



NOTES OF LAVENDER

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

MAY 2016

RESOURCE SPOTLIGHT: A-B Tech Job Board

Make sure you start your job search with our very own job board. Local businesses post openings on this site, often specifically looking for A-B Tech students or our recent graduates.

Set up an account and be the first to find a summer job or your dream career. From this landing page, you may also schedule a FREE career counseling appointment to assist you with resume writing or preparing for interviews.

<https://www.abtech.edu/content/career-development-services/job-board>

DID YOU KNOW?

Usually about 25% of Lavender students graduate each year. This year **35%** have completed/are completing their credentials.

STUDENT SPOTLIGHT: Graduates!



Congratulations to those who persevered and have made it to the finish line. The following students plan to officially graduate from A-B Tech on May 14!

Caroline Caton	Ashley Dickey
Patricia Downey	Beth Ecker
Jaheyra Figueroa	Michelle Irwin
Malissa Johnstone	Haley Jones
Farra Lomasney	Brittany Neal
Shareka Scott	Madison Seals
Samantha Sutphin	

We would also like to congratulate those who completed their degree or diploma in December: Lauren Andrews Katherine Dean Angela Ponder

TIPS OF THE MONTH

HEALTH TIP: Sun protection vs. Need for Vitamin D

Warm sunny days mean more time outside, which is an essential way for humans to get their Vitamin D. The trick is to get some sun on a regular basis without getting too much sun or being burned. An alternative to chemical-filled sunscreens is to simply protect yourself and your kids with clothing and hats, and seek out shade whenever you can. For more information on protective clothing visit <http://www.skincancer.org/prevention/sun-protection/clothing/clothing-our-first-line-of-defense>

FAMILY TIP: Free Swim Lessons

Asheville Parks and Recreation pools offer free swim lessons. Please call your local pool for further information.

1st Session: Registration Monday, June 13

Class Dates: June 20-June 30, Monday-Thursday

2nd Session: Registration Monday July 11

Class Dates: July 18-28, Monday-Thursday

Registration begins at 11am at pool of choice.

Lesson Times

Recreation Park Pool, 10-10:45am, 11-11:45am

Malvern Hills Pool, 9-9:45am, 10-10:45am, 11-11:45am

Walton Street Pool, 5:30-6:15pm



CAREER TIP: Polish up that Resume

If you are about to graduate, make sure your résumé is ready to go and will make you shine. You can get free assistance in polishing up your résumé right here at A-B Tech's Career Services. Take the time to get this important document ready to represent you. It's well-worth all the time and energy you can put into it.

IMPORTANT DATES:

Sun. May 8 – Happy Mother's Day!

Tue. May 10 – Last day of spring semester

Sat. May 14 – Graduation-Commencement Ceremonies!

Mon. May 23 – Summer semester begins

Mon. June 6 – 2016-17 Scholarship Awards announced

LAVENDER SUPPORT ADVISOR

F. Elizabeth "Liz" Atkinson

340 Victoria Road – Asheville, NC 28801

828-398-7564

featkinson@abtech.edu