

ADULT EDUCATION

NEWSLETTER

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Adult Education Student Mayasa Ata Secures Job as Pharmacy Technician, Receives Westlake Scholarship to Pursue Associate's Degree in Nuclear Medicine

In 2016, **Mayasa Ata** moved to the United States from Qatar, and one country's loss was another's gain. Spouse, mother of three, full-time employee, and Triton College student, Mayasa has dedicated the past two years to creating a new life for herself and her family.

A pharmacy technician in her home country, Mayasa decided to pursue the same line of work in the U.S., but not before she brushed up on her English. She took several ESL courses and graduated from the ESL program in May 2017 before enrolling in Continuing Education's Pharmacy Technician course to prepare for the PTCB exam. In addition to this course, Mayasa volunteered for six months at a Walgreens in River Grove to gain experience in the field. In October 2017, she passed the PTCB exam and was immediately hired at a CVS in Mount Prospect, where she worked as a pharmacy technician for one year.

With a year of experience under her belt, Mayasa recently began a new position with Pharmacy Alternatives in Elmhurst, a national pharmacy focused on serving individuals with cognitive, intellectual and developmental disabilities.

Mayasa is also an Adult Education Westlake Scholarship recipient currently pursuing an associate's degree in nuclear medicine.

"I'm so happy to be able to work here and go back to studying," Mayasa says. "In my home country, at my age, I wouldn't be able to study at a college." Mayasa's progress has not been without its hardships—learning a new language, adapting to a new culture, navigating a new education system, and getting a job. But it's all been worth it. "I've found my life here," she says. Truth be told, she has *made* a life here, and this is just the beginning of it.

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Triton Celebrates Adult Education & Family Literacy Week



Brenda Morales, the featured speaker at Triton's kickoff celebration of Adult Education and Family Literacy Week, is a living example of what can be achieved with the help of adult education programs offered by community colleges across the country.

Morales, who came to the United States from her native Mexico, completed both the English as a Second Language (ESL) and High School Equivalency (GED, HiSET, TASC) programs offered through Triton College's Adult Education Department.

"The day that I received my GED changed my life," she told the group of Triton College students, faculty and staff gathered for the event. "Because that day, I realized that there is a world full of opportunities out there. We just need to make the decision to take advantage of those opportunities and work with them." Morales plans on pursuing a nursing degree at Triton College, after receiving two scholarships that will help her reach her academic and professional goals.

In celebrating National Adult Education and Family Literacy Week, Triton is joining other schools and organizations to heighten public awareness, strengthen alliances, leverage resources, and increase understanding of the vital role that adult education and family literacy plays in our nation's well-being. Triton's Dean of Adult Education Jacqueline Lynch welcomed the group in several languages, before stressing Triton's commitment to supporting Adult Ed students in their pursuit of their American dream.

"Whether you were born in the United States or in another country, making a better life for you and for your family is the American Dream. We are here to help you get the skills to make that happen," Lynch said. Triton College President Mary-Rita Moore emphasized the important role of adult education programs for the communities within Triton's district. "Adult Education will continue to be among the educational programs that we support and we support each one of you as you continue your journey at Triton College," she told the group. Thanks to Adult Education & Family Literacy services, each and every one of these journeys is full of possibility.

The Pleasure of Cooking

Stephanie Andrade, Advanced ESL Student

Some people like painting, writing, or playing music, but for me, ever since I can remember, I have always loved cooking. Nobody taught me how to cook, and I did not take any cooking class, but I naturally knew how to do it. When I cook, I feel free and creative; also, I share quality time with my children and make everyone happy with my delicious food.

Cooking for some mothers is a boring task or a simple obligation; however, for me it is the time that I can be creative. When I was a child I saw a kitchen TV show, and the chef said that it was not important if you did not have all the ingredients, you could replace them for another, and that the most important thing was to enjoy while you were cooking. Ever since, I have been creating in the kitchen: fried chicken with a cornflake crust because I was trying to imitate KFC, sushi for Valentine's Day, and beautiful cakes for family birthdays. I try not to be repetitive because being creative is really important to me.

I still remember my grandma's pumpkin cake; just thinking about it makes me feel its tenderness. I was 7 years old, and I did not bake at all. Maybe I beat a little bit the mixture; nonetheless, I have the special memory of when I was cooking with my grandma. As a result, I am doing the same thing with my children. Every other Sunday, we bake cookies, and as we prepare the cookie dough with eggs, milk, butter, and flour it is common for them to make a disaster in the kitchen, but that is part of the apprenticeship and entertainment because after cooking, we clean it up together. Without a doubt, I know they are getting a special memory such as I did. Additionally, they feel proud of themselves for eating something that they made.

There is a saying, "The heart of a man is conquered by the stomach." Well, I seriously believe that, but not only a man. I think you can conquer everyone through food. Last Christmas, I knew it was important for my husband to keep our traditions because it was going to be our first holiday outside our native country, so I cooked all our traditional Venezuelan food and made my whole family feel as if they were at home with my food.

Cooking is a beautiful art in which you can use your creativity to share time with your loved ones and also give them the beautiful pleasure of eating amazing, homemade food. So, if you haven't tried it, you can start with little dishes, but what really matters is having fun, enjoying yourself, and being happy while you are cooking.

Care for the Future

Ana Gomez, Advanced ESL Student

Our planet is asking for help. Climate change, disappearing species and all the pollution in the air and water are the result of our careless treatment of the Earth. Mother Nature is passing us a bill to get our attention about our choices for the environment. It is important to teach the new generations to make a better world to live in. They deserve to live on a planet with less contamination. It is time to start working and help them to get back the Earth. We can take care of the earth by using vinegar, wasting less water and recycling plastic bags.

We are using chemicals every day in our homes without being conscientious about the harmful effect to the Earth. We need to read carefully the information on product labels and use chemicals only as directed to help our planet. We can often find alternatives that are better for the environment. If we change the use of chemical products for vinegar to clean our house, we can prevent those chemicals from affecting the earth. For example, we can avoid chemicals to clean the floors, windows and dishes with vinegar.

Another way to take care of the earth is using less water throughout the day. It is incredible how we waste the water when we use it. In our homes, energy plants and the industries occurred a tremendous carelessness for the water resource. There is an information need to create conscience about the importance to save water for a future. We can help at home by avoiding wasting water by turning off the water when brushing the teeth and by taking short showers.

Finally, we are using millions of plastic bags and only a few percent is recycled. Let's help the Earth by reusing plastic bags and having some nice eco-friendly bags to go shopping. Plastic bags are made from chemicals that can move and reach the food chain. It is very important to keep our water resource free of chemicals that are not good to the environment.

In conclusion, sadly our landfills and oceans are suffering from our negligence to take care of the earth. We only have one Earth and it is important to save it for future generations.

My Special Person

Laura Cisneros, Advanced ESL Student

We all usually have a special person who we admire. In my case, this would not be the exception. There are many reasons why I am proud of my father. Without a doubt, if he had not been a firm person he could not have faced the obstacles that life presented him. Being orphaned since the age of five was not an impediment for him to set a goal to achieve. He knew all the time that his life would not be easy. Despite all this, he finished high school, and at seventeen years of age, he got a permanent job in a wood company called "La Esperanza." After a few years, he became the production manager, motivating him to take the next step in his life, creating his own family. He married at twenty four and had three children. Although the economic situation in Mexico was bad and he had a low salary, he thought a lot about the future of his family and made a very decisive decision to immigrate to the United States. Without speaking English, without money, and alone. He was not afraid of the change and much less the challenges that appeared every day. He got a job and started working so hard, no matter how tired he was, or how many hours he spent without sleeping. His main objective was that his three children and his wife had a better quality life. I am definitely aware of all the rewards and accomplishments he enjoys today. Thanks to his audacity and effort, he can now feel satisfied with what he has obtained in his life. For all that, I feel proud of him. There are no excuses, no matter what difficulties that life puts in the way, each person builds his own destiny, and my father is a clear example of that.

Gibraltar

Veronika Cernakova, Advanced ESL Student

One of the most interesting and beautiful European tourist spots is Gibraltar. It looks like it's part of Andalusia, which is in Spain, but it's a British overseas territory. Actually, it's like a little piece of land inside a big piece of land. First at all, you will need your ID or passport to cross the border. Next, it's better to park your car in front of the border to avoid the long lines. One curiosity of Gibraltar is the airport because it's very small and it's used as an entryway or road too. In fact, a very popular spot to visit in Gibraltar is the Rock of Gibraltar. The best way to get there is to take a cable car and enjoy the spectacular view. At the top of the Rock of Gibraltar live wild monkeys. It's very unique because they are the only wild monkeys found in Europe. Another great attraction is the dolphin watching cruise through the Strait of Gibraltar. Furthermore, what you can't miss is Europa Point. This point is the southernmost point of Gibraltar. In good weather conditions, you can see Marocco, North Africa from this spot. There is also a very beautiful lighthouse there.

In conclusion, there are many awesome spots and attractions in Gibraltar. It's very interesting and a must see when you are on vacation in Andalusia.

Day of the Dead

Ana Laura Fiscal Saucedo, ESL Level 2 Student

Around the time of Halloween, in Mexico we celebrate a catholic tradition called "all saints day" or "day of the dead". This Mexican tradition is celebrated for two days; November 1st is dedicated to dead children and November 2nd is for adults. The celebration starts when people go to cemeteries to clean around graves. They decorate them with flowers and pray together for the souls of the dead. Sometimes they play music. Also, people celebrate in church with a holy mass, and at their homes, where they put altars with a picture of the deceased with flowers and candles around. They also put dead person's favorite food, drinks and desserts. Some people paint their faces as "la Catrina", the famous Mexican female image of death. "Day of the dead" is very different from Halloween, because it is about celebrating memories of those who died. I enjoy my tradition very much. It helps me remember my dad who has been gone for 25 years.

Music in My Life

by Vera Terna, ESL Level 4

If there's something in my life that can make me cry and laugh at the same time, it is music. It can be different types of music; it mostly depends on my mood. There are some situations when you need just a song to describe your feelings or thoughts, or there are situations when there are no more words to say something. In these cases, music will help you fix it up.

For me music is a need to survive, as are food, air and water. For example, first of all in the morning I prefer to play a song and then to have breakfast and go to work. Music is a part of my life that I can call my best friend, a friendship that always can be put on replay or replaced without regrets or fears. There is a life quote saying: "Tell me who is your friend and I will tell you who you are." I can say it is exactly the same with music: tell me what music you are listening to and I will tell you what personality are you or what are you feeling.

Music brings so many colors in my life and speaks more that I could ever say. Waking up early in the morning makes you hate your alarm sometime. My advice? Try to set your favorite song as an alarm ring and it will make your day more calm and happy.

I don't have a special kind of music that I like because my personality loves diversity and new things as often as possible. Back home I used to try to sing English songs even if I didn't know English. Now I'm more selective because I like music when lyrics make sense and that makes me feel something more. It can be trap, pop, rap or country music as long as the text is good and the song reminds me of some pleasant situations from my past. I love that. Ed Sheeran is a singer who always reaches my heart and brings back memories with his songs such as Photograph, Happier and Thinking Out Loud.

I wish I could have a talent to play an instrument so I could put music one step higher that it already is. Guitar and violin are the instruments I would like to play most. There's not a day in my life that passes without music, because I can't imagine my life with no music in it.

"My Big Lie"

By Lucia Ortega, ESL Level 4 Student

I never forget the day that I lied to my mother. This story happened in 2013 when I was in High School. I was in my school and my friend told me that she would have a party after class in the beach. I wanted to go, but my mom wouldn't give me permission, but I really wanted to go. I called her and I told my mom that I would study until late, and she told me it was ok. I went to the party and I drank alcohol it was my first time, and then my friend felt really bad and we had to call the ambulance, and then they called our mothers. I felt very bad because my mother was very angry and my mom punished me. She didn't give me money for one month so I had to find a job. With this experience I learned not to lie to my mom.

CALL FOR SUBMISSIONS

Adult Education Newsletter welcomes writing submissions from all ESL and HSE students.
Please email submissions to Mitchell Goins at mitchellgoins@triton.edu.

BOARD OF TRUSTEES SCHOLARSHIP

All GED® and ESL graduates are encouraged to apply for the BOT scholarship which provides four free college courses.
Applications are available in the AE office and are due by March 1, 2019.

Mark your calendars for the Adult Education Community Resource Fair!
Tuesday, April 2 at 6 p.m. and Wednesday, April 3 at 11:30 a.m. in the B Building Cafeteria.