



NOTES OF LAVENDER

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

MARCH 2016

RESOURCE SPOTLIGHT: Pisgah Legal Services

Pisgah Legal Services (PLS) helps solve problems that affect your basic needs, such as:

- Housing
- Safety from domestic violence or abuse
- Health care (Medicaid or Medicare)
- Subsistence income (SSI or SSDI)
- Education
- Immigration matters affecting basic needs

Call 828-253-0406 or visit www.pisgahlegal.org

To get legal help from PLS, you must meet their low-income guidelines and have a problem that affects your basic needs

STUDENT SPOTLIGHT: Meagan Camp



I am the 28 year old mother of one beautiful and talented eight year old little boy. He is the very light of my life and drives me to succeed in getting my degree. Because of this scholarship I will be able to further my dream of helping others and to financially support my son doing something I love.

I have always had a fascination with the human mind and why we do what we do as humans. In particular, I would like to study and understand why women fall into addiction and what it takes to pull them to sobriety.

After completing my Associate's degree in Human Services Technology at A-B Tech, I hope to get my Bachelor's degree in Social Work. From there, I don't know if I will be helping battered women or women struggling with addiction. The important thing for me is making a difference in lives of women just like me, who need someone to stand up for them or tell them that they "can do it".

To make a difference in the lives of women in dire need of help and at the same time be able to support my family financially would be everything that I could dream of accomplishing.

TIPS OF THE MONTH

HEALTH TIP: No Excuses Exercise

Just search “fitness apps” on your Smartphone and you will find a huge variety of free apps to help you meet your goals. Two of my favorites for fitting in just a few minutes at home are “7” (a seven minute workout working hard for 30 seconds then resting for 10 seconds for several sets) and “Daily Yoga” (you can plug in just the sessions that appeal to you). The huge selection of free workout apps, tracker apps and fitness/health log apps are almost guaranteed to have something for everyone. No more excuses!

FAMILY TIP: Great family outings for free

The Botanical Gardens at Asheville 151 W.T. Weaver Boulevard: See website for more info and Visitor Center hours <http://www.ashevillebotanicalgardens.org>

The Asheville Art Museum 2 S. Pack Square: The **first Wednesday** of every month, AA Museum offers free admission from 3:00-5:00 p.m. <http://www.ashevilleart.org/visit/>

Asheville Tourists Baseball: Various promotions like “bring cans for Manna Food Bank to enter”, or “kids eat free” night, etc. See schedule at <http://www.milb.com/promotions/index.jsp?sid=t573>

CAREER TIP: What are you communicating?

- You can never say “please” and “thank you” enough – it goes a long way.
 - If you perpetually smile and look people in the eyes, you are likely to get the same in return.
 - How you dress is a reflection of your self-image. Dress not for where you are, but for where you want to be.
 - Most communication is non-verbal. Pay attention to what you say... Pay closer attention to what you say when you’re not talking.
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IMPORTANT DATES: March

Tuesday, March 1 – Deadline for “Application for Program Completion” for spring & summer grads

Sunday, March 13 – Daylight Savings Time begins

Tuesday, March 15 – Scholarship Luncheon, Crowne Plaza Expo Center at noon

Monday, March 21 – Begin Spring Break

LAVENDER SUPPORT ADVISOR

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FYI: Bond Referendum

North Carolina voters will have an opportunity to support much-needed improvements for A-B Tech, other community colleges, the university system, the National Guard, state parks and rural water and sewer systems during the March 15 primary election. The Connect NC public infrastructure bond referendum, which is on the ballot, would provide \$2 billion, including \$350 million for community colleges, WITH NO TAX INCREASE. A-B Tech would receive \$5.4 million for repairs and renovations to a number of buildings, including Sunnicrest, Ivy, Popular, Balsam and Sycamore on the main campus and for A-B Tech Madison. These are much-needed projects that have not been slated for funding because most of the money we receive from Buncombe County is designated for new construction projects. We encourage you to visit connect.nc.gov to learn more and to contact us if you have any questions.