



CalWORKs
EDUCATION THAT WORKS!
CALIFORNIA COMMUNITY COLLEGES

[Student Support Hub](#)

Summer Registration begins April 20th



A Message from our Director, Lisa Campbell

Hello CalWORKs students. I am full of HOPE as I write this message to all of you. HOPE that you've successfully transitioned to online classes, as many students have shared that they're doing well with this new platform. HOPE that you're adjusting to this "new-normal" way of life. In an instant you were promoted to teacher of your children, in addition to your parenting duties, while also continuing your studies as college students. I applaud you! I know CalWORKs students are resilient and are doing your best to take care of family needs, their education and yours. You are MSJC Eagles, and you rise in this time of uncertainty. So, I ask you to take a moment, breathe and pat yourselves on the back for handling all that you do each day! You are AWESOME!!! This new normal comes with challenges we have not faced before, and the CalWORKs program is here for you. We care about your success!



Please reach out to us for assistance. Although our office is closed, there are many ways to contact us. I encourage you to visit msjc.edu/hub. It has information on how to virtually reach out to the CalWORKs program and many other student services. Email us at calworks@msjc.edu. Reach us by phone at 951-487-3475. Spring semester is almost over, and summer registration begins April 20th. Our counselors are here to assist with educational plans and class selections.

May your days be full of HOPE, for your families, for yourself and for your future. Stay safe and healthy! Below are two quotes from great men in history:

"May your choices reflect your hopes, not your fears." - Nelson Mandela
"Everything that is done in this world is done by hope." - Martin Luther King

Notes from our Counselors



Brad Stradling

I am here to help all CalWORKs students become successful and self-sufficient. Despite our physical distance, it is more important now than ever to maintain our support systems and help each other. CalWORKs is here to help and so am I. Please reach out to me for assistance at any time and I will do my best to support you.



Dalonie Washington

If you only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the toughest of times. Let it be hope that you are stronger than any challenge that comes your way. Let it be hope that you are exactly where you are meant to be right now, and that you are on the path to where you are meant to be...because during these times, hope will be the very thing that carries you through. – *Nikki Banas*



Tasty Temptations

From the kitchen of Timmy Diaz

Quick & Easy Kids Dinner Idea: Garlic Toast Pizzas

If you like pizza, how can you go wrong with a garlic toast crust?

This recipe is so simple, even the kids can make it.

Ingredients

frozen garlic toast
pizza sauce
shredded mozzarella cheese
toppings of your choice (optional)



Instructions

Bake the garlic toast according to the package directions, but pull it out of the oven about 2 minutes before it's finished.

Top the almost-done garlic toast with pizza sauce, cheese and the toppings of your choice (use the sauce very sparingly, otherwise the middle can get soggy). Place back in the oven on the broil setting for 2-4 minutes or until the cheese is bubbly and starts to brown.

Chicken Pot Pie Casserole

Ingredients

1 lb Chicken Breast
12 oz Frozen Peas and Carrots thawed
2 cup Frozen Diced Potatoes thawed
(like Hash Browns or Potatoes OBrien)
1 Onion diced
2 can Cream of Chicken Condensed Soup
1 cup Water
2 cans Refrigerated Crescent Rolls.
1/2 tsp Poultry Seasoning, Salt and Pepper to taste.



Instructions

Grill chicken breasts until cooked through. Allow to cool. Dice chicken into 1/2" cubes. Saute diced onions until transparent.

Preheat oven to 350. Grease a 11x13" baking dish. Unroll 1 can of crescent rolls and pinch perforations to seal into a sheet.

Press into bottom and up sides of prepared dish. Don't worry if sides do not go all the way up. Bake for 20 minutes or until crust is light brown. Allow to cool.

In a large skillet, combine chicken cubes, diced onion, water, potatoes, peas and carrots. Stir and cook over medium heat until ingredients are warm (5-10 minutes). Add soup and poultry seasoning, continue heating for another 5 minutes. If sauce looks too thick, slowly add a little more water until desired consistency is reached. Pour chicken mixture over baked crust and spread evenly.

Unroll other can of crescent rolls and pinch perforations to seal into a sheet. Place over top of chicken mixture and press into sides of dish. Bake for 25 minutes or until top is golden brown.

Scholarship Winners!



Marlisea Thomas

I want to first acknowledge God because without him nothing is possible. He always works out things for my good. I remember being in the CalWORKs office to work on some assignments when the scholarship was brought to my attention by Lisa Campbell, Director of CalWORKs. I was a bit timid, as I've never applied for a scholarship and won and figured "it was a waste of time" Needless to say, I hopped on board with reviewing the directions on how to apply and reflected on who has inspired me through my academic experience. I thought of many important individuals who made a huge impact on my life and learning experience. CalWORKs has been a program I could count on from the day I became a student; from receiving gas cards, meal cards, and workshops to improve my academic experience. I appreciate my VILLAGE. Every student needs people in their lives to remind them they are important and can accomplish anything. It will only make your experience in college more memorable. Thank you to MSJC faculty and staff who have taken the time to teach me that I can do anything I put my mind to. I will always cherish this moment and appreciate it. Thank You!



Leisli Arriaga Velazquez

I was born in Toluca, Mexico and came to America in 1991. My parents carried me over the border through the Tecate desert. Married at 15, life proved to be very difficult and took a turn when he started to abuse me physically, emotionally, and financially. Eventually, he was arrested and sentenced to prison. I stayed at a domestic violence women's shelter for 6 months where I got help with my immigration status, obtained my GED and later gained permanent residency. I am a mother of 2 children, a 12-year old boy and a 2-year old girl. It is not easy juggling being a single parent, and student at Mt. San Jacinto College, currently taking 9 units and working 15 hours a week. My academic goal is to finish my associate degree in science. Taking advantage of resources and programs at MSJC helps me be a good mom, employee, and student. I partake of services at the Learning Resources Center and CalWORKs to help me with my assignments. I want to thank Lisa Campbell and the CalWORKs team for guiding me and supporting my education with many resources like work study, securing textbooks, printing, a loaner laptop, gas and meal cards. CalWORKs at MSJC isn't just a program to me; it has become my family at school.

CalWORKs Mission Statement

Helping students achieve self-sufficiency, confidence and empowerment by guiding them to available resources while we strive to be compassionate, supportive and motivating.

