

Palo Verde College

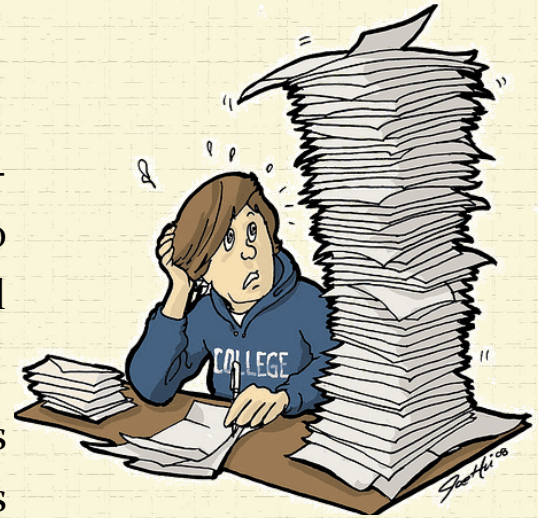
MESSAGE IN A BOTTLE



NATIONAL STRESS AWARENESS MONTH

Are you worried about your midterms? Or maybe that essay due next week? Remember, too much stress can cause real side effects that will affect your health.

Get outside, exercise, spend time with friends and family, or light a candle. Explore more ways to relieve stress [here and find what works best for you!](#)



Important Dates

March 26th-Pirates Chest Distribution

March 26th-April 2nd-Spring Break

April 7th-Basketball Game 6:00pm
PVC Gym

April 16th-Prates Chest Distribution

TUTORING SERVICES AVAILABLE!

To access NetTutor, log into your Bridge/Canvas account, then select the course you need tutoring help with. Then, look for the NetTutor link and click on it. For more information, [check out our website](#) or watch this [short video about NetTutor](#).



Fun in the Sun!



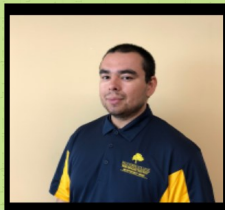
Spring Break is coming up! Here are some tips on how to stay safe and enjoy your spring break!

- Put on broad spectrum sunscreen with SPF 15 or higher before you go outside, even on slightly cloudy or cool days.
- Seek shade under an umbrella, tree, or other shelter.
- When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection.
- For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck.
- Sunglasses protect your eyes from UV rays and reduce the risk of cataracts.
- [Click Here for more information](#) on what you can do to avoid nasty sunburns!



Stay safe out there and enjoy your Spring Break!

Associated Student Government Officers



Jose Rascon
President



Jade Torres
Vice President



Position Open
Secretary



Ariel Reyes
Business Manager



Jared Dean
Student Trustee



Position Open
Historian



Position Open
Comm. of Publicity



Staci Lee
Advisor

Address: One College Drive Blythe, CA 92225

Phone: 760-921-5199 Email: staci.lee@paloverde.edu

Meetings held every Tuesday @11 Via Zoom. All students welcome!