

# FY News

## Los Medanos College Foster Youth Information & Resources Newsletter

To Contact the Los Medanos College Counseling Department: (925) 473-7449

May 2015



### LMC Counseling Dept. Counseling Faculty & Foster Youth Counselors:

Connie Woods, MS, MFTI  
Jasolyn Harris, MSW

Appointments can be made in person or by contacting the counseling office:



"Yes, it was 'Take Your Child To Work Day,' but you weren't supposed to leave him there!"

## Counseling Services for Foster Youth at LMC

**Are you a foster youth?** Do you have an updated educational plan on file? Did you know that Los Medanos College offers counseling and support services to foster youth in the Counseling Office? Foster youth counselors are specially trained and understand the needs of foster youth and are available to support them and ensure their success. Some of these services include:

### Academic

Designated Foster Youth Counselor  
Academic, Career, & Personal Counseling  
College Advisement  
Complete Educational Plans  
Ed Planning & Academic Progress Monitoring  
Priority Registration  
Certificate, Degree, and Transfer Requirements  
Procedure & Academic Policies  
Graduation Requirements  
College Success Courses

### Other Services

Referrals and Community Resources  
Financial Resources  
Collaborated Efforts with Community Partners

Take advantage of these resources and make a counseling appointment today! Appointments can be made in person or by calling the counseling office. Call (925) 473-7449. Please be sure to mention that you are a foster youth. If you do not have a current educational plan, be sure to make an appointment asap. We look forward to meeting you. Dedicated Foster Youth Counselors are Connie Woods & Jasolyn Harris. Appointments can be made Tuesday, Wednesday, or Friday.

### Location and Phone Number:

Los Medanos College Counseling Office -  
Student Services Center, Upper Level, SS4-400,  
2700 East Leland Road  
Pittsburg, CA 94565  
(925) 473-7449

Assembly Bill No. 194 Chapter 458 code of education defines Foster Youth as a person who is currently in Foster Care, and "Former Foster Youth" means a person who is an emancipated Foster Youth and who is up to 24 years of age.

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Fillmore Junior High installs the mental detector.

## East County Community Resources

### Financial Assistance

CalWORKs (families) .....1-877-505-4630  
General Assistance (Individuals).. 1-877-505-4630

Money Management Int'l .....1-866-336-0624

### Rental Assistance

Concord Family Service Center .925-825-3099  
Season of Sharing .....925-521-5065  
Shelter, Inc. ....925-335-0698

### Emergency Services

American Red Cross .....1-866-272-2237

### Utility Assistance

Reach Utility Assistance Program 925-778-0808  
Utility Shut off Assistance .....1-800-743-5000  
Low Income Home Energy Assistance Program  
925-681-6830

### Teen Services

Reach Project Antioch .....925-754-3673  
Teen Services/Safe Place..... 1-800-718-4357

### Suicide

Contra Costa Crisis Center .... 1-800-833-2900  
National Suicide Hotlines .....1-800-273-8255

### Shelter

Concord Shelter (singles only)...1-800-799-6599  
Contra Costa County Homeless Outreach  
.....925-812-3511

SAFE Place - Martinez (Youth, 9-17) 1-800-718-4357

Shepherd's Gate - Brentwood .....925-308-7507

(Resources from E. Contra Costa Resource Guide: [www.211database.org](http://www.211database.org))



Memorial Day  
May 25

FY News

**FY News** is dedicated to supporting and helping our foster youth students at Los Medanos College . It provides information and resources of importance to foster youth students and community.

**FY News** is produced by Los Medanos College Counseling Department.

Newsletter Created by Connie Woods.

To submit an article, provide information or news contact Connie Woods: cwoods@losmedanos.edu.

Counseling Services:  
What is your Educational Goal?

Your educational goal is the objective of your education. There are several educational goals that you can achieve at Los Medanos College. You may choose more than one. You may also change your educational goal at any time. You will be more motivated to stay in school and achieve good grades if you have a goal for your future.

**Associate Degree**  
An Associate Degree is the first college degree you can earn. It requires the completion of 60 units of required and elective courses, and a cumulative GPA of 2.0 ("C") or higher. You can earn an Associate Degree in two years if you attend full time (15 units a semester), but it will take longer if you attend part-time. More than 60 units may be required if you need developmental courses or are undecided about your major.

**Transfer to 4-Year College**  
At Los Medanos College you can complete the first two years of coursework ("lower division") required to earn a Bachelor's Degree at a four-year college or university. You can then transfer to the 4-year institution as a junior. You can meet transfer requirements with or without earning an Associate Degree. Transfer and Associate Degree requirements, while similar, are not identical. For instance, transfer requires a more advanced math course.

**Certificate of Achievement**  
A Certificate of Achievement, which is not a college degree, may be earned in certain technical, vocational, or business majors at Los Medanos College. Certificate programs focus almost exclusively on preparing you for a specific occupation. Few courses outside the major are required, except for competency requirements (found in the Graduation Requirements section of the LMC Catalog).

**Departmental Certificate Options**  
Departmental Certificates generally require less than 18 units of work and are currently available in Administration of Justice, Business, Child Development, Computer Networking Technology, Computer Science, Emergency Medical Services, Fire Technology, Management & Supervision, Travel, and Vocational Nursing. Consult specific department for details.

**Personal**  
If you don't choose to pursue a degree, certificate, or transfer, your educational goal may be to:

- Enroll in personal interest courses
- Explore career interests
- Update current job skills
- Learn new job skills
- Improve basic skills, such as English or math
- Maintain a professional license
- Complete high school credits
- About your first semester classes

Don't be overly concerned if you are undecided about your major or what classes to take your first semester. Many students "explore" when they first start college.

Here are some first-semester suggestions:

**"College Success" Courses**

- Counseling 30, Orientation to College
- Counseling 32, Career Development
- Counseling 33, Transfer Planning
- Counseling 34, College Success

**English Course**  
Reading and writing are essential to success in almost all college classes. Sign up for the English course recommended after your assessment.



**Math Course**  
Do you need to review the basics? All degree, certificate, and transfer programs at LMC have a math requirement. What math course was recommended after assessment? Get started early!

**Computer Course**  
Computer literacy is a requirement for all LMC degrees and certificates, as well as for many jobs. Enroll in Computer Science 40, "Introduction to Computers," or Computer Science 60, "Introduction to Microcomputers and Applications," or Business 65, "Introduction to Word Processing." In addition, you may wish to consider an Internet class, such as Computer Science 30, "The Internet."

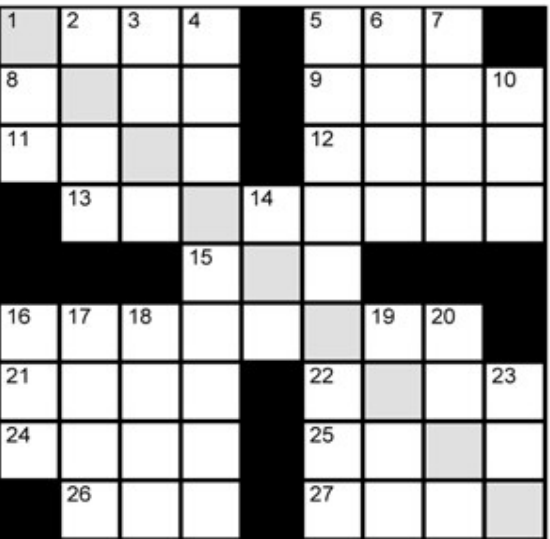
**Library Course**  
To make full use of the LMC library and improve your ability to do research papers and projects, enroll in Library Studies 14, "Introduction to Library Resources," or Library Studies 17, "Introduction to Internet Information Resources."

**General Education Course**  
What subject interests you? Take a GE class in psychology, astronomy, history, ecology, or any of many other subjects. Make sure you have met any prerequisite for the class first.

**Personal Interest Course**  
Take something that appeals to you! LMC offers courses in art, ceramics, child development, computer graphics, automotive repair, music, office skills, photography, and physical education, to name just a few.

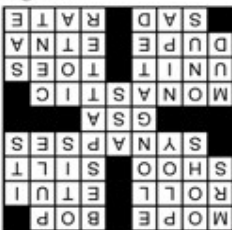
Treasure chest of lunar rays?

- Across
- 1. Brood
  - 5. Clobber
  - 8. Throw, as dice
  - 9. Needle case
  - 11. "Beat it!"
  - 12. Bank deposit
  - 13. Gaps between neurons
  - 15. Fed. construction overseer
  - 16. Reclusive and austere
  - 21. The "U" in I.C.U.
  - 22. "Little piggies"
  - 24. Fool
  - 25. 11,000-foot Italian peak
  - 26. Down in the dumps
  - 27. Evaluate
- Down
- 1. Robinson of song
  - 2. \_\_\_ and aahs
  - 3. Clever tactic
  - 4. Stretched out
  - 5. Splash



- 6. "Miss \_\_\_ Regrets"
- 7. Whimper
- 10. "\_\_\_ alive!"
- 14. Balaam's mount
- 16. Kind of pie
- 17. Responsibility
- 18. Asian palm
- 19. Greek letter
- 20. Penny
- 23. Ed.'s request

The title is a clue to the word in the shaded diagonal.



Fun, Fitness, Transportation

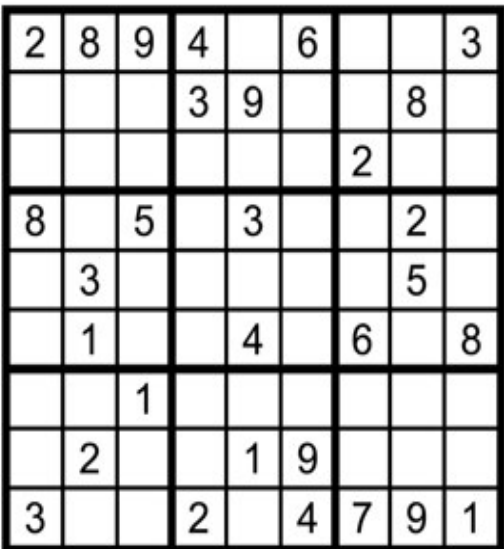


National Bike Month

June Sudoku

How to solve sudoku puzzles

To solve a Sudoku, you only need logic and patience. No math is required. Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.



Each column and row of the large grid must have only one instance of the numbers 1 through 9. The difficulty rating on this puzzle is medium.

Q & A Chafee Grant Program for Current and Former Foster Youth

What is a California Chafee Grant?

The California Chafee Grant Program gives money to current or former foster youth to use for career and technical training or college courses.

How Do I Qualify?

To qualify, you must:

- ☐ be eligible, or have been eligible, for foster care between your 16th and 18th birthday,
- ☐ not have reached your 22nd birthday as of July 1 of the award year

How Do I Apply?

File two forms:

- ☐ Free Application for Federal Student Aid, or FAFSA. File online at [fafsa.ed.gov](https://fafsa.ed.gov) or get a paper form from your school. (Undocumented students may contact the Commission for further instructions.)
  - ☐ California Chafee Grant Program Application. Submit a paper copy or an online application to the Commission.
- Note: These forms are year-specific. Be sure to complete the applications that correspond with the academic year you will be attending school.

What is Required to Apply?

You must be enrolled in:

- ☐ an eligible career or technical school or college
- ☐ a course of study at least half time
- ☐ a course of study that is at least one year long
- ☐ and you must maintain satisfactory academic progress

What Criteria are Used ?

The following selection criteria are used to make awards.

- ☐ Students who are renewal students.
- ☐ Students who are aging out of the system.
- ☐ Students who have dependents.
- ☐ Students who have unmet need of \$5,000 or more.
- ☐ Submission date of completed application.

Can I Apply Online?

Yes, log on to the Commission’s Chafee Grant Program Web site at [csac.ca.gov](https://csac.ca.gov). There, you can complete the online application and submit it electronically. We encourage you to apply online.

What Happens after I Apply?

- ☐ The Commission will review your FAFSA and Chafee Grant Applications.
- ☐ The California Department of Social Services will verify your foster youth status.
- ☐ Your school financial aid office will determine your financial aid eligibility.
- ☐ Once all of the above is completed, the Commission will send you a letter telling you of your award status.

How Will I Get the Grant?

Your grant will be sent to the career or technical school or college where you are enrolled. Check with your school’s financial aid office about how the school will distribute the grant.

Can Others Help Me Learn about Chafee Grants?

Yes, for more information, contact your:

- ☐ high school counselor
- ☐ college counselor
- ☐ college financial aid office
- ☐ county/college ILP Coordinator
- ☐ One-Stop Career Centers
- ☐ social worker/probation officer
- ☐ [csac.ca.gov](https://csac.ca.gov)

How Can I Contact the Commission?

If you have questions regarding the California Chafee Grant Program:

Visit the Commission’s Chafee Grant Web site at: [csac.ca.gov](https://csac.ca.gov), click on Commission Programs.

Email your questions to the Commission at: [chafee@csac.ca.gov](mailto:chafee@csac.ca.gov). (In the email subject line enter: Attn: Chafee)

Call the Commission at: 1-888-224-7268 Monday through Friday from 8:00 a.m. to 4:55 p.m.

Write the Commission, or mail your application to: California Student Aid Commission  
Specialized Programs Operations Branch  
Attn: California Chafee Grant Program  
P.O. Box 419029  
Rancho Cordova, CA 95741-9029  
( Info by California Student Aid Commission)

Carrot: the versatile veggie that may reduce the risk of chronic disease

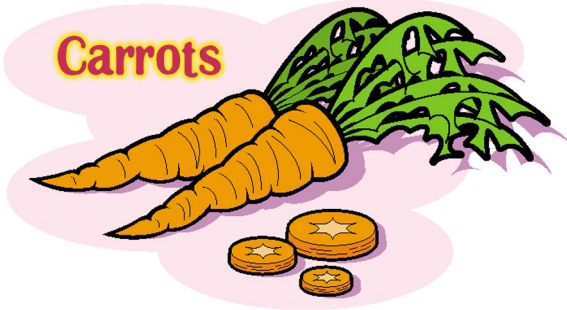
Carrot: the versatile veggie that may reduce the risk of chronic disease

Popeye the Sailor Man sang, "I'm strong to the finish 'cause I eat my spinach." Bugs Bunny hasn't boasted that much about his favorite food, but it turns out that carrots could be a life saver. At least scientists say carrots reduce the risk of chronic diseases.

They are best known as a source of vitamin A (which is good for your vision), but also contain fiber, po-

tassium, vitamin C and others.

Like all healthy foods, carrots are more than the sum of their vitamins. A 10-year Dutch study, published in the British Journal of Nutrition, linked deep-orange fruits and vegetables, especially carrots, to a lower risk of heart disease. Study subjects ate about half a



carrot every day to achieve a 32 percent lower heart risk.

The phytonutrients in carrots have attracted attention for their cardiovascular benefits. They are thought to have anti-inflammatory properties, and that they keep blood vessels from clumping together, say scientists at Tufts University.

Some studies show the carrot peel is very rich in nutrients. Others show that cutting or chopping carrots after cooking rather than before preserves more nutrients.

Cooking can destroy some of vitamin C in carrots, but it helps make other vitamins more readily absorbed by the body. Steaming or microwaving rather than boiling loses fewer nutrients to water, and roasting brings out their natural sweetness.

# US Events May 2015

- United States**

**1-31, Arthritis Month.** Since 1972, it focuses on the nation's leading cause of disability.

**1-31, Asthma Awareness Month.** By the American Lung Association, it provides information and medical advice.

**1-31, Motorcycle Safety Month.** Continue to increase your riding skills through safety courses.

**1-31, National Physical Fitness and Sports Month.** Since 1983, by the President's
- 10, Mother's Day.** Officially since 1914, always the second Sunday in May. This is a recognized day to honor your mother.

**11-15, National Etiquette Week.** Focuses on manners in all areas of life including business, social, dining, travel and technology.

**15, International Virtual Assistants Day.** Honoring them for their dedication, expertise and commitment.

**15, Peace Officer Memorial Day.** Observed by most police departments since 1963. By

Every step helps!

Research says every extra bit of exercise you get helps your overall health.

National Senior Health & Fitness Day, May 27

- Council on Fitness, [www.fitness.gov](http://www.fitness.gov).

**1-31 React Month.** Recognizes the two-way radio efforts of volunteer teams worldwide; Web: [www.REACTintl.org](http://www.REACTintl.org).

**2, Kentucky Derby.** Since 1875, the premier Thoroughbred horse race. First jewel in the Triple Crown.

**3-9, Goodwill Industries Week.** Celebrating its job training and community-based services. Visit [www.goodwill.org](http://www.goodwill.org).

**5, National Teacher Day.** Honoring those who teach and inspire the next generation. Held by the National Education Assn.

**6-12, National Nurses Week.** Recognizing their efforts to strengthen the health of the nation. National Nurses Day is May 12. Web: [www.nea.org](http://www.nea.org).

**7, National Day of Prayer.** By Presidential Proclamation since 1957.

**8, Military Spouse Appreciation Day.** Since 1984 to recognize and honor their contributions and sacrifices.
- the National Association of Police Chiefs.

**16-22, National Safe Boating Week.** Since 1958, to reduce boating fatalities and make waterways safer for everyone.

**17-June 14, Portland Rose Festival** (weekends and Memorial Day). Some 50 events and a visit by the US Naval Fleet; 2 million visitors attend.

**20-26, Fleet Week New York 2015.** The event is a celebration of the sea services. Citizens of the tri-state area can meet sailors, marines and guardsmen as well as see their ships..

**22-24, Florida Folk Festival at Center State Park, White Springs, FL.** Celebrates Florida heritage with song, dance and stories.

**23-25, Taste of Cincinnati, 36th Annual.** Features food from the finest restaurants to five-way chili; 500,000 attend.

**24, Indianapolis 500-Mile Race at Indianapolis Motor Speedway.** The world's largest single-day sporting event.

**25, Memorial Day,** A day to honor those who have died in battle. Held Since the Civil War, it's a national holiday.



## Technology: Apple Watch

Everyone is still talking Apple watch and what it can do and will do, but what we humans are probably seeing is one step in a rapid technological revolution.

The Apple watch might be the last word in fashion today. But it's probably not going to be the last word in technology tomorrow, according to tech observers.

What the Apple watch will probably do is revive the sluggish smart watch market. According to Apple Insider, 6.8 million smart watches were sold in 2014 with an average selling price of \$189. The Apple watch doubles the average

price, but also, arguably, adds functionality. Smart watch makers Sony and LG, among others, might benefit from the Apple entry.

Like other smart watches, the Apple watch is a mini-computer, with 4 gb storage, connecting wirelessly to your smart phone. The Apple watch can carry your credit cards, track flights, open hotel doors, display texts, turn your home lights on and off. And it will do more in time, so to speak.

Technology seers say that eventually all personal computers are going to be worn like smart watches or Google glass.

*Blame it on Marco Polo!*

The delightful, well-traveled pasta salad

Though thick noodles and spaghetti are thought to be solely Italian, the Greeks and Chinese lay claim to some form of pasta or noodles dating to ancient times. Some say Marco Polo brought pasta to Italy from the Court of Kublai Khan in 1295 A.D. So pasta has a long history.

Giuseppe Garibaldi, on liberating Naples in 1860, claimed, "It will be maccheroni, I swear to you, that will unite Italy!"

With his love for good food, it is said that Thomas Jefferson, served macaroni in his home in 1789. Before that, in song, Yankee Doodle had "stuck a feather in his hat and called it macaroni."

Grocery shelves now abound with endless forms of macaroni, spaghetti, and other pasta. Through the years, meats, seafood, vegetables and a myriad of sauces have been used to make pasta dishes.

The recipe below is perfect for everything from a carry-in to a spring party.

*Spring pasta salad*

- 2 cups cooked rotini
- 2 boiled eggs, diced
- 1/4 cup feta cheese crumbles
- 1/4 cup diced celery
- 1/4 cup diced onions
- 1/4 cup light mayonnaise
- 1/4 cup sour cream
- 2 teaspoon sugar
- 2 teaspoon vinegar
- 1 teaspoon capers
- 1 teaspoon pimentos
- salt and pepper to taste

Boil rotini until soft but firm (about 20 minutes). Drain and cool. Add the onion, celery, cheese, pimentos, and capers. In a bowl, whisk eggs, mix with the sour cream, mayonnaise, vinegar, sugar, salt and pepper. Stir until well blended. Add this dressing to the ingredients of the larger bowl and toss thoroughly. Chill until served.

Makes eight servings.

## National Foster Care Month

- Today the foster care network of families houses nearly 400,000 children, according to the Department of Health and Human Services.

Foster children are children removed temporarily or permanently from their biological family because of abuse, neglect, or addiction of the parent. Children range in age from infancy to teen.

The need for foster parents is enormous, but so are the challenges for children wounded by abuse and neglect.
- Nonetheless, some foster parents can change the world of a child with consistency, safety and kindness.

Here are some important tips if you consider becoming a foster parent:

  - \* Make your home emotionally, physically, and socially safe. Be just as vigilant and protective of a foster child, as you would be of yourself and other children.
  - \* Reach out to other foster parents for advice. Go to the National Foster



- According to the American Academy of Child and Adolescent Psychiatry, children who have been abused or taken from parents and siblings tend to blame themselves for being removed from their birth parents. They often hope for a reunion with parents, even those who abused them. Children in foster care are often repeatedly moved to new foster homes, making them feel helpless, unwanted, and unsure about becoming attached to their foster parents or any adult.

Critics of the system say too many children are put in foster care, and even unpleasant home situations are sometimes better than foster care situations. Others say wholesome group environments would be better than long-term foster care.
- Parent Association site [nfpaonline.org](http://nfpaonline.org) for resources.

  - \* Be patient. Not all children are alike. Some will bond quickly, some will never bond. Take a step back, take offense to nothing, and just show continued consistent support.
  - \* Get involved in your foster child's social and school life. Take an interest in his or her interests. Give them responsibility.
  - \* Understand family ties. Visitations with family can be confusing and emotional.
  - \* Keep communication open. If a foster child is moved to another home, offer an email or a number to get in touch.

To think that 18th century, people thought it was strange to wear time at all. Now you'll be wearing your health stats. Probably because of these drawbacks there are other ideas in the wearable technology sphere. You can keep your mechanical watch, and just buy a smart band from a maker like Kairos. The band connects to your phone and displays info, making it presumably more private.

Or, you can just get a simple band without a display that will notify you of messages or track your health as does the Jawbone Up24.