



# NOTES OF LAVENDER

The Lavender Fund is a scholarship and support program for single parents attending A-B Tech

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APRIL 2016

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## RESOURCE SPOTLIGHT: OnTrack Financial Education and Counseling

**We could all do a little better with money. Why not get help from the experts?**

OnTrack helps people “achieve their money and housing goals through financial education, counseling, and support so that they can overcome crises, afford their basic needs, improve their money-management skills, and make financial choices rooted in their values.”

They can help you:

- make a budget specific to your Pell, scholarship and other income sources
- make a plan to one day buy a house
- file your taxes
- **gain control over your finances rather than being at the mercy of them**

Most services are free. Visit <https://www.ontrackwnc.org/> for more information.

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## STUDENT SPOTLIGHT: Rebekah Jiminez



I am currently working full time, going to school, and mothering four young children. I am working with an employer that values my ability to speak Spanish and interpret. I have come to realize that this is a valuable skill that comes with the necessity to keep learning at all times. I love this learning, the demands and the challenges. My plan is to turn this into a long-term career. I am working towards an Associate’s Degree in Medical Office Administration because I would like to be an interpreter in the medical field. Once I have this degree, I intend to go to Blue Ridge Community College and earn an

Associate’s in Spanish-English Interpretation. I want to get a job either at the Department of Health and Human Service or at Mission-Saint Joseph Hospital working with the Hispanic population.

Furthermore, I am a talented soprano with classical training, as well as a very good writer. I have had several poems published, have written several short stories, and am close to completing my first novel.

## TIPS OF THE MONTH

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### NUTRITION TIP: SNAP at the Farmers Markets

Did you know many local food markets take food stamps (SNAP)? Many of the markets will open in April and run through summer and fall. You wouldn't want to miss out on bringing delicious and nutritious treasures home for you and your family. For more information on how to apply for SNAP visit <http://www.fns.usda.gov/snap/outreach/states/north-carolina.htm>

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### HAPPINESS TIP: Gratitude

Loads of research indicate that people who regularly practice gratitude have significantly happier lives. They are more enthusiastic, interested, determined, and are more likely to be both kind and helpful to others. Practicing gratitude is amazingly simple. Just count the things in your life that you feel thankful for. You can journal, make a list, post a note, use an app. Make it fun. Make it simple. Make it a habit. You'll be happy you did!

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### BUDGET TIP: Start a Side Business for Extra Cash

Can you strip a computer of spyware? Can you perform minor car repairs? Do you have a pickup truck you could use to haul furniture? Are you a passable guitar player? Are you good at baking? Grass-cutting? Organizing? Cleaning? Sewing? Charge cheap rates and exceed expectations. Word will spread. When you've built up a customer base, you can raise your rates a little. This is an awesome way to make extra money on **your** schedule while in school.

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### IMPORTANT DATES: April

Friday, April 15<sup>th</sup>- Federal Income Taxes due

Monday, April 18- Summer Registration begins

Wednesday, April 20- Earth Day Celebration 11am-1pm

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### LAVENDER SUPPORT ADVISOR

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