

Our News

Salinas Adult School Student Publication



February 2023

Edition 54

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School Events



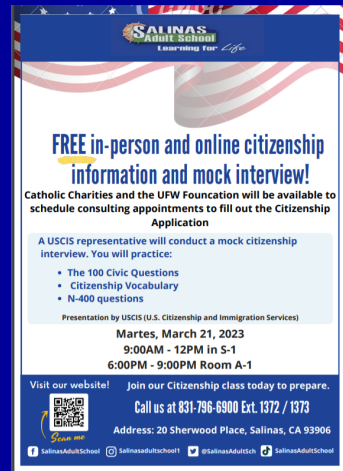
SALINAS Adult School
Learning for Life

COMMUNITY RESOURCES & JOB FAIR
TUESDAY, MARCH 7, 2023
10 AM TO 12:30 PM

EVERYONE IS WELCOME

Salinas Adult School
20 Sherwood Place
Salinas, CA 93906
831-796-6900, ext. 1414

Please register as a participant at the link below or by scanning the QR Code. Thank you.
<https://forms.gle/ozSAUF2gFCE9tUy5S>



FREE in-person and online citizenship information and mock interview!

Catholic Charities and the UFW Foundation will be available to schedule consulting appointments to fill out the Citizenship Application

A USCIS representative will conduct a mock citizenship interview. You will practice:

- The 100 Civic Questions
- Citizenship Vocabulary
- N-400 questions

Presentation by USCIS (U.S. Citizenship and Immigration Services)

Martes, March 21, 2023
9:00AM - 12PM in S-1
6:00PM - 9:00PM Room A-1

Visit our website! Join our Citizenship class today to prepare.
Call us at 831-796-6900 Ext. 1372 / 1373
Address: 20 Sherwood Place, Salinas, CA 93906

**Spring Break
No School
March 27-31**



Feature Stories

Nutrition



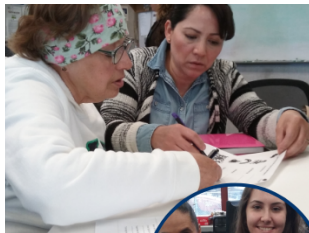
Enjoy our stories (pages 9-14).

February

- 28 Tutor & Paraprofessional Course Begins
Room Square 3 from 12:15-2:45
- 28 Student Council Meetings
Room S-1 at 10 AM & 7 PM

March

- 14 Culinary Career ESL Begins
Room S-1 from 6-9 PM
- 20 Preschool Registration for 2023-2024 Begins



Tutor Recommended

Improve Your English

"Because of my English, I thought that this course was difficult at first, but I stayed in the class and I'm glad. Now I am studying at the university to be a teacher."

"I never thought of helping people learn while I was learning. I thought that you had to be an expert to help anyone. I have learned a lot from helping the students."

Orientation

February 21 12:30-2:45
Rm. Square 3

Register Now! Contact yvonne.petersen@salinasuhdsd.org

SALINAS ADULT SCHOOL

Tutor & Paraprofessional Program

Classes Tuesdays
12:15-2:45 in Rm Square 3

Join Us & Learn

- Motivation & Self-Esteem
- Tutor Techniques
- How Students Learn
- Communication Skills
- Resumes
- Test-taking Skills
- And much more

Personal Benefits

Tutors Say:

- "I am not the same person I was before this course. Now I am confident to help my child with school and use my English."
- "I increased my self-esteem and feel better speaking in front of people."
- "I couldn't have gotten my job without this course"--teacher, instructional aide, personnel manager, cashier, principal, county inspector, trainer.

SALINAS ADULT SCHOOL

COMPUTER CLASSES

COMPUTERS FOR LIFE & WORK

THIS CLASS COVERS GOOGLE DOCS & SLIDES, WINDOWS, GMAIL, COMPUTER SAFETY, KEYBOARDING, AND BASIC COMPUTER SKILLS. STUDENTS LEARN TO MAKE DOCUMENTS FOR PERSONAL, SCHOOL, AND WORK NEEDS.

THURSDAYS 12:15-2:45 PM
SIGN UP IN ROOM SQUARE 3



COMPUTER SKILLS ESL

THIS IS A VOCATIONAL CLASS. THERE IS SUPPORT FOR THE ENGLISH LEARNER. THE CLASS COVERS MICROSOFT OFFICE, INTERNET, COMPUTER HARDWARE, AND EMAIL.

MONDAYS & WEDNESDAYS 6:00-9:00 PM
CONTACT 831.796.6900 X 1413 FOR AN APPOINTMENT.



FERIA DE RECURSOS COMUNITARIOS Y EMPLEOS

MARTES, 7 DE MARZO, 2023
DE 10 AM A 12:30 PM



TODOS SON BIENVENIDOS

Salinas Adult School
20 Sherwood Place
Salinas, CA 93906
831-796-6900, ext. 1414

Por favor registrese como participante en el enlace de abajo o escaneando el código QR.
Gracias,
<https://forms.gle/ozSAUF2gFCE9tUyy5>



Informacion de ciudadanía y practica de la entrevista de ciudadanía hecha por USCIS (La oficina de inmigracion) GRATIS!

Caridades Catolicas y la Fundacion UFW estara disponible para hacer citas para llenar el formulario de Ciudadania!

Venga y observe una entrevista de ciudadanía hecha por USCIS (la oficina de inmigracion). Practicara:

- Las 100 preguntas de educacion civica
- Vocabulario de ciudadanía
- Preguntas N-400

Presentado por USCIS (Oficina de Ciudadania e Imigracion de los estados Unidos)

Martes 21 de Marzo 2023

9AM - 12PM en S-1

6:00PM - 9:00PM en A-1

Visite nuestro sitio web



Unase a nuestra clase de ciudadanía hoy para prepararse.

LLame al 831-796-6900 Ext. 1372 / 1373

Direccion: 20 Sherwood Place, Salinas, CA 93906

[SalinasAdultSchool](https://www.facebook.com/SalinasAdultSchool) [SalinasAdultSchool](https://www.instagram.com/SalinasAdultSchool) [SalinasAdultSch](https://www.twitter.com/SalinasAdultSch) [SalinasAdultSchool](https://www.youtube.com/SalinasAdultSchool)

Improve Your English 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.



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.

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Salinas Adult School Student Publication
January 2023
Edition 53

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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
- 24 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.

Specialized Classes

		
Parent Activity Classes	Basic Computer Skills	Culinary Career Pathway ESL
<p>These fun, supportive, and educational parent classes (children attend too) focus on topics related to babies, toddlers, and preschoolers; raising healthy, thriving children; and connection.</p> <p>Classes include:</p> <p>Baby's First Year of Life</p> <p>Movers & Shakers (12-24 mos)</p> <p>Exploring Times (24-36 mos.)</p> <p>Partners in Play (3-5 year olds)</p> <p>Garden Class (2-5 year olds)</p> <p>For class details, times, and cost, go to www.salinasparentcenter.org</p> <p>Registration is happening now.</p>	<p>Computers for Life & Work</p> <p>Learn to use Google Drive and Google Suite including Gmail, the internet, Windows, Google Docs, improving your typing skills, and more. Help keep your family and computers safe and learn skills to help you at work. Spanish support is available. Thursdays from 12:15-2:45</p> <p>VESL Computers</p> <p>Learn to use the Microsoft Office Suite and practice your typing. This class provides English support for ESL students.</p> <p>Mondays & Wednesdays from 6-9 PM</p> <p>Northstar computer certificates can be earned by students in both of these classes.</p>	<p>This culinary ESL and ServSafe evening ESL class is March 14-May 26 from 6-9 PM. This class for higher level ESL students covers kitchen-related English, healthy recipes, and training for safe food handling.</p> <p>Participants will study in both the classroom and in the kitchen and make foods too.</p> <p>Get more information at the Welcome Center.</p> <div data-bbox="1118 984 1398 1180" style="text-align: center;">  </div>

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
 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

Mon. - Thurs. 3:30-5:00 pm

First day of class starts at 2:30 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

***If you are a current 12th grade student of the Salinas Union High School District (Class of 2023), and you obtained the Forklift certification at the end of the course, the registration fees will be reimbursed by**






FALL 2023 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](#)
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

FALL SCHEDULE

Session 1 Tuesdays & Thursdays Clinical: Tues. 7:30am-1:30pm Theory: Thurs. 10:00am - 2:00pm	Session 2 Tuesdays & Thursdays Clinical: Thurs. 7:30am-1:30pm Theory: Tues. 10:00am-2:00pm
Session 3 Mondays & Wednesdays Clinical: Mon. 7:20am-1:30pm Theory: Weds. 10:00am - 2:00pm	Session 4 Mondays & Wednesdays Clinical: Weds. 7:20am-1:30pm 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.


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

rev1.7.23



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:
 \$2400.00 per year
 (\$1200.00 per semester)
 Initial fee is due at Registration
 Second Installment: Mid December

Student Advisor
 Leslie Ochinnang, RDA
 leslie.ochinnang@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**

**March 3 [March Orientation](#)
 April 7 [April Orientation](#)**

Registration is May 5 (See the flyer).

**Dental Careers
 Mandatory Orientation Date and Sign up
 10:00-11:00 AM
 April 14 [April Orientation](#)**

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 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 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.

SALINAS Adult School
Learning for Life

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 FEE 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

Scan me

SalinasAdultSchool Salinasadulthood1 @SalinasAdultSch SalinasAdultSchool

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.

Next meetings/las proximas juntas:
February 28 at 10 AM and 7 PM. See your teacher for more information.

Hable con su maestro para más información.



Be a Student Tutor

Learn skills to help other students in our school and become a tutor. The Tutor/Paraprofessional training starts on February 28 and is in

Room Square 3 from 12:15-2:45.

School News

Take Your CASAS Test
See your teacher for more information.



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.

Help Our Community

Volunteers Needed

Big Sur Land Trust Ice Plant Pull Salinas River National Wildlife Refuge Starts at Parking lot at end of Neponset Rd., Salinas on March 3 from 1-4:30 PM

Help pull out ice plant to help preserve native animal species and pick up trash. Snacks provided.

Ven y ayuda a arrancar uña de gato para preservar animales nativos y recoger basura. Refrigerio disponible.

Alisal Clean Up/Limpieza de Alisal

Blue Zones & Amor Salinas

March 16 from 8:30-10 AM

523 E. Alisal St. (parking/estacionamiento)

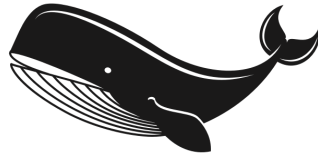
Coffee, snacks, & clean up. Bring gloves.

Café, refrigerio y limpieza. Traer guantes.

Volunteer for Whalefest in Monterey on March 18

or 19. For more information about this event go to page 24 of this newsletter or

www.whalefest.org . To volunteer, contact info@montereywharf.com or call 831.238.0777.



Salinas Soccer Complex Cleanup Limpieza del Complejo de Futbol de Salinas Blue Zone Project Event

March 28 from 4:30-6:00 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.

California State University Monterey Bay Habitat Stewardship Project Monterey Bay Big Sur Land Trust Planting Day at Carr Lake Salinas

**Día de plantación en Carr Lake
April 8 from 10 AM-1 PM**

Native plant planting at the future park next to our school off Las Positas Way near the Rodeo Market. Bring garden gloves and water if possible.

Día de plantación de plantas nativas en el parque del futuro a lado de nuestra escuela por Las Positas Way cerca del Rodeo Market. Traer sus propios guantes de jardín y agua si es posible. Registration/Inscripciones <https://bigsurlandtrust.org/event/community-planting-day-at-carr-lake-january-28/>

Feature Stories

Good Nutrition

By Marisol Santoyo

Over the course of time, it has been difficult to eat a good diet because we would like to know what kind of food is good nutrition for us. It is even harder to

understand when doctors or nutritionists talk using nutritional terms because those terms are unfamiliar to many of us. For example, they talk about amino acids, glucose, electrolytes, enzymes and other such things; however when they explain that these cause reactions in our bodies from everything we eat and drink, we understand more about the subject.

It is well known that there are many types of healthy eating. This is because there are different ways to succeed in either losing weight or just being healthy.

According to CSPI (The Center for Science for Public Interest) our health is a priority. In the USA, there is a high percentage of people who eat unhealthy food. Every year in the U.S. there are approximately 678,000 deaths related to unhealthy diets. It is because nutrition is not a priority to them. Obesity, heart disease, cancer, and diabetes type 1 and 2 are related to those deaths.

Obesity has increased by 100% in adults, 200% in children and 300% in adolescents over the last 30 years. This is because the majority of Americans eat saturated fat, sugar, and sodium and do not add fruit, vegetables, whole grains, calcium, and fiber. Healthy eating plate is going to show you what is good nutrition and a balanced diet.



Here is an example. Make your plate with four portions of healthy food. One portion is going to be 30% vegetables and another 20% fruit, the third portion is whole grains (25% of the plate) and the last portion is 25% in protein.

Vegetables and fruit should be the main part of your diet. Potatoes are not in the balanced diet because they cause a negative reaction to your blood sugar.

For protein, have nuts, fish, beans and chicken which can be prepared into delicious dishes with the vegetables. Add to your plate whole grains such as whole wheat, barley, brown rice, oats, and quinoa, but do not mix in white rice and other refined grains because of their effect on blood sugar. Small amounts of vegetable oils like canola, olive, corn and peanut are healthy for your nutrition too.

Read the ingredients on packages to see if the food is healthy. Avoid sugary drinks and alcoholic beverages that make us have a higher risk of getting disease.

My family and I started a healthy diet because my husband was diagnosed with diabetes type 2. He was hospitalized with high blood sugar. This disease was related to our ignorance that we had bad eating habits. However, in some programs about healthy nutrition, we were encouraged about our diet. In fact we were guided by a nutritionist. This showed us about good nutrition. We are not a perfect family eating healthy food all the time, but we are now aware of what is good and bad for us.

Our purpose in life is to be happy. For this reason, our family should be our priority in life. We should be responsible with our conduct, lifestyle and healthy habits, and take care of ourselves and loved ones.

Infant Nutrition

By Magaly Martinez



How do you want to feed your new baby? It is an important decision for parents.

Sometimes both parents work and it is difficult to breastfeed a new baby. In all parts of the world, it is very important for new parents to decide the

best milk for a newborn.

First of all, babies need special nutrients and vitamins that should come from milk, for example, vitamins D, E, A, C, B6, and B12. Those vitamins will help the baby grow healthy. Not all brands of milk are good.

Babies are different in their development, but many suffer from reflux or stomach pain. Some babies who drink formula only, get more problems from viruses. Doctors should be changing the kind of milk babies drink often.

Please carefully look for milk for a new baby. Ask your doctor for a brand of milk that is good for babies. Some of the milk contains a lot of sugar which is bad for babies.

The nutrition of a baby is one of the most important choices for a new mom. Breastfeeding is most recommended by pediatricians because breast milk contains vitamins and minerals that a baby needs for his brain and body development. Also, babies who have been breastfed do not have reflux and suffer fewer stomach problems.

Many moms are deficient in vitamin D. That is why when a new mom chooses to breastfeed only, a new baby needs to take vitamin D. This will ensure healthy bones for the infant.

Finally, infants who do not receive breastmilk should receive an iron-fortified formula. This kind of milk has nutrients that help the baby grow healthy.

Athlete Nutrition

By Frank Tuapanta

If you are a soccer player or you like to play soccer, here is some advice to help with your nutrition. Parents are always asking what is the best nutrition for their children and what they need to eat for their diet. There are many questions about how to help athletic people too.

In general, everybody has a different immune system, so it is best to start eating healthy food and balancing the support of your body when you are young.

What to Eat When

Many people have no idea what to eat before playing a sport. For coaches and parents that is a hard question to answer because children and young people don't have the discipline necessary for proper eating. Because of that, I assume they must have a routine before starting to play.

In my personal opinion, food and hydration are the most important start for a good soccer player.



<https://www.maxpixel.net/Plate-Meal-Fish-Dish-Seafood-Food-Salmon-518032>

Chicken, salmon, quinoa, potatoes, vegetables and fruit are some examples of what soccer players should eat.

Soccer players choosing to eat more healthy fats and less carbohydrates and protein for their pre-game, also should be hydrated every moment.



<https://www.maxpixel.net/Human-Body-Water-Drink-Bottle-Hydration-5767178>

Role of Water

By Eduardo Lucas

Water does not have a nutrition factor of its own; however it plays a major role in how your body works. It distributes nutrients and oxygen to the cells. It does other important functions including regulating body temperature, eliminating waste, and aiding brain functions. Also, by breathing, sweating, and urinating, the body constantly eliminates water. It's difficult to stress how beneficial water is to your overall health. In fact, body weight is composed of 70% water. Therefore, since your body can't produce water, it's important to drink water.

There is a saying that "eight glasses of water daily" is all we need. However, the Nutrition Academy of Medicine suggests an adequate intake ranging from 13 cups and 9 cups for healthy men and women daily is needed. It's also estimated that 20% of your intake comes from vegetables rich in water, for example: Lettuce, leafy greens, cucumbers, bell peppers, and celery. However, if you perform any physical activities or the temperature outdoors increases, the intake of water should increase to avoid dehydration.

What happens when we don't drink water?

When your body does not receive enough water, this can lead to dehydration and health problems. There are several factors that cause dehydration including not drinking enough water;

increased sweating due to hot weather, humidity, exercise, or fevers. However, elderly and newborns are more vulnerable to dehydration especially when they fall ill and most of the time have fevers and diarrhea.

When experiencing a mild to severe dehydration, health conditions appear. Some examples are kidney stones, urinary tract concerns, as well as a lack of physical and mental performance. Other times, it can result in a number of complications including swelling in the brain, kidney failure, seizures, and eventually lead to death.

We all know someone who no matter what, won't drink water. Luckily there are a couple of tips to enhance your water jar. The following are some ideas you can apply, like adding slices of cucumber, mint leaves, or creating your own fruit ice cubes to flavor your water. It's also a good idea to have a water bottle on hand.

I personally carried a water bottle with me at all times, but let's face it, we all tend to forget them occasionally. For that reason, I ensure that I have spare water bottles in my car and backpack as a backup plan.

Finally, think for a minute what happens to a car without gas. Logically it won't run. Neither will your body without water.

Did You Know...

Drinks that contain alcohol, caffeine, or sugar dehydrate the body more than helping. Instead of drinking beer, energy drinks, soda, sweet tea, or even lemonade, try herb tea, milk, or water that contains slices of fruit.

Nutrition in Pregnancy and Fetal Development **By Marcela Martínez**



During pregnancy, the food which is eaten by mom is essential for proper development of the baby, but it could be dangerous too. Every woman should know about the best nutrition before, during, and after a pregnancy. There are two main reasons.

First, some foods can be safe for you but toxic for your baby. Some foodborne infections can pass the placenta and infect the fetus too. For example, consuming of unpasteurized milk (in Mexico is known as "leche bronca") or food made with this milk, as well as unwashed raw fruits and vegetables can produce listeriosis, and this infection can cause a baby to be born before time (prematurely) or the baby can die in the womb or after the delivery. Another food that you should avoid is raw food (especially meats, fish, poultry, and eggs) because toxoplasma parasites can infect and produce brain and eye damage in babies.

Second, something interesting is that the foods and nutrients that are consumed during pregnancy can affect the health of the babies and continue to affect them during childhood and even into adult life. Undernutrition during the early stages of fetal development may predispose the baby to adult diseases like obesity, diabetes, hypertension, and have other metabolic, immune and endocrine effects.

The nutrition during pregnancy is more important than we know. Everyone should know about what is the best food for the health of the mom, baby and the future adult.

Nutrition for Beauty

By Widji Setyani

Beauty is everyone's dream, especially for women. Beauty from within can radiate through personality, while external beauty is influenced by special factors such as care and from the food that is usually consumed.



Health and beauty of the skin is supported by several things including by consuming a balanced diet. Having a habit of drinking water can maintain skin elasticity. Adequate sleep also affects skin health. Exercise and a positive attitude also contribute to optimal skin health.

Food also plays an important role for the beauty of our body and skin. Of course, foods contain nutrients that can be obtained from protein, carbohydrates, fats, minerals, water, and fiber. Some include vegetables, fruit, nuts, and seeds.

Here are some examples of foods that contain certain vitamins and minerals: vitamin A (salmon, milk, spinach, carrots, tomatoes, melons, sweet potatoes, cheese), vitamin E (broccoli, avocado, almonds, olive oil), vitamin C (guava, oranges, kale, papaya) and zinc (meat, eggs, seafood, liver, and wheat). It is important for us to ensure that our body's nutritional intake is met in a balanced way by consuming foods rich in antioxidants too.

Cholesterol

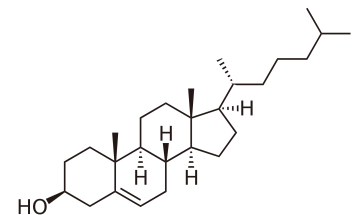
By Hyejung Jung

High cholesterol can give you a risk of heart attack. To avoid or prevent bad cholesterol, you need to know about cholesterol.

There are two types of cholesterol that we need to understand. They are LDL and HDL. LDL is bad cholesterol that stands for low-density lipoprotein, and HDL is good cholesterol that stands for high-density lipoprotein.

If HDL cholesterol is high, it can lower risk of heart attack and stroke. In order to prevent heart diseases, you need to know how to avoid bad cholesterol in food.

Cholesterol comes from two sources. Your liver makes cholesterol. The other source is the food that you are eating. Some foods that contain fish oil and also green leafy vegetables provide good cholesterol.



Bad cholesterol comes from red meat, poultry and dairy products and some tropical oil such as palm and coconut oils. These foods contain saturated fat and trans fats that are bad for your heart.

As we learned, bad cholesterol is causing our bodies to be in danger. Try to avoid eating high cholesterol foods. Exercise regularly too for a healthy and happy life.

Keto Diet

By Esmeralda Meza

The keto diet became a very popular diet in the U.S. with a lot of great results among Americans. These are the keto diet foods you should eat and avoid.

Try to eat keto-friendly foods that have low carbs, and also fish, cheese and vegetables. Foods you should not eat are bread, pastas, rice, sodas, candies and cake. However, keto-friendly foods can help you lose weight and feel healthy without counting carbs. Try to avoid fruits with high sugar like mangoes. You can also do a vegetarian keto with fruits and vegetables.

You should also do meal planning and meal prepping. This helps you with your daily breakfast, lunch and dinner.

Some alcohol is permitted in the keto diet like hard seltzers. A lot of beer drinking is not permitted or alcohols like tequila. Remember that alcohol is considered extra calories. Alcohol contains high grams of sugar too.

Health



How to Avoid Foodborne Infections During Pregnancy By Marcela Martinez

Foodborne infections during pregnancy can be dangerous; therefore the following recommendations can help you prevent them.

- Hygiene: Wash your hands frequently and keep your dishes, utensils, and food preparation surfaces such as cutting boards that come in contact with raw meat clean.
- Raw Food: Consume only meats, fish, poultry, and eggs that are fully cooked.
- Milk: Avoid unpasteurized milk or food made with this milk. Don't drink unpasteurized juice or cider.
- Fruit and vegetables: Wash fruit and vegetables thoroughly for 30 seconds under running water before eating them.
- Fish: Avoid eating shark, marlin, swordfish, king mackerel, orange roughy, tilefish or bigeye tuna. They contain high levels of mercury.
- Deli Meats: Avoid hot dogs, sausages and smoked seafood unless they are cooked.
- Raw Sprouts: Bacteria can get into sprout seeds and it is impossible to wash it out. Avoid eating alfalfa, radish, clover and mung beans.
- Liver: Avoid liver or liver-based foods.
- Prohibited Substances: Alcohol, cigarettes, and drugs are prohibited during pregnancy and breastfeeding.

Remember, the best tool is to prevent infections.

Noticias de Salud

por Marcela Martinez

Cómo Evitar las Infecciones Transmitidas por los Alimentos Durante el Embarazo

Las infecciones transmitidas por los alimentos pueden ser peligrosas durante el embarazo, las siguientes recomendaciones pueden ayudarte a prevenirlas:

- **Higiene:** Lava frecuentemente tus manos. También lava y mantén limpios platos, utensilios, superficies donde preparas los alimentos, y tablas de picar que entren en contacto con carne cruda.
- **Alimentos Crudos:** Consume solo carnes, pescados, aves y huevos, que estén completamente cocidos.
- **Leche:** Evite la leche sin pasteurizar o los alimentos elaborados con esta leche, comúnmente conocida como leche bronca. Tampoco consumas jugos o cidra no pasteurizada.
- **Frutas y verduras:** Durante 30 segundos enjuague bien con agua antes de comer.
- **Pescado:** Evita comer tiburón, marlín, pez espada, caballa gigante, reloj anaranjado, blanquillo o atún patudo. Estos contienen altos niveles de mercurio.
- **Embutidos:** Evita los hot dogs, salchichas y los mariscos ahumados, puedes comerlos únicamente si están cocinados.
- **Semillas crudas:** Las bacterias pueden entrar en las semillas de algunos alimentos y son imposibles de eliminarlas con el lavado. Evite comer alfalfa, rábano, trébol y frijol mung.
- **Hígado:** Evite el hígado o los alimentos a base de hígado.
- El alcohol, el cigarrillo y las drogas están prohibidos durante el embarazo y la lactancia.

Recuerda, la mejor herramienta es prevenir.

¡GRATIS!

CLASES PARA ADULTOS

- INGLÉS COMO SEGUNDO IDIOMA (ESL)**
Clases de inglés básico, intermedio y avanzado. Mejore sus habilidades del idioma inglés en lectura, escritura, comprensión auditiva y expresión oral.
- HSD/HISET/GED**
Perfeccione sus habilidades de lectura, escritura y matemáticas. Obtenga su diploma de preparatoria. Prepárese para las clases de GED y HISET.
- COMPUTACIÓN**
Las clases de computación incluyen Microsoft Word, Excel, PowerPoint, Access; Habilidades para la evaluación de alfabetización digital de Northstar y uso básico de computación.
- CIUDADANÍA**
Este curso lo preparará para pasar su entrevista de ciudadanía. Practicará las 100 preguntas de educación cívica, vocabulario de ciudadanía y preguntas N-400.
- CENTRO DE PADRES** Clases de papá
Ofrece a los padres y cuidadores información para nutrir a los niños en un entorno positivo, saludable y amoroso. Desde el embarazo hasta que su hijo/hija entre al kinder, tenemos una clase para apoyar a los padres en el camino.

¡Visite nuestro sitio web!

Scan me

LLÁMENOS HOY 831-796-6900
EXT. 1372 / 1373, 831-287-9577

SalinasAdultSchool Salinasadultschool1 @SalinasAdultSch SalinasAdultSchool

SALINAS Adult School
Learning for Life

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

¡Visite nuestro sitio web!

Scan me

To start class go to Square 3

SalinasAdultSchool Salinasadultschool1 @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 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@salinasuhdsd.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, financial aid assistance, 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 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.

Hable 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.

Testing Center Dates

Paraeducator Test

Mondays, March 6 & 20 at 2 PM

HiSET Testing

Tuesdays, March 7 & 21
at 8:30 AM & 12:30 PM

Thursdays, March 9 & 23 at 5:30 PM

Fridays, March 10 & 24 at 8:30 AM

Pearson Vue Testing

Tuesdays, March 14 & 28
at 8:30 AM & 12:45 PM

Thursdays, March 2 & 16 at 5:15 PM

Fridays, March 3 & 17 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.salinasuhd.org/Domain/19>. or our Facebook, Instagram or TikTok pages. For information about the school district see <https://www.salinasuhd.org> .



THE PARENT CENTER

PARENT-CHILD ACTIVITY CLASSES

You and your child can join other parents and children to learn about a variety of parenting topics while playing, singing, and connecting with others. These groups meet once a week and are divided up according to your child's age. Children can attend with a parent, grandparent, or any other care provider. Teachers have fun and engaging activities, including art and music, planned each week. Join at any time!

	Your Baby's First Year • Wednesday 9:00 am • Age: Birth- 1 year	<p>You may register in person at the Salinas Adult School or online at www.SalinasParentCenter.org 20 Sherwood Place, Salinas, CA 93906 Questions call 796-6900 ext 1366</p> 
	Movers and Shakers Tuesdays 9:00am Age: 12-24 months	
	Exploring Times • Thursdays 9am • Age: 24-36 months	
	Partners in Play • Thursdays at 9am • Age: 3 -5 years	
	The Family Garden • Fridays 10am • Age: 2-5 years	



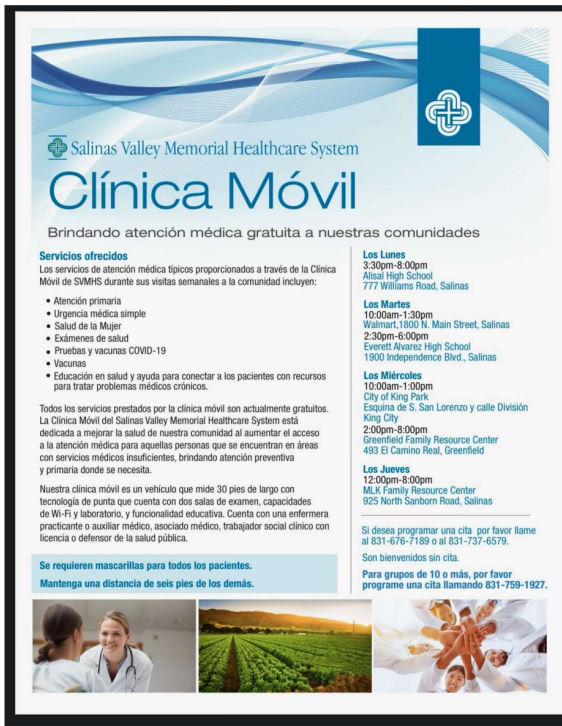
Go to the Parent Center's website for more information about all that the center offers and to register for classes. www.salinasparentcenter.org

COMMUNITY RESOURCES

2-1-1

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

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



Salinas Valley Memorial Healthcare System
Clíника 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, 1800 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 831-676-7189 o al 831-737-6579.
Son bienvenidos sin cita.
Para grupos de 10 o más, por favor programe una cita llamando 831-759-1927.

COVID-19 Vaccines & Test Vacunas y pruebas

www.montereycountyvaccines.com

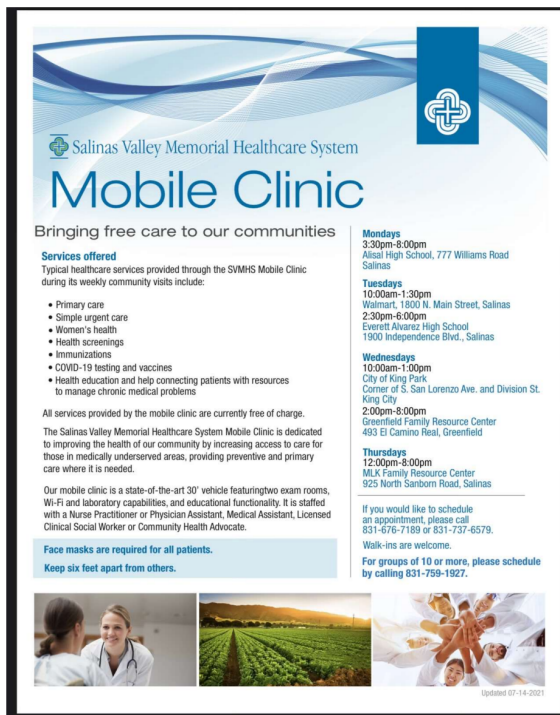
Monkeypox Information

www.co.monterey.ca.us/government/departments-a-h/health/diseases/monkeypox

**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.



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.

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

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

Wednesdays
10:00am-1:00pm
City of King Park
Corner of S. San Lorenzo Ave. and Division St.
King City
2:00pm-8:00pm
Greenfield Family Resource Center
493 El Camino Real, Greenfield

Thursdays
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 831-737-6579.
Walk-ins are welcome.
For groups of 10 or more, please schedule by calling 831-759-1927.

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.

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/>

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

CATHOLIC CHARITIES DIOCESE OF MONTEREY
SERVICES DURING COVID-19

FAMILY SUPPORT SERVICES	IMMIGRATION	
<p style="text-align: center; margin: 0;">OUR SERVICES (ASSISTANCE VIA PHONE OR EMAIL)</p> <p style="text-align: center; margin: 0;">NUTRITION CLASSES AND PHYSICAL ACTIVITY (FOR MORE INFORMATION CALL OR TEXT 831-233-3303)</p> <p style="text-align: center; margin: 0;">CALFRESH (FOOD STAMPS)</p> <p style="text-align: center; margin: 0;">MEDI-CAL</p> <p style="text-align: center; margin: 0;">FIRE RELIEF PROGRAM (FOR MORE INFORMATION CALL 831-920-4764)</p> <p style="text-align: center; margin: 0;">RENTAL ASSISTANCE (LIMITED FUNDING) • LIMIT ONE TIME ASSISTANCE PER HOUSEHOLD</p> <p style="text-align: center; margin: 0;">FUNERAL ASSISTANCE (COVID-19 Related) Monterey County</p>	<p style="text-align: center; margin: 0;">OUR SERVICES</p> <ul style="list-style-type: none"> • CONSULTATIONS • DACA • N-400 (CITIZENSHIP) • I-90 (LPR RENEWAL APP) • U-VISA (VICTIM OF CRIME) • I-130 (FAMILY PETITION) • WAIVERS (PARDONS) 	<p style="text-align: center; margin: 0;">CONSULTATIONS</p> <ul style="list-style-type: none"> • APPOINTMENTS VIA ZOOM OR TELEPHONE WITH LAWYER JERALNE EDWARDS OR WITH IMMIGRATION SPECIALIST.

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

CARIDADES CATOLICAS DIOCESIS DE MONTEREY
SERVICIOS DURANTE COVID-19

APOYO A LA FAMILIA	INMIGRACION	
<p style="text-align: center; margin: 0;">NUESTROS SERVICIOS (CITAS VIA TELEFONO O CORREO ELECTRONICO)</p> <p style="text-align: center; margin: 0;">CLASES DE NUTRICION Y ACTIVIDAD FISICA (PARA MAS INFORMACION LLAME O TEXTEE AL 831-233-3303)</p> <p style="text-align: center; margin: 0;">CALFRESH (ESTAMPILLAS)</p> <p style="text-align: center; margin: 0;">MEDI-CAL</p> <p style="text-align: center; margin: 0;">ASISTENCIA DE ALIVIO DE FUEGO (PARA MAS INFORMACION LLAME 831-920-4764)</p> <p style="text-align: center; margin: 0;">ASISTENCIA DE RENTA (FONDOS LIMITADOS) • Asistencia de solo una vez (por hogar)</p> <p style="text-align: center; margin: 0;">ASISTENCIA DE FUNERES (Atribuyo a COVID-19) • Condado de Monterey</p>	<p style="text-align: center; margin: 0;">NUESTROS SERVICIOS</p> <ul style="list-style-type: none"> • CONSULTAS • DACA • N-400 (CUIDADANIA) • I-90 (RENOVAR MICA) • U-VISA (VICTMA DE UN CRIMEN) • I-130 (PETICION FAMILIAR) • WAIVERS (PERDON) 	<p style="text-align: center; margin: 0;">CONSULTAS</p> <ul style="list-style-type: none"> • CITAS VIA ZOOM O POR TELEFONO CON LA ABOGADA JERALNE EDWARDS O CON ESPECIALISTAS DE CASOS DE INMIGRACION

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

Alliance on Aging
Call 831-758-4011 for more information.
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

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

Monterey Bay Aquarium

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

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 for information on the qualifications.



Go to the Parks Free

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

CAREER PREPARATION Salinas Adult School

Classes

See page 17 for information

Tests

See page 20 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.

Salinas Union High School District Job Fair

Presidio of Monterey CPR Class

Stillwell Center Conference Room
4260 Gigling Rd., Seaside

March 9 or April 21 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

CPR/AED Class

Salinas Valley Memorial Hospital
611 Abbott St., Ste. 201

March 11 from 8:00 AM-12:00 PM \$75 add a first
aid class from 1-4 PM for \$35 (the same day).

April 15 from 8:00 AM-12:00 PM \$75 add a first
aid class from 1-4 PM for \$35 (the same day).

Information available at 759-1890. Register for
either day at svmh.com/events-classes.

Monterey County STEM Talent Expo

Hartnell College

Willard Lewallen STEM Center **Free**

March 22 from 1:30-4:30 PM

Students and community members who are interested in STEM careers or education will meet Science, Technology, Engineering, and Math leaders to get information about education and employment opportunities. For information and registration go to

<https://mcstemtalentexpo.com>

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>

Monterey Peninsula College-MPC

Law Enforcement

PELLETB Exam **\$12 + fees**

South Bay Regional at MPC

**2642 Colonel Durham Street,
Seaside, CA**

March 20 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 or (831) 646-4058.

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

State of the City of Salinas Address

Sherwood Hall 940 N. Main St,
February 28 from 6-7:30 PM Doors open at 5:30
Learn about the services and projects of the city. Spanish translation, childcare & food available. Reserve your space at tinyurl.com/SalinasSOC

Recibir información sobre los servicios y proyectos de la ciudad de Salinas.

Traducción al español, cuidado de niños y comida disponible.

Reserva tu espacio en tinyurl.com/SalinasSOC

Breastfeeding Made Easy

Salinas Valley Memorial Hospital \$
One-day Zoom class. Choose from February 25 or March 18 from 9 AM-12:30 PM.
Price per couple for one day: \$20; \$15 for students taking the SVMH Childbirth class; \$7 MCSIG; free for SVMH employees.
Register at svmh.com/events-classes .

Childbirth Preparation (Lamaze) \$ **Salinas Valley Memorial Hospital**

Zoom Series--You must attend all of the sessions in the series that you choose:
March Series: March 1, 8, 15, 22, and 29 from 6:30-9:30 PM.
April Series: April 15 & 22 from 9 AM-4 PM
May Series: May 3, 10, 17, 24, and 31 from 6:30-9:30 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 .

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.

Transition from Early Start to Preschool for Special Kids
February 27 or April 3 from 5-6 PM on Zoom

Transición de inicio temprano a preescolar para niños con necesidades especiales de Special Kids Connect
el 1 de marzo o abril 5 desde 5-6 PM por Zoom

A Guide to the IEP Process
March 20 from 7-8:30 PM or April 13 from 10-11:30 AM on Zoom

Una guía rápida para el IEP y el proceso de educación especial
el 21 de marzo o abril 11 desde 7-8:30 PM por Zoom

Free Family Fun Day--Treasure Trove

Monterey Museum of Art 559 Pacific St.
March 4 from 11 AM-3 PM
Museum is open for free and the afternoon will focus on California Art. You can make shadow boxes, watercolor paint, and other activities.

Oscar Movie Week (See Cinemark)
Northridge Cinemas (Starting March 6)

Healthy Living Series Free
Community Hospital of the Monterey Peninsula Presents

Preventing Diabetes

John Steinbeck Library Salinas
March 7 at 3:00 PM

La Prevención de Diabetes

Cesar Chavez Library
el 8 de marzo a las 11:45 AM

Healthy Mind, Healthy Body Cooking & Nutrition Class for Seniors Free

The HUB Alliance on Aging
236 Monterey St., Salinas
March 10 & 24 from 9:30-10:30 AM
This class shows how to take ordinary foods and prepare simple healthy beneficial dishes with them. Call 831-646-4931 or 831-646-5050 to register.

Seussical (Children's Play) \$ **Ariel Theater 320 Main St., Salinas**

March 10, 11, 16, 17, 18 at 7 PM
March 11, 18 at 2 PM
Adults: \$13, Children 3012 \$9; Seniors, Students, Military \$11
Ticket fee \$1.50/ticket
Madcap story with Dr. Seuss characters showing that young people are important.

Walk with a Doc Free
Salinas Valley Memorial Hospital
Fort Ord Badger Hills Trailhead (across from the Toro Cafe on Hwy 68)
March 11 from 9-10 AM
Dr. Tardieu--Orthopedic Surgeon presents
Topic: Joint Replacement Therapy

Whalefest Monterey **Free**
Custom House Plaza, Old Fisherman's Wharf, and Heritage Harbor
March 18-19 from 11 AM- 5PM
Activities include a symposium (presentations & research) by well-known marine experts, live music, interactive exhibits, ocean photography, boat displays, a whale model (on Sunday), family games and activities, learning about whales, sea otters, dolphins, and sea birds, and wharf tours (1:00 and 2:30). For specific schedules of the festival events go to www.whalefest.org or www.montereywharf.com . You can also pay to take whale watching tours or other boat trips (some discounts available during the festival).

ASL Game Day
DHHSC Central Coast
March 18 from 3-5 PM
Starbucks 1363 N. Davis Rd., Salinas
Bring games to play.

U.S. Navy Band Sea Chanters (Choir)
Monterey Conference Center **Free**
1 Portola Plaza, Monterey
March 19 from 3:30-5:00
This official Navy choir sings choral, patriotic, chanteys, Broadway, opera, and contemporary songs. [Reserve your free tickets](#)

Age Well Drive Smart **Free**
The HUB Alliance on Aging
236 Monterey St., Salinas
March 22 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 22 de marzo 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.

Spring Fling **Free**
Cesar Chavez Library
March 29 from 1-3:00 PM
A children's crafts and activities event to start spring.

ONGOING EVENTS

First Friday Art Walk
March 3 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
March 4 & 5 from 10 AM-4 PM **Free**
Near Salinas Amtrak Station
Railroad dioramas of Monterey County railroads. You must wear a mask.

West Coast Songwriters Competition
Downtown Book & Sound
213 Main St., Salinas
March 16 from 7-9:00 PM
Local musical professionals judge best performance and best song from those in the competition. Public welcome.

Monterey Peninsula Regional Parks Activities Guide
Nature activities, hikes, photography, volunteer opportunities, events and other activities for children, youth, adults, and families from fall 2022 through winter 2023.
https://www.mprpd.org/files/25e0a2f1a/FINAL_LGO22-23+Fall-Winter-R14.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.

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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!

