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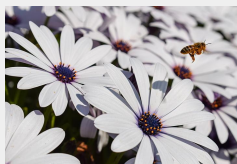
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Read our Ecosystem stories on pages 8-14.

No School

Spring Break  
March 27-31



April 25  
Student Council Meetings  
10 AM & 7 PM



Cesar Chavez Holiday  
April 10



It is  
CASAS Test time.  
See your teacher for  
more information.

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.




**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.

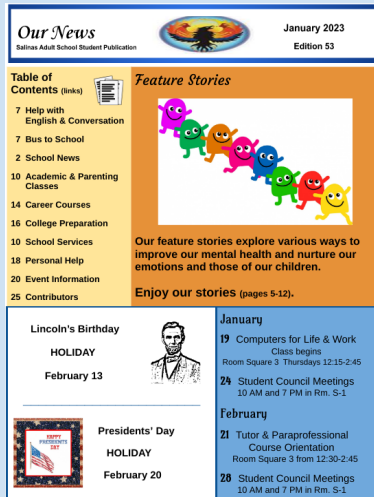
¿Quiere ayuda con su inglés?  
¿Necesita mejorar sus habilidades en matemáticas básicas?  
¿Quiere ayuda con álgebra?  
¿Le interesa practicar conversación?  
¿Quiere ayuda con ciencias naturales?  
Somos estudiantes y tutores y podemos ayudar.



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



## 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  
 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

### 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 148**  
**NEW DATE ADDED - Friday, 5/26 10:00am - 2:00pm ROP Room 148**

#### FALL SCHEDULE

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

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




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## 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**  
**April 7 [April Orientation](#)**  
**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**  
**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](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.

**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** 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**

Scan me

SalinasAdultSchool Salinasadulthood1 @SalinasAdultSch SalinasAdultSchool



## 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.

## Help Our Community

### Volunteers Needed

#### 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

**Dia 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/>

## 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.

**Earth Day Cleanup**  
**Limpieza del Día de la Tierra**  
**Blue Zone Project Event**  
**Tatum's Garden 1 Maryal Dr.**  
**April 15 from 8:30-11:00 AM**

Protect yourself from the sun and bring water. Bring plastic gloves and garden tools if you have them too. Clean-up activities include cleaning the playground and park and pulling weeds.

Protegerse del sol y traer agua. Si los tienen, traer guantes de plástico y herramientas del jardín. La limpieza incluye limpiar el parque, lavar y sanitas las estructuras del parque y sacar hierbas.

Enjoy Earth Day activities from 11:30 AM-2 PM

Disfruta de las actividades del Día de la Tierra 11:30 AM-2 PM.

**Tree Planting**  
**Habitat Stewardship Project**  
**CSUMB north of parking lot 59 near**  
**7th Ave. and A St.**  
**April 20 from 2:30-4:30 PM**

Planting trees on campus. Part of planting 2,030 trees by the year 2030. Bring water and dress in layers. [Register](#)

## ***The Ecosystem***

The ecosystem is made up of all of the living things around us and the elements that they need for successful living. There are several ecosystems that are part of the larger one. Inside of each one of those are smaller communities of animals and the plants and other natural features that they need to survive.

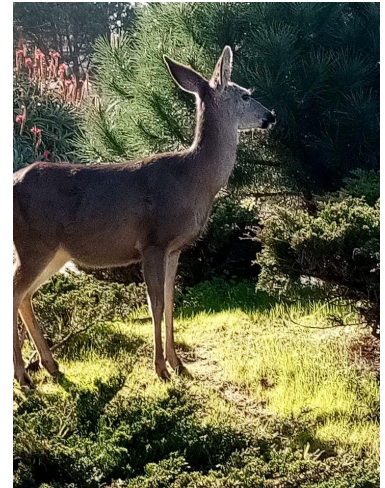
We can help our planet by doing things like volunteering in events like we see in our volunteer section and also by following the suggestions that you find in some of our stories.

## Ecosystems Around the Globe

By Maximina Perez

In the world there are various ecosystems. Here I'm referring to natural ecosystems that are aquatic and terrestrial. An ecosystem is a group of organisms that are complex, and also work together in the environment. Here are some examples of ecosystems.

The tundra ecosystems are in the lower latitudes of polar areas. Because of this, they are frozen for most of the year. For that reason, the plants don't grow much, and the flora and fauna are limited. The survival of animals is tough in those places.



The desert ecosystems cover almost 17% of the earth's surface. There is a lot of heat in those places, and there is almost no water. That is why there aren't many animals and insects. The flora and fauna is very scarce.

The savannas are different from the desert ecosystems, although they have dry climatic conditions too. The savannas get more rainfall which supports the flora and fauna. This is good for the animals because they have more to eat.

The grassland ecosystems are dominated by grass. In those places, a variety of grazing animals and some carnivores live. Trees are scarce in those ecosystems.

There are different forest ecosystems. They are based on climatic conditions like tropical, boreal and others. Those ecosystems are very rich in all aspects. There are a variety of flora, fauna, trees, animals, insects, and microscopic organisms. The forest ecosystem is also full of lush green landscape. In tropical forests, the rain is more abundant.

Mountain ecosystems are full with a variety of vegetation and animals; however survival is difficult due to alpine vegetation. Animals who live in those high ecosystem altitudes are covered with thick fur to protect them from extreme cold. Some of them spend the winter in a resting state. Life in those places is vulnerable because of natural calamities.

The ocean ecosystems, also known as marine ecosystems cover 71% of the earth's surface. Those ecosystems play a key role in regulating many of the earth's systems, including climate, and they are also the most sensitive and vulnerable ecosystems to global change. The aquatic organisms that are part of the marine ecosystems are uncountable.

The freshwater ecosystems are another type of ecosystem and they cover 8% of the earth's surface, counting all the glaciers. There are two types of these systems: the lentic, stagnant water bodies such as lakes and ponds, and the lotic which are flowing water bodies. The fast flowing water has more dissolved oxygen in it that supports a significant biodiversity.

All ecosystems are very essential in order to create a balance in the environment. We humans must repair what we have destroyed to preserve that balance.

## Coral Reefs

By Magaly Martinez



The coral reef ecosystem is one of the most important ecosystems in the world because it is the house of more than 4,000 species of fish and a million other kinds of animals. They are able to hold more species than any other marine environment.

The coral is made of thin layers. Those layers are composed of calcium carbonate and as the time goes by they become polyps. Polyps are very small and the biggest that they can grow is around a foot.

The reef ecosystems are located in many parts of the world, for example, in Australia, the Philippines, Maldives, and Indonesia. The reef ecosystem has been affected by global warming. Coral cannot live in hot water. If the temperature is still increasing over time, coral reefs can disappear because they will die.

Coral reefs are very important to our planet because they are the support of fisheries.



Some cities depend on coral reefs for a living. Most of those cities that have coral reefs receive a lot of tourist money, so many people will lose their jobs if the coral reefs die.

Additionally, coral reefs are the key to developing new drugs that may cure cancer, arthritis, and other diseases. If we lose them, we will lose the opportunity to develop new medicines for those diseases.

We can preserve the coral reefs by taking care of them, not touching them, not fishing too much, and trying not to use chemicals because all pollutants from the land arrive in the ocean in some way.

## The Rainforest

By Esmeralda Meza



A rainforest is a thickly populated tree dominated area and there's a lot of rainfall. The rainforest is the oldest living ecosystem. The rainforest is important because it creates oxygen. It creates 20% of our

oxygen and it absorbs as much as 20% carbon dioxide emitted by people.

However, if they cut down the rainforest, then our oxygen supply will dwindle as is happening at this time. There are three layers in any rainforest and in these layers there are plants, animals, and constant rainfalls. In the forest biomes, there are three temperatures, tropical, boreal, and taiga.

Biomes are in different climates. The rainforest has about 40% to 75% of the world's animal and plant species. Rainforests are all over the world. They are great places to visit and learn about what lives and grows in the forest. The largest rainforest is the Amazon. It's filled with a lot of plants and animals to help the ecosystem.

The second largest rainforest is in Central Africa. People can help preserve the rainforest. The rainforest needs help by people controlling pollution. I believe we can all help to preserve the forest. We can do research on how to maintain the ecosystem in the rainforest. The rainforest is also home to about 80% of the world's food. It's filled with different types of fruits and it has waterfalls. About 25% of medicine knowledge comes from the rainforest. The rainforest supplies a lot for mankind.

## Water's Role

By Widji Setyani

Water is essential for life. Water moves and changes often, just like children. Each drop takes its own unique path. There are many creative ways that water moves and changes over the seasons.



Water is everywhere. Water covers 71% of the Earth's surface. Earth is a mostly blue planet made up of seas, oceans, lakes, and rivers. Water covers about three-quarters of our world, but not all of Earth's water lies on the surface. Water is also in the air and ground, and inside of all living things-including us.

In fact, people can only drink way less than 1% of the water on Earth.

Water is a source of life. Water is one of the most important basic needs for humans and the environment. Without water, humans cannot survive. Water is a natural resource that is processed and used to meet human needs because almost all activities carried out by humans require water. Here are some examples of uses of water such as for cooking rice, washing vegetables and fruits, washing cars, watering flowers and gardens, and for drinking by humans as well as animals. In our cities and fields, we send

water where we want it to go through pipes that take it to wherever we need it next.

Here is an example of how water is used. Water is a necessity for living things on Earth such as humans, animals and plants which are very dependent on water. It makes up 70 percent of any living thing. Photosynthesis in plants and digestion in animals both rely on water. Water even goes through our own bodies and once recycled is used by other living things.

Water is used too in transportation, generation of energy, and for agriculture. Precious and versatile water--Let's not waste it !

## Trees

By Eduardo Lucas

When you go for a walk in the park, forest, or just outside your home, we see lots of trees just standing there and we think that they don't do much other than provide shade on sunny days; however, that's not the only thing they do. As a matter of fact, trees do much more than that. People tend to call them the "Earth's lungs. You might be asking yourself why and how. It is because through the process of photosynthesis, trees provide oxygen.

First, they collect carbon dioxide from cars, volcanic eruptions, animals, greenhouse gases and even ourselves. Then, in the process of photosynthesis, they release oxygen to the planet. This makes the earth habitable for all living things. This means trees play a major role in the ecosystem. Day and night trees are absorbing CO<sub>2</sub>; this is food for trees. The larger the tree, the

more it collects. This is a big task if you ask me.

Trees improve water quality and reduce flooding. Their roots hold soil in place reducing erosion. A good example is when we have storms. The roots of trees reduce runoff into sewers, streams, and rivers improving water quality. Nevertheless, trees lower air temperature and humidity. They can also influence wind speed by 9% when they sway.

Finally, trees improve our health. Research demonstrated that exposure to trees has a relaxing effect on humans, reducing stress and anxiety. Another role of trees is to provide a home to animals for example birds, owls, and squirrels.

We should stop deforestation (the action of clearing a wide area of trees) because if we don't, the earth will contain high levels of carbon dioxide meaning that the air would be contaminated and not breathable. Temperatures will rise making the planet dry and hotter. So, instead plant a tree to make a change for a better habitable planet for us and future generations to come.



## Plant a Tree

See page 8 for how you can volunteer to plant trees.

## How We Are Destroying the Ecosystem

By Marisol Santoyo

An ecosystem is a biological community in their own environment. These living things are the earth, climate, animals, soil, sun, weather and atmosphere.

How are humans affecting ecosystems? First of all, there are a large number of people that are living on this planet, 7 billion, contributing to our ecosystems and affecting them by our behavior.

For example, Every year we produce almost 300 million tons of plastic. In 2017, more than 8 million tons of plastic were dumped into the ocean. Wildlife has been dramatically affected by this plastic in the ocean. An example of this ecocide was a beached whale that died in Scotland because this whale consumed 9 pounds of plastic bags. They were tangled up in its digestive tract.

Humans have been impacting the climate dramatically because temperatures have been increasing globally. This means that some blooming regions will become deserts. Also in the Arctic, the temperature of ice lands and glaciers are melting and so this causes high levels of water in the ocean. If this increases, it will make more intense and prolonged droughts.

In fact, the greatest impact of global warming on the environment is carbon dioxide because burning fossil fuels and deforestation have been a critical problem to humans and animals. It is well known that felling trees kills ecosystems where different species live. Trees are the biggest producer of oxygen; however, we use a lot of wood to

build houses and products made of wood. Many of the problems come from making products that are derived from fossil fuels which cause air pollution. That pollution causes several diseases according to a new investigation by the Washington School of Medicine.

Our planet is where millions of species live including us. When are we going to stop mistreating it? Let's see the next generation fall in love with this beautiful planet.

## How Can You Help Make This World a Better Place for Our Environment?

Volunteer for a Clean Up--  
See pages 7 & 8 for how you can volunteer to clean up our city.

## Prenatal Exposure to Toxic Environmental Agents

By Marcela Martinez



Photo link in credits.

Environmental health science has studied the relation between the changes in the environment and their impact in life. The toxic environmental agents affect the health especially during pregnancy because when a pregnant woman is exposed to environmental chemicals and metals, these can cross the placenta and as a consequence can cause a fetal exposure.

During the reproductive period, this has serious consequences. Some researchers have shown the relation between toxic exposures and infertility in men and women, and complications during pregnancy like miscarriage, preterm birth, and low birth weight. In addition, children and adults can develop autism, attention deficit hyperactivity disorder, cancer, and hormonal disruptions in puberty, menstruation, and menopause.

Occupationally exposed populations have a risk of higher environmental exposures in the workplace. For instance, farmworkers who work in an environment with high levels of pesticides and other chemicals have higher blood levels of pesticides than other populations. It is worrying that children whose mothers worked in those situations have problems with brain development and it is because during the prenatal period and during early childhood, the brain has tremendous growth and maturation.

In conclusion, the exposure to toxic environmental agents has a high impact on health in all periods of life, but it is more dangerous during childhood and the prenatal period. If you have concerns about exposure in your workplace, you can contact the [Occupational Safety and Health Administration \(OSHA\)](#).

## Eco-Friendly Organic Gardening

By Hyejung Jung



Spring is the time to plant and take care of your organic garden beautifully so that you and your family can enjoy the fresh fruits and vegetables from your backyard without negative effects on your body.

Let's find out how to plant and grow vegetables and fruits successfully in an environmentally friendly way to the ecosystem. When you plant some things in your garden, try to plant and grow them organically.

As you are growing vegetables and fruits, do it as eco-friendly as possible so that it doesn't leave negative effects in the soil. Avoid using chemical soils in your garden that destroy eco-friendly natural gardens.

Try to reuse fertilizer from your food waste, such as coffee grounds, egg shells, leaves, grasses from your garden, and fruit scraps that are saved to reuse in your garden as a great natural source of nutrients in the soil. It also would be nice if you can save the rain water to use it on your garden.

I am so excited to grow vegetables and fruits in an eco-friendly way in my garden so that

we can enjoy fresh fruits and vegetables without traveling to the market and possibly harming our bodies.

Anytime you want some fresh vegetables just go to your backyard and pick them..how wonderful they are.

If you change your lifestyle to protect the soils, consider that others can make the earth's life longer and our next generation can enjoy more living on the earth. Start from very small things. This earth can go longer if we keep it beautiful.

## Health



Toxic Chemicals & How You Can Avoid Them

By Marcela Martinez

Chemicals are in all substances that are around us in the air, water, food and in general in all of the products that we use in our daily lives. These chemicals can be toxic when they produce damage in our bodies and in consequence affect our health.

During pregnancy, these toxic chemicals can be more dangerous because they can cause miscarriages, fetal defects, births before time, learning problems, and cancer in children.

Exposure to these agents can be avoided by following this advice:

- Food: Try to eat at home more frequently, use fresh food, and avoid fast food. Wash fruit and vegetables with water even if you can peel them.

- Heat up Food: Use glass or ceramic containers, avoid plastic containers or wrappers.
- Food Labeled: Choose food labeled as BPA-free and USDA organic.
- Hygiene: Wash your hands often, especially before cooking and eating; wash them with water and soap.
- Smoking: Avoid smoking and people who are smoking.
- Shoes: Try to take off or change your shoes before entering your home.
- Pets: Avoid killing fleas with collars and soaps and don't medicate your pet by yourself. Talk with your vet for healthy options.
- Ventilation: Keep your home well ventilated.
- Renovation: Follow security measures while painting or treating outdoor wood and avoid these activities during pregnancy and the breastfeeding period.

## NOTICIAS DE SALUD

### Químicos Tóxicos y Cómo Puede Evitarlos

Por **Marcela Martínez**

Los productos químicos son todas las sustancias que se encuentran a nuestro



alrededor en el aire, el agua, los alimentos y en general en todos los productos que utilizamos en nuestra vida diaria. Estos químicos pueden ser tóxicos, es decir pueden producir daño en nuestro organismo y afectar nuestra salud.

Durante el embarazo, estos químicos tóxicos puede ser más peligroso debido a que puede producir abortos espontáneos, defectos fetales, partos prematuros, así como problemas de aprendizaje y cáncer en los niños.

La exposición a estos agentes se puede evitar con los siguientes consejos:

- Comida: trata de comer en casa con más frecuencia, utiliza alimentos frescos y evita la comida rápida. Lava las frutas y verduras con agua, incluso si las vas a pelar.
- Calentar alimentos: para ello utiliza recipientes de vidrio o cerámica, evita envases o envoltorios de plástico.
- Alimentos etiquetados: elige alimentos etiquetados como libres de BPA y orgánicos USDA.
- Higiene: lávate las manos frecuentemente especialmente antes de cocinar y comer; lavalas con agua y jabón.
- Fumar: evita fumar y evita a las personas que fuman.
- Zapatos: trata de quitarse o cambiarse los zapatos antes de entrar a casa.
- Mascotas: evite matar las pulgas con collares, jabones o automedicar a tus mascotas; habla con tu veterinario para elegir opciones más saludables.
- Ventilación: mantén tu casa bien ventilada.
- Renovar: mantén las medidas de seguridad mientras pintas o tratas madera de exteriores, y evita estas actividades durante el embarazo y período de lactancia.

Image link in the credits.

**SALINAS Adult School**  
Learning for Life

**¡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 pago!*  
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 kínder, tenemos una clase para apoyar a los padres en el camino.

¡Visite nuestro sitio web!

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

Scan me

SalinasAdultSchool Salinasadulthood @SalinasAdultSch SalinasAdultSchool

**SALINAS Adult School**  
Learning for Life

**SUHS**

<p><b>Mondays</b> 12:15PM - 2:45PM <b>Writing &amp; Grammar</b> Sentence, paragraph, and essay structures. Individual and group grammar and writing practice activities.</p>	<p><b>Tuesdays</b> 12:15PM - 2:45PM <b>Tutor Class</b> 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 <b>Fridays</b> 12:15-2:45 <b>Pronunciation</b> Pronunciation of letters, sounds, syllables and words plus reading fluency.</p>	<p><b>Thursday</b> 12:15PM - 2:45PM <b>Digital Communication &amp; Conversation</b> Keyboarding and basic computer skills, office communication &amp; vocabulary, certificate preparation.</p>

Scan me

**To start class go to Square 3**

SalinasAdultSchool Salinasadulthood @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@salinasuhdsd.org](mailto: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, 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, April 3 & 17 at 2 PM

#### HiSET Testing

Tuesdays, April 11 & 25  
at 8:30 AM & 12:30 PM

Thursdays, April 13 & 27 at 5:30 PM

Fridays, April 14 & 28 at 8:30 AM

#### Pearson Vue Testing

Tuesdays, April 4 & 18  
at 8:30 AM & 12:45 PM

Thursdays, April 6 & 20 at 5:15 PM

Fridays, April 7 & 21 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>. on our Facebook, Instagram or TikTok pages. For information about the school district see <https://www.salinasuhd.org> .



### 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

You may register in person  
at the Salinas Adult School  
or online at  
[www.SalinasParentCenter.org](http://www.SalinasParentCenter.org)



**Movers and Shakers**  
Tuesdays 9:00am  
Age: 12-24 months

20 Sherwood Place,  
Salinas, CA 93906



**Exploring Times**  
• Thursdays 9am  
• Age: 24-36 months

Questions call 796-6900 ext  
1366



**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](http://www.salinasparentcenter.org)


## 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.



## 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  
Alijah High School  
777 Williams Road, Salinas

**Los Martes**  
10:00am-1:30pm  
Walmart, 1020 1/2 Main Street, Salinas  
2:30pm-6:00pm  
Everett Alvarez High School  
1900 Independence Blvd., Salinas

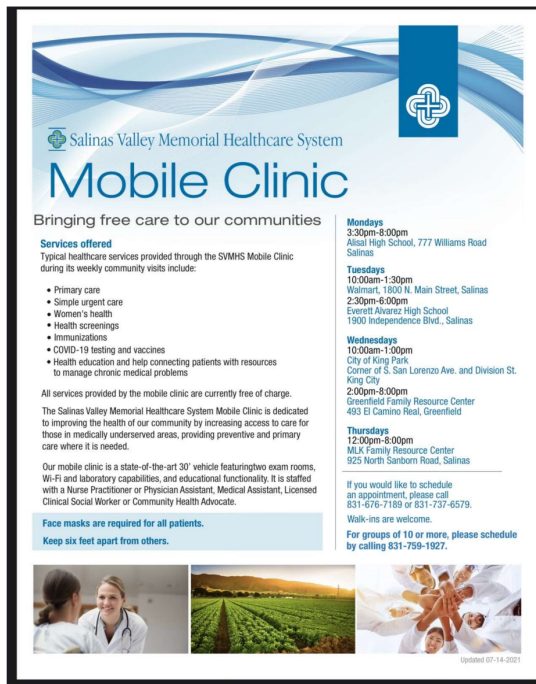
**Los Miércoles**  
10:00am-1:00pm  
City of King Park  
Esquina de S. San Lorenzo y calle División  
King City  
2:00pm-8:00pm  
Greenfield Family Resource Center  
493 El Camino Real, Greenfield

**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.

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



**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  
Aisal 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  
825 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 831-799-1927.

Updated 07-14-2021

## COVID-19 Vaccines & Test Vacunas y pruebas

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

## 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)



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

Fast, free, expert help  
24 hours a day, every day  
**1-800-222-1222**

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

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)

## 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 “Prioritizing Mental Wellbeing for Women in the Workplace”, and “How to Talk to Kids About Mental Health”.

## 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!

<p><b>Virtual Meeting:</b></p> <p><b>When:</b> First Monday of every month</p> <p><b>Time:</b> 4:15pm-5:15pm</p> <p><b>Location:</b> Via Zoom</p> <p>Contact us for meeting ID</p>	<p><b>In-Person Meeting:</b></p> <p><b>When:</b> Every Wednesday &amp; Thursday</p> <p><b>Time:</b> 4:15pm-6:15pm</p> <p><b>Location:</b> 128 E. Allsal Street, Salinas</p>
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# 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 currículum personal
- Luce muy bien en las solicitudes de empleo
- Luce hasta mas mejor cuando aplicas para la universidad!

<p><b>Junta Virtual:</b></p> <p><b>Cuando:</b> Primer lunes de cada mes</p> <p><b>Horario:</b> 4:15pm-5:15pm</p> <p><b>Lugar:</b> aplicación Zoom</p> <p>Contactálanos para la</p>	<p><b>Junta en Persona:</b></p> <p><b>Cuando:</b> cada miércoles y jueves</p> <p><b>Horario:</b> 4:15pm-6:15pm</p> <p><b>Lugar:</b> 128 E. Allsal Street Salinas, CA 93901</p>
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**INFORMACION DE CONTACTO:**  
 Maria Almanza  
 Coordinadora de Prevención  
 Correo Electrónico: [malmanza@sunstreet.org](mailto:malamanza@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/>



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



**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.

**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)

**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.

**CATHOLIC CHARITIES DIOCESE OF MONTEREY**

SERVICES DURING COVID-19

**FAMILY SUPPORT SERVICES**

**IMMIGRATION**

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

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

SERVICIOS DURANTE COVID-19

**APOYO A LA FAMILIA**

**INMIGRACION**

<p><b>NUESTROS SERVICIOS</b>                  (CITAS VIA TELEFONO O CORREO ELECTRONICO)</p> <p><b>CLASES DE NUTRICION Y ACTIVIDAD FISICA</b>                  (PARA MAS INFORMACION LLAME O TEXTEE AL 831-233-3303)</p> <p><b>CALFRESH</b> (ESTAMPILLAS)</p> <p><b>MEDI-CAL</b></p> <p><b>ASISTENCIA DE ALIVIO DE FUEGO</b>                  (PARA MAS INFORMACION LLAME 831-920-4764)</p> <p><b>ASISTENCIA DE RENTA (FONDOS LIMITADOS)</b>                  • Asistencia de solo una vez (por hogar)</p> <p><b>ASISTENCIA DE FUNEERES</b> (Atribuya a COVID-19)                  • Condado de Monterey</p>	<p><b>NUESTROS SERVICIOS</b></p> <ul style="list-style-type: none"> <li>• <b>CONSULTAS</b></li> <li>• <b>DACA</b></li> <li>• <b>N-400</b> (CUIDADANIA)</li> <li>• <b>I-90</b> (RENOVAR MICA)</li> <li>• <b>U-VISA</b> (VICTMA DE UN CRIMEN)</li> <li>• <b>I-130</b> (PETICION FAMILIAR)</li> <li>• <b>WAIVERS</b> (PERDON)</li> </ul>	<p><b>CONSULTAS</b></p> <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>
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**UBICACIONES**

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

## 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.

## Presidio of Monterey CPR Class Stillwell Center Conference Room 4260 Gigling Rd., Seaside 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

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](http://svmh.com/events-classes).

**ANNUAL CAREER & JOB FAIR**  
APRIL 17, 2023  
11 AM - 1 PM

Free! Open to the public

MEET WITH EMPLOYERS FOR JOB, INTERNSHIP, AND VOLUNTEER OPPORTUNITIES

Public Health Resources  
HARTNELL COLLEGE TRANSFER AND CAREER CENTER  
College & Transfer Info  
HARTNELL COLLEGE Career Hub  
Jobs & Internships

Scan here for the list of participants

CONTACT US  
411 Central Ave  
Central Plaza  
Salinas, CA 93901  
831.770.6151  
nh@hartnell.edu

This event is wheelchair accessible. Individuals requiring sign-language interpreters, real-time captioners, or other accommodations should contact the Department of Supportive Programs & Services (DSPS) at: (831) 755-6760 as soon as possible.

## 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 April 19. [Register](#)

## **MPC Job and Career Fair**

**Monterey Peninsula College (MPC) Main Quad**  
980 Fremont St., Monterey  
April 20 from 10 AM-1 PM  
Over 50 employers are participating.

## **Hartnell College Programs Meetings**

### **Health Sciences Programs**

Online Workshop with counselor Heather Rodriguez on April 21 from 1-3 PM  
Zoom Link:  
<https://hartnell-edu.zoom.us/j/87586565227>

### **Law Enforcement Careers**

Online presentation from various law enforcement professionals organized by counselor Sergio Diaz on April 26 from 6-7:30 PM.  
Zoom Link:  
<https://hartnell-edu.zoom.us/j/4609058695>

### **Steps to Subbing**

**CSUMB Online Event** **Free**  
**April 27 from 3-4 PM**  
Learn the requirements to become a substitute teacher in Monterey County from the MCOE credential analysts. [Register](#)

## **Monterey Peninsula College-MPC**

### **Law Enforcement**

**PELLETB Exam** **\$12 + fees**

**South Bay Regional at MPC**  
**2642 Colonel Durham Street,**  
**Seaside, CA**

**April 18 or 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.

## **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

### 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.

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

Free

The HUB Alliance on Aging  
236 Monterey St., Salinas  
March 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.

### 2023 Latino Role Models Conference

Cabrillo College Crocker Theater      **Free**  
6500 Soquel Dr., Aptos  
March 25 from 9 AM -1 PM

El propósito de esta conferencia que se lleva a cabo en español (con traducción al inglés) es para inspirar a estudiantes a alcanzar sus sueños universitarios y profesionales. Los invitados especiales son Olga Talamante, quien tiene una larga historia de activismo comunitario, y Erandi García quien ha trabajado por TV en español serán las oradoras principales acompañados de estudiantes y profesionales Latinos/as.

Para más información y registración, vea el [enlace](#). Estacionamiento gratis.

The purpose of this conference given in Spanish (with English translation) is to inspire students to

complete their college and career dreams. Special guests Olga Talamante, who has a long history of community activism, and Erandi García who has worked in Spanish TV will be the primary speakers joined by Latino/a students and professionals. To register or learn more, see [link](#). Free parking.

## 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.

**Spring Carnival Resource Fair for Families with children who have special needs**  
King City High School 720 Broadway  
March 25 from 11AM-1 PM [Register/ Inscribirse](#)

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

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

**Play & Learn/ Juega y Aprende**  
El Gabilan Library  
April 7 from 11 AM-12 PM

**Una guía rápida para el IEP y el proceso de educación especial**  
el 11 de abril desde 10-11:30 AM por Zoom

**Limited Conservatorship Workshop**  
April 12 from 6:30-8 PM on Zoom

**A Guide to the IEP Process**  
April 13 from 10-11:30 AM on Zoom

**Family Fun! Jr. Jellies Disc Golf Day  
Los Árboles Sports Complex**  
327 Reindollar Ave., Marina  
April 16 from 11 AM-3 PM  
Free disc golf and art event.

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**“Code Name Sapphire” Virtual Author**

**Talk with Pam Jenoff** Free

Salinas Public Library  
March 28 from 4-5 PM

This book is inspired by the true story of a woman who escaped Nazi Germany, joined a woman’s secret resistance movement and was confronted with trying to rescue her family from Auschwitz. Register at <https://library.org/salinaspubliclibrary/24874%C2%A>  
Q For more information contact Jissella at [JissellaD@ci.salinas.ca.us](mailto:JissellaD@ci.salinas.ca.us)

**Palliative Care or Hospice the Right Service at the Right Time** Free

El Gabilan Library  
March 28 from 5-6 PM

Learn about these types of care for seriously ill people including what these services are, who qualifies for service, how it is paid for, and other types of information. To register call 831-333-9023 or go to <https://interland3.donorperfect.net/weblink/weblink.aspx?name=E348373&id=139> For questions contact Jissella at [JissellaD@ci.salinas.ca.us](mailto:JissellaD@ci.salinas.ca.us)

**Spring Fling** Free

Cesar Chavez Library  
March 29 from 1-3:00 PM

A children’s crafts and activities event to start spring.

**Town Hall Meeting**

Digital Nest 210 Salinas St., Salinas  
April 3 from 5:30-7:00 PM

Supervisor Wendy Root Askew and Salinas Mayor Kimbley Craig present information about the county and city and invite you to share your priorities, needs, and questions.

**Museum Experience--Fossils** Free

John Steinbeck Library  
April 12 from 3-5:30 PM

Learn about and see fossils from the Pacific Grove Museum of Natural History.

**CSUMB Music & Performing Arts Althea SullyCole Trio** Free

Music Hall Building 30 CSUMB  
April 14 from 7-8 PM

Performance of traditional and contemporary music on the kora, a West African harp. The trio members sing, and play various instruments

including the guitar, saxophone, and flute and come from New York and Belgium. [Reservation](#)

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

Zoom Series--You must attend all of the sessions in the series that you choose:

**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](http://svmh.com/events-classes) .

**Earth Day** Free

Tatum’s Garden Park 1 Maryal Dr., Salinas  
April 15 from 11:30 AM- 2PM  
Earth Day activities, booths, and healthy snacks.

El Día de la Tierra el 15 de marzo incluye actividades, bocadillos saludables e información comunitaria.

**Festival Tributo a Selena** Free

Natividad Creek Park  
April 16 from 11 AM-6 PM  
Celebrando el cumpleaños de Selena con música y actividades relacionadas con ella. Comidas y más por venta.

**Get Prepared for Local Disasters** Free

Alliance on Aging--The Hub  
236 Monterey St., Salinas  
April 20 from 10 AM-12 PM  
Seniors will learn about how to sign up for emergency alerts and prepare for disasters. Call 831-233-3447 to sign up.

**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.



Hartnell College  
Community Partners  
Students  
Internships  
Change  
Opportunities  
Partnerships  
ARTS Integration  
INNOVATION  
NATURE VALUES

**Arts Outreach Cultural Diversity CONFERENCE**  
Second Conference in the Integrated Thinking Series

"Join us at the Arts Outreach Conference to explore a range of resources and information on arts education, career paths, funding, entrepreneurship, collaboration, and Diversity Equity Inclusion in the arts."

**FRIDAY, APRIL 21ST**  
1:00PM - 4:00PM  
HARTNELL COLLEGE  
KING CITY EDUCATION CENTER  
117 NORTH 2ND ST., KING CITY CA

[bit.ly/3YtPwuM](https://bit.ly/3YtPwuM)

Individuals requiring sign-language interpreters, real-time interpreters, or other accommodations should contact :  
[mglazier@hartnell.edu](mailto:mglazier@hartnell.edu)

## Hartnell Sports

### Baseball

March 28, April 4, 8, 13, 20, 25, & 28 at 2:30; April 1 and 1 PM

### Softball

March 30, April 6, 11, 18, 20 at 3 PM  
March 28 at 12 & 2 PM

## ONGOING EVENTS

### First Friday Art Walk

April 7 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

April 8 & 9 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 fall 2022 through winter 2023.

[https://www.mprpd.org/files/25e0a2f1a/FINAL\\_LGO2-2-23+Fall-Winter-R14.pdf](https://www.mprpd.org/files/25e0a2f1a/FINAL_LGO2-2-23+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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## This Edition's Contributors:

**Writers**—Magaly Martinez, Hyejung Jung, Yvonne Petersen, Widji Setyani, Marcela Martinez, Esmeralda Meza, Eduardo Lucas, Marisol Santoyo, Maximina Perez

**Editors**—Hyejung Jung, Eduardo Lucas, Yvonne Petersen, Magaly Martinez, Esmeralda Meza

**Photographers**—Maximina Perez, Eduardo Lucas

**Newsletter Advisor**—Yvonne Petersen

**Design**—Yvonne Petersen



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!

