

CARE NEWSLETTER

EOP&S

Spring 2010

Welcome

Happy Spring CARE Students!

I am excited for this semester because Spring brings with it many positive connotations. It is a time for growth, where we begin to see the seeds sprout of what was planted months before. The same can be said for your investment into your future. You began planting seeds when you enrolled in school

and as the semesters have passed you have seen the growth. Some growth has been faster than others but rest assured that you will see the product of what you have planted. Attending class, putting your priorities first, attending CARE Workshops are all part of tending to your garden. Please take advantage of the resources that are at your fingertips. I look forward to working with you and helping you

reach your goals.

Amongst you I see beautiful flowers that bring happiness to others. I even see beautiful trees blossoming that will bring shade and rest for many others. Keep your dream alive and spring forward towards your future!!

Liz Hernandez

*CARE Coordinator/
Counselor*

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Former CARE Student Publishes Her First Book

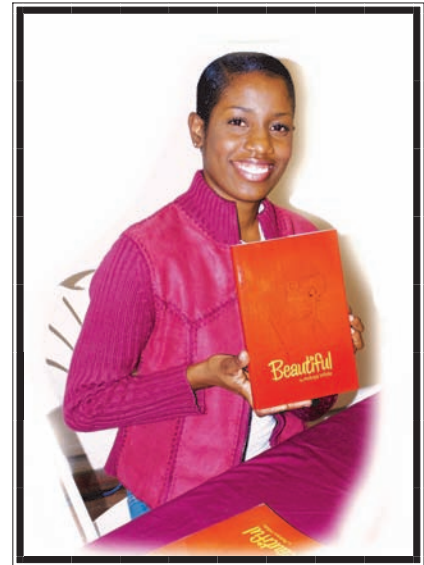
Beautiful

By Antoya White

An emotion-evoking literary work, *Beautiful* is a poignant story of five characters' incredible journey to self-realization. It perfectly captures readers' hearts as it shows the tenacity one must have to look within his or her soul to acknowledge, confront, and overcome the evil that controls his or her daily life. Each characters' remarkable story demonstrates a person's decision to change for the better is often accompanied with pain, confusion, heartache, and repeated failure before he or she can live in a victorious new state of being. In

the midst of the drama, a romance manages to develop between two of the characters.

In this passionate and sentimental chronicle, author *Antoya White* shows us that real beauty is not reflected from one's appearance; rather, it radiates from the soul. Will the characters' struggles change their views about themselves? Or will their struggles motivate them to take control of their lives and become productive citizens? Follow their exploits as they emerge in the fiercest battle of life. Come to know beauty's real measure with *Antoya White's* Compelling Novel, *Beautiful*.



5 SURE WAYS TO HAVE MORE MONEY

- **Shop Wisely**

Make sure a sale is a sale. Do your price research before you fall prey to creative marketing strategies. Carry a calculator with you to really figure out the savings you will be receiving. If it is a true discount then go ahead, take advantage and pay less.

- **Establish Your Budget**

Know what you will spend on groceries before you go grocery shopping. Get familiar with your bank account. Know how much you can spend on the things you *need* before spending on the things you want.

- **Clip Coupons**

Clipping coupons will allow you to spend less. You may find free coupons online, or you may get them from the newspaper. Organize your coupons and always carry them with you so that you will have the opportunity to use them. By using coupons, you may end up with more money in your pocket.

- **Say No To Credit Cards**

By saying No to Credit Cards you are avoiding the high interest rates, regardless of all the benefits/savings you may be receiving when you open a credit card. One credit card is



easier to manage and keep track of.

- **Cancel Something**

That's right, go ahead and cancel one of your many monthly subscriptions. That may include the gym, magazine, cell phone features, or your trip to that breakfast spot every morning. New Motto: *Live on what you need.*

ARE YOU SEIZING OPPORTUNITIES?

Excellent opportunities are often missed simply because people are too scared to act in time. When you are ready to take your life to the next level, you must learn to recognize good opportunities that come your way. Opportunities are funny though, because they only really exist in the eye of the beholder. Something that you might see as an opportunity, somebody else might not. With this in mind, remember that opportunities are also a chance for you to experience

*"I always tried to turn every disaster into an opportunity."
~John D. Rockefeller*

growth as a person and learn something new. In order to seize opportunities one must know at least 5 habits successful people possess.

- **Positive Thinking**

The right mind set may attract great possibilities!

- **Initiative and Drive**

Act quickly and don't give up.

- **Courage**

Seizing an opportunity may be

scary but sometimes all it takes is a leap of faith and a little courage.

- **Resilience**

Figuring things out as you go along will allow you to act quickly and build resilience.

- **Flexibility**

Be flexible to what life throws your way.

In the end, you may be surprised!



CAMPUS UPDATES

New Department Locations

English/ESL Department	Science & Technology Room 222 , cubicle 218W1
Computer Applications & Office Technologies	DaVinci Hall 2nd Floor
Life Science Department	Science & Technology Room 222
Mathematics Department	Franklin Hall Room 103
Photography Department	Basement of the Chemistry Building
Nursing Department	Science & Technology Room 218

EOP&S FIELD TRIPS

University of California Irvine, (UCI)	Friday March 12	7:45am - 3:00pm
University of Southern California, (USC) & Chinese American Museum	Friday April 09	8:45am - 2:30pm
Cal Poly Pomona (CSU)	Friday April 16	7:15am - 2:30pm
California State University, Los Angeles & The Huntington Library, Botanical Gardens	Friday April 23	7:45am - 3:30pm

For more information please visit the EOP&S office Clausen Hall 111B.

UPCOMING CARE WORKSHOPS

Positive Parenting Workshop	Tuesday March 23	4:00pm - 6:00pm
Relaxation Workshop	Thursday April 22	11:00am - 1:00pm

Reminder: Please make an appointment to see Liz before April 1, 2010

EOP&S
Los Angeles City
College

CARE

Cooperative Agencies Resources for
 Education
 EOP&S Office
 855 N. Vermont Avenue
 Los Angeles, CA. 90029

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 or

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*“My interest is in the future,
 because I am going to spend the
 rest of my life there.”—
 Charles F. Kettering*

What is CARE?

CARE is a program within EOP&S that provides assistance for single parents pursuing their educational goals under the TANF/CALWORKS program.

Eligibility:

- * Acceptance into the EOP&S Program
- * Attend EOP&S and CARE Orientations
- * Be Officially approved for TANF/CalWORKS
- * Have at least one child under the age of 14
- * Be at least 18 years of age
- * Single head of household

Benefits and Services

- * Academic, career and retention counseling
- * Book Voucher
- * Child Care and Transportation Referrals
- * Meal Ticket Program (suspended until further notice)
- * Priority Registration
- * Auto Gas Cards
- * Campus Parking Permit

IMPORTANT DATES FOR SPRING 2010

Drop w/ a refund	Monday	February	22
Drop w/out a “W”	Friday	March	05
	Sunday (via web)	May	09
File for Credit/No Credit	Friday	March	05
Last day to drop w/a “W”	Friday	May	07
	Sunday (via web)	May	09
Cesar Chavez Holiday	Wednesday	March	31
Spring Break	Monday - Saturday	March 29 - April	03
Memorial Day Holiday	Monday	May	31
Filing period for			
Dec. 2010 graduation	Monday - Friday	March 01 - May	07