

# ABLE FAMILY FORTNITE



What is College Really Like?!?  
The LEGACY I'll Leave...

1

Quarantine Cuisines

What Happens When you Get COVID?  
Self-Love...Puppy Love!

2

Let ABLE Help  
Upcoming Events  
Are You ABLE? Puzzle

3

# "IF YOU DON'T SACRIFICE FOR WHAT YOU WANT, WHAT YOU WANT BECOMES THE SACRIFICE."

MELISSA ARELLANO >

## THE LEGACY I'LL LEAVE...

For me, my fondest memory would be with the volleyball team. Even though I was usually in the background of those memories, the outgoing personality of the other girls allowed me to make memories to think back to in the future. I enjoyed the rides to and from the games. It was funny because on the way there, we would listen to upbeat music to hype us up for the game. On the way home, no matter if we won or lost, we would sing our hearts out to Beyoncé, Alicia Keys, Adele, TLC and others. We all sounded heartbroken, and that may have been the case, but us singing together in the Able van is a fond memory I'll think back to whenever I hear a song we sang. I'm glad I was a part of the volleyball team. It was lots of fun!



DILLON LO >

## THE LEGACY I'LL LEAVE...

I wish I knew how different each year would be, how different each teacher taught. Junior year seemed to be the most important year and you hear a lot of people say it was their hardest year. I think, as long as you stay focused, it will be just like the other years.

Every teacher is different. Some allow late work, some don't. Some give extra credit, others don't. You just have to know doing your work is the best thing you can do.

MRS. WALLACE >

## WHAT IS COLLEGE REALLY LIKE?

I only attended a physical campus my first year of college.



Spirit Day in College...boy's soccer for the win!

I went to Patrick Henry College in Virginia for my first year. I had a great time learning about politics, government, and school spirit. I loved living in a dorm and having a roommate! Chicken fingers in the dining hall were my favorite food!

After my first year, I attended the rest of my college years online. I attended Pikes Peak Community College and Regent University for my Bachelor's degree. I did my Master's degree online through Regent University as well. My favorite thing about college was choosing what classes to take and developing my own schedule!

One thing I wish someone has told me before going to college was to take my time...I tried to rush into a major right away, and I ended up changing my mind like 5 times in a semester.

Take your time doing the basic classes and enjoy finding the thing that is most exciting to you!

# QUARANTINE CUISINES

< HARMEET KAUR



I want to share something I did over Quarantine that helped me stay creative and on my toes. I learned how to cook, and even though it was a rollercoaster of good and bad food, my patience turned out to be delicious in the end.

When I started cooking, I kept making mistakes. I overcooked the beans, burnt the pizza, or even added too much or too little ingredients. Overtime, I started righting my wrongs and kept a closer eye on what I was making.

One night, I made crunch wraps for my entire family. It turned out to be a huge mess! Since I was determined to do it myself, I shoed my family away from the kitchen. I made guacamole, beans, salsa, chicken, and cut all the veggies I needed. It all smelled amazing! After I wrapped everything in the tortilla, I placed the first one on the stove. A minute later, the smell was not so amazing...I had burnt the top of the crunch wrap! Luckily, it was only the first wrap. Everything else was perfect and my family loved it!

Cooking helped challenge me to make each new dish better. ABLE Family, I challenge you to cook for your family one night! I promise it'll be loads of fun :)

< JENNI HUERTA

## SELF-LOVE...PUPPY LOVE!

Life in Quarantine has been an interesting experience, especially as a student. There have been a lot of challenges such as having trouble focusing on schoolwork and trying to focus while at home. I slowly tried to adjust to this new lifestyle and it's still taking me some time, but I'm proud to say I'm a lot better at it now.

While in Quarantine, I've been focusing on my mental health such as self-love and growth. I started to put myself first - my feelings and my needs - something I rarely do.

One thing I did for myself and by myself was drive around listening to music. I developed a deeper connection with a couple of artists and their music from listening to them daily. This improved my mood and made me happier overall.

Another thing that helped me was staying in contact with my friends. They help away the reality of life and let me enjoy moments with them. This has made me a genuinely happier person and a better friend.

The self-love I continue to develop has helped me feel ready to be more responsible... so I got myself a puppy! He brings me joy everyday. I usually volunteer for the Carter's Dog Adoption event because I enjoy caring for dogs, but taking care of my own puppy makes me feel like I'm doing more for him...AND more for me!



ANONYMOUS >

## WHAT HAPPENS WHEN YOU GET COVID...



There have been a couple tragic events since this COVID outbreak. Not only did our school year get cut short, but working in retail wasn't the safest thing either. I thought COVID was a joke and completely dumb. Little did I know I was going to be hit with reality.

I was living my absolute best life working and enjoying a great little summer break... until I got a sore throat. I developed a bad cough the next day, but thought nothing of it because, when my anxiety adds up, I completely ignore things. Nah...it can't be COVID I lied to myself. I went on with my life, though I did ask for a few days off work just to be safe.

I started feeling better within a few days so I went back to work. Two weeks later, I was going to have an operation and needed to be tested for COVID. I wasn't nervous because I thought it was FAKE.

I got my test results back...POSITIVE! I couldn't believe it. I had no symptoms. I was locked up in my room by myself. My family didn't even talk to me. I felt completely lost. I became super depressed. Being forced to quarantine for 10 days was WAY too long.

I'm glad it's over and will never take things for granted again. I will not think something is fake until I am sure of it.

Hopefully my experience cautions you to take care of yourself a little more.



# UPCOMING EVENTS



Take a picture of your school spirit & send to [hong.duong@ablecharter.com](mailto:hong.duong@ablecharter.com)

Virtual UC Merced Presentation  
Wednesday, 10/21 @ 11:30am

Virtual UOP Parent Presentation  
Wednesday, 10/21 @ 4:00pm

Virtual UC Merced Parent Presentation  
Wednesday, 10/28 @ 4:00pm

Virtual Tips for FASFA Application (English)  
Monday, 11/2 @ 4:00pm

Virtual UC Application Workshop  
Wednesday, 11/4 @ 10:30am

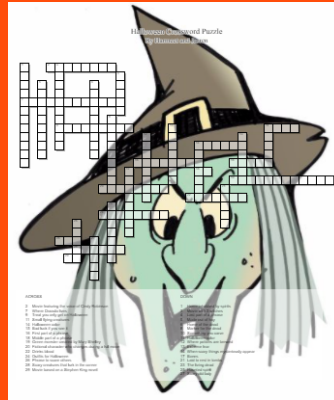
Virtual Delta College Presentation (English)  
Tuesday, 11/10 @ 4:00pm

Veteran's Day - NO SCHOOL  
Wednesday, 11/11

Virtual Delta College Presentation (Spanish)  
Thursday, 11/12 @ 4:00pm

Virtual Tips for FASFA Application (Spanish)  
Monday, 11/16 @ 4:00pm

# ARE YOU ABLE? PUZZLE



Click on picture to open the interactive crossword puzzle.

# LET ABLE HELP...



Just when the caterpillar thought the world was over, it became a butterfly. The moment you're ready to quit is usually the moment right before a miracle happens. Don't give up.



Suicide Prevention Quotes  
[www.geckoandfly.com](http://www.geckoandfly.com)



Click on icons to open resources.

