



## Table of Contents



- 2 School News
- 2 Help with Conversation, English & Math
- 6 Bus to School
- 7 Volunteer
- 17 Academic & Parenting Classes
- 19 School Services
- 21 Personal Help
- 5, 17, 26 Career & College Preparation
- 27 Event Information
- 32 Contributors



Read our  
Women's History Stories  
on pages 8-15.



**Salinas Adult School Graduation**

**Hartnell College Steinbeck Hall  
May 25 at 6 PM**



**Support your graduate.**

**You are invited to share your school accomplishments in our May newsletter.**

**See the teacher in Room Sq. 3 for more information.**



**It is CASAS Test time. See your teacher to take your test.**

**FROM HELP TO HOPE 2.0**  
When Students Struggle

From Help to Hope 1.0 was so successful that we're offering a follow-up series!

If you are a teacher or parent trying to help a student who is having a hard time in school, then this workshop is for you. If you are the adult student struggling to continue with your own education, then this FREE series is for you. You do not have to have attended H2H 1.0 in order to join.

Join us as we learn how we can truly be there for ourselves and our students by putting the human heart at the center of the learning moment.

**To Register:** Click or type this link into your browser or scan the QR code below.  
<https://tinyurl.com/ykvdj4xm>

**What:** From Help to Hope 2.0  
**When:** 3 Mondays- Apr. 24 to May 8  
**Time:** 5:30 pm to 8:00 pm  
**Who:** Teachers, parents and adult students.  
**Where:** Online only (link below)  
**Info:** Ivan Pagan (831) 759-6021  
ipagan@hartnell.edu

**To Join the Meetings:** Click or type this link into your browser or scan the QR code below.  
<https://tinyurl.com/5n6ttw5b>

Provided to you by the Salinas Adult School and the Salinas Valley Adult Education Consortium.

**SALINAS Adult School**  
Learning for Life

**SERIES OF EVENT DATES**

Name of Organization	Date
• CRLA (Tenant Rights: Spanish).....	3/22/2023
• Agriculture Labor Relations Board.....	4/5/2023
• SVAEC (Know your Rights).....	4/12/2023
• The parenting connection of Monterey county.....	4/19/2023
• MST (Public Transportation).....	4/26/2023
• SVAEC Emergency Preparedness.....	5/3/2023

**WEDNESDAYS FROM 11:15AM - 12:15PM**  
**LOCATION: SQUARE 4**

Call us today : 831-796-6900, Ext. 1372 / 1373  
Visit us at: 20 Sherwood Pl. Salinas, CA 93906  
Program Specialist: Ana Mendoza  
ana.mendozasantiago@salinasuhd.org

## Improve Your English, Conversation, or Math

Do you want help with your English?  
Do you need better basic math skills?  
Would you like help with algebra?  
Are you interested in practicing conversation?  
Would you like help with science?  
We are student tutors and can help you.


¿Quiere ayuda con su inglés?  
¿Necesita mejorar sus habilidades en matemáticas básicas?  
¿Quiere ayuda con álgebra?  
¿Le interesa practicar conversación?  
¿Quiere ayuda con ciencias naturales?  
Somos estudiantes y tutores y podemos ayudar.



Tutoring and conversation on Wednesdays from 11:45-1:00 in Room Square 3.  
Ven a tutoría y conversación cada miércoles desde las 11:45-1:00 en el salón Square 3.

Come to Room Square 3 in the morning or afternoon for more information.  
Ven a Salon Square 3 por la mañana o por la tarde para más información.

# Salinas Adult School Newsletter



**Our News**  
Salinas Adult School Student Publication  
January 2023  
Edition 53

**Table of Contents (links)**

- 7 Help with English & Conversation
- 7 Bus to School
- 2 School News
- 10 Academic & Parenting Classes
- 14 Career Courses
- 16 College Preparation
- 10 School Services
- 18 Personal Help
- 20 Event Information
- 25 Contributors

**Feature Stories**

Our feature stories explore various ways to improve our mental health and nurture our emotions and those of our children.

Enjoy our stories (pages 5-12).

**Lincoln's Birthday**  
HOLIDAY  
February 13

**Presidents' Day**  
HOLIDAY  
February 20

**January**

- 19 Computers for Life & Work Class begins  
Room Square 3 Thursdays 12:15-2:45
- 28 Student Council Meetings  
10 AM and 7 PM in Rm. S-1

**February**

- 21 Tutor & Paraprofessional Course Orientation  
Room Square 3 from 12:30-2:45
- 28 Student Council Meetings  
10 AM and 7 PM in Rm. S-1

## You Are Invited

Write stories for our student newsletter. It is a good way to practice your English (o español si está estudiando GED/HiSET en español) or share what you are learning in your parenting classes. You are welcome to be part of the editing team too.

Get information in Room Square 3 or ask your teacher how to contact us.

## Start Class with SAS

### New Student Orientations/ Orientaciones para Estudiantes Nuevos

Do you have friends or family who would like to learn more English, math, or computer skills, or complete their high school diploma or GED/HiSET?

We have regular orientations so that they can start soon. Contact the Welcome Center for more information in person or at 796-6900 X1372 or 1373.

¿Tiene amigos o familiares a quienes les gustaría aprender más inglés, matemáticas o habilidades informáticas, o completar su diploma de escuela secundaria o GED/HiSET?

Tenemos orientaciones periódicas para que puedan comenzar pronto. Póngase en contacto con el Welcome Center para obtener más información en persona o por teléfono a 796-6900 X 1372 o 1373.

# Salinas Union High School District Courses for Adults



## Forklift Operations and License



**Class Meeting Dates:**

Session A: August 22 – September 1, 2022  
 Session B: September 12 – 22, 2022  
 Session C: October 17 – 27, 2022 cancel due to PD  
 Session D: November 7 – 17, 2022  
 Session E: December 5 – 15, 2022  
 Session F: January 23 – February 2, 2023  
 Session G: March 6 – 16, 2023  
 Session H: April 17 – 27, 2023  
Session I: May 8 – 18, 2023  
Session J: June 12 – 22, 2023

Mon. - Thurs. 3:45-5:00 pm

First day of class starts at 2:45 pm to take an English test.

LATE ARRIVALS WILL NOT BE ACCEPTED

This 12 hour course is designed to give students 18 years or older the opportunity to learn how to safely operate a counter lift, stand up forklift and electric jack pallet, complete a safety inspection and earn a forklift certification. A copy of a photo ID is needed as a proof of age at the time of registration.

The fee for this course is due at registration and it is non-refundable.  
 Enrollment is limited to 6 adults per cohort; register as soon as possible.

**Originals Registration Fee: \$75** (payment due at registration)  
**OSHA 10 Certification Fee: \$35** (10 hour online course - optional)

--- All fees are subject to change ---

Registration is currently open at: Mission Trails Regional Occupational Program  
 867 East Laurel Drive, Salinas, CA 93905 (831) 753-4209

Monday-Friday from 8:00 am - 4:30 pm

The Salinas Union High School District complies with the following federal and state regulations: Title V and VII of the Civil Rights Act of 1964; California State Equal Opportunity Act: Chapter IV (starting with Section 30) of the 1st Division of Title V, Administrative Code of California; Title IX (does not discriminate on the basis of sex, sexual orientation, gender, ethnic group identification, race, ancestry, national origin, religion, color, mental disability, or physical disability) the Education Amendments of 1972. English language skills will not be a barrier to admission and participation in vocational education programs. Parents and students who feel they are not being treated fairly in the light of the regulations may contact the Assistant Director, Union Trails ROP, 867 East Laurel Drive, Salinas, Telephone (831) 753-4209.

Rev. 08/14/22





## FALL 2023

### SPECIFIC DATES TBA

## CERTIFIED NURSE ASSISTANT PROGRAM

**Mandatory Orientation (must attend one)**  
2/3 click here for 2/3 3/3 click here for 3/3 4/7 click here for 4/7  
NEW DATE ADDED - Friday, May 5th 9:30am-11:30 am click here for 5/5  
Times for the above dates are 9:00am - 11:30pm at the ROP Campus Room 22  
**Please sign-in at the main office on arrival**

**Registration**  
Registration is on a first-come-first-served basis and only for those who complete the required documents. No appointments accepted.  
Friday, May 5, 2023 10:00am - 2:00pm ROP Campus Room 14B  
NEW DATE ADDED - Friday, 5/26 10:00am - 2:00pm ROP Room 14B

FALL SCHEDULE			
<b>Session 1</b>	<b>Session 2</b>	<b>Session 3</b>	<b>Session 4</b>
Tuesdays & Thursdays	Tuesdays & Thursdays	Mondays & Wednesdays	Mondays & Wednesdays
Clinical: Tues. 7:30am-1:30pm	Clinical: Thurs. 7:30am-1:30pm	Clinical: Mon. 7:30am-1:30pm	Clinical: Weds. 7:30am-1:30pm
Theory: Thurs. 10:00am - 2:00pm	Theory: Tues. 10:00am - 2:00pm	Theory: Weds. 10:00am - 2:00pm	Theory: Mon. 10:00am - 2:00pm

The Salinas Union High School District complies with the following federal and state regulations: Title V and VII of the Civil Rights Act of 1964; California State Equal Opportunity Act: Chapter IV (starting with Section 30) of the 1st Division of Title V, Administrative Code of California; Title IX (does not discriminate on the basis of sex, sexual orientation, gender, ethnic group identification, race, ancestry, national origin, religion, color, mental disability, or physical disability) the Education Amendments of 1972. English language skills will not be a barrier to admission and participation in vocational education programs. Parents and students who feel they are not being treated fairly in the light of the regulations may contact the Asst Director, Mission Trails ROP, 867 E. Laurel Dr., Salinas, Telephone 831-753-4209.

**QUESTIONS?**

**CONTACT**  
 Katrina Garcia  
 Mission Trails ROP  
 867 E. Laurel Dr.  
 Salinas, CA 93905  
 831.753.4209 x 1203

TTY-based Telecommunications Relay available. Dial 711 to be automatically connected to a TRS communications assistant. It's fast, functional and free.

To sign up for an Orientation session click the desired date, complete the questionnaire, then submit.



NEW DATES ADDED


Registration fee for the CNA Program: \$1,200.00 (Subject to Change)  
 Fees due at Registration Payable by check or credit card

**CNA Student Advisors**  
 Brenda K. Bower, LVN  
 brenda.bower@salinasuhd.org  
 Rachel M. Failano, RN  
 rachel.failano@salinasuhd.org




rev3.7.23



2023-2024 SCHOOL YEAR

## DENTAL CAREERS PROGRAM

**Mandatory Dental Careers Orientation**  
Friday, 4/14/23 click here for 4/14 10-11:00am ROP Campus  
Additional dates scheduled as needed

**Registration**  
 Fall registration begins 6/24/2023  
(Registration is on a first come-first serve basis for those who have completed the required documents.)

**CLASS SCHEDULE**  
 Classes Begin Monday 8/7/23  
 Monday - Friday 8:30am - 12:35pm

IMPORTANT INFORMATION

In order to register for the Dental Careers Program students must have a laptop and a gmail account

The Salinas Union High School District complies with the following federal and state regulations: Title V and VII of the Civil Rights Act of 1964; California State Equal Opportunity Act: Chapter IV (starting with Section 30) of the 1st Division of Title V, Administrative Code of California; Title IX (does not discriminate on the basis of sex, sexual orientation, gender, ethnic group identification, race, ancestry, national origin, religion, color, mental disability, or physical disability) the Education Amendments of 1972. English language skills will not be a barrier to admission and participation in vocational education programs. Parents and students who feel they are not being treated fairly in the light of the regulations may contact the Asst Director, Mission Trails ROP, 867 E. Laurel Dr., Salinas, Telephone 831-753-4209.

**QUESTIONS?**

**CONTACT**  
 Maria Esquivel at  
 Mission Trails ROP  
 867 E. Laurel Dr.  
 Salinas, CA 93905  
 831.753.4209 x 1231

TTY-based Telecommunications Relay available. Dial 711 to be automatically connected to a TRS communications assistant. It's fast, functional and free.

To sign up for an Orientation session click the desired date, complete the questionnaire, then submit.

Registration fees for the Dental Careers Program: \$2,000.00 per student (\$1200.00 per semester)  
 Initial fee is due at Registration  
 Second installment: Mid December

**Student Advisor**  
 Leslie Ochianang, RDA  
 leslie.ochianang@salinasuhd.org  
 831-753-4209 ext 1220

9/22/2022

## Would You Like to Take These Health Career Classes in the Fall?

**Certified Nursing Assistant Mandatory Orientation Dates and Sign up 9:00-11:30 AM**  
**May 5 May Orientation**  
 Registration is May 5 or 26 (See the flyer).

**Dental Careers Mandatory Orientation Date and Sign up 10:00-11:00 AM**

**Registration is June 24 (See the flyer).**

## Ride the MST Bus to School

You can ride the MST bus from anywhere in the county to take Bus 46 Natividad to the Salinas Adult School for only \$2. **Ask for a free transfer when you get on the bus.**

Get help to plan your trip in Room Square 3 or with MST at [mst.org](http://mst.org) or 1-888-678-2871 .

### Bus 46 Natividad-Natividad Schedule

Get on Bus 46 Natividad-Natividad at the Salinas Transit Center at Gate 3.

The bus leaves 15 minutes after each hour.

To ride back to the Salinas Transit Center, get on Bus 46 Natividad at the school at 23 minutes after each hour and ride to Natividad Hospital. Stay on the bus and return to the Transit Center.



Leaves	Arrives at
Transit Center	adult school
7:15 AM	7:23 AM
8:15 AM	8:23 AM
9:15 AM	9:23 AM
10:15 AM	10:23 AM
11:15 AM	11:23 AM
12:15 PM	12:23 PM
1:15 PM	1:23 PM
2:15 PM	2:23 PM
3:15 PM	3:23 PM
4:15 PM	4:23 PM
5:15 PM	5:23 PM
6:15 PM	6:23 PM

## Tome el camión MST a la escuela

Puede viajar en el camión MST desde cualquier parte del condado para tomar el Bus 46 Natividad a la Escuela para Adultos de Salinas por solo \$2. Pide un transbordo gratis cuando suba al camión. Obtenga ayuda para planificar su viaje en Room Square 3 o con MST en [mst.org](http://mst.org) o llamar al 1-888-678-2871.

**Horario de Bus 46 Natividad:** Tome el camión 46 Natividad-Natividad en el Centro de Tránsito de Salinas en Gate 3. El camión sale 15 minutos después de cada hora.

Para viajar de regreso al Centro de Tránsito de Salinas, tome el Bus 46 Natividad en la escuela 23 minutos después de cada hora y viaje hasta el Hospital Natividad. Quédese en el camión y regrese al Centro de Tránsito.



**FREE ADULT EDUCATION CLASSES!**

- ENGLISH AS A SECOND LANGUAGE (ESL)**  
Basic, Intermediate and Advanced English classes. Improve English Language skills in Reading, Writing, Listening and Speaking.
- HSD/HISET/GED**  
Strengthen your reading, writing and math skills. Earn your high school diploma. Prepare for GED and HISET classes.
- COMPUTER LITERACY**  
Computer classes include Microsoft Office: Word, Excel, PowerPoint, Access, Northstar Digital Literacy Assessment and basic computer use.
- CITIZENSHIP**  
This course will prepare you to pass your citizenship interview. You will practice 100 Civic Questions, Citizenship Vocabulary, N-400 questions.
- PARENT CENTER** FREE BASED!  
Offers parents and caregivers information to nurture children in a positive, healthy, and loving environment. From pregnancy until your child goes to kindergarten, we have a class to support you along the way.

Visit our website!  
  
**CALL US TODAY AT 831-796-6900**  
**EXT. 1372 / 1373 OR 831-287-9577**

SalinasAdultSchool SalinasAdultSchool @SalinasAdultSch SalinasAdultSchool



**Be a Student Tutor**  
Volunteer to help other students in our school and become a tutor. For more information go to Room Square 3.

## Help Our Community

### Volunteers Needed

#### **Salinas Valley Memorial Blood Drive** **MRI Parking Lot at 450 E. Romie Lane** **April 25 from 9 AM-2 PM**

Donate blood at the Vitalant blood drive. Bring photo ID. Past donors should also bring their donor card. To register or get more information contact the health promotion department at 759-1890 or [healthpromotion@svmh.com](mailto:healthpromotion@svmh.com).

#### **Amor Salinas**

#### **Rossi Rico Parkway Clean Up** **300 Hyde St., Salinas** **April 29 from 10 AM-1 PM**

You can clean or paint at the parkway. Food & giveaways available. Volunteers ages 13 and older, see <https://tinyurl.com/rossirico>.

Puede limpiar o pintar en el parque. Comida y regalitos disponibles. Voluntarios de 13 años y mayores, vea <https://tinyurl.com/rossirico>.

#### **Salinas Soccer Complex Cleanup** **Limpieza del Complejo de Futbol de Salinas** **Blue Zone Project Event** **May 30 from 5:00-6:30 PM**

Protect yourself from the sun. Bring plastic gloves and a trash picker if you have them. Parking is validated.

Protegerse del sol. Llevar guantes de plástico y un recolector de basura si los tienen. Los boletos de estacionamiento serán validados.

## Participate in Your Community Participar en tu Comunidad

### Help the School

#### **Write for the School Newsletter**

Every student is invited to write stories for our school newsletter. See the AM teacher in Room Square 3 for more information.

Todos los estudiantes están invitados a escribir para nuestro periodico estudiantil. Informarse con la maestra matutina del salón Square 3.

#### **Be a Student Council Member**

Two students from each class are invited to participate on the council to represent their class and share important information with the school and their classmates.

Están invitados dos alumnos de cada clase para representar a su clase en el concilio estudiantil y compartir información con la escuela y compañeros de clase.

Hable con su maestro para más información.



## Women's History

### *Women's Oppression Around the World*

By Marisol Santoyo

A long history of authoritarian governments has suppressed women around the world. Those regimes have been increasing their mandatory rules against women. In those countries, democracy does not exist. They control everything as if women are objects. Women don't have the opportunity to decide, to think, to choose, or even wear whatever they want.



One example of life under an authoritarian regime was spoken about in [freedomhouse.com](https://www.freedomhouse.com) by an activist woman who was born in Afghanistan. She said that when she was five years old, she

went with her mother and cousin shopping. Her cousin was the same age as her. When the Taliban saw they were without veils covering their heads, they started beating them.

This event was terrible and traumatic for her. She had nightmares and stopped playing outside the house. Her parents decided for her not to go to school, so she had to help at her mom's house.

Now she is in law college and never thought that the Taliban would come back in 2021. Her family continues to live in Afghanistan.

Women continue to be oppressed. It doesn't matter if the country where women live is democratic or socialist, it has the power to manipulate women. Evil rebels are capable of taking retaliation against them because they are on the streets all the time with rifles and people are intimidated.

Another exploited group is Latina mothers. An investigation presented by the Society For Social Work and Research showed that Latina mothers are exposed to violence and oppression in their own countries. Most of them want to experience a new life immigrating to the U.S., but they feel oppressed by the immigration institution here because their status is not legal in this country. These women also feel fear asking for help because they think that they could be deported. All those women experience difficulties in their lives.

Recently we saw that Iran is a country that makes suppression and restrictions to civil liberties. In September 2022, morality police arrested Mahsa Amini who was 22 years old. She was not wearing her hijab properly. They battered her to death. More than one hundred cities protested to demonstrate their support for women; however those events did not result well because with that demonstration came many more tragic deaths because the authoritarian regime did not provide them protection.

Although the international community provides support especially for women's rights, the international community did not do much for them.

Supposedly human beings were born to be free and to be able to choose everything we would like to do for our happiness; however we continue to fight for our rights.

## *La Malinche (1500-1529)*

By Gerardo Garcia



Malitzen, also known as La Malinche, was born around 1500. She grew up in a region of the Yucatan Peninsula. Her parents named her Malinalli after the goddess of grass. She was sold as a slave to different people and was forced to work against her will

cleaning and cooking. She was a smart woman because she learned Yucatec and Nahuatl, the languages of the Mayan and Aztec people.

In 1519 when Hernan Cortes arrived at the city of Pontonchan, the people gave him a few women slaves as a sign of peace. Malitzen was one of them. She was renamed Marina by a Catholic priest.

When Hernan Cortes learned that Malinche had skills to speak two of the most important languages, Yucatec and Nahuatl, he used her to translate for the people who didn't speak Spanish when she learned how to speak Spanish. Hernan Cortes took her as his personal slave, and she served as Cortes's interpreter.

Malitzen's life changed a lot as Hernan Cortes took her as his personal slave. She helped him to make alliances with tribes who were tired of Aztec rules. Malitzen participated in all the major events of the Spanish conquest of Mexico through the fall of Tenochtitlan in 1521.

After the conquest of the Aztec Empire was complete, she decided to live with Hernan Cortes and in 1522 bore him a son named Martin.

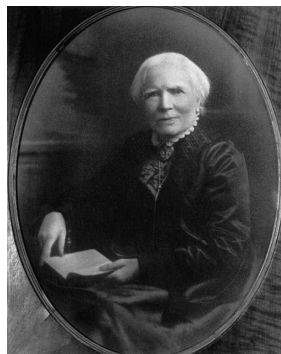
In 1524, Malitzen traveled with Cortes to Honduras. Malitzen helped Cortes to translate in Honduras. A few months later, she fell in love with one of his captains, Juan Jaramillo and got married. The marriage elevated her to the status of a free Spanish noblewoman.

Malitzen gave birth to a beautiful girl in 1526. She named her Maria. Thanks to her marriage to Juan Jaramillo, her children were part of the Spanish nobility. Having children and marrying a foreign person, she got an honorific, "Mother of the Mestizo Race". She died in 1529 being one of the most important women in the Spanish conquest of Mexico.

## *Elizabeth Blackwell*

By Miriam Perez

Do you know who Elizabeth Blackwell is? Well, she is the first woman in America to receive a medical degree. Elizabeth faced many rejections in order to be accepted into a medical college. After struggling for a while, she got accepted into Geneva Medical College which was located in New York. She got accepted in 1847 and she graduated in 1849.



After she graduated, Elizabeth Blackwell founded the New York Dispensary for poor women and children. Elizabeth provided free healthcare to women and children who were

struggling with money. She was also very motivational to other women who were interested in medicine. Elizabeth established her own medical college for women in 1867 at the age of 46. Elizabeth Blackwell inspired many women to overcome obstacles in order to make their dreams come true.



## *Women's Suffrage*

By Maria Garcia



In July 1848, Elizabeth Cady Stanton and Lucretia Mott started the women's rights conference in Seneca Falls, NY and this conference officially began the women's suffrage movement.

These two women were fighting for equality and voting rights for women in the United States. Elizabeth Cady also fought together with Susan B. Anthony who was the most important woman in the women's suffrage movement. They worked hard together for women's voting rights for almost five decades. They used different ways to protest around the 48 states, even risking their freedom. Although many people agreed with them, others did not, but nothing stopped them in their fight.

This movement won a battle when on February 3, 1870 the Congress passed the 15th Amendment granting voting rights to all African American men, but they did not totally agree because it did not include women, but they didn't give up fighting.

In 1869, Elizabeth and Susan formed the National Woman Suffrage Association (NWSA) together with Lucretia Mott. Finally after decades of struggle and suffering and with most of the states in favor of suffrage, the Congress passed the 19th Amendment ratified on August 18, 1920 granting all American women the right to vote.

## *Blanche Stuart Scott--First Woman Pilot in North America*

By Maximina Perez

Blanche Stuart Scott (1885-1970) was the first North American Woman who had the courage to fly a plane. This happened in 1910.

Blanche was born in Rochester, New York on April 8, 1885. From a very early age, she loved to explore everything. She attended a school for girls, a seminary, and also a school for ladies. The school for ladies didn't work out because Blanche was very active. She was interested in knowledge.

In 1900, Blanche got interested in automobiles. At that time there were no restrictions for driving age, so at the age of 13, Blanche was driving already. The city wasn't happy about this; they tried without success to prohibit her from driving. Blanche became the second woman to take a trip across America.



This trip started in New York City and it was on May 16, 1910. 68 days later, Blanche was in San Francisco, California. She was pleased with this trip; she found it educational. She also wanted to highlight that women can be self-sufficient.

At those times it was very difficult for women because they didn't have the right to have jobs or professions like men did.

At first Blanche thought that people who flew planes were foolish, not thinking that she would

find herself in one; however Jerome Funciuill recommended Blanche to Glen Curtiss for flying lessons. Mr. Curtiss taught Blanche how to fly a plane. He was one of the first aviators and also an inventor. Curtiss wasn't excited about teaching Blanche because he was concerned about negative criticism of him and his company.

Blanche flew for the first time on October 23, 1910. This was the first time the public saw a professional female pilot. Her first long distance flight was 60 miles. It wasn't easy. Blanche was missing for an hour.

In those times only the Aero Club of New York provided pilot licenses. She didn't get one, and because of this, she was unable to fly in aviation events. She was disappointed about this, so she left New York and traveled to California in 1912. There she joined up with an aircraft designer by the name of Glenn Martin and he gave her more opportunities.

Blanche witnessed a terrible airplane crash in 1912. She felt nervous for a little while, but she didn't give up. In 1913, Blanche had an airplane accident, and it took her a year to recover. She kept flying for three more years, and in 1916, retired from aviation.

After her retirement, Blanche did many



interesting things in California like being a screenwriter and radio personality. She also wrote for RKO, Universal, and Warner Brothers. She also produced her own

radio show.

Blanche accumulated 1.25 million aviation artifacts and also was a special consultant for the Air Force Museum at the Wright-Patterson Base until 1956.

In 1953, the Aeronautics Association of the U.S. honored her. The Antique Airplane Association

did too. In 1980, the U.S postal service recognized her with a commemorative stamp.

Critics were unconvinced about women's abilities to deal with mechanical things, but she proved that women can achieve anything they put their minds to.

## *Frida Kahlo (1907-1954)*

**By Yunuen Arevalo**

Frida Kahlo was a Mexican artist who was a surrealist painter that worked with brilliant colored self-portraits. She also was a communist and feminist woman who defended her own ideology.



[File:Frida Kahlo - 1926.jpg - Wikipedia](#) {{PD-US}}

Frida Kahlo had a difficult life because of her health. When she was a girl at the age of 6, she had a bout with polio. It left her a slight limp and at the age of 18, she suffered a bus accident in Mexico City. As a consequence, she was operated on more than 30 times during her life.

Diego Rivera (a famous Mexican painter and muralist) was the great love in Frida's life. She met Diego in 1922, but it was not until 1928 that they reconnected and got married a year later, although her mother opposed. Immediately they moved to the USA because of Diego's work. In 1933, they returned to live in Mexico in the Casa Azul, the house where Frida grew up with her family.

The marriage between Frida and Diego wasn't a usual one in those times. They separated and returned several times during their relationship and had marital infidelity. Kahlo was also very sad because she couldn't have children as a consequence of her accident on the bus. Finally in 1939, they got a divorce and a remarriage with new rules in December 1940.

During her life Frida made between 150 to 200 paintings. In 1938, she had an exhibition in New York and in 1939 part of her work was exhibited in Paris. Now let's remember a few of her paintings: Frieda and Diego (1931); Henry Ford Hospital (1932); My Birth (1932); My Dress Hangs There (1933); The Suicide of Dorothy Hale (1939); The Two Fridas (1939); The Broken Column (1944); Without Hope (1945); and many others.

Frida died at the age of 46 from a pulmonary embolism.

In the year of 1958, Casa Azul was opened to the public like a museum where now we can enjoy part of the work and history of Frida Kahlo. In 1970, she was recognized as an icon of female creativity.

## By Hyejung Jung

Women's rights in Korea have changed tremendously for the better in many ways compared to before.

In my mother's generation there weren't many rights and there was little respect for women, and in my grandmother's generation, things were worse.



Even in my generation when most people were expecting the first baby, they always wanted to have a son first because they wanted to keep their family name, but nowadays the younger generations want to have daughters more than sons because their thoughts have changed throughout the years. They think males and females are equal.

The older generation of women was not allowed to get educated. They were raised more like housewives to obey their parents when they were young, and after they got married, they had to listen to their husbands and in-laws.

The younger generations are totally different than before. Boys and girls have the same opportunity to get educated, and women and men are all equally engaged in all working areas.

The Western Christian missionaries contributed and effected a lot making big changes in our thoughts and lives in the late 19th century. Those missionaries built schools to educate the women to read and write.

I am so thankful to the western missionaries for their love of people and the sacrifices they made for my country. Without their help, the people weren't able to wake up from the stereotypes.

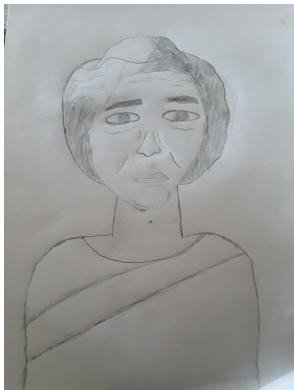
## *Korean Women's Rights*

Today's Korean women get higher education and are more and more involved in all areas of society.

I am so grateful that I wasn't born in an old time that had no rights for women. The changes in rights weren't just given to us, there was someone's precious sacrifice in it, so I want to be a better person in the community.

## *Indira Gandhi*

**By Sonia Villa**



Indira Priyadarshini Gandhi, daughter of Kamala Nehru and Jawaharlal Nehru, was the first woman Prime Minister of India. Indira's date of birth was November 19, 1917.

Later in life, she studied at Somerville College in Oxford and her father Nehru was a member of the National Congress.

In 1942, Indira married a lawyer named Feroze Gandhi not related to Mahatma Gandhi. Five years later Nehru was elected as the Prime Minister of India, and his daughter Indira was named president of the Congress in 1959.

In 1964, Nehru died and the new Prime Minister was Lal Bahadur Shastri, but he died two years later, so Indira Gandhi was selected as the Prime Minister by Congress. During the first years being Prime Minister, Gandhi made programs that helped India to have sufficient food grain output.

In 1971, during the Pakistani War, Gandhi gave refuge to 10 million Pakistanis who were fleeing from the Pakistani army. Victory against

Pakistan, brought about the creation of Bangladesh.

After three terms that Indira Gandhi served as Prime Minister, Indira was not allowed to run in another election because of her strict policies. By these policies, the constitutional rights of Indians were limited. For example, the government forced sterilization as a form of population control, but this policy was not well accepted by the people.

In 1980, Gandhi was elected again as Prime Minister of India. Indira Gandhi traveled around India and the world.

In 1984, Sikh extremists took control of the holy Golden Temple in Amritsar, Punjab, India because they wanted a stand-alone state. Indian troops were sent to retake the temple by force. Unfortunately hundreds of Sikhs were killed.

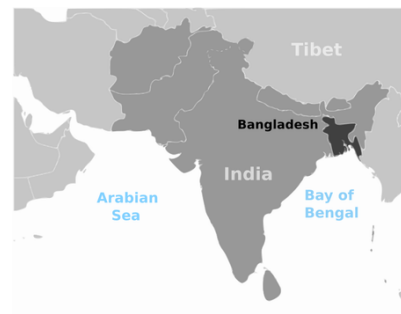
In that year, Gandhi was assassinated outside of her home by two of her bodyguards who wanted revenge for the deaths that occurred in the Golden Temple.

These are some achievements of Indira Gandhi:

- Diploma of Honour granted to her by the Argentine Society in 1971 for the protection of animals.
- Mexican Academy Award for liberation of Bangladesh (1972)
- Mothers' Award, U.S.A. in 1953

Some of her publications:

- "India" (London) in 1975
- "The Years of Challenge"(1966-69)



## *Katherine Johnson*

**By Widji Setyani**

Katherine Johnson was a small child of African-American descent who was an intelligent child, her curiosity was very high, and she really liked counting.

Katherine was the fourth of three children. Her mother was a teacher and Katherine wanted to be like her mother. As a child, she always counted all the activities she did, such as walking, climbing stairs, washing dishes and helping her mother with the spoons and forks. Katherine always counted.

On August 26, 1918, she was born in West Virginia. Because of her intelligence, Katherine at the age of 13 was already in high school. Katherine was one of three very bright black students and she always outperformed her friends. At the age of fifteen, Katherine went on to attend college and majored in Mathematics at West Virginia State College where at age 18, she graduated summa cum laude with degrees in mathematics and French. After graduating from the university in 1937, Katherine was a mathematics teacher in elementary school. She really liked her job and her students.

In 1950, the American government's National Advisory Committee on Aeronautics (NACA) opened a job for African-American women to solve math problems, but at that time Katherine Johnson who was 34 years old, was not able to get the position because it was already filled. Katherine Johnson did not give up easily. The following year she applied for the job again and she was accepted.



When she worked at NASA, she was one of the women who was very active in asking questions, loved to learn, and loved attending meetings being very curious about NASA. She worked on different space projects for them.

A few years later, the Soviet Union entered into a space race with the United States and sent a rocket ship into space. This is when Katherine Johnson's career as a mathematician began with her actively involved in the American space program. She worked as a "computer" calculating long strings of numbers. Without her contribution, the spacecraft could not reach its destination or return safely to Earth.

Katherine Johnson's other projects included Mercury, a program to send the first American astronauts into space and it was successful. The next project she worked on was the Apollo 12 which flew to the moon in November 1969, and Apollo 13 was launched on April 11, 1970, but it suffered an explosion in space. When the commander notified Mission Control of the problem, Katherine Johnson started to make calculations mathematically for the flight path to go perfectly, and this was the toughest challenge in her life. The Apollo crew followed all the instructions given by Katherine Johnson and managed to get back on track; she saved Apollo 13.

President Barack Obama awarded her the Presidential Medal of Freedom in 2015, America's highest civilian honor for her contributions. She was born in 1918 in West Virginia and died on Feb.24, 2020. She was 101 years old. The pioneering legacy of this American hero will be remembered.

---

Encourage your children.  
They can do amazing things.

## *Dolores Huerta*

**By Esmeralda Meza**

Dolores Huerta is a labor and civil rights activist. She was born on April 10, 1930. Her goal was to become a teacher. She has an associate's degree from a community college near where she lived in Stockton, California. She also earned a teaching license at the University of Pacific's Delta College.

Dolores has a large family; she has 11 children. Dolores and her children believe in social justice. She believes in helping farmworkers and their families and children.



When she was teaching, she would notice that the children of farmworkers would come to class in poor condition. She really wanted to help the families, so she became an activist.

She talked to a Community Service Organization (CSO) worker and got to know Cesar Chavez. When she talked to Cesar Chavez, they had some ideas about farm workers. They wanted to help people improve their incomes for their families. Dolores and Cesar Chavez liked helping people and Latino community immigrants and farmworker, so Huerta and Chavez founded the National Farm Workers in 1962. They are the founders of the United Farm Workers (UFW). Huerta served as UFW vice president until 1999.

One of her biggest accomplishments was the grape strike. The grape strike started to help the people get better wages in farm working.

Discrimination also helped shape Huerta. A teacher where Dolores went to school was prejudiced. That teacher did not like Hispanics. Her college papers were so well written that the teacher believed she was cheating. White men beat her brother for wearing a zoot suit in 1945.

In 1988, Dolores got assaulted by a San Francisco police officer too. I believe that Dolores through the struggles that she had to overcome is a great leader in the Latino community.

Huerta believed in no gender discrimination in agriculture. Dolores made a lot of plans for the people in farm working. She also worked in the women's movement.

In 2012, President Obama presented her with a Medal of Freedom for her work with farmworkers, immigrants, and women. She really liked helping the people in agriculture and immigrants.

After she left the union, her work focused on women's rights. The foundation of Dolores Huerta started in 2002. This foundation helps health and equality. She is a great woman leader today.

## School News

### Student Motivation



### The Importance of Learning English for Immigrants who Come to the USA

**By Elizabeth Loeza**

As an immigrant, I can say that one of the challenges when immigrants arrive in the United States is the language. Learning this language is extremely hard, but learning English as a second language is going to help in different ways. They are socially, economically and politically.

#### SOCIAL:

People need to communicate with others to meet their necessities. This can be finding a place to live, buying food or clothes, and looking for schools and family doctors. As humans, we need to have relationships with the people who are around us.

#### ECONOMIC:

It is not easy to meet your economic needs when you do not know the language. In most of the places where you ask for a job, one of the requirements is to speak English. Usually immigrants who do not know it have minimum wage and the hardest jobs. This is the reason why some of our community lives in very bad conditions.

**POLITICAL:**

To know the language gives us the opportunity to understand what is happening with the government in our community. We need to know the rules, customs, and rights.

One of the most important opportunities that immigrants have when they learn English is to become a citizen because they have the right to vote.

Even if it is difficult for you to learn English, you have to make an effort because it is the key to reaching your dreams in the United States.

**Beginning ESL Story**

**Learn Beginning ESL**

We need English (ESL) in the United States.



It is important for immigrants in America.



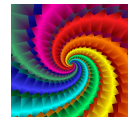
Beginning ESL is pronunciation



writing , reading



Learning



colors,



numbers,

and



shapes can help too.

**Health**



Vaccines During Pregnancy

**By Marcela Martinez**

Babies get protection (disease immunity) from mom during pregnancy. When mom has been vaccinated against some disease, both the mother and fetus are being protected from some serious infections. After one vaccine is given to mom, she develops antibodies which pass to the baby. Those antibodies protect the baby for the first few months after birth until the baby is vaccinated.

Vaccines are safe and these have been given to millions of pregnant women, showing them safe for more than 50 years. Vaccines do not lead to risk after their administration or in the long term, on the contrary, vaccines can save the life of your baby.

The CDC and the American College of Obstetricians and Gynecologists recommend these three vaccines during pregnancy:

- Tdap vaccine:** This protects against whooping cough (Pertussis). If this infection is transmitted to a baby of three months or less, the baby can die.

- Flu Vaccine (shot):** This infection is much more severe during pregnancy.
- COVID-19 vaccine:** This infection can be more severe in this period too.

There are other vaccines that should not be given during pregnancy like:

- Flu vaccine in nasal spray form.  
Remember that the flu shot is safe.
- MMR vaccine (measles-mumps-rubella)
- Chickenpox vaccine

*Keep in mind that to get vaccines during pregnancy is one of the best ways to protect your and your baby's health.*

## Vacunas Durante el Embarazo por Marcela Martínez



Durante el embarazo el bebé obtiene protección (inmunidad contra enfermedades) de la madre. Cuando la mamá ha sido vacunada contra alguna enfermedad, tanto la madre como el feto están protegidos de infecciones que pueden ser graves. Después de que se aplica una vacuna a la madre, ella desarrolla anticuerpos que pasan al bebé. Los anticuerpos protegen al bebé durante los primeros meses después del nacimiento, hasta que el bebé es vacunado.

Las vacunas son seguras y se han administrado a millones de mujeres embarazadas, demostrando su seguridad durante más de 50 años. Las vacunas no conllevan riesgo después de su aplicación ni a largo plazo, al contrario, las vacunas pueden salvar la vida de tu bebé.

La CDC y el Colegio Americano de Obstetricia y Ginecología recomiendan estas tres vacunas durante el embarazo:

- Vacuna Tdap:** ésta protege contra la tos ferina (Pertussis), si esta infección se transmite a un bebé de tres meses o menor, el bebé puede morir.
- Vacuna contra la gripe o influenza (inyección):** esta infección es mucho más grave durante el embarazo.
- Vacuna COVID-19:** esta infección también puede ser más grave en este período.

Hay otras vacunas que no se deben poner durante el embarazo, como:

- Vacuna antigripal en presentación en spray nasal, recuerda que la vacuna antigripal en inyección es segura.
- Vacuna MMR o triple viral (sarampión-paperas-rubéola)
- Vacuna contra la varicela

*Ten en cuenta que aplicar vacunas durante el embarazo es una de las mejores y más importantes formas para proteger tu salud y la de tu bebé.*

---

## NEW CLASS

Summer School Automotive ESL class will start in June. If you want to learn auto mechanic skills, see your teacher to sign up.






<p><b>Mondays</b> 12:15PM - 2:45PM</p> <p><b>Writing &amp; Grammar</b></p> <p>Sentence, paragraph, and essay structures. Individual and group grammar and writing practice activities.</p>	<p><b>Tuesdays</b> 12:15PM - 2:45PM</p> <p><b>Tutor Class</b></p> <p>Increase confidence in speaking, writing, leadership &amp; teaching skills to be a better student, parent, or worker or prepare for an instructional aide job.</p>
<p><b>Wednesdays</b> 1:00PM - 2:45PM</p> <p><b>Fridays</b> 12:15-2:45</p> <p><b>Pronunciation</b></p> <p>Pronunciation of letters, sounds, syllables and words plus reading fluency.</p>	<p><b>Thursday</b> 12:15PM - 2:45PM</p> <p><b>Digital Communication &amp; Conversation</b></p> <p>Keyboarding and basic computer skills, office communication &amp; vocabulary, certificate preparation.</p>

 Scan me  
**To start class go to Square 3**

 SalinasAdultSchool 
  Salinasadulthood1 
  @SalinasAdultSch 
  SalinasAdultSchool

## Salinas Adult School

### Quarter 4 Course List

Call 796-6900 X 1372 or X 1373 for information.

Classes are at the main campus on Sherwood Place and the Salinas Adult School Parent Center, and off campus at the One Stop Center, St. Mary's Church, Sherwood Elementary, Rancho San Juan High School, Santa Rita Elementary, Alisal High School, and McKinnon Elementary.

### English Skills

ESL (AM/PM)

Beginning, Intermediate, Advanced

ESL Computers (PM)

Developing English (AM)

Pronunciation (AFT)

Tutor Training (AFT)

Writing (AFT)



### Citizenship

Citizenship (AM/PM)

ESL (AM/PM)

Beginning, Intermediate, Advanced

### College & Career Preparation

Developing English (AM)

High School Diploma (AM/AFT/PM)

HiSET/GED English (AM/PM)

HiSET/GED español (AM/PM)

Tutor Training & Paraprofessional Exam Preparation (AFT)

Counseling 1 Dual Enrollment (PM)

Culinary Career Pathway ESL (PM)

### Computer Skills

Computer Skills for Life & Work (AFT)

ESL Computers (PM)

### High School Completion

High School Diploma (AM/AFT/PM)

HiSET/GED English (AM/AFT/PM)

HiSET/GED español (AM/PM)

### Math Skills

Developing English (AM)

High School Diploma (AM/AFT/PM)

HiSET/GED English (AM/AFT/PM)

HiSET/GED español (AM/PM)

## Parenting

Go to [www.salinasparentcenter.org](http://www.salinasparentcenter.org) for more information or contact the Welcome Center.

## Parenting

Parent/Child Activity  
Classes (AM/AFT)

Preschool (AM)



## Skills & Exam Preparation

### Citizenship Classes & Citizenship Exam Preparation

Fridays 8:45-12:15

Tuesdays & Thursdays 6-9 PM

Register at the Welcome Center.

### Developing English & College & Career Preparation

Monday-Friday 8:30-12:00

Improve your English & math skills to get prepared for a GED/HiSET or to enter college or a job training or certificate program. Ask Ana, Araceli, or the AM teacher in Room Square 3 for more information.

### Computer Classes & Northstar Certificate Preparation

Various computer topics taught throughout the school year.

Thursdays 12:15-2:45

Start class in Room Square 3

Mondays & Wednesdays 6-9 PM

Ask the Welcome Center for information.

### HiSET or GED Certificates (English)

Monday-Thursday 8:45-12:45

Monday & Wednesday 5-9 PM

Register at the Welcome Center.

Learn math, reading, writing, social studies, and science to prepare for the HiSET or GED exams to earn your high school equivalency.

### Certificados de HiSET/GED (español)

lunes a jueves 8:45-12:45 o 5:30-9:00

Información del Welcome Center

Aprenda matemáticas, lectura, escritura, estudios sociales y ciencias naturales para prepararse para los exámenes HiSET o GED y obtener su equivalencia de preparatoria.

### Tutor Training & Paraprofessional Exam Preparation

Tutor Training Tuesdays 12:15-2:45

See teacher in Room Square 3 for information and registration.

Increase your confidence in speaking and writing English and learn communication, leadership, and teaching skills to be a better student, help your children with homework, train workers, or prepare to be an instructional aide and pass the Paraeducator NCLB exam.



### Salinas Adult School Supportive Services

#### Transcripts & Student Records

For transcripts or other student records, contact Allison at 796-6900 X 1340 or [allison.hulden@salinasuhd.org](mailto:allison.hulden@salinasuhd.org).

#### OSY Migrant Services

If you are a migrant youth 18 or over, contact 796-6900 X1342 or 1344 for more information.

Si usted es un joven migrante mayor de 18 años, comuníquese al 796-6900 X 1342 o 1344 para más información.

#### Career Center

College & career advising, job search, skills assessment, resume help, financial aid assistance, workshops, and community referrals. Room A-2 or call 796-6900 X 1414 or 1413 or cell number 831-583-7755.

### **Citizenship Application Assistance**

Our school has a special relationship with an organization to help people complete citizenship applications. See Ana for more information.

Nuestra escuela tiene una relación especial con una organización para ayudar personas con solicitudes de la ciudadanía. Comuníquese con Ana para más información.

### **English & Math Peer Tutoring**

See the AM teacher in Room Square 3 to get help from a student tutor. Tutoring available for Beginning, Intermediate, and Advanced ESL students and students studying to complete high school or pass their GED/HiSET or paraeducator math exams.

Habla con la maestra matutina en el salón Square 3 para recibir información sobre tutoría ofrecida a los alumnos de los niveles de inglés principiante, intermedio y avanzado y estudiantes estudiando para sus diplomas de la preparatoria o para aprobar los exámenes de GED/HiSET o paraeducador en las matemáticas.

Tutoring is on Wednesdays from 11:45-1:00 in Room Square 3 and other times by arrangement.

La tutoría es ofrecida cada miércoles 11:45-1:00 en el salón Square 3 y puede ser arreglado en otros horarios también.

### **Testing Center Dates**

#### Paraeducator Test

Mondays, May 8 & 22 at 2 PM

#### HiSET Testing

Tuesdays, April 25; May 9 & 23  
at 8:30 AM & 12:30 PM

Thursdays, April 27; May 11 at 5:30 PM

Fridays, April 28; May 12 at 8:30 AM

#### Pearson Vue Testing

Tuesdays, May 2 & 16  
at 8:30 AM & 12:45 PM

Thursdays, May 4 & 18 at 5:15 PM

Fridays, May 5 & 19 at 8:30 AM.

### **Welcome Center**

You can ask questions about the school, make orientation appointments, and register for some classes at this center. Visit or call 796-6900 X 1372 or 1373.

## Information

If you would like more information about our school, check this newsletter and our website at <https://www.salinasuhsd.org/Domain/19>. on our Facebook, Instagram or TikTok pages. For information about the school district see <https://www.salinasuhsd.org> .

## COMMUNITY ANNOUNCEMENTS

**SALINAS**

**\$7,500 FUNDS AVAILABLE**

*Apply Now!* **PUBLIC ART EVENT GRANT**

The City of Salinas invites you to apply to the 2023-2024 Public Art Event Grant, supporting new or existing public art events in Salinas.

**Eligible Art Disciplines:**

- ✓ Painting
- ✓ Sculpture
- ✓ Cinema
- ✓ Literature
- ✓ Music
- ✓ Architecture
- ✓ Theatre
- ✓ Dance
- ✓ And More...

**Application Deadline: May 14, 2023**

**FOR QUESTIONS:**  
jose.arreola@ci.salinas.ca.us  
(831) 758-7396

**APPLICATION AND INFORMATION:**  
<https://tinyurl.com/salinasarteventgrant>

**SALINAS**

**\$7,500 FONDOS DISPONIBLES**

*¡Aplica ya!* **BECA DE EVENTOS DE ARTE PÚBLICO**

La Ciudad de Salinas le invita a aplicar para la Beca de Eventos de Arte Público de el año 2023-2024, apoyando eventos de arte público nuevos o existentes en Salinas.

**Disciplinas de arte elegibles:**

- ✓ Pintura
- ✓ Escultura
- ✓ Cine
- ✓ Literatura
- ✓ Música
- ✓ Arquitectura
- ✓ Teatro
- ✓ Danza
- ✓ Y Más...

**Fecha límite de solicitud: 14 de mayo de 2023**

**PARA PREGUNTAS:**  
jose.arreola@ci.salinas.ca.us  
(831) 758-7396

**APLICACIÓN E INFORMACIÓN:**  
<https://tinyurl.com/salinasarteventgrant>

### Community Survey

The Monterey County Community Action Partnership will provide about \$500,000 for services to county residents with low incomes in 2024-2025. Please take the survey to express how you think that the money should be used.

English: <https://forms.office.com/g/DhsE6bgfSm>  
You can also use the QR code.

**Community Needs Assessment Survey**  
**Your Voice Matters**

Scan the QR Code to Take the Survey

**Community Action Partnership**  
Making People Change Lives

### Encuesta Comunitaria

Monterey County Community Action Partnership proporcionará alrededor de \$500,000 para servicios a los residentes del condado con bajos ingresos en 2024-2025. Complete la encuesta para expresar cómo cree que se debe usar el dinero.

Spanish: <https://forms.office.com/g/7rW7Rmsrik>  
También puede usar el código QR.

**Evaluación de las Necesidades de la Comunidad**  
**Tu Voz Importa**

escanear el código

**Community Action Partnership**  
Making People Change Lives

**CITY OF SALINAS**  
**MARKETING AND TECHNOLOGY**  
**GRANT PROGRAM**

Receive grants of up to \$2,500 for

**Social Media Marketing**

**Computer Literacy**

**Financial Literacy**

**Eligibility Requirements:**

- Must be located in the city of Salinas
- Have been in business for at least 6 months
- Applicants can apply NOW and have 90 days to complete training

Use QR Code to see additional requirements



**FOR MORE INFO**  
**831-758-7367**  
**bizsupport@ci.salinas.ca.us**



**CIUDAD DE SALINAS**  
**PROGRAMA DE BECAS DE**  
**MARKETING Y TECNOLOGÍA**

Reciba subvenciones de hasta \$2,500

para

**Marketing de medios sociales**

**Computación informática**

**Educación Financiera**

**Requisitos de elegibilidad:**

- Debe estar ubicado en la ciudad de Salinas
- Haber estado en el negocio durante al menos 6 meses.
- Los solicitantes pueden aplicar ahora y tienen 90 días para completar el entrenamiento

Use el código QR para requisitos adicionales



**MÁS INFORMACIÓN**  
**831-758-7367**  
**bizsupport@ci.salinas.ca.us**



## COMMUNITY RESOURCES

**2-1-1**

You can call this number for help for many different family or personal needs.

**2-1-1**

Puede llamar a este número para obtener ayuda para varias necesidades familiares o personales.

**Salinas Valley Memorial Healthcare System**

**Clínica Móvil**

Brindando atención médica gratuita a nuestras comunidades

**Servicios ofrecidos**  
 Los servicios de atención médica típicos proporcionados a través de la Clínica Móvil de SVMHS durante sus visitas semanales a la comunidad incluyen:

- Atención primaria
- Urgencia médica simple
- Salud de la Mujer
- Exámenes de salud
- Pruebas y vacunas COVID-19
- Vacunas
- Educación en salud y ayuda para conectar a los pacientes con recursos para tratar problemas médicos crónicos.

Todos los servicios prestados por la clínica móvil son actualmente gratuitos. La Clínica Móvil del Salinas Valley Memorial Healthcare System está dedicada a mejorar la salud de nuestra comunidad al aumentar el acceso a la atención médica para aquellas personas que se encuentran en áreas con servicios médicos insuficientes, brindando atención preventiva y primaria donde se necesita.

Nuestra clínica móvil es un vehículo que mide 30 pies de largo con tecnología de punta que cuenta con dos salas de examen, capacidades de Wi-Fi y laboratorio, y funcionalidad educativa. Cuenta con una enfermera practicante o auxiliar médico, asociado médico, trabajador social clínico con licencia o defensor de la salud pública.

**Se requieren mascarillas para todos los pacientes.**  
**Mantenga una distancia de seis pies de los demás.**




**Los Lunes**  
 3:30pm-8:00pm  
 Alisal High School  
 777 Williams Road, Salinas

**Los Martes**  
 10:00am-1:30pm  
 Walmart, 1900 N. Main Street, Salinas  
 2:30pm-6:00pm  
 Everett Alvarez High School  
 1900 Independence Blvd., Salinas

**Los Miércoles**  
 10:00am-1:00pm  
 City of King Park  
 Esquina de S. San Lorenzo y calle División  
 King City  
 2:00pm-8:00pm  
 Greenfield Family Resource Center  
 493 El Camino Real, Greenfield

**Los Jueves**  
 12:00pm-8:00pm  
 MLK Family Resource Center  
 925 North Sanborn Road, Salinas

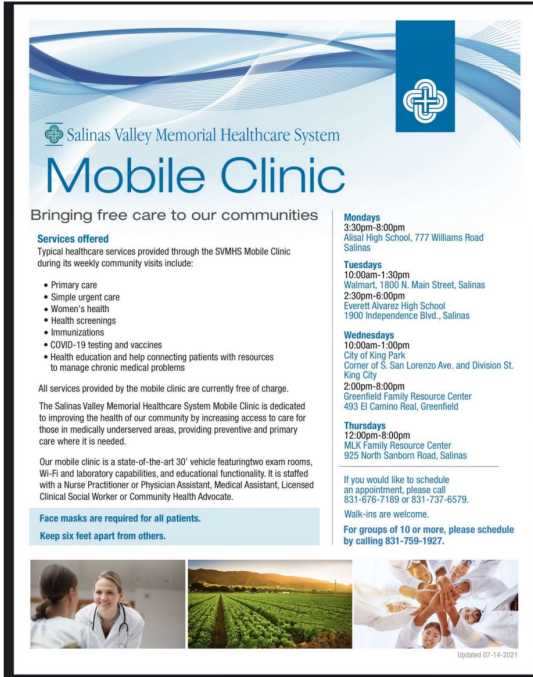
Si desea programar una cita por favor llame al 831-4576-7189 o al 831-737-4579.  
 Son bienvenidos sin cita.  
 Para grupos de 10 o más, por favor programe una cita llamando 831-759-1927.

**MoCo Health Department Flu Information**  
<https://www.co.monterey.ca.us/government/departments-a-h/health/diseases/influenza-flu>

## COVID-19 Vaccines & Test Vacunas y pruebas

[www.montereycountyvaccines.com](http://www.montereycountyvaccines.com)



**Salinas Valley Memorial Healthcare System**  
**Mobile Clinic**

Bringing free care to our communities

**Services offered**  
Typical healthcare services provided through the SVMHS Mobile Clinic during its weekly community visits include:

- Primary care
- Simple urgent care
- Women's health
- Health screenings
- Immunizations
- COVID-19 testing and vaccines
- Health education and help connecting patients with resources to manage chronic medical problems

All services provided by the mobile clinic are currently free of charge.

The Salinas Valley Memorial Healthcare System Mobile Clinic is dedicated to improving the health of our community by increasing access to care for those in medically underserved areas, providing preventive and primary care where it is needed.

Our mobile clinic is a state-of-the-art 30' vehicle featuring two exam rooms, Wi-Fi and laboratory capabilities, and educational functionality. It is staffed with a Nurse Practitioner or Physician Assistant, Medical Assistant, Licensed Clinical Social Worker or Community Health Advocate.

Face masks are required for all patients.  
Keep six feet apart from others.

**Monday**  
3:30pm-8:00pm  
Alisal High School, 777 Williams Road  
Salinas

**Tuesday**  
10:00am-1:30pm  
Walmart, 1800 N. Main Street, Salinas  
2:30pm-6:00pm  
Everett Avenue High School  
1900 Independence Blvd., Salinas

**Wednesday**  
10:00am-1:00pm  
City of King Park  
Corner of S. San Lorenzo Ave. and Division St.  
King City  
2:00pm-5:00pm  
Greenfield Family Resource Center  
493 El Camino Real, Greenfield

**Thursday**  
12:00pm-8:00pm  
MLK Family Resource Center  
925 North Sanborn Road, Salinas

If you would like to schedule an appointment, please call 831-676-7189 or 831-727-6579. Walk-ins are welcome.

For groups of 10 or more, please schedule by calling 831-799-1927.

Updated 07-14-2021

## Monkeypox Information

[www.co.monterey.ca.us/government/departments-a-h/health/diseases/monkeypox](http://www.co.monterey.ca.us/government/departments-a-h/health/diseases/monkeypox)



Fast, free, expert help  
24 hours a day, every day

**1-800-222-1222**

personas que tienen una crisis de envenenamiento o que tienen preguntas relacionadas con el envenenamiento.

More information is available in English, Spanish, Tagalog, Chinese and Vietnamese on their website at [calpoison.org/materials](http://calpoison.org/materials)

Free confidential, medical advice in over 200 languages & California Relay for people having a poisoning crisis or who have poison-related questions.

Consejo médica confidencial gratuita en más de 200 idiomas y California Relay para

## Suicide Prevention Help

Help yourself or someone else. See <https://www.mentalhealthfirstaid.org/news-and-updates/> for resources.

## Suicide Prevention & Mental Health Crisis Support

Are you or someone else experiencing emotional distress or considering suicide? The National Suicide Prevention Lifeline at 988 is available 24 hours a day and provides free, confidential support. Service provided for the deaf and hard of hearing and English and Spanish-speaking communities. For more information about their services see [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

¿Está usted o alguien más experimentando malestar emocional o considerando el suicidio? La Línea Nacional de Prevención del Suicidio en el 988 está disponible las 24 horas del día y le ofrece apoyo gratuito y confidencial. Sus servicios están disponibles en inglés y español y para personas sordas. Para obtener más información sobre sus servicios, vea [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)



## Substance Abuse Resources

<https://www.mentalhealthfirstaid.org/2022/05/national-prevention-week-a-resource-guide/>

## County of Monterey Health Department Prevention & Early Intervention (PEI)

Resources & Supports

Here you can find information about resources, support groups, suicide prevention, and help for many different groups of people in different areas of the county. Este sitio web contiene información sobre recursos, grupos de apoyo, prevención de suicidio y otros tipos de ayuda para prevenir y ayudar personas con condiciones de salud mental (algunos ofrecidos en español).

<https://www.co.monterey.ca.us/home/showpublisheddocument?id=71525>

## Mental Health First Aid

Read more about how you can help yourself and others. See

<https://www.mentalhealthfirstaid.org/news-and-updates/> for stories such as “Supporting the Supporters: The Sandwich Generation”, “Helping Teens Build Healthy Social Media Habits”, and “3 Steps to Creating Healthy Boundaries”.

## Monterey County Behavioral Health

Their website has many resources.

[Behavioral Health](#) or contact them about their services at 888-258-6029.

If you need other services for mental health or other necessities, you can also call 2-1-1 for help.

**Legal Help/Asistencia Legal California Rural Legal Assistance (CRLA Asistencia Legal Rural de California)**  
**3 Williams Rd., Salinas 757-5221 or 800-337-0690 for other locations (por mas locales)** <https://crla.org>

For help with legal issues related to education, employment, housing, health, or COVID-19.

Para recibir ayuda con asuntos legales de educación, empleo, vivienda, salud o COVID-19.

## Funeral Assistance Program for COVID-19 related funeral expenses. Catholic Charities of Monterey

Minimum requirements: The death was in Monterey County and the death certificate states the death was because of COVID-19. For more information contact 831-393-3110.

## Programa de Asistencia Fúnebres relacionado con COVID-19. Catholic Charities of Monterey

Para ser elegible: La muerte debe haber ocurrido en el condado de Monterey, y el certificado de defunción tiene que indicar que la muerte fue relacionada con el COVID-19. Para más información, ponerse en contacto al 831-393-3110.

# S.T.E.P.S.

Safe Teens Empowerment Project in Salinas, Seaside, South County

**After-school drug and alcohol youth prevention program for high school students ages 14-18.**

Even through this pandemic, you are still able to join our program and get your **COMMUNITY HOURS** done!

Learn about how drugs and alcohol effect your developing brain and body while getting involved in your community and gaining leadership skills as well as job and other professional development opportunities.

- Looks good on resumes
- Looks great on job applications
- Looks even better when applying for college!

**Virtual Meeting:**

**When:** First Monday of every month

**Time:** 4:15pm-5:15pm

**Location:** Via Zoom

**Contact us for meeting ID**

**In-Person Meeting:**

**When:** Every Wednesday & Thursday

**Time:** 4:15pm-6:15pm

**Location:** 128 E. Alisal Street, Salinas





**CONTACT INFORMATION:**  
 Maria Almanza  
 Prevention Coordinator  
 Email: [malmanza@sunstreet.org](mailto:malmanza@sunstreet.org)  
 Phone: (831) 753-5150



# S.T.E.P.S.

Safe Teens Empowerment Project in Salinas, Seaside, South County

**Programa de prevención juvenil de drogas y alcohol para estudiantes de 14-18 años.**

A través de esta pandemia, aún puedes unirte a nuestro programa y obtener tus **HORAS COMUNITARIAS!**

Aprende cómo las drogas y el alcohol afectan tu cerebro y cuerpo en desarrollo mientras te involucras en tu comunidad y adquieres habilidades de liderazgo, así como oportunidades de trabajo y de desarrollo profesional.

- Se ve bien en tu currículo personal
- Luce muy bien en las solicitudes de empleo
- Luce hasta mas mejor cuando aplicas para la universidad!

**Junta Virtual:**

**Cuando:** Primer lunes de cada mes

**Horario:** 4:15pm-5:15pm

**Lugar:** aplicación Zoom

**Contáctanos para la**

**Junta en Persona:**

**Cuando:** cada miércoles y jueves

**Horario:** 4:15pm-6:15pm

**Lugar:** 128 E. Alisal Street Salinas, CA 93901





**INFORMACION DE CONTACTO:**  
 Maria Almanza  
 Coordinadora de Prevención  
 Correo Electrónico: [malmanza@sunstreet.org](mailto:malmanza@sunstreet.org)  
 Teléfono: (831) 753-5150



## The Food Bank for Monterey County

353 W. Rossi St., Salinas

Call 831-758-1523 to volunteer

Do you qualify for free food? ¿Calificas para comida gratis?

<https://foodbankformontereycounty.org/food-assistance/emergency-food-assistance-program/>

## Alliance on Aging

Call 831-758-4011 for more information.

[www.allianceonaging.org](http://www.allianceonaging.org)

This site shows many services for seniors in our area related to transportation, taxes, medical, counseling, and more and has a COVID-19 link updated every week to help the whole community.

Este sitio tiene detalles sobre varios servicios para ancianos (algunos en español) y un enlace para información reciente de COVID-19 para toda la comunidad y recursos para campesinos.

## INTERNET/COMPUTERS

### Loaves, Fishes and Computers

938 S. Main St., Salinas 831.393.9260

Low Cost Computers & Internet service for qualified people. Computadoras y servicio de Internet de bajo costo para personas calificadas.

### Federal Stimulus Package

The federal stimulus package covers a temporary \$50 discount per month on Internet service and \$100 off computers for people who qualify.

El paquete de estímulo federal cubre un descuento temporal de \$50 cada mes por el servicio de Internet y \$100 de descuento en computadoras para las personas que califican.

Their site is/Este es el sitio web [getemergencybroadband.org](http://getemergencybroadband.org)

## CATHOLIC CHARITIES DIOCESE OF MONTEREY

SERVICES DURING COVID-19

### FAMILY SUPPORT SERVICES

**OUR SERVICES**  
(ASSISTANCE VIA PHONE OR EMAIL)

**NUTRITION CLASSES AND PHYSICAL ACTIVITY**  
(FOR MORE INFORMATION CALL OR TEXT 831-233-3303)

**CALFRESH** (FOOD STAMPS)

**MEDICAL**

**FIRE RELIEF PROGRAM**  
(FOR MORE INFORMATION CALL 831-920-4764)

**RENTAL ASSISTANCE** (LIMITED FUNDING)

- LIMIT ONE TIME ASSISTANCE PER HOUSEHOLD

**FUNERAL ASSISTANCE** (COVID-19 Related)  
Monterey County

### IMMIGRATION

OUR SERVICES	CONSULTATIONS
<ul style="list-style-type: none"> <li>CONSULTATIONS</li> <li>DACA</li> <li>N-400 (CITIZENSHIP)</li> <li>I-90 (LPR RENEWAL APP)</li> <li>U-VISA (VICTIM OF CRIME)</li> <li>I-130 (FAMILY PETITION)</li> <li>WAIVERS (PARDONS)</li> </ul>	<ul style="list-style-type: none"> <li>APPOINTMENTS VIA ZOOM OR TELEPHONE WITH LAWYER JERALNE EDWARDS OR WITH IMMIGRATION SPECIALIST.</li> </ul>

### LOCATIONS

<b>SALINAS</b> 1705 SECOND AVE. SALINAS, CA. 93905 831-422-0602	<b>SEASIDE</b> 922 HILBY AVE. SEASIDE, CA. 93955 831-393-3110	<b>WATSONVILLE</b> 656 MAIN ST. WATSONVILLE, CA. 95076 831-722-2675
--	--	--



## CARIDADES CATOLICAS DIOCESIS DE MONTEREY

SERVICIOS DURANTE COVID-19

### APOYO A LA FAMILIA

**NUESTROS SERVICIOS**  
(CITAS VIA TELEFONO O CORREO ELECTRONICO)

**CLASES DE NUTRICION Y ACTIVIDAD FISICA**  
PARA MAS INFORMACION LLAME O TEXTEE AL 831-233-3303)

**CALFRESH** (ESTAMPILLAS)

**MEDICAL**

**ASISTENCIA DE ALIVIO DE FUEGO**  
(PARA MAS INFORMACION LLAME 831-920-4764)

**ASISTENCIA DE RENTA (FONDOS LIMITADOS)**

- Asistencia de solo una vez (por hogar)

**ASISTENCIA DE FUNEBRES** (Atribuyo a COVID-19)  
Condado de Monterey

### INMIGRACION

NUESTROS SERVICIOS	CONSULTAS
<ul style="list-style-type: none"> <li>CONSULTAS</li> <li>DACA</li> <li>N-400 (CIUDADANIA)</li> <li>I-90 (RENOVAR MICA)</li> <li>U-VISA (VICTIMA DE UN CRIMEN)</li> <li>I-130 (PETICION FAMILIAR)</li> <li>WAIVERS (PERDON)</li> </ul>	<ul style="list-style-type: none"> <li>CITAS VIA ZOOM O POR TELEFONO CON LA ABOGADA JERALNE EDWARDS O CON ESPECIALISTAS DE CASOS DE INMIGRACION</li> </ul>

### UBICACIONES

<b>SALINAS</b> 1705 SECOND AVE. SALINAS, CA. 93905 831-422-0602	<b>SEASIDE</b> 922 HILBY AVE SEASIDE, CA. 93955 831-393-3110	<b>WATSONVILLE</b> 656 MAIN ST. WATSONVILLE, CA. 95076 831-722-2675
--	---	--



## Federal Affordable Connectivity Program

This program gives qualified low income telephone customers a discount on data for their phones. Ask your phone company if you qualify.

Este programa ofrece un descuento por data de teléfonos a los clientes de bajos ingresos que cumplan los requisitos. Pida información sobre esto de su compañía de teléfono.



## DISCOUNTED USED BOOKS

### Friends' Community Bookstore

330 Reservation Rd. Suite F, Marina

Across from the Ramada Inn

Tuesdays, Thursdays 12-4 PM

Saturdays 10 AM-4 PM

Books, DVDs and CDs. Sales benefit the

Marina Library. For information contact

[friendscommunitybookstore@gmail.com](mailto:friendscommunitybookstore@gmail.com)

## Monterey Bay Aquarium

Free passes for low income families. Information at Salinas Public Libraries.

## Go to the Parks Free

Anyone can check out a California State Parks day use pass from your local library.

## CALIFORNIA STATE PARKS

### Free & Discounted Day Passes

Do you receive CalWORKS or SSI, have a permanent disability, have a fourth grade child, or are a veteran or a senior 62 years old or older? You may qualify for a free or reduced price pass to enter our state parks.

See [https://www.parks.ca.gov/?page\\_id=1049](https://www.parks.ca.gov/?page_id=1049) for information on the qualifications.



## CAREER PREPARATION

### Salinas Adult School

#### Classes

See pages 5 & 16 for information.

#### Tests

See page 18 for information.

#### Career Advising

Career advising and job search.

Room A-2 or call 796-6900 X 1414 or 1413

or cell number 831-583-7755. Get help with

your resume for graduation or for one of the

many job fairs that are coming soon.

## Monterey Peninsula College-MPC

### Law Enforcement

PELLETB Exam \$12 + fees

South Bay Regional at MPC

2642 Colonel Durham Street,

Seaside, CA

May 2 from 8:30-11:30 AM

Entry-level Law Enforcement test. This is a reading-writing test with multiple choice and fill-in questions. Maximum of one test each 30 days. Government-issued ID is required.

For more information, go to

<https://www.eventbrite.com/o/post-written-tests-12025272767>

Phlebotomy Tech Training \$3,100

Monterey Peninsula College (MPC)

Marina Education Center

289 12th Street, Marina at Imjin Parkway & 3rd Ave

For more information, contact Continuing Education at MPC [ContinuingEd@mpc.edu](mailto:ContinuingEd@mpc.edu) or (831) 646-4058.



**COME  
LEARN  
WITH US**

Tips to apply for Monterey County jobs  
When:  
Every 3rd Wednesday of each month, 11am-12pm  
Where:  
Zoom Webinar

[Click Here to Register](#)

**Natividad**  
Inspiring healthy lives.

The next workshop is May 17. [Register](#)

### **Presidio of Monterey CPR Class**

**Stillwell Center Conference Room**

**4260 Gigling Rd., Seaside**

**May 19 from 9 AM-1 PM**

Infant, child, adult CPR & AED \$25

Contact Craig Carpenter or Andrea Kiser for information 831.242.7020 or 831.242.7545

### **Online Manufacturing Classes**

**Bay Area Community Colleges**

Sign up for their newsletter & get information about career fairs, jobs, online manufacturing classes, scholarships, community college job training programs & manufacturing careers. Go to

<https://bayareamanufacturingcareers.com/newsletters.html>

## **COLLEGE PREPARATION**

### **Salinas Adult School**

#### **College Preparation Classes**

#### **Developing English M-F 8:30-12:00**

Improve your English & math skills and learn about college requirements, select schools & majors, and begin to prepare for your future.

#### **HiSET Preparation M-Th 8:45-12:45**

Prepare for taking these exams for high school equivalency.

### **Equivalencia de Preparatoria (HiSET)**

**Lunes a jueves 8:45-12:45**

Prepárense para tomar los exámenes de equivalencia de preparatoria.

### **College Advising**

College advising and registration & financial aid assistance. Room A-2 or call 796-6900 X 1414 or 1413 or cell number 831-583-7755.

### **Money Mondays**

**Hartnell College Building B, Room**

**B-110 Mondays 3-4:30 PM**

Drop-in help for FAFSA or Dream Act applications for 2022-2023 school year.

## **COMMUNITY EVENTS**

### **Hartnell Baseball**

**Free**

April 25 & 28 at Hartnell baseball field at 2:30

### **Special Kids Connect Events**

**Eventos para familias con niños especiales**

Registration for all events

inscripciones para todos los eventos

<https://specialkidsconnect.org/events.html> or 831-372-2730.

### **A Guide to the IEP Process**

May 15 from 7-8:30 PM on Zoom

**Una guía rápida para el IEP y el proceso de educación especial**

el 16 de mayo desde 7-8:30 PM por Zoom

**Science Workshop: Force & Motion  
Community Science Workshop** Free  
El Gabilan Library  
April 25 from 4-5:30 PM  
Children 7 and older will make rockets.

Cesar Chavez Library April 27 from 3:30-5:30  
Workshops every Thursday. Talleres cada  
jueves.

**Music & Performing Arts C340 Concert**  
CSUMB Music Hall Rm. 100 Building 30  
April 28 from 4-6 PM  
This ensemble will play music of various styles  
and genres. For more information, contact Avery  
at [agould@csumb.edu](mailto:agould@csumb.edu) or 831-583-3009

**No Backyard? No Problem!: Grow a  
Garden Anywhere** Free  
Cesar Chavez Library  
April 29 or May 6 from 10 AM-2 PM  
Learn to plant and grow vegetables in grow  
bags. Get two bags and plants to take home.  
The bags will be heavy and need two people to  
carry them. Bilingual workshop. Registration  
required, see  
<https://forms.gle/JVLtRxxKF7UkouFo8>

**¿No tiene yarda? ¡No hay problema!  
Cultive un jardín en cualquier lugar** Grati  
Cesar Chavez Library  
el 29 de abril o el 6 de mayo desde 10 AM-2 PM  
Aprende cómo plantar y crecer vegetales en  
bolsas de cultivo. Recibe dos bolsas y plantas  
para llevar a casa. Las bolsas son pesadas y  
requieren dos personas para llevarlas. Taller  
bilingüe. Bilingual workshop. Inscripciones  
necesarias, vea  
<https://forms.gle/JVLtRxxKF7UkouFo8> .

**Asian Festival** Free  
Salinas Confucius Church (Chinese School),  
Salinas Chinatown  
April 29 from 11 AM-4 PM  
Music, cultural and historical exhibits, food,  
lectures, and other activities.



**HOUSING ELEMENT WORKSHOPS**  
**TALLERES DEL ELEMENTO DE VIVIENDA**

Districts/Distritos: 2 & 5      Districts/Distritos: 1, 4 & 6      District/Distrito: 3

<b>April 19</b> 6:00PM-8:00PM Santa Rita Elementary, 2014 Santa Rita	<b>April 26</b> 6:00PM-8:00PM MLK Elementary, 925 N. Sanborn	<b>April 27</b> 6:00PM-8:00PM City Hall West Wing, 200 Lincoln
---	---	---

**Join your neighbors and learn all about the Housing Element!**  
*¡Acompaña a tus vecinos para aprender sobre el elemento de vivienda!*

*Interpretación disponible*

Questions/Comments: [www.visionsalinas.org](http://www.visionsalinas.org)  
 Preguntas/Comentarios: 831-758-7409

**Language Capital of the World  
Cultural Festival** Free  
**Custom House Plaza Monterey**  
April 29 from 1-5 PM  
Free music, activities, language lessons and  
cultural performances. Foods & items of  
various countries for sale.

**Hartnell STEAM Family Science Day**  
 Hartnell College Main Campus at the Lewallen  
 STEM Center **Free**  
 April 30 from 1-4 PM

In addition to science demonstrations and hands-on activities, there will be representatives from science organizations, an astronaut, an Olympic athlete, folkloric dancing, and health screenings.

**Money Smarts for Older Adults Free**  
 The HUB Alliance on Aging  
 236 Monterey St., Salinas at 10:30 AM  
 May 3--Common Scams & Fraud  
 May 31--Identity Theft & scams of homeowners and veterans

**Childbirth Preparation (Lamaze) \$**  
**Salinas Valley Memorial Hospital**  
 Zoom Series--You must attend all of the sessions in the series that you choose:  
**May Series:** May 3, 10, 17, 24, and 31 from 6:30-9:30 PM

**June Series: Two Sessions** June 10 & 17 from 9 AM-4 PM

Price per couple is for one series of classes: \$60, \$35 with Medi-Cal; \$30 for active military; \$25 for MCSIG; and free for SVMH employees. Register at [svmh.com/events-classes](http://svmh.com/events-classes).

**CSUMB Baseball \$**  
**Otter Sports Complex**  
 4113 2nd Avenue, Seaside  
 May 4 at 6 PM; May 5 at 12 & 3 PM (two games); May 6 at 11 AM.  
 Tickets \$5 youth 17 and under, \$10 adults  
 Parking \$5 at this link or on campus at parking meters paying with coins.  
<https://pmb.csustan.edu/dailypermits#!/permits#%2F>

**Monterey Peninsula College**  
**Music in the Stacks**  
 MPC Campus Library  
 May 4 at 7 PM  
 Concert including various music styles performed by MPC students and staff with refreshments from the hospitality department. Check the school website for a virtual link if you prefer to attend online.

**Ariel Theatrical \$**  
**Karen Wilson Children's Theatre**  
 320 Main St., Salinas

**The Fabulous Fable Factory**  
 Aesop's Fables come to life.  
 May 5, 6, 12 & 13 at 7PM and May 6 & 13 at 2 PM  
 Adult: \$13; Senior, military, student \$11; ages 3-12 \$9 plus \$1.50 ticket fee.

**Stone Soup**  
 May 26 & 27 at 7PM & May 27 at 2PM  
 Ages 3 and up \$5 plus \$1.25 ticket fee.

## Star Wars Day Revenge of the Sixth

El Gabilan Library

May 6 from 12:30-2 PM

Star Wars themed scavenger hunt, keychains, lightsabers, and painting for kids.

## Tenant Rights for Seniors

Free

The HUB Alliance on Aging

236 Monterey St., Salinas

May 9 from 10:30-11:30

Call 831-646-4931 or 646-5060 to reserve your seat.



**FREE EVENT LIMITED SPACE**

Northridge Mall  
Sat., 5/6 - 11 a.m. to 3 p.m.

### TRANSFORM YOUR LIFE DAY

Find your path to Careers, Education, Housing, Food, and Transportation during this event as you connect with your area's local nonprofits and government programs.

**FREE EVENT LIMITED SPACE**



SCAN CODE NOW TO RESERVE YOUR SPACE

PRESENTED IN PARTNERSHIP WITH:



## Pacific Grove Museum Experience:

### Wonderful Flowers

Steinbeck Library

May 10 from 3-5:30 PM

Dissect and learn about flowers.

## Teen DIY Kit--Beeswax Sushi Candles

Salinas Public Libraries

May 18 from 3-6 PM while supplies last.

Materials & instructions to make two candles.

## Carmel Art Festival

Devendorf Park Carmel-by-the-Sea

May 20 from 11AM-6PM and

May 21 from 11AM-3PM

Work from 60 artists on view outdoors at the park, and sculpture, music, and children's art. On the 20th kids make art, and on the 21st artists will make quick paintings to sell and a large sculpture will be revealed.



**MONTEREY COUNTY REGIONAL FIRE DISTRICT**

COME & JOIN US FOR OUR **OPEN HOUSE**

- STATION TOURS
- FIRE EQUIPMENT DISPLAYS
- FUN ACTIVITIES FOR KIDS
- FIRE SAFETY PRESENTATIONS & PROPS

**SAT. MAY 21ST, 2022**  
10 AM TO 2 PM  
AT THE FOLLOWING STATIONS:  
CHUALAR  
24281 Washington St. Chualar, CA  
&  
EAST GARRISON  
13630 Sherman Blvd. East Garrison, CA

**SUN. MAY 22ND, 2022**  
10 AM TO 2 PM  
AT THE FOLLOWING STATIONS:  
CARMEL VALLEY VILLAGE  
26 Via Contenta, Carmel Valley, CA  
&  
TORO  
19900 Portola Dr. Salinas, CA

**BRING THE FAMILY! HOPE TO SEE YOU THERE!**  
QUESTIONS? PLEASE CONTACT (831) 455-1828

## Age Well Drive Smart

Free

The HUB Alliance on Aging

236 Monterey St., Salinas

May 24 from 10 AM-12 PM

This workshop focuses on safe driving for seniors and completion of this course may qualify the driver for an auto insurance discount. Call 831-233-3447 to reserve your seat.

## Envejezca Bien y Conduzca Inteligentemente Gratis

The HUB Alliance on Aging  
236 Monterey St., Salinas  
el 24 de mayo desde 2-4 PM  
El enfoque de este taller para personas mayores es manejar con seguridad. Al completar este taller puede resultar en un mejor precio de su seguro del auto. Llamar al 831-233-3447 para inscribirse.

---

## ONGOING EVENTS

### First Friday Art Walk May 5 from 5-9 PM Free

**Downtown Salinas**  
Visit downtown galleries, coffeehouses, CSUMB Salinas City Center and other locations to enjoy art, music, and more.

**Open House at Railroad Museum  
May 6 & 7 from 10 AM-4 PM Free  
Near Salinas Amtrak Station**  
Railroad dioramas of Monterey County railroads. You must wear a mask.

### Monterey Peninsula Regional Parks Activities Guide

Nature activities, hikes, photography, volunteer opportunities, events and other activities for children, youth, adults, and families from spring 2023 through summer 2023.

[https://mprpd.specialdistrict.org/files/8481995a9/LGO\\_Spring-Summer2023.pdf](https://mprpd.specialdistrict.org/files/8481995a9/LGO_Spring-Summer2023.pdf)

### Elkhorn Slough Tours 1700 Elkhorn Rd., Watsonville Go to Highway 1 North. Right on Dolan Rd. & Left on Elkhorn Rd.

**Free Tours on Saturdays at 10 & 11 AM**  
Only small groups are accepted at this time. Reservations required. Call 831-728-2822 to make your reservation.

## Citations:

Katherine Johnson photo NASA; restored by Adam Cuerden, Public domain, via Wikimedia Common. Shown on page 1.

Ayon, C., Messing, J. T., & Gurrola, M. A. (2016). *The Oppression of Latina Mothers: Experiences of Exploitation, Violence, Marginalization, Cultural Imperialism and Powerlessness in Their Everyday Lives*. Abstract: The oppression of latina mothers: Experiences of exploitation, violence, marginalization, cultural imperialism and powerlessness in their everyday lives (Society for Social Work and Research 20th Annual Conference - Grand Challenges for Social Work: Setting a research agenda for the future). Retrieved April 21, 2023, from <https://sswr.confex.com/sswr/2016/webprogram/Paper25397.html>

Freedom House. (2022). *Iran: Freedom in the World 2023 Country Report*. Freedom House. Retrieved April 9, 2023, from [https://freedomhouse.org/country/iran/freedom-world/2023#\\_ZD3bwZPn3gc\\_mailto](https://freedomhouse.org/country/iran/freedom-world/2023#_ZD3bwZPn3gc_mailto)

Purcell, R. (2022, August 3). *Life story: Malitzen (La Malinche)*. Women & the American Story. Retrieved April 9, 2023, from <https://wams.nyhistory.org/early-encounters/spanish-colonies/malitzen/>

[https://commons.wikimedia.org/wiki/File:MOM\\_D093\\_Donna\\_Marina\\_\(La\\_Malinche\).jpg](https://commons.wikimedia.org/wiki/File:MOM_D093_Donna_Marina_(La_Malinche).jpg)

National Institutes of Health. (2015, June 3). *Changing the face of Medicine | Elizabeth Blackwell*. U.S. National Library of Medicine. Retrieved April 19, 2023, from [https://cfmedicine.nlm.nih.gov/physicians/biography\\_35.html](https://cfmedicine.nlm.nih.gov/physicians/biography_35.html)

Wagner, E. (2021, April 12). *Dr. Elizabeth Blackwell (U.S. National Park Service)*. National Parks Service. Retrieved April 19, 2023, from <https://www.nps.gov/people/dr-elizabeth-blackwell.htm>

Hayward, N. (Ed.). (2017). *Biography: Susan B. Anthony*. National Women's History Museum. Retrieved April 9, 2023, from <https://www.womenshistory.org/education-resources/biographies/susan-b-anthony>

National Archives and Records Administration. (2022, February 8). *19th Amendment to the U.S. Constitution: Women's Right To Vote (1920)*. National Archives and Records Administration. Retrieved April 7, 2023, from <https://www.archives.gov/milestone-documents/19th-amendment#:~:text=Passed%20by%20Congress%20June%20decades%20of%20agitation%20and%20protest.>

U.S. Federal Aviation Administration. (n.d.). *Blanche Stuart Scott: The First Female American Aviator*. U.S. Federal Aviation Administration. Retrieved April 4, 2023, from [https://www.faa.gov/about/history/pioneers/media/Blanche\\_Stuart\\_Scott.pdf](https://www.faa.gov/about/history/pioneers/media/Blanche_Stuart_Scott.pdf)

FridaKahlo.org. (n.d.). *Frida Kahlo Biography*. Frida Kahlo biography. Retrieved April 7, 2023, from <https://www.fridakahlo.org/frida-kahlo-biography.jsp>

Korean Overseas Information Service (KOIS). (n.d.). *Women's Role in Contemporary Korea*. Asia Society. Retrieved April 7, 2023, from <https://asiasociety.org/education/womens-role-contemporary-korea>

History.com Editors. (2009, November 9). *Indira Gandhi - Biography, Achievements & Assassination*. History.com. Retrieved April 16, 2023, from

<https://www.history.com/topics/asian-history/indira-gandhi>

Prime Minister India. (n.d.). *Smt. Indira Gandhi*. Prime Minister India. Retrieved April 17, 2023, from

[https://www.pmindia.gov.in/en/former\\_pm/smt-indira-gandhi/](https://www.pmindia.gov.in/en/former_pm/smt-indira-gandhi/)

Shetterly, M. L., & Dunbar, B. (2020, February 24). *Katherine Johnson Biography*. NASA. Retrieved April 14, 2023, from

<https://www.nasa.gov/content/katherine-johnson-biography>

Wikimedia Foundation. (2023). *Katherine Johnson*. Wikipedia. Retrieved April 14, 2023, from [https://en.wikipedia.org/wiki/Katherine\\_Johnson](https://en.wikipedia.org/wiki/Katherine_Johnson)

Iowa State University Archives of Women's Political Communication. (n.d.). *Dolores Huerta*. Archives of Women's Political Communication. Retrieved April 14, 2023, from

<https://awpc.cattcenter.iastate.edu/directory/dolores>

Michals, D. (Ed.). (2015). *Biography: Dolores Huerta*. Dolores Huerta Biography. Retrieved April 15, 2023, from

<https://www.womenshistory.org/education-resources/biographies/d>

MommyMaestra.com. (2023, April 10). *10 Fun Facts about Dolores Huerta*. Mommy Maestra. Retrieved April 14, 2023, from

<https://www.mommymaestra.com/>

American College of Obstetricians and Gynecologists. (2022, August). *Vaccine Safety During Pregnancy*. ACOG. Retrieved April 14, 2023, from

<https://www.acog.org/womens-health/faqs/vaccine-safety-during-pregnancy>

Centers for Disease Control and Prevention. (2021, November 9). *Vaccines During and After Pregnancy*. Centers for Disease Control and Prevention. Retrieved April 14, 2023, from

<https://www.cdc.gov/vaccines/pregnancy/vacc-during-after.html>

## This Edition's Contributors:

**Writers**—Marisol Santoyo, Maximina Perez, Gerardo Garcia, Hyejung Jung, Yvonne Petersen, Widji Setyani, Marcela Martinez, Maria Garcia, Yunuen Arevalo, Esmeralda Meza, Miriam Perez, Elizabeth Loeza

**Editors**—Hyejung Jung, Yvonne Petersen, Yunuen Arevalo, Marisol Santoyo, Elizabeth Loeza, Gerardo Garcia, Maria Garcia

**Photographer**—Marisol Santoyo

**Artists**—Agustin Muniz, Sonia Villa

**Newsletter Advisor**—Yvonne Petersen

**Design**—Yvonne Petersen, Elizabeth Loeza



Thank You for reading the  
Newsletter!

Every student in the Contributors  
Box has put in a lot of effort  
completing this issue. Look  
forward to our next issue!

