

# Our News

Salinas Adult School Student Publication



September 2022



1, 3, 14 School News  
17 Community Resources

4 Features  
23 Events

13 Suicide Prevention  
27 Contributors

Read Our  
Stories in



## Our Golden Edition

You are  
Invited

to the

Salinas Adult School

Job Fair  
October 6  
10:00-12:30

Do you need to take  
a CASAS test?



Get information  
from your teacher.

No School



October 10

### 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 AM 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](http://www.salinasparentcenter.org)

## Golden, Golden Golden

By Yvonne Petersen

What do the Incans, Eleanor Roosevelt, Yuan Longping (Chinese inventor of hybrid rice), and Sue Landesman have in common? What about mental health, wildfires, DACA, and the pandemic? And holidays, heritage, homelessness, and human connection? The Salinas Adult School newsletter *Our News* which first began in March of 2017. Celebrate our 50th newsletter with us by reading this golden edition.

Every student has the opportunity to write for our newsletter. Our newsletter has had 85 staff writers and 47 guest writers ages 18



to 77 from 18 countries and four continents, and from Beginning, Intermediate, and Advanced ESL, ABE, Developing English, high school diploma, and GED & HiSET classes. Writers from

as far as Saudi Arabia to as near as Sherwood Dr. have written from the depth of their emotions to the height of investigative reporting beyond what they ever imagined possible for them, and from fear of writing to editing confidence.

Their newsletters have helped our families have resources for what our community has experienced including the bombogenesis, immigration fears, the fires, the pandemic, and the current mental health crisis. The newsletter even kept the school in contact with the students while we were in quarantine. We give a special thanks to student advisor Araceli Maupin for her dedication to that. In addition, the writers have provided information on events that have allowed our students to increase their participation in the community including

voting, doing the census and their taxes, becoming citizens, completing surveys, attending public meetings, and volunteering.

The newsletters have covered school events including contests, fairs, field trips, student council and tutoring activities, social emotional learning, school activities, graduation, and our school's 100th anniversary to name a few, and provided information on free and low-cost family and educational events in the area.



Our 63 student editors, five artists, 44 photographers, and nine designers have tried to make our editions accurate and appealing. They have included logos, calendars, articles in Spanish, crosswords, quizzes, tips for speaking English, book and movie reviews, and various other features.

We would like to give a special thanks to students who have taken on special roles over the years including editor-in-chief Rosa Rivera, assistant editors Viridiana Ramos and Stheffany Lopez, technical and photographic assistance from Servando Carrasco, and design by John Abelon, Maria Martin, Jose Duarte, Tatiana Juarez, Cecilia Lopez, and Patricia Garcia. We would also like to thank staff members Tatiana Roganova, Guadalupe Lopez, Erica Vargas, Angie Vidauri, and Molly Amaro for regular support of our newsletter as well as everyone who has helped with information to post, editing comments, photos, and encouragement for our student writers.

The support of our school community has allowed the writers to inform the students and staff about topics such as children's safety, staying healthy during the quarantine, friendship, creativity, holidays

around the world, the contributions of Blacks, Asians, and Hispanics to our country, and many more topics of interest and importance.

Congratulations students! I am proud of your accomplishments; support your efforts to improve your English and writing and research skills; show respect to you for taking risks to improve yourselves; encourage you to continue to help inform, support, and improve the lives of our students through your writing and participation on the school newsletter; and I thank you for your support of each other and me, and the efforts you have put in to produce a quality newsletter.

**Do You Enjoy Writing or  
Would You Like to Learn to Write  
Better?**

We invite all students to participate on the newsletter. See the morning teacher in room Square 3 or the newsletter ad for more information.

These are “golden opportunities” which means excellent opportunities or ones where the result will be excellent.

**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: [yoanna.peterson@salinasuhd.org](mailto:yoanna.peterson@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: [yoanna.peterson@salinasuhd.org](mailto:yoanna.peterson@salinasuhd.org)

## School News

**JOB FAIR**

**Meet with Employers and Community Partners!**

IN PERSON AND OPEN TO THE PUBLIC

**Join us!**  
**When:** Thursday, October 6th 2022  
**Time:** 10am-12:30pm  
**Where:** Salinas Adult School, 20 Sherwood Place, Salinas, Ca 93906

<https://tinyurl.com/bddac8yn>  
Scan the QR Code or visit the link to register and to be entered in a raffle!

Contact us at 831-796-6900 ext 1414 or 1413

**Feria de Empleo**

**Reunete con empleadores y organizaciones de la comunidad!**

EN PERSONA Y ABIERTO AL PÚBLICO

**Únete a nosotros!**  
**Cuando:** jueves, octubre 6, 2022  
**Horario:** 10am a 12:30pm  
**Donde:** Salinas Adult School, 20 Sherwood Place, Salinas, Ca 93906

<https://tinyurl.com/bddac8yn>  
Escanea el código QR para registrarte y participar en un sorteo!

Comuníquese con nosotros al 831-796-6900 ext 1414 o 1413

## New Employee

Alejandra Montelongo

By Jose Luis Lopez

Ms. Alejandra Montelongo was born and raised in Salinas. She works at the Salinas Adult School as a Health Technician and is a nurse's assistant.



She picked this career because she likes to support the mental health of others. She helps people with anxiety and depression, knows CPR, and administers medication. She does these things because she likes to help people and give emotional support. One of her goals is to continue working here for a few more years.

She worked in graphic design for two years before she started working at SAS. She does graphic design online part time as a business too. For example, she designs flyers and tickets for events.

Another goal she has is to visit Spain and New York in the future because she would like to know about the culture and traditions in those places. Now she mostly goes to Mexico on spring break and at Christmas to visit her family. The city she visits is called Jalisco Saucedo.

As a person, one of her hobbies is online exercise because she can follow the instructions and do it the right way. She is single and in the future would like to get married. I think that she's a positive person with good feelings towards others and will always succeed in life.

## Golden

### Feature Stories

#### The Gold Rush--Finding Gold in California

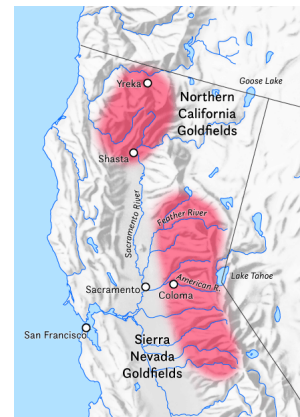
By Jose Delgado

In California, only 30% of the gold has been found. There is still a lot of gold here, but the government is no longer allowing people to extract it. Did you know that gold is found inside stones?

The California Gold Rush (1848-1855) began when James Marshall found gold at Sutter's Mill in Coloma. That was on January 24, 1848 and the news

caused 300,000 people to come to California from the rest of the United States and other countries. The sudden influx of gold into the money supply reinvigorated the American economy, and the sudden population increase allowed California to go rapidly into statehood through the Compromise of 1850.

Not everything was positive about the Gold Rush, however. It had severe effects on the Native American populations that declined from disease, starvation, and genocide.



## The Golden Poppy

By Mayumi Furuichi



Have you ever seen a hill with bright orange blooms in California? If you said yes, it might have been golden poppies. This flower is also called the California poppy, the golden California poppy, the California sunlight, and the cup of gold golden poppy. It is a species of flowering plant in the Papaveraceae family native to the southwestern United States and northern Mexico.

On March 2, 1903, the California poppy, scientifically named *Eschscholzia californica*, became the official state flower of California. Maybe its bright orange flowers reminded people of the gold fields of the Gold Rush.

This flower is also used as food or a garnish and has been traditionally used as a medicine in teas. According to the website

---

**Golden Nuggets are wonderful pieces of advice or wisdom. Find the five that we included throughout this golden edition from our past newsletters.**

---

webmd.com, the poppy might cause drowsiness or relaxation.

You can see golden California poppies everywhere from spring to early summer along the roadsides and they often cover wide valleys, fields and hillsides with spectacular orange carpets.



The California poppy is a native flower that grows by itself every year, but it is also great for gardening. It is drought tolerant (resistant to dry conditions) and likes lots of sun making it easy to grow anywhere in California. I would like you to enjoy it in your garden or go see the golden flowers spread all over the fields, but do not pick them from the fields because it is illegal.

---

### Do You Like Flowers?

Highway 68 is a good place to see purple lupines after it rains. If you like roses, you will enjoy going to the Municipal Rose Garden in San Jose. Where do you like to see flowers?



## Golden Gate Bridge By Magaly Martinez



A long time ago, San Francisco and Marin County were two areas that were very near, but faraway at the same time. For people who were working in those places, it was a long way to get to work. The population was growing and the traffic was getting worse. People thought of building a bridge to connect those two areas, but for some people it was a crazy idea.

Why was it a bad idea? In San Francisco, the bay is muddy and it was difficult to build something around it. The engineer found the way to build it by working inside the water, hiring people able to do that work.

It was difficult to get a city permit to build it. Over time, Mr. Joseph Strauss got that permit and the new project started and brought jobs for San Francisco and Marin residents. On January 5, 1933 construction began. Did you know that this structure was made to resist high winds, earthquakes, and salt which comes from the sea? It was a challenge for engineers, but they made it in four years.

In May 1937, they opened it to the public. The day before that, people inaugurated the bridge with a long walk. Many people showed up.

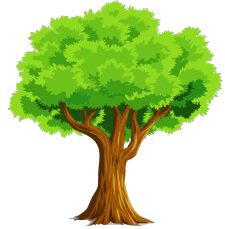
I have never been to the Golden Gate Bridge, but I'm planning to visit it very soon. I would like to take photos because I read that it is one of the most beautiful and famous bridges in the world.

## Visiting California

Are you going to see the Antelope Valley California Poppy Reserve State Natural Reserve? It is in Fairmont near Lancaster. In Lancaster, you can also see the Antelope Valley Indian Museum State Historic Park.

Do you plan to go to Death Valley or want to stop in some places on the way to Las Vegas? Maybe you would like to go to the Red Rock Canyon State Park in Cantil or the Maturango Museum in Ridgecrest.

Perhaps you would like to see the Gold Country or some of its sites along Hwy 41 & 49 somewhere between Fresno and Lake Tahoe or when visiting Yosemite. There's the Sierra Mono Museum & Cultural Center in North Fork near Bass Lake, the towns of Coarsegold and Oakhurst, the Wassama Round House State Historic Park in Ahwahnee, the towns of Coulterville, Sonora, Columbia (an active town showing how life used to be), Angels Camp, Murphys, Sutter Creek, Placerville & Coloma to name a few. There's also Indian Grinding Rock State Historic Park near Pine Grove, Railtown 1897 State Historic Park in Jamestown, and also the Chinese town of Locke on the way to California capital Sacramento (see the State Capitol Building and other sites there). San Francisco and Marin counties near the Golden Gate Bridge have many points of interest too. To go to mining sites, see the website [www.parks.ca.gov/ParkIndex/](http://www.parks.ca.gov/ParkIndex/) and search By Region: Gold Country.



## Golden Nugget

“History helped to show how important the immigration workforce is, and how the American society and culture was transformed during those years. This demonstrates that our nation’s strength comes from the unity and diversity of its people.”

--Servando Carrasco

---

### Nature in the Golden State

By Maria Zamudio

California is a wonderful state in the United States. It is made up of lakes, beaches, forests, and deserts.

Some of the most popular places in California are the National Parks. In total there are nine National Parks in California, and all of them are protected by the government and count on fantastic options for hiking, camping and many more activities to do in the natural environments. There are more National Parks in California than in any other state in the United States, and each one is unique in the world.



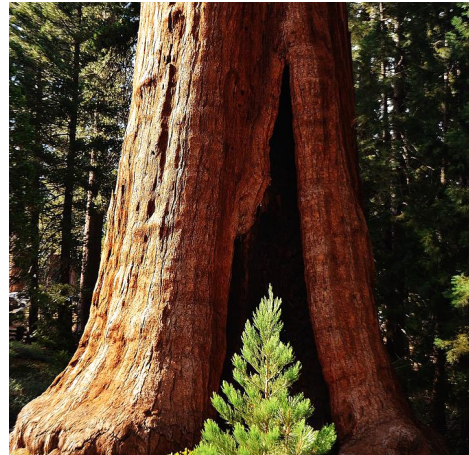
Yosemite National Park is famous for its great waterfalls.



Death Valley National Park is the biggest with a surface around 337,306,714 acres as well as the hottest and driest place in the United States.



Sequoia National Park is home to the biggest tree in the world named The General Sherman Tree which is a giant sequoia with around 52,000 cubic feet.



In my personal experience, I love nature and every time I have the opportunity to visit with my family, we like to camp and hike. We enjoy nature.

---

Would You Like to Save Money at Many State Parks?

See our resource section on page 20 for discount & free passes.

## “EL DORADO” A COLOMBIAN GOLDEN LEGEND

By Marcela Martinez



*Picture of a Muisca Tunjo*

Could you imagine that lust for gold made some people want to drain a lake? Desiring wealth makes people do unimaginable things.

This legend began when Europeans believed that South America was a place of immense wealth known as “El Dorado”. When they arrived in the New World, in the early 16th century, they heard about a tribe of natives in the Colombian Andes mountains. This tribe was known as Muisca. They had a coronation ritual where the new king was covered with gold dust, and gold and emerald jewels known as “Tunjo” were thrown into the lake as a tribute to their god.

When the conquerors learned that the ceremony was performed in Lake Guatavita, a group of Spanish and English men tried to drain the lake, but they failed. Thousands of pieces of gold were looted, however, so nowadays some jewels and “Tunjo” are exhibited in the Gold Museum in Bogota, Colombia.

El Dorado has not been found, but Edgar Allan Poe wrote in his poem “Eldorado” in 1849 about the location of this legend:

"Over the Mountains of the Moon, down the Valley of the Shadow, ride, boldly ride ... if you seek for El Dorado."

---

## Golden Expressions in English

### Golden Ticket



This idiom means something that will give you the opportunity to get something very important to you. People usually think of it as a way to get rich, famous, or prepare for a fabulous job.

Here are some examples of how to use it in a sentence. Going to Harvard University is my golden ticket to my future. My role in this movie is my golden ticket to every other movie role I want.

The men who wanted to drain Lake Guatavita and the men who searched for gold during the Gold Rush thought their discoveries would be their golden tickets. Maybe the greed of those at the lake and some of the gold miners in California killed their golden goose (geese). That expression means that their actions made them lose their chance to get the valuable thing that they wanted.

Perhaps you will one day sit quietly by one of California's streams and find a piece of gold, but be careful because all that glitters is not gold. That is not everything is what it appears to be. Maybe that “piece of gold” is really pyrite (fool's gold) or perhaps it will be your golden ticket.



## Gold in Art

By Sonia Villa

According to old Greek myths about gold, gold is a sign of authority, holy power, and prosperity.



The old Egyptians used gold to adorn the tombs of pharaohs because gold was considered a sign of immortality. The gold was placed inside the sarcophagi beside mummies, and in

Egyptian rituals, it was important for them to use this metal.

During the finish of the Middle Ages and the rise of the Renaissance, gold sheets were put on paintings. Gold was also used in manuscripts in the Christian and Medieval eras in significant books and in Islamic manuscripts too.



In the old Americas, it is believed that gold was a manifestation of the holy and that the objects created with gold could be a means to connect with a supernatural world. To wear gold established a high-status. It was used to make objects to be put in holy holes, lakes, or mountaintops far from human sight.

In the Inca and Aztec empires, the emperor gave permission to wear gold to just some people like members of the royal family and those that belonged to the nobility.

These are some examples of gold in art:

The kiss (1907-1908)

by Gustav Klimt,  
and Buddha by an  
unknown artist.



Gold was used from the early civilizations of Egypt, Mesopotamia and India to the old Greece and Rome. Today gold is still the basis of wealth and the economy.

---

## Share Your Opinion

What type of art do you like and where are the best places to see that art?

These are two examples:

Art: Native American Art

Place: The Native American Christmas Market in Spreckels in December.

Art: Monterey County landscapes

Place: Salinas Valley Art Gallery in downtown Salinas.

Please send us your ideas.

## Lady in Gold

By Irania Pacheco



Art is important in our lives as a way of expression of imagination and this could be expressed in a painting; however a lot of times the stories behind the art can be very interesting also.

This painting is of Adele Bloch-Bauer and was painted by Gustav Klimt, a prominent Austrian artist. Adele was 25 years old in 1907. The painting has a gown with gold rectangles.

In 1938, during World War II, the Nazis took over Austria and part of that was stealing artwork. During the war, Adele's family was separated, escaping wherever they could as was the case with Adele's niece Maria Altmann, the last survivor of the family who settled down in California until her death in 2011.

In 1998, many countries signed an agreement called "just and fair solution" for those victims of the Nazi government. In that agreement families had the opportunity to reclaim art that belonged to their families. That is when Ms. Altmann tried to reclaim her painting that was on display at a museum in Austria at the time. The Austrian government refused to return the painting, so after that, she presented this case to the

Supreme Court of the USA where the case was dismissed.

That did not stop Ms. Altmann who continued fighting for her inheritance and what it represented to her with the guidance of her lawyer. Finally she won the case in Austria's court in 2006. She brought the painting to the United States. It was sold to a gallery in New York for \$135 million, a record price at that time.

### Golden Nugget

"A positive attitude is the strongest weapon, helmet, and shield for life. It helps us to have hope, healing, and allows us to let go of things. It is an eye-opener for a new beginning."

--Margret Lunkuse



Huell Howser's California Gold was a program on TV for about 20 years. In each episode Mr. Howser went to a different place in California to show the audience something special about each place. You can still watch some episodes online. You can learn about the places and practice English too because he spoke slowly and clearly.



By Maximina Perez

Golden oldies are songs that were the biggest hits that artists recorded during the fifties, sixties, and seventies. These songs are still well known and popular today. They are still played on the radio. People use these songs for special occasions too. All of the songs have a meaning, they send us a message. Sometimes they make us happy or sad.

The singer plays a very important role in how he or she sings the song. Usually all of the singers from the Golden Era sing the songs with a lot of feeling. They had the power to transmit all those feelings into a song. Who doesn't like the voice of Engelbert singing "The Way It Used to Be" or dance when hearing "California Dreaming" by The Mamas and the Papas.

We don't need to be in love with someone to listen to all of this wonderful music. Just by listening to it, we remember a place or an occasion, something from our past, or it makes us consider our lives. Think about the messages that "The Yellow Submarine" by the Beatles, or "Those Were the Days" by Mary Hopkin give us.

There are songs that are for love and heartbreak, for welcome and goodbyes, like

when our loved ones have left us forever and sad songs like "Honey" from Bobby Goldsboro. The composers of those songs and singers left us a great legacy of music that will never go out of style.

It's just wonderful to listen to all those songs because there will be somebody happy like me, who smiles at the butterfly that visits my backyard while I sing, "What a Wonderful World" by Louis Armstrong.

"Yes, I think to myself what a wonderful world!"

### How to Buy Gold

By Carla Flores

The most direct way to own gold is to purchase physical gold bars, but these can be illiquid because they cannot be sold for cash easily because they are not traded in the public market place. Because of that, gold bars have to be stored securely.



Mutual funds that track the price of gold are also popular and if you have access to the derivatives market, your backer agency can help you get set. You can start with \$50 per month investing in 2.5g gold. You can also invest more for 5g or 10g of gold using gold futures standardized exchange-traded contracts in your personal account. Then they will give you the price it is worth and when they will deliver it to you.

For first time buyers, you can prepare for and protect your retirement with gold and other portfolios. The investment is put in a 401K account that best interests you.

## Beginning ESL Corner

Read the story about this dog. Answer the questions.

Golden Retriever

By Miriam Perez



Did you know that Golden Retrievers are trained to be guide dogs and also excellent therapy dogs?

Golden Retrievers originated from Scotland, the United Kingdom, and England. Retriever dogs are medium-sized and they can live for approximately 10-12 years. Their colors can be dark golden, light cream golden, and golden. They can weigh 55-75 pounds and their height ranges from 21-24 inches.

Golden Retrievers are one of the best family dogs. These dogs are easy to train, and they can get along well with other animals. They are loyal, highly adaptable, intelligent, friendly, and active dogs. What pet owners love is that this dog is calm, playful, friendly and very good with children.

### Questions

#### True or False

1. \_\_\_\_\_ This dog is from China.
2. \_\_\_\_\_ This dog is small.

3. \_\_\_\_\_ This dog is golden in color.
4. \_\_\_\_\_ This dog is good for families.
5. \_\_\_\_\_ This dog is usually angry.
6. \_\_\_\_\_ This dog sleeps all day.
7. \_\_\_\_\_ This dog is not friendly.

### Complete the Information

Golden Retrievers are \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

### Grammar Questions

#### Examples

1. Is the Golden Retriever from England?  
Yes, it is.
2. Is the Golden Retriever green?  
No, it isn't.

### Your Questions

1. Is the Golden Retriever a medium-sized dog?  
\_\_\_\_\_, it \_\_\_\_\_.
2. Is a Golden Retriever 150 pounds?  
\_\_\_\_\_, it \_\_\_\_\_.
3. Is a Golden Retriever short?  
\_\_\_\_\_, it \_\_\_\_\_.
4. Is a Golden Retriever difficult to train?  
\_\_\_\_\_, it \_\_\_\_\_.
5. Is the Golden Retriever active?  
\_\_\_\_\_, it \_\_\_\_\_.
6. Is the Golden Retriever good with children?



\_\_\_\_\_, it \_\_\_\_\_

## September is Suicide Prevention Month

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

### Suicide Prevention & Mental Health Crisis Support

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

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

### 10 for 10/10

#### Ten Ways to Take Action

National Health Council for Mental Wellbeing October 10 is World Mental Health Day This is a resource for ten things that you can do for mental health. Each day until October 10 they add one more idea or resource such as having a list of mental health phone numbers or taking a day off from work for mental health if needed. <https://www.mentalhealthfirstaid.org/worldmentalhealthday/>

### 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/showpublicdocument?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”, and “Suicide is Preventable: How to Help 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.**

---

### Golden Nugget

“Your thinking will change from time to time from negative to positive or from positive to negative, but your focus is to be more positive in your thinking. Here’s how: Focus on your own feelings first to deal positively with the situation when

you're ready. Learn from what you've been through."  
 --Ernesto Padonia

**ENGLISH AS A SECOND LANGUAGE (ESL)**  
 Basic, Intermediate and Advanced English classes. Improve English Language skills in Reading, Writing, Listening and Speaking.

**HSD/HISET/GED**  
 Strengthen your reading, writing and math skills. Earn your high school diploma. Prepare for GED and HISET classes.

**COMPUTER LITERACY**  
 Computer classes include Microsoft Office: Word, Excel, PowerPoint, Access, Northstar Digital Literacy Assessment and basic computer use.

**CITIZENSHIP**  
 This course will prepare you to pass your citizenship interview. You will practice 100 Civic Questions, Citizenship Vocabulary, N-400 questions.

**PARENT CENTER** FREE BAKED!  
 Offers parents and caregivers information to nurture children in a positive, healthy, and loving environment. From pregnancy until your child goes to kindergarten, we have a class to support you along the way.

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

SalinasAdultSchool SalinasAdultSchool1 @SalinasAdultSch SalinasAdultSchool

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

#### Parenting



Parent/Child Activity Classes (AM/AFT)

Preschool (AM)

### Skills & Exam Preparation

### Citizenship Classes & Citizenship Exam Preparation

Fridays 8:45-12:15

Tuesdays & Thursdays 6-9 PM

Register at the Welcome Center.

### Developing English & College & Career Preparation

Monday-Friday 8:30-12:00

Improve your English & math skills to get prepared for a GED/HiSET or to enter college or a job training or 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.



**SALINAS Adult School**  
Learning for Life

**¡GRATIS!**

**CLASES PARA ADULTOS**

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


¡Visite nuestro sitio web!

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

SalinasAdultSchool SalinasAdultSchool1 @SalinasAdultSch SalinasAdultSchool

KEEP LOOKING FOR **GOLDEN NUGGETS**.

Room A-2 or call 796-6900 X 1414 or 1413 or cell number 831-583-7755.



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

Scan me

To start class go to Square 3

[f SalinasAdultSchool](#)
[@ Salinasadultschool1](#)
[@SalinasAdultSch](#)
[SalinasAdultSchool](#)



**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.

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

**Register Now!** Contact [yvonne.petersen@salinasuhsd.org](mailto:yvonne.petersen@salinasuhsd.org)

**Join Us on November 1**

## Salinas Adult School Supportive Services

### Transcripts & Student Records

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

### 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.

### 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.



## KEEP LOOKING FOR GOLDEN NUGGETS.

### Testing Center Dates

#### Paraeducator Test

Mondays, October 17 & 31 at 2 PM

#### HiSET Testing

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

Thursdays, October 6 & 20 at 5:30 PM

Fridays, October 7 & 21 at 8:30 AM

#### Pearson Vue Testing

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

Thursdays, October 13 & 27 at 5:30 PM

Fridays, October 14 & 28 at 8:30 AM

### Golden Nugget

“It would be awesome to be sure that we are healing and to be able to give all the children around us a childhood filled with love, worth, empathy, communication, security, softness, and trust. It is time to break chains and build a wonderful life for them at the same time that we do this for us too.”

--Flor Lopez

### Information

If you would like more information about our school, check this newsletter, our website or our Facebook or Instagram pages.

**For past newsletter editions see our school website page at**

<https://www.salinasuhsd.org/Domain/19>.

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

**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.



**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!

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



Go to the Parent Center's website for more information about all that the center offers and to register for classes. [www.salinaspresidentcenter.org](http://www.salinaspresidentcenter.org)

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.**

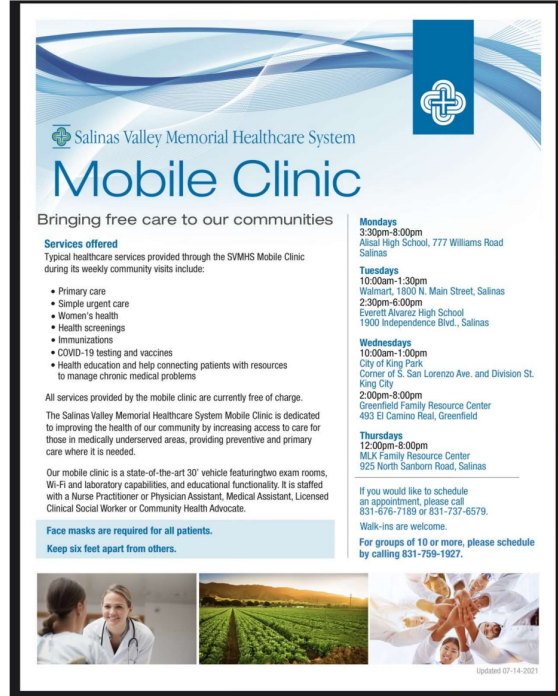
**Los Lunes**  
3:30pm-8:00pm  
Alisal High School  
777 Williams Road, Salinas

**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 vaccine
- 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

**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 FUNERES** (Atribuye a COVID-19)  
\* Consado de Monterey

**INMIGRACION**

**NUESTROS SERVICIOS**

**CONSULTAS**

- DACA
- N-400 (CIUDADANIA)
- 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**

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



**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

**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**

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



## Monkeypox Information

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

## 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

## Alliance on Aging

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

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

Este sitio tiene detalles sobre varios servicios para ancianos (algunos en español) y un enlace para información reciente de COVID-19 para toda la comunidad y recursos para campesinos. Call 831-758-4011 for more information.

## INTERNET/COMPUTERS

### Loaves, Fishes and Computers

938 S. Main St., Salinas 831.393.9260  
Low Cost Computers & Internet service for qualified people. Computadoras y servicio de Internet de bajo costo para personas calificadas.

### Federal Stimulus Package

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

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

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

### 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.

## 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/>

**KEEP LOOKING FOR GOLDEN NUGGETS.**

## DISCOUNTED USED BOOKS

### Friends' Community Bookstore

330 Reservation Rd. Suite F, Marina

Across from the Ramada Inn

Tuesdays, Thursdays 12-4 PM

Saturdays 10 AM-4 PM

Books, DVDs and CDs. Sales benefit the Marina Library. For information contact [friendscommunitybookstore@gmail.com](mailto:friendscommunitybookstore@gmail.com)

## Monterey Bay Aquarium

Free passes for low income families.

Information at Salinas Public Libraries.

## CALIFORNIA STATE PARKS

### Free & Discounted Day Passes

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

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



## 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 14-15 for information

### Tests

See page 17 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 Cost: \$1,200

### Certified Nursing Assistant (CNA)

Spring Course: January 19-May 26

#### Mandatory Orientation

Oct. 7, or Nov. 4 from 9-11:30 or Nov. 18 from 12-2:30 PM.



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

#### 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@salinasuhd.org](mailto:brenda.bower@salinasuhd.org)  
Rachel M. Fallano, RN  
[rachel.fallano@salinasuhd.org](mailto:rachel.fallano@salinasuhd.org)



rev8/20/2022



## 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

## Presidio of Monterey Fire Department CPR/AED

Friday, October 7

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 831-242-7020.

## Salinas Valley Memorial Hospital

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

Saturday, October 8 from 8 AM-12 PM

\$75 for a 2-year certification

### American Heart Association HeartSaver Adult First Aid

Saturday, October 8 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.

## Gonzales Adult School



**GONZALES ADULT SCHOOL**

### FORKLIFT CLASS CERTIFICATION

This is a 24 hour course designed to give students the opportunity to learn how to safely operate a counterbalanced forklift, complete a safety inspection and earn a forklift certificate.

**FEES: \$50**

Dates:  
 October 22, 2022  
 October 29, 2022  
 November 5, 2022

Time:  
 8:00am-4:00pm

**SIGN UP TODAY!**

For more information or to register contact Gonzales Adult School at: 831-675-1081 or 831-290-0105 650 Elko St, Gonzales CA, 93927



**ESCUELA PARA ADULTOS DE GONZALES**

### CLASE DE CERTIFICACIÓN DE MONTACARGAS

Este es un curso de 24 horas diseñado para brindarles a los estudiantes la oportunidad de aprender cómo operar de manera segura un montacargas contrapesado, completar una inspección de seguridad y obtener un certificado de montacargas.

**PRECIO: \$50**

Fechas:  
 Octubre 22, 2022  
 Octubre 29, 2022  
 Noviembre 5, 2022

Horario:  
 8:00am-4:00pm

**¡REGÍSTRATE HOY!**

Para obtener más información o registrarse, comuníquese con Gonzales Adult School al: 831-675-1081 or 831-290-0105 650 Elko St, Gonzales CA, 93927

## Golden Nugget

You should always believe in hope, even when the opportunity is minimal. For example, if you give up on submitting an application for an advanced company or a prestigious school because you think you don't have opportunities and you won't even want to try, you will never know how much better you can become if you had pushed yourself to do better.  
--Fengmin Qiu

## Monterey Peninsula College-MPC

### Law Enforcement

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

**South Bay Regional at MPC**

**2642 Colonel Durham Street, Seaside**

**October 19 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.

### 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>

### 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.

### Pre-Apprenticeship Building & Trades Program (Multi-Craft Core Curriculum MC3)

**Ask school about the dates**

**Tuesdays & Wednesdays 4:30-8:30 PM**

**Some Saturdays--ask school for dates & times when you register for the class**

*Requirements: Be an adult who has finished high school, has a driver's license, is legal to work in the U.S., who can pass a drug test, and is interested in working in construction.*

This basic introduction to the construction industry lecture/lab course covers topics such as job safety, tools, math, blueprints, and job skills to start students on their apprenticeship path. Successful students will complete certificates in MC3, first aid/CPR, and OSHA-10 and receive work boots and a tool bag with basic tools.

### 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.

## EVENTS

### COMMUNITY EVENTS

#### Santa Rita Park Clean Up

Limpieza del parque Santa Rita

290 E. Bolivar St.

October 8 from 9-11:00 AM Free

#### Del Monte Blvd. Beach Clean Up

Limpieza de la playa

588 Del Monte Blvd., Monterey (parking)

October 22 at 9:00 AM

Blue Zones Project Free

#### Natividad Creek Park Clean Up

Limpieza del parque Natividad Creek

November 1 from 4:00 PM 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.

### 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\\_LG022-23+Fall-Winter-R14.pdf](https://www.mprpd.org/files/25e0a2f1a/FINAL_LG022-23+Fall-Winter-R14.pdf) Sample events: nature journaling, exploring nature with children, raptor talks, medicinal plants, community cleanups and volunteering.

### Fremont Peak Observatory \$6 parking At Fremont Peak State Park

10700 San Juan Canyon Rd. 831-623-2465

Check the website <https://fpoa.net> before leaving for the observatory to be sure that weather conditions have not canceled the event.

## Solar Program

October 22 from 2-5 PM

Viewing sunspots, solar prominences and other sun-related phenomena in a special sun telescope. Do NOT look at the sun directly. Check <https://fpoa.net> before leaving for the observatory.



## First Friday Art Walk

October 7 from 5-9 PM

Free

### Downtown Salinas

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

## Open House at Railroad Museum

October 8 & 9 from 10 AM-4 PM Free

### Near Salinas Amtrak Station

Railroad dioramas of Monterey County railroads. You must wear a mask.

## Monterey County Artists Studio Tour

October 8 & 9 and 15 & 16

11 AM-5 PM

Free

Go to [bit.ly/mcast2022](https://bit.ly/mcast2022) to see the locations.

Take a self-guided tour using the map of 100 artist homes or studios to see their work, ask questions, and buy art (if you choose). See the Arts Habitat website for more information.



### **Free Flu Vaccines**

Free vaccines to people six months and older.

### **Salinas Valley Memorial Hospital**

450 E. Romie Lane

October 15 from 11 AM-2 PM

### **CSUMB Student Union**

October 18 & 20 from 1:00-4:00 PM

### **Taylor Farms Clinic, Gonzales**

October 22 from 11AM-2 PM

### **Palma High School, Salinas**

October 26 from 4-7 PM

### **Special Kids Connect**

#### **Transition to Adulthood Education & Career**

Transición a la edad adulta educación y carrera

Hartnell College Salinas

October 15 from 9 AM-1 PM

Conference for parents to learn how to help their special needs children with education and careers. For information and registration go to [www.specialkidsconnect.org](http://www.specialkidsconnect.org) or call 831-372-2730.

Conferencia por padres con hijos especiales para que puedan aprender cómo ayudar a sus hijos con la educación y carreras. Para información e inscripciones llamar al 831-372-2730 o ir a

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

### **Zoom Meeting**

#### **Transition from Early Start**

to Preschool--What You

Need to Know

October 17 from 5:00-6:00

PM

Information for parents of children in Early Start whose children will enter preschool or kindergarten. [Register](#)



### **Junta por Zoom**

#### **Transición de Inicio Temprano a Preescolar para Niños con Necesidades**

**Especiales--Lo que los Padres Tienen que Saber**

el 19 de octubre 5:00-6:00 PM

Información para padres de niños en Inicio Temprano que están ingresando al preescolar o jardín de niños. [Para registrarse, haga clic aquí.](#)

### **Volunteers Needed**

#### **California State University Monterey**

#### **Bay Return of the Natives**

Help in the greenhouse and garden growing native plants for habitat restoration. All Ages

### **Make a Difference Day**

October 22 from 10 AM-1PM

[Register](#)

### **Big Sur Land Trust Carr Lake Salinas**

November 5 from 9 AM-2 PM

For registration & information see

[csumb.edu/ron](http://csumb.edu/ron) or email

[friends.of.ron@gmail.com](mailto:friends.of.ron@gmail.com)

### **Salinas Recreation Center District 5 Meeting**

#### **Junta sobre el centro recreacional distrito 5**

#### **El Gabilan Library October 25 from 6-7 PM**

Listen to the plans for the next recreation center & express your opinions about it.

Aprenda de los planes para el próximo centro recreacional en Salinas y expresar sus opiniones.

### **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.



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

[www.alz.org/ride](http://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](http://www.alz.org/ride).

---

## ONGOING EVENTS

### 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.

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

### 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

### Alisal Certified Farmers' Market WIC Center 632 E. Alisal St.

**Tuesdays 11 AM-4 PM through Oct. 11**  
Accepts EBT/WIC & offers Market Match\*. Free parking in the back or use bus 41 or 47.

### Natividad Certified Farmers' Market Natividad Medical Center 1441 Constitution Blvd.

**Outside Building 200 Outpatient Services**  
**Wednesdays 11 AM-3:30 PM until Oct. 26**  
Accepts EBT/WIC & offers Market Match\* and participates in the Fresh Rx Program\*\*. Free parking at Natividad Hospital or use bus 41 or 95.

### 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**  
October 7 at 4 PM.

**Women's Soccer at Hartnell Soccer Field**  
October 7 at 1:30; October 11 & 25 at 4:00

**Football at Rabobank Stadium Cost**  
October 8 at 1:00; October 22 at 6 PM

**Volleyball at Hartnell Gym Cost**  
October 7, 21, 28 at 6:30; Oct. 12 at 4:30.

---

## Citations:

Gold Nugget jsj1771 at

<https://www.flickr.com/photos/47445767@N05/17025829922>

"CaliforniaGoldRush" by Hans van der Maarel, FixWikiMaps Project is in Creative Commons

<https://creativecommons.org/licenses/by-sa/4.0/deed.en>

Wikimedia Foundation. (n.d.). *California Gold Rush*. Wikipedia. Retrieved September 17, 2022, from

[https://en.m.wikipedia.org/wiki/California\\_Gold\\_Rush](https://en.m.wikipedia.org/wiki/California_Gold_Rush)

Badgett, B. (2022). *Information on Growing Poppy Flowers-Poppies*.

Gardening Know How. Retrieved September 10, 2022, from

<https://www.gardeningknowhow.com/ornamental/flowers/poppy/growing-poppy-flowers.htm>

California Native Plant Society. (n.d.). *California poppy, Eschscholzia californica*. California Native Plant Society. Retrieved September 16, 2022, from [https://calscape.org/Eschscholzia-californica-\(California-Poppy\)](https://calscape.org/Eschscholzia-californica-(California-Poppy))

California, S. of. (2022). *State Flower California Golden Poppy*. California State Capitol Museum. Retrieved September 12, 2022, from

<https://capitolmuseum.ca.gov/state-symbols/flower-california-golden-poppy/>

Pickup flowers. (n.d.). *California State Flower - facts about Golden Poppy*.

Pickup flowers. Retrieved September 16, 2022, from

<https://www.pickupflowers.com/flower-guide/california-state-flowers>

WebMD. (2020). *California Poppy: Overview*. WebMD. Retrieved September 13, 2022, from

<https://www.webmd.com/vitamins/ai/ingredientmono-104/california-poppy>

Wikimedia Foundation. (2021, October 5). *Antelope Valley California Poppy Reserve*. Wikipedia. Retrieved September 16, 2022, from

[https://en.m.wikipedia.org/wiki/Antelope\\_Valley\\_California\\_Poppy\\_Reserve](https://en.m.wikipedia.org/wiki/Antelope_Valley_California_Poppy_Reserve)

Plants Wildflowers Flowers Bloom Poppies Field

<https://www.maxpixel.net/Plants-Wildflowers-Flowers-Bloom-Poppies-Field-6110575>

Golden Gate Bridge, Highway and Transportation District. (2022).

*Construction*. Golden Gate Bridge, Highway and Transportation District.

Retrieved September 12, 2022, from

<https://www.goldengate.org/bridge/history-research/bridge-construction/onstruction/>

History.com Editors. (2019, July 19). *Golden Gate Bridge*. History.com.

Retrieved September 10, 2022, from

<https://www.history.com/topics/landmarks/golden-gate-bridge>

YouTube. (2011). *Nat Geo El Golden Gate*. YouTube. Retrieved September 19, 2022, from

<https://www.youtube.com/watch?v=UCRJSDF3uc>

"Golden Gate Bridge" by AnulaSzar on 19 April, 2010

is in Creative Commons under the [Creative Commons Attribution-Share Alike 3.0 Unported](https://creativecommons.org/licenses/by-sa/4.0/) license.

U.S. Department of the Interior. (2021, September 25). *The largest trees in the world*. National Parks Service. Retrieved September 28, 2022, from

[https://www.nps.gov/seki/learn/nature/largest-trees-in-world.htm#:~:text=Sequoia%20and%20Kings%20Canyon%20National,feet%20\(1%2C487%20Cubic%20meters\).](https://www.nps.gov/seki/learn/nature/largest-trees-in-world.htm#:~:text=Sequoia%20and%20Kings%20Canyon%20National,feet%20(1%2C487%20Cubic%20meters).)

Wikimedia Foundation. (2022, August 7). *Death Valley National Park*.

Wikipedia. Retrieved September 20, 2022, from

[https://en.wikipedia.org/wiki/Death\\_Valley\\_National\\_Park](https://en.wikipedia.org/wiki/Death_Valley_National_Park)

"Mesquite Flats Death Valley" by Abhardphoto is on [Pixabay](https://www.pixabay.com/)

"Sequoia Tree Giant Tree" by Abhardphoto is on [Pixabay](https://www.pixabay.com/).

"Sierra Nevada Hiking" by stevesphar is on [Pixabay](https://www.pixabay.com/).

"Yosemite National Park" by 12019 is in [Pixabay](https://www.pixabay.com/).

Cartwright, M. (2022, September 25). *El Dorado*. World History Encyclopedia. Retrieved September 16, 2022, from

[https://www.worldhistory.org/El\\_Dorado/](https://www.worldhistory.org/El_Dorado/)

Drye, W. (2021, May 4). *The gilded legend of el dorado*. National Geographic. Retrieved September 14, 2022, from

<https://www.nationalgeographic.com/history/article/el-dorado>

Lyons, M. (2022, March 31). *El Dorado: Real history behind the legend*.

LiveScience. Retrieved September 15, 2022, from

<https://www.livescience.com/el-dorado>

"Muisca Tunjo" by Ignacio Perez is [Creative Commons Attribution-NonCommercial-ShareAlike](https://creativecommons.org/licenses/by-sa/4.0/).

<https://www.worldhistory.org/image/2507/muisca-tunjo/>

Figs, L. (2019, December 10). *Colour in art: a brief history of gold*. Art UK.

Retrieved September 20, 2022, from

<https://artuk.org/discover/stories/colour-in-art-a-brief-history-of-gold>

Pillsbury, J. (2020, July). *Gold in the Ancient Americas*. Metmuseum.org.

Retrieved September 19, 2022, from

[https://www.metmuseum.org/toah/hd/qdaa/hd\\_qdaa.htm](https://www.metmuseum.org/toah/hd/qdaa/hd_qdaa.htm)

"Edward II, King of England" from [LUNA](https://www.luna.com/) is in the [United States public domain](https://www.fairuse.com/).

"Klimt, Gustav Kiss" by ajs1980518 from [Pixabay](https://www.pixabay.com/).

"Tutankhamun Pharaoh" by Sriom from [Pixabay](https://www.pixabay.com/).

Cohen, P. (2015, March 30). *The Story Behind 'Woman in Gold': Nazi Art Thieves and One Painting's Return*. *New York Times*. Retrieved August 15, 2022, from

<https://www.nytimes.com/2015/03/31/arts/design/the-story-behind-woman-in-gold-nazi-art-thieves-and-one-paintings-return.html>

"The Lady in Gold" by Gustav Klimt is in the [Public domain](https://www.fairuse.com/).

"Yes, I think to myself what a wonderful world!," Louis Armstrong sings in

"What a Wonderful World".

Acre Gold Now. (2022). *Acre gold*. Acre Gold Now. Retrieved September 20, 2022, from

<https://getacregold.com/>

Companies Market Cap. (n.d.). *Companies ranked by Market Cap*.

CompaniesMarketCap.com - companies ranked by market capitalization.

Retrieved September 21, 2022, from <https://companiesmarketcap.com/>

DogTime. (n.d.). *Golden retriever dog breed information, pictures, Characteristics & Facts*. DogTime. Retrieved September 20, 2022, from

<https://dovertime.com/dog-breeds/golden-retriever#/slide/1>

Golden Retriever Dog by Karen Arnold in Public Domain Pictures license

[CC0 Public Domain](https://www.fairuse.com/)

## **This Edition's Contributors:**

**Writers**—Sonia Villa, Maria Zamudio, Miriam Perez, Yvonne Petersen, Magaly Martinez, Jose Delgado, Marcela Martinez, Irania Pacheco, Mayumi Furuichi, Carla Flores, Jose Luis Lopez, Maximina Perez

**Editors**—Sonia Villa, Miriam Perez, Jose Luis Lopez, Mayumi Furuichi, Yvonne Petersen, Marcela Martinez

**Artwork**—Maximina Perez

**Photographers**—Yvonne Petersen, Alejandra Montelongo

**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!**

