Dear Panthers,

We have officially made it to the end of the semester! May all your accomplishments persuade you to continue strengthening and pursuing your educational goals.

To our Class of 2022, we congratulate you on this great accomplishment. May you all finish this semester strong. Thank you for being part of the Panther community, and thank you for making Hartnell Community College an essential part of your educational success.

Jane Hernandez – ASHC President
Dear Hartnell students:

This month of May has been highly anticipated for Hartnell College graduates, many of whom are the first ones in their families to graduate college, as their sacrifice, persistence, and discipline have gained them a place in the graduating class of 2022! I am delighted to be among the graduating students, but this would not have been possible without the help of great professors, staff, and classmates. As a result, many in the class of 2022 will transfer to four-year universities to continue their education or enter the workforce and contribute significantly to our nation's economy.

Regardless of what our future career will be, what unites us is that we will be representing Hartnell College, the Salinas Valley, and most importantly, our families. I say to my fellow Hartnell students who are still striving to achieve their educational goals – continue your great work. Sometimes we feel overwhelmed and want to quit, but remember, great things take time to build. Yet even after completion, the quest for improvements never finishes.

Consider our nation, which was founded in 1776. This great country has been 200 plus years in the making. Even though the birth of our country gave way to revolutionary ideas such as democracy, freedom, and equality that have inspired millions of people worldwide, throughout history we have fallen short of these ideals. Nonetheless, past civil rights movements headed by leaders such as Cesar Chavez and Martin Luther King Jr. and movements headed by college students have been at the center of many issues that demand change, and continue to give us newfound hope for the future.

Therefore, our calling is to make our country a better place, not for a few people – but better for all, regardless of race, religion, sexual orientation, and social status, for the future generations. This incoming Fall, high school seniors will transition from high school to college and we welcome them with open arms. At one point, we were among these young students full of hope and dreams for the future. With this, I say my farewell wishing all of the Hartnell community the best. We will all make the Salinas Valley proud.

Sincerely,

Javier Menjivar, Director of Public Relations
TEN STUDY TIPS FOR FINALS

By Javier Menjivar

1. Dedicate non-interrupted study time for each class

2. Go to your faculty office hours with a prepared set of questions

3. Time management is important - don't leave things to the last minute

4. Follow your syllabus

5. Academic honesty is important

6. Prepare finals outlines for each class

7. Form a study group

8. Sleep and eat nutritious food - don't skip meals

9. Use the TimelyMD app if you are stressed out

10. Go to the Panther Learning Lab, schedule an appointment
2022 COAST CONFERENCE

BY: JAVIER MENJIVAR

Hartnell College Track and Field was able to secure the 2022 Coast Conference title on April, 28 by a narrow lead over DeAnza College. Estaban Deniz won first place on the 10,000 meter run. Followed by Isaac Genzel who placed third. The women’s Track and Field was able to obtain a second place spot in the Conference Championship. Sofia Camacho, Roxana Ruelas, Isabella Reimann and Ashley Ochoa received personal conference titles.

UPCOMING EVENTS

MAY 06 2022
TRACK & FIELD TBD
NORTHERN CALIFORNIA TRIALS/10K FINAL
AT CHABOT COLLEGE

MAY 07 2022
SWIM & DIVE ALL DAY
AT CCCAA STATE CHAMPIONSHIP
EAST LOS ANGELES COLLEGE

MAY 13 2022
TRACK & FIELD TBD
NORTHERN CALIFORNIA CHAMPIONSHIP
AT CHABOT COLLEGE

MAY 20 2022
TRACK & FIELD TBD
CCCAA STATE CHAMPIONSHIP
AT MOUNT SAN ANTONIO COLLEGE

Top Pictures of the Month
IOCC & STUDENT CLUBS

By Apolonia Preciado Castillo

Active Clubs:
- AACN Club
- Ag Ambassadors
- AWHONN Club
- Dream Club
- STEM Club
- Pride Club
- Respiratory Care Club
- SIMA Club
- Sociology Club
- Spanish Club
- SNA Club
- TRIO club
- Veterans Club

DON'T SEE A CLUB THAT INVOLVES YOUR MAJOR OR OTHER INTERESTS? LET'S START A NEW CLUB!

Starting a Club begins with three easy steps:
- Find at least three club members to serve as the Club President, Treasurer, and ICC-Representative.
- Find one Hartnell staff Club Advisor (Faculty preferred if it is an academic club).
- Complete the Spring 2022 Club Contact Information Form! A staff member will then reach out to you.

If you have any other questions feel free to reach out to the ICC Director Apolonia Preciado Castillo @apoloniapreciadocastillo@student.hartnell.edu
Guillermo Menchaca, the Director of Programs and Services, and I have been providing students with over one hundred free snack bags a week.

The Hartnell Cupboard got a new look this past week! We will be writing positive messages on the sides.

We are taking any pre-packaged donations in order to continue to provide students with free snacks. Donations can be dropped off at the Office of Student Life.

We want to acknowledge Vanessa Gonzalez, Administrative Assistant for the Office of Communications, for being the first person to donate to Hartnell Cupboard.
RESOURCES

TimelyMD Telehealth APP

The Timely Care Mental Health app is a free remote counseling service, regardless of medical coverage, for Hartnell students. It offers students twelve free counseling appointments with a certified therapist and 24/7 over-the-phone counseling services.

To download, please scan the QR code located on the flyer on the right, or go to timelycare.com/hartnell. All you need is your student ID and student email address to create an account.

CalFresh

Did you get your financial aid for the semester? What about your food aid? CalFresh is a food assistance program that helps low income students and their families purchase groceries.

To sign up, scan the QR code on the right to join our last CalFresh application workshops on May the 18th from 12:00 to 2:00pm located in C-101-Student Center.

Upcoming Events

Pop Up Pantry - May 6th
Chamber Singers - May 12th
Hawaiian Concert- May 15th
Commencement - May 20th

Reminders

Pop-Up Pantry Food Distribution: May 6, 12:00 pm at the parking garage located at 411 Central Ave.
Produce truck Monday May 9th and 16th