



## Abisi Students Cast Their Votes in Mock Election



Students at the Abisi Adult Education Center recently participated in a lively mock election, giving our adult HSE and ESOL students a unique chance to practice voting in a realistic setting. By casting ballots, students learned about the voting process and the significance of civic engagement, all while building confidence and connecting with their classmates on important issues. Abisi students voted in favor of Kamala Harris with 101 votes. Donald Trump received 31 votes. These results were quite different from the national election, as Donald Trump was elected for President, winning both the popular and electoral college votes.

Alongside the mock election, we held a bake sale that was both successful and delicious! Students and staff brought in homemade treats, and all proceeds from the sale are going towards our upcoming Friendsgiving Celebration on November 26th. The bake sale was a fantastic way for everyone to contribute to a shared goal, building community spirit while supporting an event that celebrates togetherness.

Thank you to everyone who voted, baked, and participated! Your involvement made this experience memorable and meaningful. We can't wait to see everyone at Friendsgiving later this month!

## Friendsgiving is Coming to Abisi - November 26th!

Friendsgiving is a fun way to celebrate Thanksgiving with your friends. The name comes from combining "friends" and "Thanksgiving." Instead of spending the holiday only with family, people gather with friends to share food, laughter, and gratitude.

This tradition usually happens before or after Thanksgiving Day. Typically, everyone brings a dish to share, like turkey, mashed potatoes, or desserts. It's a time to relax, enjoy good company, and create memories with friends.

Thanks to the money raised from our Election Day bake sale, we are celebrating Friendsgiving with the entire Green School this year! We look forward to seeing you there on November 26th at 9:30am.



### In this issue:

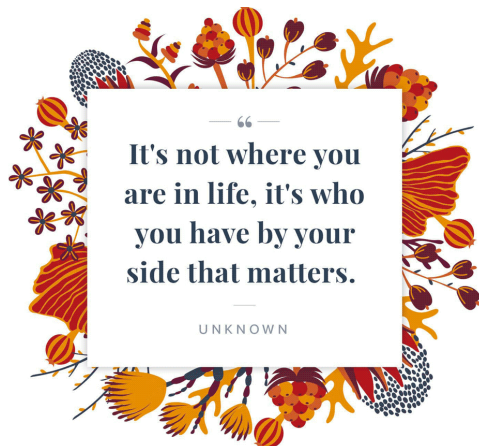
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## Halloween Recap

Students from Kathy Byrne and Martha McGuane's classes gathered together to enjoy a fun Halloween celebration at the **Cambodian Mutual Assistance Association (CMAA)** on October 31st. To get into the Halloween spirit, students were treated to Halloween sweets, candy and, of course, orange soda!

Halloween safety was discussed for those with children and then, a fun game of Halloween Bingo was enjoyed by all. Our gathering ended with a sing-a-long of some delightful Halloween songs. What great fun!

**Back at the Abisi**, many classes celebrated together. In Liz's ESOL class, students got together and learned about the holiday tradition while making Halloween crafts. ESOL teachers Carrie & Daisy even dressed up for their students. Awesome!



Do you have a great Abisi story to tell?  
Have you become best friends with an  
Abisi classmate? We want to know!

## Students from Online Classes Meet in Person by Chance & Become Friends

*Two students in the online class of teacher Mary Gail are protagonists of a story that is only explained by fate.*

"One day I was shopping at the Costco store, when a woman asked me, "Are you Luz?" Her face was familiar, but I didn't recognize her at the time. She said, "I am Christine."

My mind immediately recognized her voice and her face. I was very happy and hugged her to say hello (I am from Colombia and we hug to say hello). We took a photo and shared it with teacher Mary Gail and the other classmates. Even though it was the first time I saw her in person, I felt like she was an old friend."

*While Christine is no longer a student with us, Luz continues to take online classes at Abisi. We thank their teacher Mary Gail for sharing this great story with us, as well as Christine & Luz for contributing the story and picture.*



Reunited at Costco! Online students Christine (L) & Luz (R) meet in person for the first time & share the moment with their teacher & classmates.

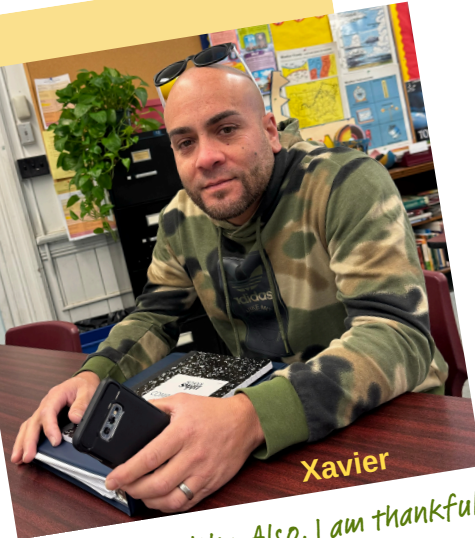
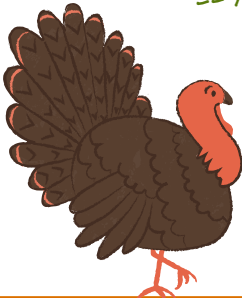


# HSE Students Feeling Thankful

On Wednesdays, students in Alison's Gold Group write in their journals. Journaling helps students strengthen their writing and English language skills. It can also help reduce stress, deepen self-discovery and creativity. Here are a few excerpts from their "Thankful" journal writing.

"I am thankful for many things. First, I thank God that I'm alive. My family, especially my wife who keeps me on my feet. I am thankful for my three kids and grandson who are healthy. Also, I am thankful for the beautiful home that I have. November is a good time to be thankful for what we have!"

-- Xavier



Xavier

"I am thankful to the teachers in my life. Even on your hardest day and your hardest moments in class with every student, you show up and make the world different. Because of that I will be able to go to college."

--Naphtaline



Naphtaline

"I am thankful for God for keeping me alive. I was in the hospital years ago during Thanksgiving. November is a time family comes together for thanking God for what he has done. Although I love Thanksgiving because it reminds me of what happened to me in November. In my country, they will celebrate the harvest." -- Glory



Glory

## HSE Test Schedule November & December 2024

### To schedule:

HiSET Test --> visit [hiset.org](https://hiset.org) or  
GED Computer Test --> visit [ged.com](https://ged.com)\*

### WeekEND Testing:

Friday Evening and Saturday Morning

### HiSet Paper Test & GED Test dates:

November 22nd/23rd

December 13th/14th

**Note:** You must present a current, government-issued, photo ID at the time of testing.

## WeekDAY Testing (Computer-Based ONLY):

Thursday afternoons at 12:30pm

*One subject test may be scheduled.*

### GED Dates:

November 21st

### HiSET Dates:

November 7th

December 5th

\*GED appointments will be released 30 days prior to the scheduled test date.

# Inside the Classroom: Student Interviews

This month, we're learning more about a pair of inseparable friends who met here at Abisi and are now faithful students in the HSE program -- **Rosemary Chakabarika & Olaynka Ogunmola**. However, most people know them as simply "Rosemary & Ola."

## *What is your name and where are you from?*

My name is Olaynka Ogunmola (Ola) and I'm from Nigeria, Africa.  
My name is Rosemary Chakabarika and I'm from Zimbabwe, Africa.

## *What is the biggest challenge(s) you faced when emigrating from your country to the US?*

**Ola:** I didn't have any challenge because I speak English in my country.

**Rosemary:** I don't have challenge that I can say because I always speak English with others. I communicate with them, so I didn't have any challenge. But, when we move from another country, we have some shock about the culture, the food, the weather...

**Ola:** I had some challenge in New England about the snow. In my country, we don't have snow. I don't like snow!

**Rosemary:** I had a big challenge with snow, too. Until now, after 20 years that I live here, I don't like it.



Abisi HSE students Rosemary (L) and Ola (R)

***"The school is very nice! I love to come to AAEC every time. I've been here since 2021. I love to come. I enjoy books."***

~ Rosemary Chakabarika

## *How do the classes at AAEC influence your experience in America?*

**Ola:** This is my second year here in AAEC. In the first year, I had English classes. Then, I came to HSE. [Next,] I can get my GED.

**Rosemary:** The school is very nice. I live by myself and if I stay in the house I feel like I'm abandoned, so I love to come to school every time. I don't know what I'll do when I graduate. I think I will be lost! I've been here at school since 2021. I love to come...I enjoy books...I do my tests, [and correct problems] I missed. I pick up myself and continue. I live in America for 22 years.

## *What do you like to do when you're not at school?*

**Ola:** In my free moments I read. I do my laundry. I walk. I go to walk every day.

**Rosemary:** I go to work. I'm CNA assistant and I am residential counselor. In my free time, I like to go out. I love to go out to my workplace. I love my patients.

## *Do you have children?*

**Rosemary:** Yes, I have four children and I have 10 grandkids! All my kids live in Africa. They are not here.

**Ola:** I have five children and eight grandchildren. They are here in America. I live together with three of them.

## *Do you mind telling me your age?*

**Ola:** I'm 59. I will turn 60 in June.

**Rosemary:** I am 60 and, in March, I will turn 61!



Rosemary (L) & Ola (R):  
Abisi classmates who became best friends.



*You are true examples of perseverance and proof that it's never too late to go to school and chase your dreams. What advice would you share to inspire the next generation?*

**Ola:** I would say for the new generations that I love them and they need to be focused. They need to be focused on what they are doing because they have the opportunity and they have to use it now. They should come to school. They should learn. Then, become something and live your life!

***"I would say for the new generations that they need to be focused on what they are doing because they have the opportunity and they have to use it now."***

*~ Ola Ogunmola*



Rosemary (L) & Ola (R): Seizing opportunity & encouraging others to do the same.

**Rosemary:** I love the young ones. I agree with what my best friend said about encouragement. There is no "too late to go to school, get your degree." Do yourself a favor and do something that will make you be you. I see that America has all opportunity for everybody to go to school. I did my graduation, but, when my mom was alive, she didn't know where she had put my certificates. My relatives said, 'Rosemary, you can't go back to school.' I told them, "I can go back to school. I can bring my brain back."

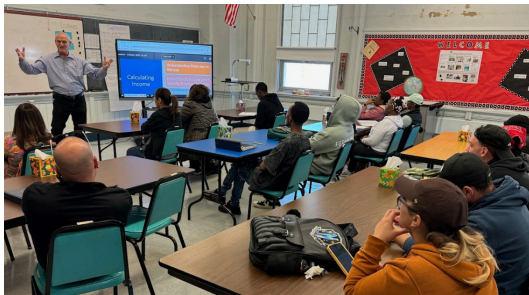
**Do you have a dream you would like to achieve?**

**Ola:** My dream is to become a nurse.

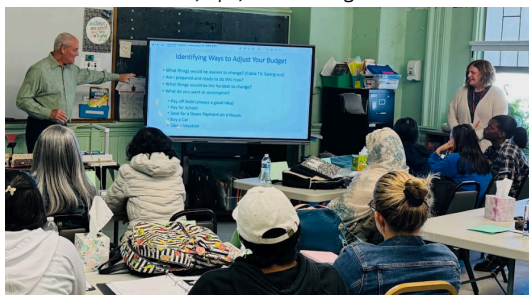
**Rosemary:** I have a dream. I need to get my certificate done and I need to continue my education.

**How did you start the friendship and what does it mean to you?**

**Rosemary and Ola:** We met here at school and we just had a very big connection that developed to be the best friendship. We do everything together, even outside the school. We are best friends!



HSE students listen intently as Jim Wilde shares valuable financial information, tips, and strategies.



Jim Wilde speaks to Meg's ESOL class about budgeting.

## Building a Healthy Financial Life

How can you build a healthy financial life? It starts with creating a household budget and building good credit. Jim Wilde, former executive director of Merrimack Valley Housing Partnership (MVHP), shared these and other valuable tips with HSE and ESOL morning classes on October 21 and 25.

During his presentation, Wilde explained how to take control of your finances by tracking expenses for 1–3 months. This is the first step to creating a budget that supports your goals—whether it's starting a business, buying a home, or saving for the future.

Students actively participated by asking questions and learning how to better manage their money and credit.



# IN THE COMMUNITY



**MillCityGrows.org**  
**978-455-2620**

Purchase fresh, locally grown produce  
all season long!

## 2024 WINTER POP-UP Indoor Mobile Farmers Markets

ROOT Community Space  
at Mill City Grows  
19 Hall Street, Lowell MA

Wednesdays | November 6, 13, 20  
2pm - 4pm | December 4, 11, 18

We welcome these payment options:

SNAP/EBT, HIP, APPLE PAY, WELLSENSE, MCG E-GIFT CARDS,  
CASH, CREDIT, DEBIT, S3 OTC/HEALTHY GROCERY CARD

### Pop-up Mobile Market parking:

629 Suffolk Street, Wannalancit Mills Visitor Parking  
Cabot Street & Suffolk Street (meters)  
19 Hall Street (accessible parking)



## The Lowell Regional Transit Authority

# Announces

## A Temporary Fare Free Pilot Program Commencing

**December 1, 2024**

**And Continues Through September 30, 2025**

(Fares may resume 10/1/2025 Subject to State Funding)



The LRTA wants to Thank  
Governor Maura Healey and Lieutenant Governor Kim Driscoll,  
as well as the Massachusetts State Legislature for funding this  
Fare Free Transportation Pilot Program  
that will greatly benefit our communities.

# CAREER

# COMMUNITY HEALTH

## Greater Lowell Veteran & Community Job Fair

**November 19, 2024**

**11:00 am - 1:00 pm**

**Middlesex Community College Cafe  
33 Kearney Square, Lowell, MA 01852**

**ALL ARE WELCOME  
VETERANS RECEIVE PRIORITY OF SERVICE**

MassHire Programs & Services are funded in full by US Department of Labor (USDOL) Employment and Training  
Administration grants. Additional details furnished upon request.



## Walk-in Flu & Covid Vaccine Clinic

No Appointment Needed



**THIS IS A WALK-IN CLINIC FOR LOWELL CHC PATIENTS ONLY**

**All ages are welcome!**



Saturday, October 26  
Saturday, November 9  
Saturday, November 23



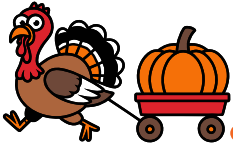
**9 am - 1 pm**



**Lowell Community Health Center, 161 Jackson Street, 3rd Floor in Metta**



# HOLIDAY & SPECIAL EVENTS



**CITY OF LIGHTS**

**Saturday, November 30**

PLAN YOUR VISIT  
[LOWELLCITYOFLIGHTS.ORG](http://LOWELLCITYOFLIGHTS.ORG)

#LOWELL



**LASA FOUNDATION**

**THANKSGIVING Baskets Drive**

**Nov 23rd 9AM - 11 AM**

*Walkins Not Allowed*  
Register here

**SAI UNITY CENTER**  
40 Old Ferry Road  
Lowell



**Did You Know?** The first Thanksgiving took place between the Wamponoag (Native American tribe) and the Puritans (English Protestants) who established a colony at Plymouth Rock (in Massachusetts) in 1621.

## AbiSi School Reminder

**Wednesday, November 27th:**  
Early dismissal (10:45am)

**Thursday, November 28th &  
Friday, November 29th:**  
No School - Thanksgiving Break

## Our Students Make a Difference!

We are so proud of our students for their incredible generosity during our recent food drive! Thanks to your donations, we were able to collect and deliver over 15 boxes of food and toiletries to Dwelling House of Hope, a local organization that supports families in need.

Your kindness and contributions truly make a difference in our community. Thank you for coming together to help others—you've shown the power of teamwork and compassion. Great job, everyone!

Let's keep making a positive impact!



### KITCHEN Conversions

LIQUID INGREDIENTS				
FL OZ	CUPS	PINTS	QUARTS	GALLONS
8	1	1/2	1/4	—
16	2	1	1/2	—
32	4	2	1	1/4
128	16	8	4	1

BAKING IN GRAMS	
1 cup flour = 140g	
1 cup sugar = 150g	
1 powdered sugar = 160g	
1 heavy cream = 235g	

VOLUME	
1 ml = 1/5 tsp	
5 ml = 1 tsp	
15 ml = 1 tbsp	
240 ml = 1 cup (or 8 fl oz)	
1 liter = 34 fl oz	

WEIGHT	
1g = .035 oz	
100g = 3.5 oz	
500g = 1.1 lb	
1 kg = 35 oz	

OVEN TEMPS	
120 C° = 250 F°	
160 C° = 320 F°	
180 C° = 350 F°	
205 C° = 400 F°	
220 C° = 425 F°	

DRY INGREDIENTS		
TSP	TBSP	CUPS
3	1	1/16
6	2	1/8
12	4	1/4
24	8	1/2
36	12	3/4
48	16	1

US TO METRIC	
1/5 tsp = 1 ml	
1 tsp = 5 ml	
1 tbsp = 15 ml	
1 fl oz = 30 ml	
1 cup = 237 ml	
1 pint (2 cups) = 473 ml	
1 quart (4 cups) = .95 L	
1 gallon (16 cups) = 3.8 L	
1 oz = 28 g	
1 lb = 454 g	



## Holiday Recipe Help: Convert Measurements with Ease!

Planning to share your favorite recipes with friends or family who use US measurements? A recipe converter makes it simple to switch between US measurements (cups, teaspoons, pounds) and metric measurements (milliliters, grams, kilograms).

We've included a handy conversion chart tool (from thecookierookie.com) to help you convert your recipes with ease.

To download the FULL conversion chart, scan the QR code.

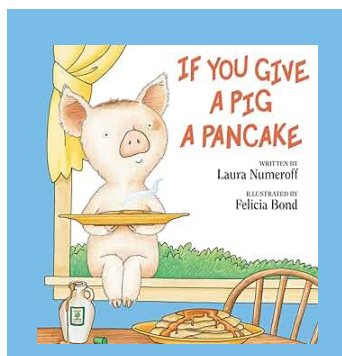
Happy cooking and sharing this holiday season!

(And, thanks, teacher Christine, for this great suggestion!)



Scan the QR code to see/print the complete Kitchen Conversions chart.

## Book Club Becomes Breakfast Club for Special Reading of "If you Give a Pig a Pancake"



The Book Club, which combines Carrie and Daisy's classes, had a special event on October 17. At the meeting, students enjoyed pancakes in honor of the book they had read that week, *If You Give a Pig a Pancake*. The story follows a little girl who tries to keep up with a pig's many requests, beginning with a pancake.

Luisa, a student in Carrie's class, and Freddy, our custodian, prepared the pancakes. Students enjoyed the event and used the opportunity to build their English reading and vocabulary skills.







# Oh, Snap!

**ABISI  
STUDENTS  
IN ACTION**

**Mock Presidential  
Election**







To learn more about Mill City Grows & the many programs they offer, please visit their website at [MillCityGrows.org](http://MillCityGrows.org).

Mill City Grows' Winter Farmers Market schedule is on page 6!

Mill City Grows invited our HSE & ESOL students to their ROOT kitchen (119 Hall Street) for a very special interactive cooking class. During each class's visit, students worked in teams to create a healthy veggie pizza with locally-sourced ingredients from Mill City Grows & surrounding farms.

As students waited for the pizzas to cook, our Mill City Grows hosts, Daphne & Savannah, shared information about the various programs they provide throughout the Greater Lowell area, like their Farmer's Market, CSA, & community gardening.

Afterwards, students got to taste their amazing pizza creations. At the end of the class, each student was given a bench scraper -- a versatile, kitchen tool used during the cooking class, as well as recipes to try out in their own kitchens!

Many thanks to Mill City Grows who planned this amazing hands-on cooking class and to the students who took part!





# Share Your Recipes!

Do you have a special recipe from your country? We'd love to feature it in *The Melting Pot*!

Share your favorite dish and tell us why it is meaningful to you.

Talk to your teacher (or Mandi or Giovanna in the back of Room 3 -- Martha's classroom) to submit your recipe!



# Spot The Difference Game

There are eight differences in the images below. Can you spot them all and win the game?

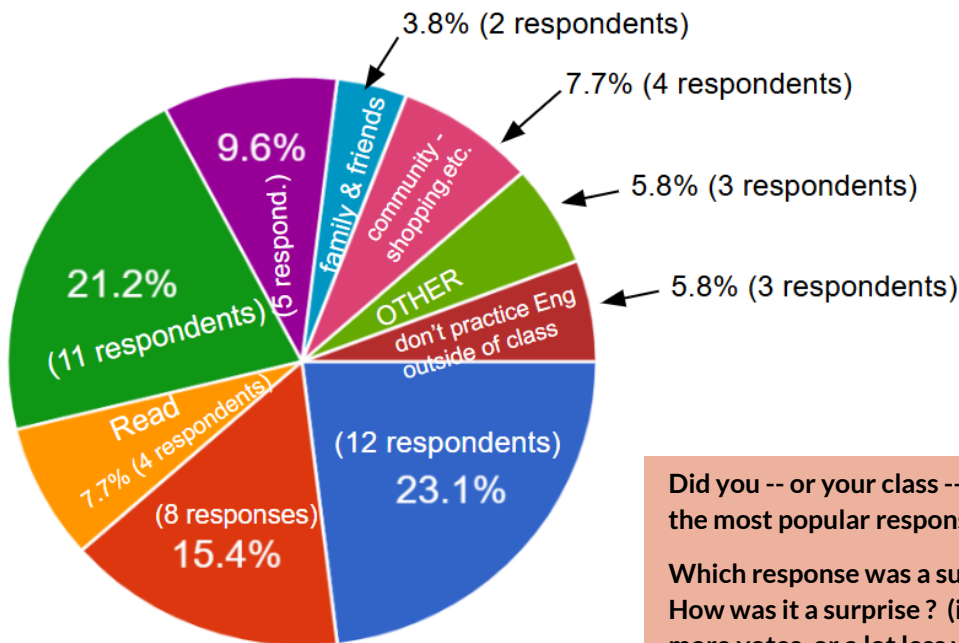


# Abisi Survey Central

Last month, we asked how you practice English outside of your class(es) here at Abisi. We had 52 students who “weighed in” (participated) on the topic. The results are below.

What is the main (#1) way you practice English outside of class? (Choose only 1 answer.)

52 responses



- I use English at work.
- I watch TV and/or movies (Netflix, etc.)
- I read books (newspapers, and/or magazines).
- I use social media to practice English
- I like to listen to music, the radio, and/or podcasts.
- I use English with my family and/or friends.
- I practice English in the community (grocery store, etc.)
- Other -- I practice my English a different way
- I don't practice my English outside of class.

Did you -- or your class -- accurately predict (guess) the most popular response (use *English at work*)?

Which response was a surprise to you?  
How was it a surprise? (i.e. Were there a lot more votes, or a lot less votes than you expected?)

Will you change how you practice English after seeing this survey? Why or why not?

WHAT DO YOU THINK?



Scan the QR code to let us know!  
We will publish the results in next month's Melting Pot newsletter!

This month we want to hear your thoughts about using the local bus service (LRTA). This service will be free to the community beginning December 1st.

We will also use the survey info to help students who have questions or need help with using the bus.



## The Melting Pot || Student Survey - Nov 2024

Starting December 1, 2024, LRTA bus services will be free until September 2025!

We want to hear your thoughts about using the bus system. Please take a few minutes to answer the questions below.



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# NOVEMBER 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11  Veterans Day No School	12 Student Advisory Council (SAC) 10 - 11am	13 Mill City Grows Market 2-4 pm 19 Hall St. Lowell 	14  Reward Center	15	16
17	18  Reward Center	19  Veteran & Community Job Fair November 19, 2024 11:00 am - 1:00 pm Middlesex Community College Cafe	20 Mill City Grows Market 2-4 pm 19 Hall St. Lowell 	21 GED Computer* WeekDAY Testing 12:30pm *Math, Science, OR Social Studies	22  HiSET (Paper) & GED (Computer) WeekEND Testing	23  Walk-in Flu & COVID Vaccine Clinic Lowell Community Health Center 161 Jackson St.)
24	25	26  FRIENDSGIVING at AbiSi	27  Early Release classes end at 10:45am	28  Happy Thanksgiving No school	29  No school Thanksgiving Break	30  Lowell City of Lights Crafts, activities begin at 11am Parade at 4:30pm Tree Lighting at 5:15pm



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# DECEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 School Re-opens 	3	4	5 HiSET Computer* *One test subject may be scheduled WeekDAY Testing 12:30pm 	6	7
8	9 Student Advisory Council (SAC) 10-11am Pathways to High School Completion Fair / Middlesex Community College 3-4:30pm 	10	11	12 GED Computer* WeekDAY Testing 12:30pm *Math, Science, OR Social Studies 	13 HiSET (Paper) & GED (Computer) WeekEND Testing To schedule: HiSET Test --> visit hiset.org or GED Computer Test --> visit ged.com* 	14
15	16	17	18 Winter Holidays Party ESOL (M-W classes) 	19 Party Winter Holidays (Th/Fri classes) HSE & ESOL 	20 Last Day of School 	21
22	23 No School - Winter Vacation 	24 No School - Winter Vacation Christmas Eve	25 No School - Winter Vacation MERRY CHRISTMAS 	26 No School - Winter Vacation HAPPY KWANZAA 	27 No School - Winter Vacation First Day of Hanukkah 	28
29	30 No School - Winter Vacation 	31 No School - Winter Vacation NEW YEAR'S EVE 	JANUARY 1 HAPPY NEW YEAR! No School - Winter Vacation 	JANUARY 2 School Re-opens 	JANUARY 3	JANUARY 4