

The bulk of the tests ARCPpoint does are rapid antigen tests, which are less expensive and offers same-day results for current COVID status but are less sensitive than the PCR test. The rapid test is most useful for patients who need results quickly because they are experiencing symptoms or are in high-risk situations.

ARCPpoint also offers the live virus PCR test that can have results back in two to three days. PCR tests remain the “gold standard” of COVID testing and are recommended for most general needs.

ARCPpoint also offers two kinds of “previous exposure” antibody tests for those who may have previously had the virus and recovered or were not aware they had it.

To make an appointment online to get the Rapid PCR Test, go to <https://www.arcpointlabs.com/monterey-bay/request-an-appointment/>. For information, call (831) 324-0772 or go to www.arcpointlabs.com.

Farmers’ markets serving up healthy, affordable produce



Serving communities during a more hopeful and healthful 2021, Everyone’s Harvest has embraced the central theme “New Year, New You.”

The nonprofit’s mission is to provide access to healthy, affordable fruits and vegetables through certified farmer’s markets and community food programs.

From its Fresh RX program (an innovative partnership with health-care providers that focuses on preventive health care) to Market Match (empowering low-income customers to make healthy food choices), Everyone’s Harvest focuses on diverse community needs. While some EH farmers’ markets are seasonal, these operate year-round:

- Marina Certified Farmers’ Market: Every Sunday — 10 a.m.-2 p.m., 215 Reservation Road, Marina
- Pacific Grove Certified Farmers’ Market: Every Monday — 3-7 p.m. (winter 3-6 p.m.), corner of Central and Grand avenues, Pacific Grove

For safe, quick shopping, anyone may pre-order a selection of fresh fruits and vegetables, curated by a local farmer, and pick them up at the market by visiting www.everyonesharvest.org.

Opening dates will be set soon for Alisal Certified Farmers’ Market, Natividad Certified Farmers’ Market and Salinas Valley Memorial Healthcare System Certified Farmers’ Market.

In another pivot due to COVID-19 restrictions, Everyone’s Harvest has announced monthly cooking demos hosted by local chefs via Zoom. Brandon Miller, former chef of Mundaka in Carmel and co-owner of Chef’s Stash, will kick off each month with a demo featuring local produce, followed by pop-up demos by other local chefs.

Balance Physical Therapy offers free 20-minute health screenings

Committed to helping its friends and neighbors improve both physical and mental health, Balance Physical Therapy and Human Performance Center is offering free 20-minute health and wellness screenings to the public at its Salinas facility.

The program is designed to help identify potential obstacles to new exercise regimens, and determine whether physical therapy may help. BPT doctors of physical therapy will help participants proceed safely to prevent injuries.

To receive a free screening, call BPT’s Salinas office at (831) 422-4782 or go to www.balancept.com/free-screening/ to access an online form.

Founded in June 2002 by Dr. John Farahmand, Balance Physical Therapy and Human Performance Center is dedicated to being the most patient-focused, result-oriented rehabilitation facility in Monterey County.

Balance Physical Therapy achieves that goal through the application of highly skilled manual therapy, prescribed therapeutic exercise and patient education, forming a team that is committed to returning patients to an active lifestyle.

BPT now has locations in Monterey, at 2260 N. Fremont St.; Salinas, 143 John St.; and Prunedale, 7760 Moro Road, Suite #G120, to better serve the community’s needs. Find out more at www.balancept.com.

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