

Our News

Salinas Adult School Student Publication



November/December
2022

Edition 52

1 & 5 School News

2 Features

9 Community Resources

13 Events

19 Contributors

Read Our
Stories on

Winter Holidays & Observances



MST Bus Service for the
Salinas Adult School

Ride directly to our school for a
cheaper cost on the improved
service beginning on
December 12.

See our story for more information.

Do you need to take a
CASAS Test?



Get information from
your teacher.

Winter Break
December 16-January 6
Return on January 9



School News



New Student Orientations

Mornings & Evenings
Call the Welcome Center at 796-6900 X
1372 or 1373 for an appointment.

Afternoon Class Signups

Writing Pronunciation
Tutor Training Computers
Sign up with the morning teacher in Square
3.

Special Class Signups

Citizenship Computers
Parenting Math
Call the Welcome Center at 796-6900
X 1372 or 1373 for information.

Parent -Child Activity Classes

Classes for parents of children
0 months-5 years
See the details of all of the classes at
www.salinasparentcenter.org



School News

English Tutoring



Do You Want Extra Practice or Help with Your English?

See the AM teacher in Room Square 3 to get help from a student tutor. Tutoring available for Beginning, Intermediate, and Advanced ESL students.

Tutoría para mejorar su inglés ¿Quiere usted más práctica o ayuda con su inglés?

Hable con la maestra en el salón Square 3 para recibir información sobre tutoría ofrecida a los alumnos de los niveles de inglés principiante, intermedio y avanzado.

Need a Ride to School?

MST Bus 46 Natividad \$2/\$1 Starts on December 10

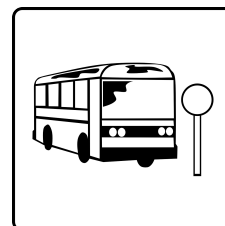
The MST bus changed its prices and services on December 10. Depending on where you live, you will save from about 20-77% to come to school by bus if you already ride the bus, and you will get a ride **to the school**. You don't have to walk two miles to get to school anymore. The price is now \$2 to come to school and \$2 to go home no matter where you live in the county. Be sure to

ask for a transfer. Riders 18 and younger, 65 and older, veterans, or people with disabilities pay \$1 each way. These prices are cheaper than using a taxi or other ride service and for some people driving their cars too. Do you need help to find your buses? Come to Square 3, or look at mst.org Better Bus Network or call MST at 1-888-MST-BUS1 (1-888-678-2871).

¿Necesita usted un raita a la escuela?

MST Bus 46 Natividad \$2/\$1 Empezando en el 10 de diciembre

El servicio del camión MST cambió sus precios y servicios el 10 de diciembre. Dependiendo donde vive, puede ahorrar 20-77% viniendo a la escuela por camión si está usando actualmente este servicio y puede tomarse el camión **hasta la escuela**. Ya no tiene que caminar dos millas para llegar aquí. El precio es \$2 a la ida y dos a la vuelta a todas partes del condado. Dile al conductor "Transfer please". Los pasajeros 18 o menor o 65 o mayor o veteranos o los con discapacidades pueden viajar por \$1 cada dirección. Estos precios son más bajos de los otros servicios de transporte y por algunos que manejan sus propios carros también. ¿Necesita ayuda para planear su ruta a la escuela? Ven al salón Square 3 o buscar en línea por mst.org Better Bus Network o llamar MST al 1-888-MST-BUS1 (1-888-678-2871).



New Class at the Salinas Adult School Hartnell College Cou 1

Dual Enrollment Class

Dates: January 24-May 18

Time: Tuesdays 6:00-7:30 at the adult school and Thursdays 6:00-7:30 at home on Zoom. Regular attendance is expected in this college class. Successful students will earn three units at Hartnell College.

This class is for Salinas Adult School students who want to know more about Hartnell. In class, you will learn the rules, expectations, processes and services of the college, academic words and skills, and do career exploration, and reading and writing at the college level. See your teacher or Maritza for more information.

Participate in Your Community Participar en tu Comunidad

Help the School

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:
January 23 at 10 AM and 7 PM.

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

Angel Tree Gifts for Needy Children Salvation Army Trees at the Northridge Mall and Salinas Walmarts until December 16

Buy a gift for a child in need. Compra un regalo para un niño necesitado.

Volunteers Needed

Bike to Help Stop Alzheimer's Alzheimer's Association 800-272-3900

www.alz.org/ride

Ride on a bike at home, in the gym, or outdoors and help make money to stop Alzheimer's disease.



Monta una bicicleta en casa o en el gimnasio o andar en su bicicleta al aire libre y ayuda La Asociación de Alzheimer a ganar dinero para acabar con la enfermedad de Alzheimer. Informarse a www.alz.org/ride.

Have a Healthy, Happy Holidays

December 16-January 8

Classes start again on January 9

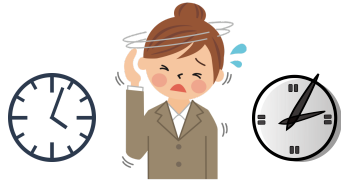


**Que tengan unas
felices y
saludables días de
festivo
el 16 de**

diciembre-el 8 de enero

**Ven a las clases de nuevo en el 9 de
enero**

Explore with us the holidays, and days of recognition, honor, or tradition that usually take place from November through January.



Daylight Saving Time

By Hyejung Jung

Daylight Saving Time (DST) was introduced in the U.S. for the first time in 1918 in order to save energy (gas, oil). DST was permanently implemented nationwide twice, first during World War II and then in the 1970s after the wars. Every year the U.S. and some other countries move clocks one hour forward in spring and backward in November.

People say this time change will permanently end this year, but I'm not sure if that is true yet.

In my opinion, this useless thing should end soon. I get tired of changing clocks two times every year, and become frustrated physically and mentally when the time comes to change them.

There are pros and cons. The pros of DST are that longer daylight hours make driving safer; lower the risk of pedestrians being hit by cars; and allow for more outdoor activities.

The cons are that changing sleep patterns is bad for your health; productivity drops; and a lot of money is lost due to a confusing time schedule for air transport from other countries that do not use DST.

World Children's Day

By Maria Zamudio

World Children's Day was established in 1954, as Universal Children's Day. They celebrate it on November 20 every year to promote Children's Day.

November 20 is very important because it was on this date in 1959 when the Declaration of the Rights of the Children was adopted, and also the date in 1989 when the general assembly adopted the Convention on the Rights of the Child.

Since 1990, this child's day has been recognized around the world. Parents and other people promote kids day on communication media to raise awareness of the value of children and show them appreciation.

Kids are the world's future. As parents, we have the responsibility to protect and take care of them; be loving and accepting of them how they are; and at the same time, help them in their education.





Is There a Native American Heritage Day? By Magaly Martinez

The first person who proposed to celebrate American Indian Day was Dr. Arthur C. Parker, a Seneca Indian. He was a director of a museum in Rochester, New York. Dr. Parker persuaded a group of Boys Scouts to have a day to celebrate "First Americans" adopting a day for three years.

After that on September 28, 1915, it was declared the second Saturday of each May. The Governor of New York declared the first American Indian Day on the second Saturday in May 1916. Some states designate Columbus Day as Native American Day; others don't.

In 1986, Congress designated November 23-30 American Indian Week. Nowadays, some states celebrate Native Americans the day after Thanksgiving. In 1990, President George Bush declared November as American Indian Heritage Month.

Native Americans were the first occupants in the US territory. They taught things like

how to cultivate the land, as well as about their medicine and other knowledge. Native American Day is a day that people observe, but it is not recognized as a national legal holiday in the USA.

Some people observe Native American Day by making a Native American recipe like Pemmican, Algonquin Wild Nut Soup, or Posole with Red Chile. Some people prefer to watch movies, attend seminars or performances or any other events honoring Native Americans.

A Thanksgiving Story By Miriam Perez

The first Thanksgiving was on November 24, 1621. After the Pilgrims' successful growing season, Governor William Bradford invited a group of Native Americans, including Wampanoag Chief Massasoit to a celebratory feast. That feast lasted three days and they ate delicious foods like deer and fruits that they harvested. The celebration was at the Plymouth Plantation.

Why did people start eating turkey for Thanksgiving?

The reason was because there were plenty of turkeys in the 19th century. There were over 10 million turkeys in America. Also, one turkey was enough to feed a family. The significance of Thanksgiving is to give thanks and recognize the blessings and sacrifices of the past year.

International Day of Disabled People

By **Sonia Villa**

In 1992, the United Nations General Assembly declared the International Day of Persons with Disabilities. (IDPD). Since then, every year this day is celebrated on December 3rd throughout the world.

The celebration of this day is to raise awareness about disability issues, and call up support for the rights, good living, and dignity of disabled people. Academic institutions, civil organizations, and others are invited to support (IDPD) by cooperating with organizations for disabled people to do activities and make events.

The reason for these activities is to help guarantee that all people have the same rights and opportunities for health, work, and to contribute, and be appreciated members of the community.



Sometimes people with disabilities feel unseen in our community. We can change this by being kind and helping them when they need it.

For example:

- See if accommodations for disabled people are available in the community. If not, you can request officials to set them up.
- Offer your help to a person with disabilities by going to the grocery store or the post office for them.

- If a person with disabilities is slowing you, be patient with her/him because they cannot move fast.

These actions can make a big difference to people with disabilities.

Human Rights

By **Yohana Ferreyra**

Human rights are **basic rights** that **all people have** for the simple fact of existing as human beings.

The Declaration of Human Rights was adopted by the UN General Assembly in Paris on December 10, 1948.

This declaration is made up of 30 rights, rights that all people should know.

These are the important points in the Declaration of Human Rights:

- Civil and political rights
- Economic and social rights
- No racism
- No discrimination against women
- No torture
- Children's rights
- Migrants' rights
- No forced work
- Rights for people with disabilities.

This day is more than a celebration. It is a **commemoration** done through civic acts generally by the government and educational institutions.

Christmas

By Irania Pacheco

Christmas is a special occasion that is celebrated on December 25. It may have a religious aspect with the birth of Jesus (a spiritual leader who is celebrated worldwide); noticing the importance of family; or being close to those who you love and sharing time with them.



In my family, it is a day of reflection of gratitude. We celebrate by sharing traditional dishes such as tamales and champurrado with people. Then we sing “A la rorrro Nino”.



This holiday is one of my favorites. It means hope to me. There are also other customs on this day such as exchanging presents and decorating the house with different adornments such as the Christmas tree with gifts under it. Also, it is the day when Santa Claus arrives and puts previously requested gifts for children in socks.

Christmas has a spiritual, traditional, or mercantile face depending on what meaning each person gives it.

Lunar New Year

By Mayumi Furuichi

The Lunar New Year is the festival that celebrates the beginning of a year. The Lunar New Year celebration is from the first new moon to the first full moon in the lunar calendar.

First of all, I need to explain about the lunar calendar and Gregorian calendar. The lunar calendar is based on the cycle of the moon, on the other hand, the Gregorian calendar is based on the position of the sun. January 1st is not the first day of the lunar year.

Nowadays, most countries in the world use the Gregorian calendar. Many Asian countries switched from the lunar calendar to the Gregorian calendar in the late 18th to early 19th centuries. Due to the remnants of this tradition, some countries such as China, Korea, and Vietnam still celebrate the Lunar New Year on the New Year's Day from the lunar calendar.

Lunar New Year in 2023 will be on January 22nd on Sunday. It usually begins from January 21 to February 20 in the Gregorian calendar.

In particular, I will now introduce the Chinese New Year. In China, people decorate their houses several days before the festival. Most people do it on New Year's Eve. Those decorations are meant to keep evil away and are prayers for longevity, health, and peace.



These are the decorations and their meanings:

‘Bring Good Luck to Your Home’

- Lanterns — Drive Off Bad Luck
- New Year Paintings —New Year's Greetings
- Door Couplets — Best Wishes
- Upside-Down Fu Characters — means good fortune will "pour out" on them.
- Kumquat Trees —Wealth and Good Luck
- Paper Cuttings — longevity, honor, wealth, and prosperity



In addition, during the Lunar New Year, people go to their parents' houses, gather with relatives, and prepare and eat special New Year's meals. These customs are similar to Thanksgiving Day in the United States. In Japan, I do the same thing on January 1st of the western calendar. I look forward to this day when my relatives get together once a year.

SALINAS Adult School
Learning for Life

FREE ADULT EDUCATION CLASSES!

	<p>ENGLISH AS A SECOND LANGUAGE (ESL)</p> <p><small>Basic, Intermediate and Advanced English classes. Improve English Language skills in Reading, Writing, Listening and Speaking.</small></p>
	<p>HSD/HISET/GED</p> <p><small>Strengthen your reading, writing and math skills. Earn your high school diploma. Prepare for GED and HISET classes.</small></p>
	<p>COMPUTER LITERACY</p> <p><small>Computer classes include Microsoft Office: Word, Excel, PowerPoint, Access, Northstar Digital Literacy Assessment and basic computer use.</small></p>
	<p>CITIZENSHIP</p> <p><small>This course will prepare you to pass your citizenship interview. You will practice 100 Civic Questions, Citizenship Vocabulary, N-400 questions.</small></p>
	<p>PARENT CENTER</p> <p><small>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.</small></p>

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

Scan me f SalinasAdultSchool @ SalinasAdultSch SalinasAdultSchool

Salinas Adult School

QUARTER 3 COURSE LIST

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

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)

Computer Skills

Computer Skills for Life & Work
(AFT)

ESL Computers (PM)

High School Completion

High School Diploma
(AM/AFT/PM)

High School Diploma Math (AFT)

HiSET/GED English (AM/PM)

HiSET/GED español (AM/PM)

Math Skills

Developing English (AM)

High School Diploma
(AM/AFT/PM)

High School Diploma Math (AFT)

HiSET/GED English (AM/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 a 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.

Math Skills for High School Diploma & Preparation for Math Exams

Tuesdays & Thursdays 1:15-4:15

Register at the Welcome Center.

Class includes whole class math explanations and individualized help on various math subjects.

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.



¡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 kínder, 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

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 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

Monday, January 9 & 23 and February 6 & 27 at 2 PM

HiSET Testing

Tuesdays, January 24 and February 7 & 21 at 8:30 AM and 12:30 PM

Thursdays, January 26 and February 9 & 23 at 5:30 PM

Fridays, January 27 and February 10 & 24 at 8:30 AM

Pearson Vue Testing

Tuesdays, January 10, 17 & 31 and February 14 & 28 at 8:30 AM & 12:45 PM

Thursdays, December 15, January 12 & 19 and February 2 & 16 at 5:30 PM

Fridays, January 13 & 20 and February 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.



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



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

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




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

Information

If you would like more information about our school, check this newsletter and our website at the address below or our Facebook or Instagram pages.

**Our Newsletter Provides:
 News, resources, and feature stories
 written by our students.**

**For past editions see our school
 website page at**
<https://www.salinasuhd.org/Domain/19>.



Newsletter

Inviting Student Writers:
 All students are invited to write stories for our school newsletter. It is a great way to practice English. Everyone interested can send your email address to: yvonne.petersen@salinasuhd.org

Editor Internship Training:
 Be a newsletter editor. Be creative. Learn more English. Get experience for your resume. Get training. Send your email address to: yvonne.petersen@salinasuhd.org

For information about the school district see <https://www.salinasuhd.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.

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

¿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

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 “Three Ways to Process Grief”, “Giving Reassurance to Veterans on Veterans Day”, and “Support Caregivers with Mental Health First Aid”.

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.

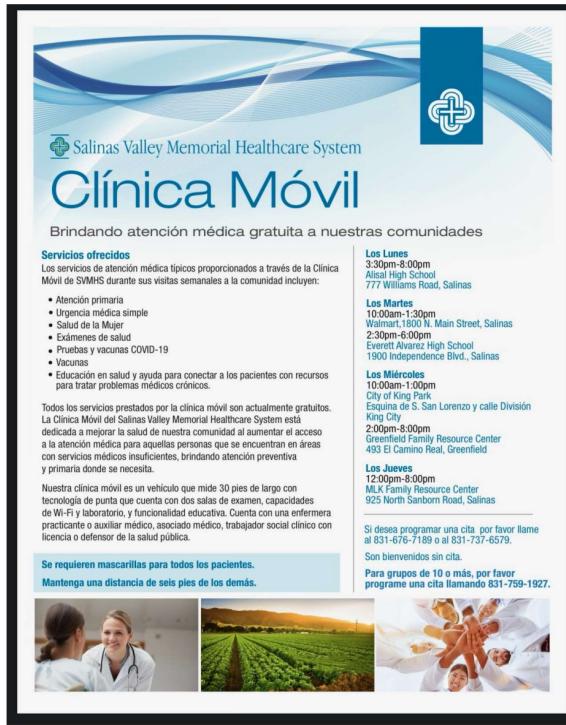
Legal Help/Asistencia Legal California Rural Legal Assistance (CRLA Asistencia Legal Rural de California)

**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.



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.

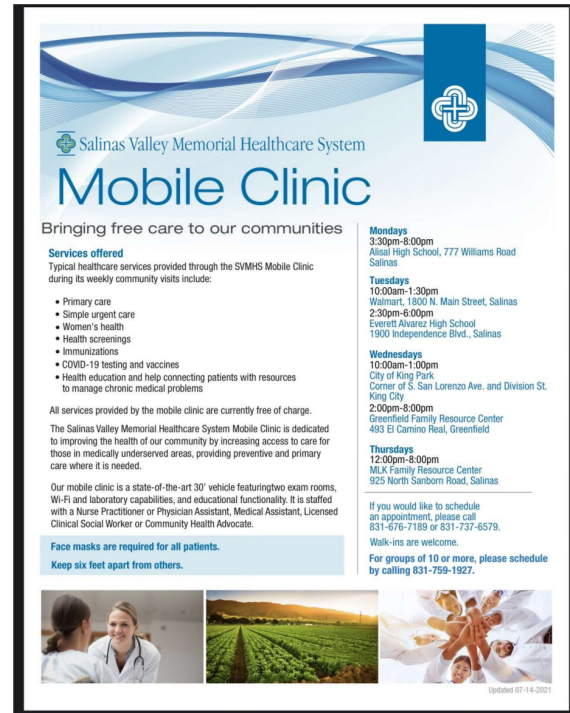
Los Lunes
3:30pm-8:00pm
Alisal High School
777 Williams Road, Salinas

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.



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.

CARIDADES CATOLICAS DIOCESIS DE MONTEREY
SERVICIOS DURANTE COVID-19

APOYO A LA FAMILIA

NUESTROS SERVICIOS
(CITAS VIA TELEFONO O CORREO ELECTRONICO)

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

CALFRESH (ESTAMPILLAS)

MEDICAL

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

ASISTENCIA DE RENTA (FONDOS LIMITADOS)
• Asistencia de solo una vez (por hogar)

ASISTENCIA DE FUNEBRES (Ayuda en COVID-19)
• Condado de Monterey

INMIGRACION

NUESTROS SERVICIOS

- CONSULTAS
- DACA
- N-400 (CUIDADANIA)
- I-90 (RENOVAR MICA)
- U-VISA (VICTIMA DE UN CRIMEN)
- I-130 (PETICION FAMILIAR)
- WAIVERS (PERDON)

CONSULTAS

- CITAS VIA ZOOM O POR TELEFONO CON LA ABOGADA JERALNE EDWARDS O CON ESPECIALISTAS DE CASOS DE INMIGRACION

UBICACIONES

SALINAS 1706 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
--	---	--



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.

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

OUR SERVICES
(ASSISTANCE VIA PHONE OR EMAIL)

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

CALFRESH (FOOD STAMPS)

MEDICAL

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

RENTAL ASSISTANCE (LIMITED FUNDING)
• LIMIT ONE TIME ASSISTANCE PER HOUSEHOLD
FUNERAL ASSISTANCE (COVID-19 Related)
Monterey County

IMMIGRATION

OUR SERVICES

- **CONSULTATIONS**
- **DACA**
- **N-400 (CITIZENSHIP)**
- **I-90 (LPR RENEWAL APP)**
- **U-VISA (VICTIM OF CRIME)**
- **I-130 (FAMILY PETITION)**
- **WAIVERS (PARDONS)**

CONSULTATIONS

- 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
--	--	--



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.

Monkeypox Information

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

**COVID-19 Vaccines & Test
Vacunas y pruebas**

www.montereycountyvaccines.com

**The Food Bank for Monterey County
353 W. Rossi St., Salinas**

Call 831-758-1523 to volunteer

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

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

Alliance on Aging

Call 831-758-4011 for more information.

www.allianceonaging.org

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

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 6 for information

Tests

See page 8 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.

Mission Trails ROP

867 E. Laurel Dr. 753-4209



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



School Bus Driving Certification 2023



Class Meeting Dates: *January 9th- February 24th

**4:30pm-6:45pm
Classroom #10**

Attendance is mandatory to all classes to complete the course
*Note: No Classes on January 16th, February 13th and 20th

Mandatory Orientation

December 13th, 2022 (4:30-6:00pm)
Classroom #22
Orientation Sign-Up (click link to register)

Minimum requirements to attend the orientation:


- Be at least 18 years old
- Have a valid CA driver's license
- DMV drivers record (go to www.dmv.ca.gov and print one out prior to the meeting)

Certification includes two components:

- 36 hours of classroom training and
- 36 hours of Behind the Wheel training.

The certification obtained will allow the students to take the State Examination. There are additional steps and fees associated with different government offices that will be covered at the orientation.

Registration fee: \$200.00 First time certification
\$22.00 In-service one day for licensed bus drivers
*Registration fee due at registration and it is non-refundable.
Enrollment is limited to 20 adults; register as soon as possible.



Mission Trails ROP Center
867 E. Laurel Drive
Salinas, CA 93905
851-753-4209

***If you are a current 12th grade student of the Salinas Union High School District (Class of 2023), and you obtained the State bus driver certification at the end of the course, the registration fees will be reimbursed by showing your school ID and a copy of your certification.**

The Salinas Union High School District complies with the following federal and state regulations: Title V and VI of the Civil Rights Act of 1964, California State Equal Opportunity Act, Chapter 19 (starting with Section 52) of the Labor Code of California, Title IX (does not discriminate on the basis of sex, sex orientation, gender, ethnic group, identification, race, ancestry, national origin, religion, vision, mental disability, or physical disability) the Education Amendments of 1972. English language skills will not be a barrier to admission and participation in vocational education programs. Parents and students who feel they are not being treated fairly in the light of the regulations may contact the Assistant Director, Mission Trails ROP/C, 867 East Laurel Drive, Salinas, Telephone (831) 753-4209.

Certificación de conducción de autobuses escolares 2023



**Fechas de las reuniones de clase:
*9 de enero al 27 de febrero**

**4:30pm-6:45pm
Aula #10**

La asistencia es obligatoria a todas las clases para completar el curso
*Nota: No hay clases el 16 de enero, 13 y 20 de febrero

Orientación Obligatoria

13 de diciembre de 2022 (14:00-16:30)
Aula #22
Registro de orientación (haga clic en el enlace para registrarse)

Requisitos mínimos para asistir a la orientación:

- Tener al menos 18 años
- Tener una licencia de conducir válida de CA
- Registro de conductores del DMV (vaya a www.dmv.ca.gov e imprima uno antes de la reunión)

La certificación incluye dos componentes:

- 36 horas de formación presencial y
- 36 horas de entrenamiento Detrás del Volante.

La certificación obtenida permitirá a los estudiantes tomar el Examen de Estado. Hay pasos y tarifas adicionales asociadas con diferentes oficinas gubernamentales que se cubrirán en la orientación.

Cuota de inscripción: \$200.00 Certificación por primera vez \$22.00 en servicio un día para conductores de autobuses con licencia
*Cuota de inscripción en el momento de la inscripción y no es reembolsable.
La inscripción está limitada a 20 adultos; registre se antes posible.



Mission Trails ROP Center
867 E. Laurel Drive
Salinas, CA 93905
851-753-4209

****Si usted es un estudiante actual del grado 12 del Distrito de Escuelas Secundarias Salinas Union (Clase de 2023), y obtuvo la certificación de conductor de autobuses estatal al final del curso, las tarifas de inscripción se reembolsarán al mostrar su identificación escolar y una copia de su certificación.**

El Distrito Unido de Escuelas Secundarias de Salinas cumple con las siguientes normas federales y estatales: Título V y VI de la Ley de Derechos Civiles de 1964, Ley de Igualdad de Oportunidades del Estado de California, Capítulo 19 (a partir de la Sección 52) de la Primera División del Título V, Código Administrativo de California, Título IX (no discrimina por motivo de sexo, orientación sexual, género, identificación de grupo étnico, raza, ascendencia, origen nacional, religión, color, discapacidad mental o discapacidad física) las Enmiendas de Educación de 1972. Las habilidades del idioma inglés no serán un obstáculo para la admisión y participación en programas de educación vocacional. Los padres y estudiantes que sientan que no están siendo tratados de manera justa en la luz de los reglamentos pueden comunicarse con el Subdirector, Misión Trails ROP/C, 867 East Laurel Drive, Salinas, Teléfono (831) 753-4209.

Basic Welding Classes 2023



This program prepares individuals to apply basic blueprint reading principles and technical skills to the design, fabrication of welding, joining materials, and the implementation of the SMAW and GMAW welding processes. Includes instruction in materials science, blueprint reading, welding metallurgy, inspections testing, plasma arc cutting, measuring, and oxy-fuel torch and quality assurance. Completion of the course will include the following certifications:

- Shielded Metal Arc Welding Certification
- Gas Metal Arc Welding Certification
- OSHA 10 Certification

**Class Meeting Dates:
January 9th - May 26th**

Classes are held on Tuesdays, Wednesday and Thursdays
Time: 3:30pm-5:00p.m.

Location:
Mission Trails ROP Center
Welding Shop
867 E. Laurel Drive
Salinas, CA 93905
(831) 753-4209
Class Registration Link.



***Class Fee: \$1,400**

Class fees are due at in-person at Mission Trails ROP and it is non-refundable. Enrollment is limited to 10 adults per session; register on a first come first serve basis

Minimum requirements to attend/participate in class:

- Be at least 18 years old
- Provide your own Welding Personal Protective Equipment:
 - Welding Helmet *must be an Auto Darkening Welding Helmet (Shade 9 to 12)
 - Welding Gloves *must be Stick welding gloves
 - Welding Jacket
 - Wear Long Jeans or Pants
 - Closed Toed Shoes



The Salinas Union High School District complies with the following federal and state regulations: Title V and VI of the Civil Rights Act of 1964, California State Equal Opportunity Act, Chapter 19 (starting with Section 52) of the Labor Code of California, Title IX (does not discriminate on the basis of sex, sex orientation, gender, ethnic group, identification, race, ancestry, national origin, religion, vision, mental disability, or physical disability) the Education Amendments of 1972. English language skills will not be a barrier to admission and participation in vocational education programs. Parents and students who feel they are not being treated fairly in the light of the regulations may contact the Assistant Director, Mission Trails ROP/C, 867 East Laurel Drive, Salinas, Telephone (831) 753-4209.

Clases básicas de soldadura 2023



Este programa prepara a las personas para aplicar los principios básicos de lectura de planos y las habilidades técnicas para el diseño y la fabricación de materiales de soldadura y union de los procesos de soldadura SMAW y GMAW. Incluye instrucción en ciencia de materiales, lectura de planos, metalurgia de soldadura, pruebas de inspección, corte por arco de plasma, medición, soplete de oxígeno combustible y control de calidad. La finalización del curso incluirá las siguientes certificaciones:

- Certificación de soldadura por arco de metal blindado
- Certificación de soldadura por arco metálico con gas
- Certificación OSHA 10

**Fechas de clases:
Enero 9 - Mayo 26**

Las clases son martes, miércoles y jueves.
Hora: 3:30pm-5:00p.m.

Ubicación:
Centro ROP de Mission Trails
Taller de soldadura
867 E. Laurel Drive
Salinas, CA 93905
(831) 753-4209
Enlace de registro de clase



***Costo de clase: \$1,400.00**

***Las tarifas de las clases deben pagarse en persona en Mission Trails ROP y no son reembolsables. La inscripción está limitada a 10 adultos por sesión; la inscripción es por orden de llegada.**

Requisitos mínimos para asistir/participar en clase:

- Tener al menos 18 años
- Proveer su propio equipo de protección personal para soldadura:
 - Careta para soldar *debe ser una careta para soldar con oscurecimiento automático Tono 9 a 12*
 - Guantes de soldadura *deben ser guantes de soldadura con varilla*
 - Chaqueta de soldadura
 - Use jeans o pantalones largos
 - Zapatos de punta cerrada



El Distrito Unido de Escuelas Secundarias de Salinas cumple con las siguientes normas federales y estatales: Título V y VI de la Ley de Derechos Civiles de 1964, Ley de Igualdad de Oportunidades del Estado de California, Capítulo 19 (a partir de la Sección 52) de la Primera División del Título V, Código Administrativo de California, Título IX (no discrimina por motivo de sexo, orientación sexual, género, identificación de grupo étnico, raza, ascendencia, origen nacional, religión, color, discapacidad mental o discapacidad física) las Enmiendas de Educación de 1972. Las habilidades del idioma inglés no serán un obstáculo para la admisión y participación en programas de educación vocacional. Los padres y estudiantes que sientan que no están siendo tratados de manera justa en la luz de los reglamentos pueden comunicarse con el Subdirector, Misión Trails ROP/C, 867 East Laurel Drive, Salinas, Teléfono (831) 753-4209.

Monterey Peninsula College-MPC

Law Enforcement

PELLETB Exam **\$12 + fees**

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

December 5 **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.

Watsonville Adult School

Green Valley Center

294 Green Valley Rd., Watsonville

831-786-2160 **8:15-4:00 Monday-Friday**

Contact the school for registration information or check this link

<https://waae-pajaro-ca.schoolloop.com/registration>

All medical-related courses require students to pass reading and math tests and have a high school diploma (U.S.) before registration. For clinical experiences, students must pass a background check, drug screening, and have certain vaccines. COVID-related rules may affect dates of clinical training too.

Administrative Medical Assistant

This 50-hour course covers topics to help students learn the skills, laws, and functions to prepare for work as medical records clerks, medical administrative assistant and other work in a medical office.

Watsonville--Dates to be decided

Medical Terminology **\$100**

February 10-May 4

Learn medical terminology and about the human body systems and diseases in this 50-hour course. Students studying the CNA and CMA courses at the Watsonville Adult School are required to take this course.

Other Medical-Related Courses

Caregiver/Personal Care Assistant

Watsonville on Mondays from 6-8 PM

Clinical Medical Assistant **\$2,599**

January 17-May 18

Advanced Clinical Medical Assistant

February 16-May 4

Ask school about the cost.

Pharmacy Technician **\$1,399**

January 19-March 16

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.

Math Tuesday & Thursday

1:15-4:15

Improve math skills for exams.

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.

Road to Success

Your future is important to us. Continue studying to reach your goals.



EVENTS

COMMUNITY EVENTS

Ice Skating by the Bay

Custom House Plaza, Monterey

November 25-January 1

Adults \$15, ages 12 and under \$13. Skate rental \$5. Monday-Saturday 11 AM-10 PM, Sunday 12-8 PM (except on special event days--Monday-Thursday December 5-8 & 12-15 when the hours are 3-10 PM).

You can rent the rink for special events from 10 AM-12 PM, 12:30-2 PM or 10 AM-2PM on special event days at 831-324-5306.

Ice skate with friends or family.

Candy Cane Lane

Morse Dr., Pacific Grove

December 3 until the end of the year

Every evening you can walk or drive down Morse Dr. and see the lights and holiday displays in this neighborhood well-known for their holiday decorations.

This is a very popular activity.

Special Kids Connect Event Evento para familias con niños especiales

**Registration for all events
inscripciones para todos los eventos**
<https://specialkidsconnect.org/events.html>
or 831-372-2730.

**Taller sobre el entorno menos restrictivo
y lo beneficios de la inclusión de
Disability Rights California**
December 14 from 5:30-6:30 PMon Zoom

Hartnell Sports

**Men's Basketball at Hartnell Gym
Cost**
December 10 at 5 PM; January 4 & 13 at
7PM and January 20 at 4 PM.

**Women's Basketball at Hartnell Gym
Cost**
December 29 & 30 at 3 PM; January 4, 20 &
27 at 5 PM & 13 at 3 PM.

**West Coast Songwriters Competition
Downtown Book & Sound
213 Main St., Salinas
December 15 from 7-9:00 PM**
Local musical professionals judge best
performance and best song from those
in the competition. Public welcome.

**Winter Reading Challenge
Salinas Public Library
December 19-January 14**
Children 0-18 years old can read 15
minutes a day for 15 days. If they do, the
library will give them a free book. Any book
is OK. Get more information from the library.

**Reto de Lectura del Invierno
Salinas Public Library
el 19 de diciembre al 14 de enero**
Los niños de 0-18 años de edad pueden
leer 15 minutos al día por 15 días. Para los
que lo hagan, recibirán un libro gratis de la
biblioteca. Pueden leer cualquier tipo de

libros. Para más información ir a la
biblioteca.

**First Friday Art Walk
January 6 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
January 7 & 8 from 10 AM-4 PM Free
Near Salinas Amtrak Station**
Railroad dioramas of Monterey County
railroads. You must wear a mask.

**Monterey Bay Aquarium Free Days
886 Cannery Row, Monterey
January 21-29 from 10 AM-5 PM**
Residents of Monterey, Santa Cruz, and
San Benito counties can go to the
aquarium free on these days with photo
ID and proof of residence.

ONGOING EVENTS

**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.

Citations:

IDEA. (2020). *Daylight Saving Time*. History & info - daylight saving time, early adoption, U.S. law. Retrieved November 19, 2022, from <http://www.webexhibits.org/daylightsaving/e.html#:~:text=The%20plan%20was%20not%20formally,begin%20on%20March%2031%2C%201918.>

Encyclopedia Britannica, Inc. (2022, October 18). *Daylight saving time pros and cons - top advantages and disadvantages*. ProCon.org. Retrieved November 18, 2022, from <https://www.procon.org/headlines/top-3-pros-and-cons-of-daylight-saving-time/>

United Nations. (2022). *World Children's Day*. United Nations. Retrieved November 17, 2022, from <https://www.un.org/en/observances/world-childrens-day>

Utes--Chief Sevara [i.e., Severo] and family. (1899). Library of Congress. photograph, Washington, D.C. Retrieved 2022, from <https://www.loc.gov/resource/cph.3q04168> .

National Day Calendar. (2022, May 16). *National Native American Heritage Day - day after Thanksgiving*. National Day Calendar. Retrieved November 9, 2022, from <https://nationaldaycalendar.com/national-native-american-heritage-day-day-after-thanksgiving/>

Congress, T. L. of, Administration, N. A. and R., Art, N. G. of, Humanities, N. E. for the, Service, N. P., Institution, U. S. S., & Museum, U. S. H. M. (n.d.). *National Native American Heritage month*. National Native American Heritage Month. Retrieved November 17, 2022, from <https://nativeamericanheritagemonth.gov/about/>

U.S. Senate. (2022, September 23). *Celebrating national native American Heritage month*. U.S. Senate: Celebrating National Native American Heritage Month. Retrieved November 9, 2022, from https://www.senate.gov/artandhistory/history/common/generic/American_Indian_Heritage_Month.htm

San Manuel Band of Mission Indians. (2022, September 23). *California native american day*. Home | California Native American Day. Retrieved November 10, 2022, from <https://nativeamericanday.org/>

Cunningham, J. M. (n.d.). *Why do we eat turkey on Thanksgiving?* Encyclopædia Britannica. Retrieved November 17, 2022, from <https://www.britannica.com/story/why-do-we-eat-turkey-on-thanksgiving>

History.com Editors. (2022, November 15). *Thanksgiving 2022 - tradition, origins & meaning - history*. History. Retrieved November 17, 2022, from <https://www.history.com/topics/thanksgiving/history-of-thanksgiving>

UNESCO. (1970, January 1). *International Day of Persons with Disabilities*. UNESCO.org. Retrieved November 15, 2022, from <https://www.unesco.org/en/days/international-day-persons-disabilities>

United Nations. (2022). *International Day of Persons with Disabilities – 3 December* . United Nations. Retrieved November 14, 2022, from <https://www.un.org/development/desa/disabilities/international-day-of-persons-with-disabilities-3-december.html>

Tripp, K. (2022, February 11). *International Day of Persons with Disabilities - December 3*. National Today. Retrieved November 14, 2022, from <https://nationaltoday.com/international-day-of-persons-with-d>

UNESCO. (1970, January 1). *Human Rights Day*. UNESCO.org. Retrieved November 16, 2022, from <https://www.unesco.org/en/days/human-rights>

United Nations. (n.d.). *Universal declaration of human rights*. United Nations. Retrieved November 15, 2022, from <https://www.un.org/en/about-us/universal-declaration-of-human-rights>

A&E Television Networks. (2018, August 21). *Christmas*. History.com. Retrieved November 15, 2022, from <https://www.history.com/topics/christmas>

"Celebrate Joy Red Lantern Chinese New Year" by Sony Ilce-7m2, Max Pixel is in the [Public Domain](#). "Door Couplets" by Groupsevincityu, Wikimedia Commons is in [Creative Commons](#).

"Chinese papercutting. Paper-cut for Dog Year celebrating" by Fanghong, Wikimedia Commons is in [GNU Free Documentation License](#).

Cindy. (2022, November 9). *Chinese New Year celebrations and activities (2023): Day-by-day guide*. How to Celebrate Chinese New Year (2023): Top 18 Traditions. Retrieved November 17, 2022, from <https://www.chinahighlights.com/travelguide/festivals/chinese-new-year-celebration.htm>

Cindy. (2022, November 16). *7 Chinese New Year Decorations That Bring Good Luck to Your Home*. 7 Chinese New Year decorations that bring good luck to your home. Retrieved November 17, 2022, from <https://www.chinahighlights.com/travelguide/festivals/new-year-decoration.htm>

Hocken, V. (2022). *The Gregorian Calendar*. The Gregorian calendar. Retrieved November 15, 2022, from <https://www.timeanddate.com/calendar/gregorian-calendar.html>

Big Think. (2018, February 20). *Lunar New Year: Why the solar calendar actually rules our lives*. Big Think. Retrieved November 14, 2022, from <https://bigthink.com/surprising-science/lunar-new-year-why-the-solar-calendar-actually-rules-our-lives/#~:text=The%20Gregorian%20calendar%20is%20a,the%20declination%20of%20the%20sun.>

Wikimedia Foundation. (2022, November 5). *Adoption of the Gregorian Calendar*. Wikipedia. Retrieved November 12, 2022, from https://en.wikipedia.org/wiki/Adoption_of_the_Gregorian_calendar#China_and_Taiwan

The Editors of Encyclopedia Britannica. (n.d.). *Lunar New Year*. Encyclopædia Britannica. Retrieved November 12, 2022, from <https://www.britannica.com/topic/Lunar-New-Year>

Wikimedia Foundation. (2022, December 13). *Lunar New Year*. Wikipedia. Retrieved November 14, 2022, from https://en.wikipedia.org/wiki/Lunar_New_Year

This Edition's Contributors:

Writers—Sonia Villa, Maria Zamudio, Miriam Perez, Yvonne Petersen, Magaly Martinez, Irania Pacheco, Mayumi Furuichi, Hyejung Jung, Yohana Ferreyra

Editors—Sonia Villa, Miriam Perez, Yvonne Petersen, Alicia Velazquez, Marcela Martinez, Widji Setyani, Dayana Montilla, Yohana Ferreyra

Photographer—Yvonne Petersen

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!**

