter, where we share stories of the challenges and rewards from our experience with returning to school. What does EOPS/CARE mean to you and how has their services helped you thus far?

Do you know the days and times of all your finals???
MESSAGE FROM OUR COORDINATOR

Happy Holidays Most Cherished EOPS Familia:

As we wrap up the fall 2013 semester and look towards a new year, I want to say how fortunate the staff and faculty are to be a part of your community college experience. I know at times based on what we have to do and the communication we have with you that it appears that we make things harder for you. Although these requirements seem at the time to burden you and contribute to you being overwhelmed, I want you to know we do what we do because WE FEEL STRONGLY ABOUT YOUR ACADEMIC SUCCESS. The staff’s and faculty’s number one commitment to you is to help you stay on track and keep your eyes on the prize. We do NOT want you to stay at Sacramento City College any longer than you have to. As I often say, you can’t get a Ph.D. at SCC! So as you begin to study for those finals and take a well-deserved rest, please know that the interventions we employ and the expectations we set are all targeted for one purpose—to help you reach the educational goals you have set for yourself.

As I reflect on what the holiday means and the many blessings I am so thankful for, I want to say, “I am thankful for having the privilege of working in EOPS for each of you.” I am very fortunate that my life has come full circle and I am here with all of you – my beloved EOPS Familia. I was an EOPS student at San Joaquin Delta College “back in the day” and I know when you are the first in your family to go to college how it can feel –isolating, lonely, self-doubting, wandering and wondering… “Does anyone notice I need help?” More importantly, feeling “is anyone out there that cares?” Many of you have overcome a number of obstacles to be here, right now, in this moment – a college student. You have sacrificed tremendously and some of you may be still undergoing many life challenges and obstacles to be here. This makes this journey for you so much more important SO FAILURE IS NOT AN OPTION. Each and every one of you is an educational warrior and the EOPS staff and faculty will do what we can to help you take your place amongst the great!

Let me end by quoting one of the greatest mankind had to offer, President Nelson Mandela, who was the first freely elected President of South Africa, who stated, “Education is the most powerful weapon which you can use to change the world.”

So Warriors, you all are exactly where you are meant to be, at this moment in time, because it is your time to better yourself, your family, and your community… and for this there is no other place to be.

During this break take some time to get rejuvenated, refreshed and re-inspired! We look forward to seeing you all back in January 2014! Make it a great and memorable holiday!

Abrazos,
Irma
**IMPORTANT DATES**

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**COMMON MISCONCEPTIONS/Q&A**

**Question:** Will the offices at school be closed during the entire winter break?

**Answer:** NO. The campus will be closed from December 24th through January 1st. Normal business hours will resume on January 2nd.

**Question:** I still have financial aid documents to turn in for the fall 2013 semester; did I miss the cut-off date?

**Answer:** NOT YET!!! December 19th is the last day for students who still want aid for the fall semester to submit any requested documents.

***REMEMBER*** As an EOPS student, we are very fortunate to have Carol Poncini, our very own “personal” financial aid officer located in the EOPS office! So why wait in that horrendous, never-ending line at the financial aid counter??? Carol is available for walk-ins Monday through Thursday from 9am-noon and 1pm-4pm. She is on top of all the ever-changing guidelines, keeping us in the know. Hurry in with any last minute questions or issues you may have concerning your financial aid.

**Misconception:** I heard EOPS provided extra financial aid. Well, the semester is almost over and I still haven’t received any money from them. What’s up with that?!!

**FACT:** EOPS does NOT provide cash aid. EOPS has been referred to as either a “book program” or a “financial aid program”. It is NEITHER! EOPS is a student support program that assists students with extra resources and services so they can be successful in college. The services offered to students include: counseling, priority enrollment (this is huge!), tutoring, financial aid processing, and book assistance. These resources are offered as long as you are in compliance with the EOPS guidelines as written in the EOPS Mutual Responsibility Contract (MRC). In short, what all this means is complete your three (3) contacts, maintain twelve (12) units or above, keep your counselor informed, and follow your educational plan. If you do all this then you will continue to be on the receiving end of all the great things EOPS has to offer. The tolerance bar will dramatically drop if you walk in and say, “I still want my resources even though I didn’t fulfill all the EOPS MRC requirements”. Ummmm, my advice: DON’T GO THERE!

**HIGHLITTED GROUP OF THE MONTH: FORMER FOSTER YOUTH**

EOPS takes a special interest in reaching out to young people who were in group home care, foster care, or kinship care through the county social services system or the juvenile justice system upon their 18th birthday.

If you are between the ages of 16 and 24 then please come in and be a part of our “Fostering Futures” Community. The Fostering Futures group meets twice a month during the fall/spring semesters to check in and share information about resources, important dates, educational information, campus events and activities, and most importantly to build community.
**Services and Resources Offered**

**Counseling:** You will have a specific counselor that will be working with you.

**Priority Registration:** As a former foster youth you sign up for classes first!

**Textbook Assistance:** EOPS assistance helps you pay for books, amounts vary depending on our available funding.

**UC/CSU Fee Waivers:** EOPS students are eligible to have their UC/CSU application fees waived—up to 4 per UC and CSU. When you are ready to apply come in and we can explain the process.

**Financial Aid Processing:** We have our own Financial Aid Officer to help you with the understanding of your financial aid.

For more information on the Fostering Futures program, please give Kathleen Dorn or Adam Freas a call at 916-558-2403, or stop in and see them in Rodda North Rm. 155 (EOPS office).

**CARE Program**

The CARE program is an additional program within EOPS. The Cooperative Agencies Resources for Education (CARE) offers additional resources to EOPS students who are single parents, head of household on TANF and/or CalWorks. CARE students are seen by Sandi Ruedas who is able to document not only their EOPS activity but also their CalWorks activities as well so they do not have to get their counseling at two different places. CARE students also receive an educational grant if they meet financial aid requirements, additional school supplies, food stipend, and gas cards. To be considered for this program, you must: be enrolled full-time (12 units), be at least 18 years old and be single head of household, have at least one child that is 13 years old or younger at the time that you are admitted to CARE, and currently receiving CalWorks/TANF benefits. Your eligibility must be confirmed by your County Case Worker. There are additional requirements a CARE student must fulfill. Our next orientation for CARE will be on January 6th, 2014.

I would like to stress that the CARE program is separate from the CalWorks department on campus. You are not automatically placed in the CARE program when you sign up with CalWorks here at SCC, nor are you automatically placed in the program because you are in EOPS.

Going to college has its challenges, and being a single parent and striving to obtain a degree poses an entire new level of obstacles. Believe me, I know first-hand. We have all the demands of school added to life’s demands. That is, paying bills, keeping our home clean and maintained, caring for our children, and working. Some of us have NO additional help with our children and must be available 100% for drop offs, pick-ups, sick days, cooking, play-time, etc. It can be overwhelming more times than not but please remember: We are going through this struggle **now** so that several years from now we will be happy having accomplished our educational goal, living comfortably, and seeing our children not only happy but knowing the importance of a higher education!

“There is no passion to be found playing small in settling for a life that is less than the one you are capable of living.” - Nelson Mandela
EOPS FEATURED STAFF OF THE MONTH

This portion of the newsletter is intended to give our students a different view of the wonderful staff members in the EOPS office. It’s kind of a sneak peek into their private lives, to show that they are more than just bodies behind desks, enforcing contact appointments, workshops, and updated educational goals.

We will start with Nancy Arashiro, whom I like to refer to as The EOPS Fashionista.....

Tasauna: Hello Nancy. So tell us, how long have you worked for Sacramento City College?
Nancy: Well, in 2014 it will be a total of thirty-four (34) years.
Tasauna: And in those years, how many have been spent here in the EOPS department?
Nancy: It will be twenty-seven (27) years here with EOPS.
Tasauna: WOW!!! Now that is dedication! What is your position here?
Nancy: I am a counseling clerk.
Tasauna: What do you think makes EOPS so special?
Nancy: The incredibly dedicated staff. Helping the students out and making sure they reach their goals is what we do. Of course, we wouldn’t be special without all our great students.
Tasauna: What is the most repeated mistake you’ve seen EOPS/CARE students make?
Nancy: Not writing stuff down, like dates for mandatory workshops and appointments with their counselors. They end up missing these important meetings and jeopardize their place here in the program.
Tasauna: What do you see as the most common misconception students have about the EOPS/CARE program?
Nancy: Students often refer to us as a book program or a financial aid program, when what we are is a counseling program.
Tasauna: Now let’s switch gears... When you’re not keeping everyone in-line here in the office, what do you enjoy doing?
Nancy: (giggles) I love to read and listen to music. I love being around my girlfriends. We enjoy eating out and then we go SHOPPING! I enjoy myself and always make sure to have lots of fun when I’m not here. I make myself happy each day of my life!
Tasauna: I love that last line, and it really shows that not only do you say it but you do indeed believe and live by it! That’s a beautiful thing. Okay, next question: you are always so well put together, who or what influences your awesome sense of style?
Nancy: (blushes a bit) I look at television from time to time to see what type of dresses the ladies are wearing. Bottom line though, I’m me and I have my own sense of style. I wear what I like and feel good in.
Tasauna: Do you have a favorite color/s?
Nancy: (smiles) Purple and hot pink.
Tasauna: Do you have any pets?
Nancy: No, but I love dogs. I can’t have one because I live in an apartment but when I move into a house I’d love a small dog. I can’t have cats because I’m allergic.
Tasauna: Share with us a favorite childhood memory?
Nancy: DISNEYLAND!!! I was seven and it was my 1st time. I was so happy and had so much fun. It was such a happy time. I also received my First Holy Communion, I was doing great in school, and I spoke (and still do) two languages: English and Spanish.
Tasauna: What are three facts about Nancy that most people don’t know?
Nancy: I am a big flirt!!! I love to dance and teach people how to dance. And I love helping my neighbors do things that they would otherwise have a hard time doing like driving them around to do shopping or various errands. Oh and I love cooking for others. I
know that’s four but I really enjoy watching others enjoy my cooking.

**Tasauna:** What is your favorite time of the year and why?

**Nancy:** Summertime...because it’s MY BIRTHDAY! Also, I feel more relaxed and I have more time to think about where I am going and what I am doing. I like Christmas time also.

**Tasauna:** What do you enjoy most about being a part of the EOPS family?

**Nancy:** The staff. They are a part of my life and I see them as my family. I feel so happy each morning on my way to work knowing I am going to see all of them. They make me happy.

**Tasauna:** Lastly, since you have the attention of the entire EOPS/CARE family, what is the most important thing you would like to convey?

**Nancy:** Do not give up on your hopes for what you want. Si se puede! You can do whatever it is you want to do when you think in your heart and mind that you want it. When you reach your goal, then we know we’ve done our job successfully!!!

**IN CLOSING.....**

Here we are folks, in our last “regularly” scheduled week of classes. We are freaking out, calculating our grades so far, and trying to figure out just how much we can or can’t afford to mess up on our finals..... (Don’t act like it’s just me).

During your finals try to relax and remind yourself that the information is there, you just need to find your trigger in tapping into it. Try not to second guess yourself too much during your exams, this usually causes unnecessary confusion and frustration (now I am talking more so to myself than all of you). 😊

I have attached to this newsletter the community resource list for the holidays for those in need of a little extra assistance. I wish you all lots of luck next week on your finals and Happy Holidays to you and your family. I will leave you with a poem for inspiration.....

“Life has its ups and downs, believe me this all too well I’ve come to know. I’ve often wondered why

the downs must plunge so deep in order for me to grow.

By the looks of my exterior, you’d say ‘she’s got it all together’, but I dare you dig a little deeper for a story that is sure to stay with you forever. You will surely be asking a series of How’s and Why’s…”Why did you put up with it for so long?” “Why didn’t you leave sooner?” “How did you manage to survive?”

What you must remember is everyone has or will wear a pair of rose colored glasses at some point in their lives, so never judge a path not personally traveled by you, because you have no idea what someone has had to endure just to survive. I’ve known first-hand the many faces of abuse at the hand of my so-called lover, who used his societal position to bully me into staying so his deep flaws would remain undercover. But the deepest pain I’ve come to know was the morning my son came and went in the same moment, leaving me no time to absorb the harsh blow. In that moment, the normal life I’d known would disappear forever and a world full of heartache and misery would begin. Never would I have imagined such a deep and merciless pain existed and I thought it would never end.....But you know what? It subsided and I survived.”

This is a brief summary of what has come to be My Story, and I am sharing a little piece with you to show you that we all have one. Some hurdles may be a little bigger and some struggles a little tougher but we are all still here, pushing for a better, brighter future.

I am here, standing tall and proud with something I never thought I’d have again..... Hope. I have been knocked down several times and although I may stumble a few more times, I now know the key to picking myself back up. No matter how dark and hopeless things may seem, please keep looking for that light, because it is out there, but how bright it shines is entirely up to you......

**Happy Holidays**
# 2013 Sacramento Area Holiday Assistance Programs

## Christmas Trees for Military Families
- **Agency**: Green Acres Nursery  
  - 8501 Jackson Road  
  - 901 Gallina Blvd, Roseville  
  - 2025 Serpa Way, Folsom  
  - 916-381-1625  

**Description**: Provides 1 Tree and 2 poinsettias per family.  
**Distribution**: Pick up at any Green Acres location Through 12-21-13  
7 am - 5 pm  
**Eligibility**: Active Military  
**Required Documents**: Active Military papers and military ID

## Letters From Santa
- **Agency**: Cosumnes CSD  
  - 8820 Elk Grove Blvd  
  - Elk Grove, CA 95624  
  - 916-405-5600  
  - www.piratesislandeg.org

**Description**: Letter from Santa  
**Application Deadline**: Tuesday, December 3rd  
**Applications available online at**: www.piratesislandeg.org  
**Letters mailed to children on**: Tuesday, December 10th  
**Eligibility**: Application must be submitted by December 3rd.

## Gifts & Toys
- **Agency**: U.S. Marine Corps Reserve  
  - Staff Sergeant Honeycutt  
  - 916-417-2939  
  - www.toysfortots.org

**Description**: Christmas Toys provided to needy children in the community.  
**Applications accepted**: Due to government shut down key dates are still to be announced.  
**Eligibility**: Families with children under the age of 12. Some exceptions may apply for children up to age 14.  
**Required Documents**: Visit website for details.

## Sheriff’s Toy Project
- **Agency**: Sacramento County Sheriff’s Department  
  - 10117 Minuteman Road Suite C  
  - Sacramento, CA 95827  
  - 916-361-4571 or 916-364-3493  
  - www.toysfortots.org

**Description**: Toy and Christmas Baskets for Families living in Sacramento County.  
**Applications accepted**: Tuesday, November 5th, 12th, 19th, 26th  
Wednesday, November 6th, 13th, 20, 27  
Thursday, November 7th, 14th, 21st  
9 am to 1 pm  
**Eligibility**: Families with children up to 16 years of age that fall under the following income requirements.  
**NET INCOME**: Monthly/Yearly  
1. 3 People ……. $2,400/$29,000  
2. 4 People …….. $2,800/$34,000  
3. 5 People ……. $3,200/$39,000  
**Do Not** bring children with you when applying.  
100 Applications accepted weekly.  
**Required Documents**: 1. Birth Certificate, Green Card, or report card for each child.  
2. Proof of the following:  
   - Photo ID  
   - Residency  
   - Income  
   - Drivers - Rent - Pay  
   - License Receipt - Stubs  
   - State ID - Utility Bill - SSI  
   - Green Card - Student Aid

## Angel Tree Christmas Assistance Program
- **Agency**: Salvation Army  
  - 4350 Raleigh Boulevard  
  - Suite 200  
  - Sacramento, CA 95838  
  - 916-669-2302  
  - www.salarmacyacts.org

**Description**: A holiday assistance program that provides toys for families living in Sacramento county with children under the age of twelve.  
**Applications Dates**: Accepted through Wed, Nov. 27th Weekly, Tues through Sat;  
9 am - 1 pm  
**Do Not** bring children with you when applying.  
**Eligibility**: Only 100 Applications accepted weekly.  
**Required Documents**: 1. Birth Certificate, Green Card, or report card for each child.  
2. Proof of the following:  
   - Photo ID  
   - Residency  
   - Income  
   - Drivers - Rent - Pay  
   - License Receipt - Stubs  
   - State ID - Utility Bill - SSI  
   - Green Card - Student Aid

## ZIP CODE RESTRICTED PROGRAMS
- **Agency**: Rancho Cordova Police Department  
  - 2887 Kilgore Road  
  - Rancho Cordova, CA 95742  
  - 916-875-5852  
  - www.ranchocordovapd.com  
  - www.211sacramento.org

**Description**: Christmas Event provides a shopping mall full of donated new toys provided for parents to select and wrap gifts for their children. Christmas is provided for young children while parents are shopping as well as fun and games for older children. There will be an arts and craft area. Santa will be making an appearance, and a meal will also be provided for all families who attend.  
**Application Dates**: Only 200 applications will be selected.  
**Eligibility**: Low income families living in Rancho Cordova or the immediate surrounding area. Neither, Rossmont, College Green with children under the age of 17 and fall in the following range of income:  
**Gross Monthly/Annual**:  
1.3 People …….. $2,400/$29,000  
4.7 People ……. $3,800/$33,000  
8+ People ……. $4,200/$38,000  
**Distribution**: Saturday, December 14, 2013  
**Required Documents**: Children’s birth certificates. Proof of residency through a rental agreement or utility bill (no phone bills will be accepted), and Proof of income through pay stub or welfare printout.

## 5th Annual Citrus Heights Holiday Referral Program
- **Agency**: Citrus Heights Police  
  - 4631 Fountain Square Drive  
  - Citrus Heights, CA 95610  
  - 916-727-5500  
  - 916-875-5852  
  - www.cityofcitrusheights.net  
  - holidayreferral@cityofcitrusheights.net

**Description**: A holiday referral program providing meals and gifts to help families in need for the holiday season.  
**Applications available on the**: Citrus Heights Police Department website at www.cityofcitrusheights.net  
**Application Deadline**: 11/22/13 at 5 pm  
**Donations accepted beginning**: 11/25  
**Pickup - 12/17  
**Distribution**: Monday, December 2, 2013  
**Eligibility**: Must reside in the City of Citrus Heights, have at least one child under the age of 13, and have an actual and specific need. Families are referred into the program by community members, churches, schools, service clubs, public safety personnel, shelters, or neighbors.  
**Required Documents**: Download or pickup application from City Hall or Police Department.  
**URL**: www.cityofcitrusheights.net  
**/docs/holiday_referral_application.pdf**

## West Sacramento Christmas Basket Project
- **Agency**: West Sacramento Police  
  - 556 Jefferson Boulevard  
  - West Sacramento, CA 95605  
  - 916-617-4900  
  - 916-617-4946  
  - cityofwestsacramento.org  
  - cityofwestsacramento.org/city/city/city
cityofwestsacramento.org/city/city/city/city/city

**Description**: Christmas Toys provided to the first 200 most needy families of West Sacramento.  
**Eligibility**: Low income residents of West Sacramento.  
**Required Documents**: Applicants being accepted during the first two weeks of December. Eligibility based on need with the lowest income being selected.