

## Mental Health Facts

### DID YOU KNOW?

- Mental illnesses are not a sign of weakness, as they can affect any individual from any walk of life.
- People with mental illnesses are proficient enough to work like any other member of the team at workplace.
- It's not possible to snap out of mental illnesses. One needs to seek the right kind of help and assistance.
- Mental health statistics are not exaggerated. The conditions are affecting millions today.
- No one can escape mental illnesses as these can affect anyone, be it young adult or children.
- It is incorrect to blame bad parenting for mental health problems.
- Adults are more prone to depression, but that does not reduce their need of help in any way.
- People with mental illness are not different but just had some different experiences in life.

[www.mentalhealthzen.com](http://www.mentalhealthzen.com)

# Message in a Bottle

## Important Dates to Remember:

- May 1st:**  
Last day to W/D with W grade
- May 8th:**  
Spring 2023 2nd Disbursement  
Federal Financial Aid
- May 25th:**  
Scholarship Reward Banquet
- May 26th:**  
Fresh Start workshops- Special Programs and Career Exploration
- May 29th:**  
Memorial Day - Campus Closed
- May 30th - June 1st:**  
Finals week



**PALO VERDE COLLEGE**  
WHERE KNOWLEDGE TAKES ROOT AND OPPORTUNITY GROWS

## SCHEDULE OF CLASSES SUMMER 2023

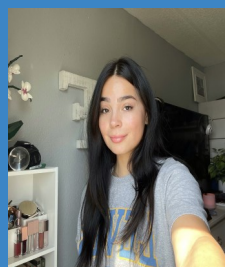
**CLASSES BEGIN JUNE 12**

**ENROLL NOW**  
[paloverde.edu](http://paloverde.edu)

For More Information:  
Blythe Campus: 1 College Drive, Blythe, CA 92225 #760.921.5500  
Needles Center: 725 W. Broadway, Needles, CA 92363 #760.326.5033

Summer school registration is open until June 15th, so enroll ASAP!!!

## Associated Student Government Officers



Cason Rice	Vacant	Katie Huff	Desiree Felix
President	Vice President	Secretary	Business Manager



Albert Martinez	Dee Dee Dagnino	Nya Jones	Staci Lee
Student Trustee	Historian	Comm. of Publicity	Advisor

ASG meetings every Tuesday @ 11:00 am all students are welcome to attend!  
760.921.5519      [staci.lee@paloverde.edu](mailto:staci.lee@paloverde.edu)

### May is Autism Acceptance Month

**Palo Verde College recognizes May as Autism Acceptance Month. During the month, we are focusing on providing opportunities to learn about understanding and to be accepting of people with autism. Whether you have autism, love someone who does or are looking to support a diverse, accepting and kind community let's stand together and pledge our support to make a world of difference by helping all people with autism reach their full potential.**



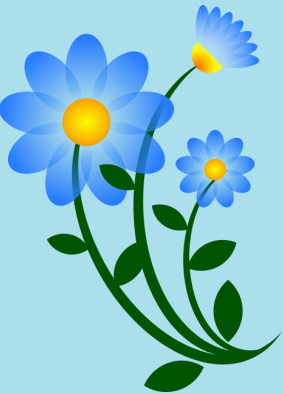
# CalWORKs Easter Event was Lovely



**Pictured above: And they're off! Easter egg hunt is commencing and the kids are hype**



**Pictured above: All guests having a great time and enjoying the food provided**



*Thank you to everyone who helped and who attended, but a special thanks to Alice Dean and Staci Lee for planning the event!*



# Puente 5k Color Run

**Puente 5k was a success! Thanks to everyone who came to run and those who came to support the runners! A special thanks to the Puente program for holding the event**



**Pictured left: Puente 5k runners taking off down the hill**



**Pictured right: Runner being hit with color**



**Pictured left: Easter eggs set out, waiting to be picked**

**Pictured right: Easter bunny waiting for pictures with the kiddos**



### **Top 3 Male Runners**

- 1st Place: Fernando Galvan**
- 2nd Place: Rob Holt**
- 3rd Place: Rafael Lopez**



### **Top 3 Youth Runners**

- 1st Place: Caesar Lainez**
- 2nd Place: Jonathan Hernandez**
- 3rd Place: Marisol Hernandez**



### **Top 3 Female Runners**

- 1st Place: Esmeralda Lopez**
- 2nd Place: Amanda Burt**
- 3rd Place: Edna Podgorski**

