

Our News

Salinas Adult School Student Publication



October 2022

Edition 51

1 & 2 School News

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Read Our
Stories on

Environmental Problems

Thanksgiving Break

No School

November 21-25

Do you need to take a
CASAS Test?



Get information
from your teacher.



Veterans Day Holiday
No School
November 11



School Registration

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

Be A Part

Learn and Change Lives

Join us and make a difference.

Improve your education and skills while you help your children learn faster, tutor other students, and prepare yourself for future careers that involve training and teaching. Come to the orientation on November 1 and see the flyer below or the teacher in Square 3 for more information.
English level: Int Hi ESL or higher.

Tutor training classes start on November 8.



SALINAS ADULT SCHOOL
Tutor & Paraprofessional Program
Classes Tuesdays 12:15-2:45 in Rm Square 3

Join Us & Learn

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

Personal Benefits
Tutors Say:

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

Improve Your English

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

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

Orientation
November 1 12:30-2:45
Rm. Square 3

Register Now! Contact: yvonne.petersen@salinasuhsd.org

Join Us on November 1

Tutoring Available/Tutoría disponible for ESL and basic math/matemáticas básicas. Information in Room Square 3.

Participate in Your Community Participar en tu Comunidad

Help Our Community

Elections

Election Day is November 8. If you are a U.S. citizen, remember to vote.

El día de las elecciones es el 8 de noviembre. Si usted es ciudadano Americano, recuerde votar.

Voter Registration

Are you a U.S. citizen? It is important to register to vote if you plan to vote in November. Go to <https://www.montereycountyelections.us/register-to-vote/> for more information. Information is also available in Chinese, Korean, Tagalog, and Vietnamese.

Inscribirse para votar

¿Es usted un ciudadano/a Americano? Para que pueda votar en noviembre, tiene que inscribirse. Para más información, <https://www.montereycountyelections.us/register-to-vote/>.

Voter Guides

Booklets to give you information about the elections are available in English (in print, audio, and **large print**) and in Chinese, Hindi, Japanese, Korean, Tagalog, Khmer, Vietnamese, and Thai. Get information at vote.ca.gov.

Get Help at the Polls (Voting locations)

If you have a disability and need special assistance so that you can vote at the polls, you can use special machines to help you vote, use a voting booth that is lower in height, or you call ahead for curbside voting. Voting locations have information in Spanish and interpretation help. Some

locations include help in Korean, Vietnamese, and Tagalog too. To find ballots in these languages or maybe other languages too, call 866-887-9274 or go to www.montereycountyelections.us. You can also take one or two friends or family members to help you.

Si tiene una discapacidad y necesita asistencia especial para poder votar en un lugar de votación, puede usar máquinas especiales para ayudarlo a votar, usar una cabina de votación más baja o llamar con anticipación para votar en la banqueta.

Los lugares de votación tienen información en español y ayuda de interpretación. Para encontrar boletas en español o quizás en otros idiomas, llame al 866-887-9274 o visite www.montereycountyelections.us. También puede llevar a uno o dos amigos o familiares para que lo ayuden.

Volunteers Needed

Salinas Soccer Complex Clean Up
Limpieza del Salinas Soccer Complex
October 25 at 4:30 PM Free

Natividad Creek Park Clean Up
Limpieza del parque Natividad Creek
November 1 at 4:30 PM Free
This is a tobacco litter clean up. Esta es una limpieza de productos del tabaco.

Del Monte Blvd. Beach Clean Up
Limpieza de la playa
588 Del Monte Blvd., Monterey (parking)
November 12 at 9:00 AM
Blue Zones Project Free

Volunteer to clean the park. Wear a mask and wear comfortable clothing and use gloves if possible.
Ser voluntario. Usa una mascarilla y ropa cómoda y un par de guantes si los tiene.

California State University Monterey Bay Return of the Natives Big Sur Land Trust

Planting Day at Carr Lake Salinas

Día de plantación en Carr Lake

November 5 from 10 AM-12 PM

Native plant planting at the future park next to our school off Las Positas Way near the Rodeo Market.

Día de plantación de plantas nativas en el parque del futuro a lado de nuestra escuela por Las Positas Way cerca del Rodeo Market. Registration/Inscripciones bit.ly/BSLTCarrLakeBZ

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 gana dinero para acabar con la enfermedad de Alzheimer. Informarse a www.alz.org/ride.

City of Salinas Facebook



Give the city your opinion about things that are important to you. Watch their Facebook for announcements.

Da a la ciudad su opinión sobre las cosas que son importantes para usted. Busque anuncios en su página de Facebook.

Feature Stories

Climate Change

By Miriam Perez

What is Climate Change?

Climate Change is a long-term change in the average weather patterns and is caused by human activities.

What is Climate Change Caused by?

It is mostly caused by the burning of fossil fuels; the burning of oil, natural gasses, and coal to generate energy.

Climate change is mostly caused by humans. To sum it up, farming, fossil fuels, oil drilling, industry, consumerism, and waste are the principal causes of climate change.

What Are the Effects of Climate Change?

- The Antarctic glaciers are melting
- The sea level is rising
- There are intense heat waves
- Extreme weather damage including wildfires.

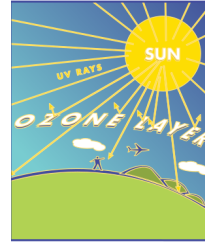
What are Some Small Ways to Protect Our Planet?

Some ways to protect our planet would be by using lights only when needed and try to use our vehicles less. We can also have awareness on how our actions impact our planet.

Ozone

By Esmeralda Meza

The ozone layer is 15-30 km around the



Earth's surface. It's a layer of molecules made up of three oxygen atoms. That layer protects the Earth from the Sun's radiation, but Antarctica has no UV protection from the ozone layer.

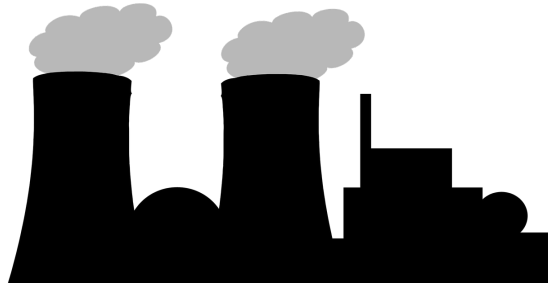
The ozone layer was discovered by the French, but the people that get to experience great views of it are the astronauts who go to outer space.

The ozone layer is 3 mm thick and could be protected by the people not using a lot of bad chemicals that destroy it. The ozone hole developed because people polluted the atmosphere with chemicals like chlorine and bromine. People should stop using ozone depleting substances.

The protective ozone layer can grow back and it's being replenished. That is good because it protects humans, and also absorbs harmful ultraviolet B (UV-B) radiation. We need to continue to protect this layer because its depletion could have serious effects on human health and the environment.

Energy Generation Pollutes

By Maximina Perez



Energy is very important for everyday human living. We use energy practically for everything in our life, but the more we use it the more we pollute.

Here I'm going to mention only two sources of energy, those that come from fossil fuels. They're also the cause of more pollution in our environment. For example, burning coal leads to soot. That soot causes worse breathing problems in people who already have respiratory problems. It also produces smog, a mixture of polluted air that endangers all living things. Smog also reduces visibility, irritating our eyes, throats and noses. All this smog seriously affects our atmosphere.

Acid rain is another type of pollution caused by burning coal. It kills all kinds of vegetation because the water that falls from the rain contains chemicals that the rain gets in the atmosphere.

Natural gas is another source of energy, but like coal it has its negative side. It

also contributes to air pollution. We breathe this poisonous air and we get sick or develop respiratory diseases. The global warming emission for natural gas is lower than with coal and oil nevertheless it brings us the same problems. Transporting natural gas has high risks of leakage of methane. This methane is a component of natural gas, and it's stronger than carbon dioxide in trapping heat.

Natural gas also pollutes water. When the land is drilled to extract this source, the water gets polluted because of gasses and fracking fluids. That's why scientists think that energy generation is the first cause of global warming along with other pollution that humanity causes.

We also have nuclear energy. This is the biggest source of renewable energy, it saves 2.4 billion tons of carbon emissions for a year; however it has very high radioactive levels. Radiation is extremely dangerous if an accident happens in a nuclear plant.

Fortunately scientists have discovered other sources of clean energy like solar and geothermal and others. If we do our part to help our environment, we will save our planet. This is incredibly important.

Wildfires

By Carla Flores

Wildfires are mainly unplanned fires that burn in a natural area like the forest, grasslands, or prairies. Wildfires are often caused by human activities or can be natural such as from lightning. These can happen at any time in any place in the world. Campfires are the leading human causes of wildfires and they simultaneously impact the weather.

Litter

By Magaly Martinez



Litter has been a problem for many years, but now it is worse because this generation does not care about taking care of

our planet; they litter everywhere.

Why is litter a huge problem?

Companies produce more plastic nowadays and we use it. Litter causes pollution, and it is a huge problem because animals die or have been hurt when they eat all the plastic and trash.

As plastic degrades, chemicals are released that are not good for the soil or even for humans. Most of the products that we buy come in plastic bottles or plastic bags. The problem is not the bottles or bags. The problem is that people do not put the trash where it should be or people do not recycle.

People litter in the streets. You can see trash everywhere, in the parks, and on sidewalks and roadsides. Most places have a trash can and recycling stations, but people still litter no matter what. Sometimes someone might throw cigarette butts. This can cause wildfires, and the butts contain chemicals as well.

Children are not taught with values and if their parents litter, they think that it is normal and they grow up doing it.



In July of 2021, California started to clean up our roadsides. Since then, workers have removed more than 12,700 tons of trash, but it is not enough. Our planet would be better if people started recycling at home, work, and in their cities, states, and countries too.

Effects of Pollution on Animals

By Sonia Villa



Pollution causes damage to land, water, and air. Living things

need the resources provided by the water and air of the earth. If these resources are contaminated, living things are in danger.

These are examples of how pollution affects animals:

The pesticides used to remove weeds and to kill bugs percolate into waterways and damage wildlife.

When air pollutants like nitrogen oxide and sulfur dioxide blend with humidity, these become acids. Then these acids fall on the earth as acid rain. Acid rain can damage lakes, streams, and waterways. In the lakes fishes can not survive because the water becomes acidic. Acid rain also can contaminate the soil making environments unsuitable for life.

Trash like glass, plastic products, paper, and cans are everywhere, and if animals eat plastic they can die.

Studies indicate that about 1,200 ocean creatures live in litter. They eat it and get tangled in it too.

Animals suffer in other ways. Oil spills are pollution that affect sea creatures and birds like



pelicans which get covered in oil and then can't fly. The change in the temperature is affecting polar bears because they hunt seals from sea ice, and the ice is melting. Polar bears have to travel looking for food, and for this reason their population is declining.

The noise that is made by military sonar, oil drills, and ship engines, affects sea mammals like dolphins. The noises can damage their hearing, and scare dolphins making them swim faster causing decompression sickness.

Noise made by humans like the sound of honking horns is a problem for birds because they won't be able to nest. The light that is produced by cities also impedes the migration of birds and activities of night animals.

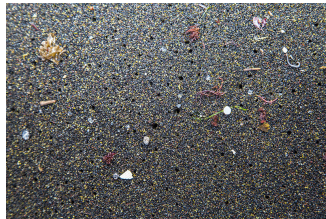
In conclusion, there are different types of pollution that not only affect humans, but also animals. We have to raise awareness, take care of the environment, and teach our children to take care of it too.

Plastic Pollution in the Monterey Bay

By Irania Pacheco

The issue of pollution is something that we hear more and more, even worse it is something that we live with as a society. When we think of pollution, big cities and smog usually come to mind, but that is not all there is about pollution. There are other types of pollution that are harmful to our environment such as water pollution.

It could be easy to think that we don't have this problem because Monterey Bay is a national marine sanctuary, but the truth is that we have millions of plastic bits in our area's water.



In these times, you can find plastic everywhere. It is something that makes our lives easy in appearance, but the truth is different. In the end, this is because these materials are not degraded in short periods of time. Plastics can take centuries to break down and our use of them far exceeds its management in a proper way ending as a waste.

It's alarming that only a minimal percentage of plastic is recycled, as low

as 5%, causing problems in our ecosystem. Because this material does not decompose as other materials do, the plastic breaks into smaller parts less than 5 mm in size and this is what is found on our ocean surface and in the depths including in the bodies of sea animals.

Ways to Help Protect the Planet

By Mayumi Furuichi

Currently, several environmental problems are occurring on the earth. Due to expanding human habitat and production activities, the environment is collapsing affecting many animals and these impacts are beginning to affect our lives too. It is important to ask yourself whether things you buy and use are really necessary and whether there is anything we can do individually to protect the earth. I would like to introduce some ways to protect the Earth that we can perform in our daily lives.

1. Reduce, Reuse, Recycle

Reduce means taking good care of things and trying to reduce waste.

Reuse means to use reusable items repeatedly.

Recycle means to use garbage as a resource.

By being conscious of these 3Rs (Reduce, Reuse, Recycle) in our daily lives, we can reduce the waste of resources.

2. Walk, Bike or Take Public Transit

Burning fossil fuel produces carbon dioxide and it causes global warming. Consider ways to avoid using your car. Try to walk wherever possible. Try to use a bicycle on a daily basis. Use public transportation. One thing that surprised me after I moved to California from Japan was that there are few people walking in the town and very few people using bicycles and buses. We should use these positively for the environment.

3. Try to use electrical appliances as little as possible

Here, I would like to talk about washing machines and dryers, including the situation in Japan. First of all, most of the washing machines that are used in the United States use heated water to wash, but most Japanese washing machines don't have a function to heat the water, so most Japanese use cold water for washing. According to the New York Times, "There are some situations where you probably should use hot water: cleaning bed linens after being sick, for instance, or washing sweaty gym gear. Aside from that, though, stick

to cold water." Hot water is not always necessary.

Next, when I came to the U.S., I was surprised to see that even though the weather here is sunny, most people don't hang their laundry outside. In Japan, dryers are not used very often. Many people in Japan dry their laundry on an outside laundry pole. I think this is partly due to differences in the aesthetic sense of the culture and scenery of each country, but rather than caring about the aesthetic sense, everyone should dry clothes outside because this does not require electricity. These two methods can significantly reduce electricity usage.



It is unavoidable to seek convenience and comfort in our daily lives; however, we should not forget that behind this is the fact that it makes the global environment worse. Let's do what we can do every day as much as possible little by little.

Salinas Adult School

FALL 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)

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 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.



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.

Testing Center Dates

Paraeducator Test

Mondays, October 31; November 7 & 28
at 2 PM

HiSET Testing

Tuesdays, November 1 & 15
at 8:30 AM & 12:30 PM

Thursdays, November 3 & 17 at 5:30 PM

Fridays, November 4 & 18 at 8:30 AM

Pearson Vue Testing

Tuesdays, November 8 & 29
at 8:45 AM & 1:00 PM



Thursdays, November 10 at 5:00 PM

Tutoring

See the AM teacher in Room Square 3 for tutors available.

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.



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.

Scan me

To start class go to Square 3

SalinasAdultSchool Salinasadultschool1 @SalinasAdultSch SalinasAdultSchool



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.salinasuhsd.org/Domain/19>.



For information about the school district
see <https://www.salinasuhsd.org> .

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

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.

Virtual Job Fairs

**October 31, November 7, 11, 14, 28,
December 5, 9 & 12**

See this website for more information.

<https://hirex.us/job-fairs-near-me/california/salinas>

Mission Trails ROP


867 E. Laurel Dr. 753-4209

Certified Nursing Assistant (CNA)

Spring Course: January 19-May 26 Cost: \$1,200

Mandatory Orientation

Nov. 4 from 9-11:30 or Nov. 18 from 12-2:30 PM.



QUESTIONS?


CONTACT
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 fee for the
CNA Program:
\$1,200.00 (Subject to Change)
Fees due at Registration

CNA Student Advisors
Brenda B. Bower, LVN
brenda.bower@salinasuhsd.org
Rachel M. Fallano, RN
rachel.fallano@salinasuhsd.org



rev8/20/2022

SPRING 2023

1/9 - 5/26/2023

CERTIFIED NURSE ASSISTANT PROGRAM

Mandatory Orientation (must attend one)
9/2 [click here for 9/2](#) 10/7 [click here for 10/7](#) 11/4 [click here for 11/4](#)
Times for the above dates are 9:00am - 11:30pm at the ROP Campus.
11/18 [click here for 11/18](#) times on this day are 12:00pm - 2:30 pm
ALL DATES ARE FRIDAYS

Registration
Registration is on a first-come-first-served basis and only for
those who complete the required documents. No appointments accepted.
Friday, November 18, 2022 9:00am - 2:00pm ROP Campus
Friday, December 9, 2022 9:00am - 12:00pm ROP Campus

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

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



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) 755-4209
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

Salinas Valley Memorial Hospital

American Heart Association Heartsaver CPR and AED Course for Non Healthcare Providers

Saturday, November 12 from 8 AM-12 PM
\$75 for a 2-year certification

American Heart Association HeartSaver Adult First Aid

Saturday, November 12 from 1:00-4:00 PM
\$75 for a 2-year certification

If you take both classes on the same day, the total charge is \$110.

For more information and registration contact
831-759-1890.

CPR/AED

Friday, November 18
9:00 AM-1:00 PM

Stillwell Center Conference Room
4260 Gigling Rd., Seaside **\$25**

Infant, child and adult CPR & AED certification.
For more information contact Craig Carpenter at
Presidio of Monterey Fire Department at
831-242-7020.

Monterey Peninsula College-MPC

Law Enforcement

PELLETB Exam \$12 + fees

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

November 14 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.

EKG Technician

Dates to be determined \$1,299

This 50-hour course focuses on the skills and information needed for this career such as anatomy, physiology and diseases of the heart, medical terminology and labs to practice EKGs as well as preparation for the ASPT-EKG certification exam.

Hartnell College Career Technical Education Open House



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.

College Night

**Hartnell College Student Center
November 2 from 6-8 PM**

Attend this event with your teenagers to help them to plan for the university or go to get information for yourself.

**Cal State University Monterey Bay
Open House at the Otter Student Union
Saturday, November 5 from 9 AM-2 PM**

Learn about the majors, student support services and activities at CSUMB, tour the campus, meet the professors, and go to workshops on financial aid, majors, and special programs. [Register](#) to have materials and special free items.

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 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 "Fentanyl Overdoses Spike, Mental Health First Aid Can Help You Respond", "What Student Athletes and Their Coaches Need to Know About Mental Health", and "Living My Values".

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.**

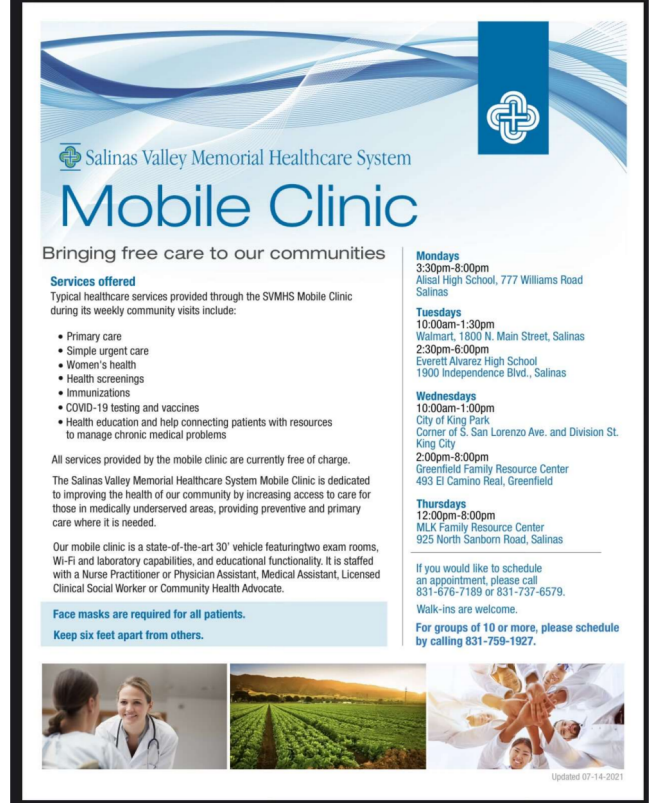
Los Lunes
3:30pm-8:00pm
Alisal High School
777 Williams Road, Salinas

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

Servicios 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.

Updated 07-14-2021



CALIFORNIA MICROEMPRESAS
COVID-19 PROGRAMA DE SUBVENSIÓN DE AYUDA

SOBRE EL PROGRAMA

Para apoyar a los empleadores de pequeñas empresas que enfrentan impactos financieros de la pandemia del coronavirus, el Monterey County Workforce Development Board, en asociación con la California Office of the Small Business Advocate (CaOSBA), ha establecido el fondo de Subvención para Microempresas COVID-19. El fondo proporcionará subvenciones de \$2,500 a pequeños empleadores elegibles que experimenten estrés económico causado por la pandemia.

EMPRESAS ELEGIBLES

- 5 o menos empleados equivalentes a tiempo completo
- Afectado negativamente por la pandemia de COVID-19
- Estaban abiertos y en funcionamiento antes del 31 de diciembre de 2019

¡Plazo de solicitud extendido!

- Hizo menos de \$50,000 en ingresos en 2019 completo
- Se aplican más criterios de elegibilidad - consulte el sitio web para obtener todos los detalles

Aplique en:

www.montereycountywdb.org

¿Tiene Preguntas?

mcsbg@co.monterey.ca.us

Una iniciativa conjunta de



Fecha de Cierre del Programa: May 31, 2023, a hasta que se agoten los fondos.

Este programa es subsidiado en un porcentaje limitado de cantidad de oportunidades. Los fondos y servicios se asignan sobre la base de la prioridad de solicitud y la disponibilidad de recursos.

CARIDADES CATOLICAS DIOCESIS DE MONTEREY

SERVICIOS DURANTE COVID-19

APOYO A LA FAMILIA

NUESTROS SERVICIOS
(CITAS VIA TELEFONO O CORREO ELECTRONICO)

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

CALFRESH (ESTAMPILLAS)

MEDICAL

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

ASISTENCIA DE RENTA (FONDOS LIMITADOS)
• Asistencia de solo una vez (por hogar)
ASISTENCIA DE FUNEBRES (Atribuyo a COVID-19)
• Condado de Monterey

INMIGRACION

NUESTROS SERVICIOS

• **CONSULTAS**

• **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 JERALINE 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





ABOUT THE PROGRAM

To support small business employers facing financial impacts from the coronavirus pandemic, the Monterey County Workforce Development Board, in partnership with the California Office of the Small Business Advocate (CalOSBA), has established the COVID-19 Micro-business Grant fund. The fund will provide \$2,500 grants to eligible small employers experiencing economic stresses caused by the pandemic.

ELIGIBLE BUSINESSES

- 5 or fewer full-time equivalent employees
- Negatively impacted by the COVID-19 pandemic
- Were open and in operation prior to Dec. 31, 2019

Application deadline extended!

- Made less than \$50,000 in revenues in 2019
- More eligibility criteria apply - see website for full details

Apply at:
www.montereycountywdb.org

Questions?
mcsbg@co.monterey.ca.us



Program Closing Date: May 31, 2023, or until funds are exhausted.

The program is subject to state and federal funding availability. Funding is not guaranteed.

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)
- **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
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Monkeypox Information

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

Funeral Assistance Program

Financial assistance for COVID-19 related funeral expenses



The Covid-19 pandemic has brought overwhelming grief to many families. As part of our organization, Catholic Charities Diocese of Monterey would like to express our deepest condolences.

Catholic Charities Diocese of Monterey along with our sponsors, we are grateful to be in the position to help low-income families or individuals living in the Monterey County. Those who have had a loss due to Covid-19 as of November 1st, 2020 may be eligible for funeral assistance.

To be eligible for funeral assistance, you must meet these requirements:

- The death must have occurred in Monterey County.
- The death certificate must indicate the death was attributed to COVID-19.
- The deceased person does not have to be a U.S. citizen

All calls will be returned in the order that were received. Appointment and assistance not guaranteed as funding is limited.

To apply for assistance, please call
(831) 393-3110



Requirements:

1. Identifications
2. Proof of relationship
3. Financial need (income verification)
4. Death Certificate
5. Proof that death was due to COVID-19
6. Funeral related bills or receipt

Programa de Asistencia Funèbres

Asistencia financiera para gastos funèbres relacionados con COVID-19



La pandemia de COVID-19 ha traído un dolor abrumador a muchas familias. Como parte de nuestra organización, la Diócesis de Caridades Católicas de Monterey desea expresar nuestro más sentido pésame.

Caridades Católicas Diócesis de Monterey, junto con nuestros patrocinadores, estamos agradecidos de estar en la posición de ayudar a familias de bajos ingresos o individuos que viven en el condado de Monterey. Aquellos que hayan tenido una pérdida debido a COVID-19 pueden ser elegibles para asistencia funeraria desde 1 de Noviembre de 2020.

Para ser elegible para asistencia funèbres, debe cumplir con estos requisitos:

- La muerte debe haber ocurrido en el condado de Monterey.
- El certificado de defunción debe indicar que la muerte se atribuyó a COVID-19.
- La persona fallecida no tiene que ser ciudadano estadounidense

Todas las llamadas se devolverán en el orden en que se recibieron. La cita y la asistencia no están garantizadas ya que fondos son limitados.

Para solicitar asistencia, llame a
(831) 393-3110



Requisitos

1. Identificación
2. Prueba de parentesco
3. Verificación de ingresos
4. Acta de defunción que verifica la causa de COVID-19
5. Factura de hospital
6. Factura relacionados con el funeral

CITY OF SALINAS
MARKETING AND TECHNOLOGY GRANT PROGRAM

Receive grants of up to \$2,500 for

- Social Media Marketing
- Computer Literacy
- Financial Literacy

Eligibility Requirements:

- Must be located in the Alisal Area (ANSRA)
- Have been in business for at least 6 months

Use QR Code for additional requirements



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



CIUDAD DE SALINAS
PROGRAMA DE BECAS DE MARKETING Y TECNOLOGÍA

Reciba subvenciones de hasta \$2,500 para

- Marketing de medios sociales
- Computación informática
- Educación Financiera

Requisitos de elegibilidad:

- Debe estar ubicado en el Área Alisal (ANSRA)
- Haber estado en el negocio durante al menos 6 meses.

Use el código QR para requisitos adicionales



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



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 reciente de COVID-19 para toda la comunidad y recursos para campesinos.

INTERNET/COMPUTERS

Loaves, Fishes and Computers

938 S. Main St., Salinas
 831.393.9260

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

Federal Stimulus Package

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

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

Their site is/Este es el sitio web
getemergencybroadband.org

Federal Affordable Connectivity Program

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

Este programa ofrece un descuento por data en teléfonos. 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.

EVENTS

COMMUNITY EVENTS

Till (movie)

Starting October 28 Cost
Century 14 Northridge Cinema

This historical drama tells the true story of how 14-year-old Emmett Till's mother tried to bring her child's case to justice and the relationship of this case to the Civil Rights Movement.

free October 15 - November 12 15 de octubre - 12 de noviembre
TIRE RECYCLING **RECICLAJE DE LLANTAS**
At all 3 locations En nuestras 3 localidades

SALINAS Recycling & HHW Facility
1104 Madison Lane
Salinas, CA 93907

GONZALES Johnson Canyon Landfill
31400 Johnson Canyon Road
Open on Sundays!
abierto los domingos!

KING CITY Jolon Road Transfer Station
52654 Jolon Road

CalRecycle (831) 775-3000
SalinasValleyRecycles.org
Facebook, Twitter, Instagram, Yelp

- Car and Small truck tires (with or without rims)
- Residents only (no businesses)
- Limit 9 tires per trip
- Llantas usadas de carros y camionetas con o sin rines.
- Los negocios NO pueden participar en este evento.
- Limite de 9 llantas por viaje.

First Friday Art Walk
November 4 from 5-9 PM Free
Downtown Salinas
Visit downtown galleries, coffeehouses, CSUMB Salinas City Center and other locations to enjoy art, music, and more.

Salinas Valley Memorial Hospital
Take a Step Toward Better Health
November 5 from 9-10 AM Free
Fort Ord National Monument
Badger Hills Trail (on Hwy 68 across from Toro Cafe) **Topic: Diabetes Awareness with dietitians Ashley LaBrier & Marta Pellet.**
This is an informational talk and a walk on the trail. Register at <https://svmh.wufoo.com/forms/walk-with-a-doc/>

Open House at Railroad Museum
November 5 & 6 from 10 AM-4 PM Free
Near Salinas Amtrak Station
Railroad dioramas of Monterey County railroads. You must wear a mask.

Free Flu and COVID Vaccine Clinics

North Salinas High School
November 5 from 10 AM- 1 PM

Main St. Middle School, Soledad
November 9 from 4-7 PM
Vaccines for ages six months and older.

Change the Time--November 6
Turn your clocks back one hour tonight.
Atrasar sus relojes una hora esta noche.



Salinas Veterans Day Parade Free
South Main St., Salinas into Oldtown
Veterans Day November 11
1 PM Ceremony **2 PM Parade**
This is a family-friendly event to celebrate veterans attended by thousands of parade watchers. It includes horses, military vehicles, bands, and other parade groups.

National Take A Hike Day--Blue Zone Events/Caminatas de Blue Zone
Free T-shirt if you register for a hike. Recibirá una camiseta gratis si se inscribe adelantado.
<https://www.eventbrite.com/o/blue-zones-project-monterey-county-41998615683>

Hike/Caminata
November 17 from 4-5:30 PM Free
Fort Ord National Monument
Badger Hills Trail (on Hwy 68 across from Toro Cafe)/Cruzada la carretera 68 de Toro Cafe)--Easy to Moderate 3-4 mile hike
Caminata de 3-4 millas a nivel facil a moderado
Bring water and meet in the parking area.
Favor de traer agua y comenzar con el grupo en el estacionamiento.

Hike/Caminata
November 17 from 5-6 PM Free
General Jim Moore & Coe Ave., Seaside
Bring water/traer agua.



Hike/Caminata
November 19 from 7-8 AM Free
Sandholdt Trail 7722 Sandholdt Rd., Moss Landing
Bring water/traer agua.

Hike/Caminata
November 19 from 9-10:30 AM Free
Creekside Terrace Trail Fort Ord National Monument Creekside Terrace, Salinas
Easy to Moderate 3-4 mile hike
Caminata de 3-4 millas a nivel fácil a moderado. Exit/Salida Hwy 68 River Rd./Reservation Rd. (Direction to Marina). Left on Portola Dr. to Creekside Terrace
Bring water/traer agua.

West Coast Songwriters Competition
Downtown Book & Sound
213 Main St., Salinas
November 17 from 7-9:00 PM
Local musical professionals judge best performance and best song from those in the competition. Public welcome to listen (**free**).

Book Event

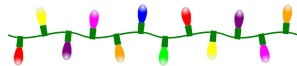
November 18 from 6-8 PM **Free**
Downtown Book & Sound
213 Main St., Salinas

Author Scotty Cornfield will read selections from his book "Fast Fiction" which is a book of 101 short stories that contain 101 words per story. There will also be prizes and music.

Shop Small Salinas

November 26 from 10 AM-9 PM
Oldtown Salinas

Shop socially distanced in small stores in oldtown Salinas. Participate in free fun events such as a scavenger hunt, raffles, and listening to carolers.



Holiday Parade of Lights **Free**
November 27 starting at 6 PM
Oldtown Salinas

This is a popular holiday parade with bands, floats, huge balloons, and other activities.

Streets of Bethlehem **Free**
December 1-4 from 6-8 PM
First Baptist Church, Salinas
1130 San Vicente St.

Park in Park Row (behind the 900 block of South Main St.) to ride a bus to the event. Disabled parking near the church.

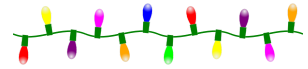
This is an outdoor community Christmas play showing what the streets of Bethlehem might have been like with actors in costumes, activities to do, and animals.

Winter Concerts

Salinas High School
December 6 Choir Concert at 6 PM
December 9 Band Show
See the school for more information.

Hartnell College Music Department
Free Winter Concerts
See their Facebook page for more information.

YoSal Youth Orchestra Concert
December 10 at Sherwood Hall
Contact hello@yosal.org or 756-5335 for more information.



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.

Farmer's Markets

Memorial Hospital Farmers' Market
Salinas Valley Memorial Hospital
Certified Farmers' Market
450 E. Romie Lane

Fridays 12:30-5:30 PM through Nov. 11
Accepts EBT/WIC & offers Market Match* and participates in the Fresh Rx Program**. Free parking at the hospital or use bus 18 or 20.

**Fresh Rx is prescribed to young patients with diet-related illnesses or special nutritional needs. They get \$25 a week to spend on produce.

*Market Watch is a program for low income customers. Pay \$15 for produce and get another \$15 to spend on more produce.

Edible Education workshops for healthy cooking. Participants get \$10 to spend on produce.

Hartnell Sports

Men's Soccer at Hartnell Soccer Field

November 1 & 4 at 4 PM; November 8 at 2 PM; November 11 at 12:30



Women's Soccer at Hartnell Soccer Field

November 4 at 1:30; November 11 at 3 PM

Volleyball at Hartnell Gym

November 4, 9 & 11 at 6:30.

Cost

Women's Basketball at Hartnell Gym

November 5 at 2 PM; 8 at 6 PM; 17 & 18 at 5 PM

Cost

Football at Rabobank Stadium

November 19 at 1 PM

Cost

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Thank You for reading the
Newsletter!

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

