

THE MELTING POT NEWSLETTER

Frederick Abisi Adult Education Center



408 Merrimack St, Lowell MA, 01854
www.lowelladulthoodeducation.com



Abisi Adult Education Center

AAEC GRADUATION INFORMATION

Friday, June 10, 2022

6:00pm

Lowell High School Auditorium



The Frederick Abisi Adult Education Center will be holding its annual graduation ceremony on Friday, June 10, 2022, at the Lowell High School Auditorium.

Diplomas will be awarded to students who earned their high school credential and certificates to ESOL students who completed a level of English instruction.

Light refreshments will be served immediately following the graduation ceremony in the Lowell High School Cafeteria.

Important Reminders and Information:

- Arrive at the LHS Auditorium by 6:00 pm. **Late comers will not be allowed to sit with graduates and walk across the stage.**
- Dress appropriately; no hats, jeans or tee-shirts allowed.
- You will be sitting with your classmates and other graduates, not your guests.
- **Children will not be allowed to sit with you.** They must be seated with a responsible adult you invited.
- You must stay for the entire ceremony.
- Photo opportunities will be available after the graduation ceremony has finished. Audience members **CANNOT** come up on the stage or in the graduate area to take photos. You are not allowed to take selfies on stage.
- Garage tickets **will not** be validated graduation night. You will need to pay for parking. The Greater Lowell Technical School will be holding their graduation ceremony at the Tsongas Center the same night. We recommend parking at the Joseph Downes Garage on John St.

We encourage all graduates to participate and to invite friends and family!

The evening is free of charge.

June 2022

Inside This Issue:

<i>Program Information</i>	1 -2
<i>Student Information</i>	3-4
<i>Recipe</i>	4
<i>Community Information</i>	5-8
<i>States & Capitals Calendar</i>	9-10



Flag Day

June 14th



Last Day of School

June 16



@Frederick Abisi

Adult Education

Some student names and pictures have been removed from the newsletter, as some students have taken the option given at registration to request that their names and/or pictures not be used in any publications.

MESSAGE *FROM THE* DIRECTOR

It's hard to believe we are near the end of this school year! Congratulation to all for working hard toward your goals. School year 2021-2022 was an unusual year. We returned to school last fall under COVID health mandates for smaller class sizes, and we wore masks until March. It's still important to keep safe and wear a mask if you wish. So many of you have had great attendance this year, and you should be proud of yourselves for that.

We will see some of you for summer school in July. If you are unable to participate in summer school, please try to review your lessons and do some reading over the summer. As a reminder, everyone must register again in August, and we will have new students joining classes as well. Have a wonderful summer! Stay safe and healthy!

-Betty



AEC DIRECTOR BETTY MCKIERNAN

END OF YEAR CELEBRATION



End-of-the-Year Brunch

Thursday June 16th, from 9:30 - 11:30am



Come join us for some delicious food and coffee to celebrate the end of the school year with your classmates and teachers.

Food will be provided by the school. Students do not have to bring anything! If students would like to bring ethnic food from their country, they are welcome to do so.

SUMMER SCHOOL

July 5th - July 28th



ESOL:

In-person: Monday through Thursday
9:30-11:30 a.m.

Remote: Tuesday and Thursday
6:00-8:00 p.m.

HSE:

In-person: Monday through Thursday
9:30-11:30 a.m.

Remote: Monday and Wednesday
6-8 p.m.



★ Check HSE info with Sarah

Sign up forms were sent out May 11th and are due no later than June 1st.

Students must be currently enrolled and able to attend ALL scheduled classes.

FALL REGISTRATION

Opens in AUGUST 2022

*All currently enrolled students and new students
MUST register.*

All current students with a valid email address will be sent a message with August registration dates as soon as they are available. Dates will also be posted on our website and on Facebook. Classes are filled on a first come, first serve basis.

Registration and testing will be done online, with in-person appointments made available to those who need assistance or don't have internet access.



<https://www.lowell.k12.ma.us/adulted>

<https://www.facebook.com/lowellaec/>

TEAMWALK FOR CANCER CARE

Thank you TEAM AAEC for participating in this year's TeamWalk for CANCERCARE on Sunday May 22nd.

Through the generous donations from our students, staff, and friends, we raised **\$2,697.00**. All of the proceeds were donated to Lowell General Hospital to help patients at their Cancer Center. TeamWalk funds make a difference in the lives of today's cancer patients at Lowell General Hospital by paying for medication, nutritional supplements, wigs and prostheses, support groups, skilled nursing visits, transportation, and support services to cancer patients. Funds raised allow Lowell General Hospital to provide assistance, support, and services to help people feel better, build confidence, and instill hope throughout their battle with cancer. Special thank you to Adriana, Olga, Meg, and Liz for leading the walkers and to the students who raised money and participated in this great annual event.



Lowell General Hospital
TeamWalk
 FOR CANCERCARE

SPOTLIGHT ON SUCCESS

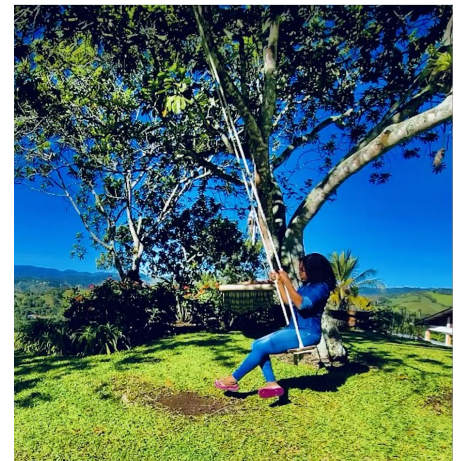
Ketcia

My name is Ketsia Louis, I'm from Haiti. I came to the United States last year in June 2021. When I came here it was just for vacation, but the situation in my country made a turn for the worst. I decided to live here. It took me a lot to adapt to life here. The food, school, culture, language, and even the weather, were all so different from my home country. I told myself that if I am going to live here, I needed to go to school to improve my English and be able to move forward with my life.

Thankfully, I had the opportunity to find a wonderful school! I started at AAEC in September 2021. In the beginning, school was not easy for me. It was challenging because I couldn't read or understand sometimes.

My teacher Liz was very helpful. She helped me with my vocabulary, reading, and on Thursdays I was able to borrow a book from the school library. After six months, things improved for me. I started to read, write and speak in English!

I am very happy with all the progress I have made!



Congratulations Ketsia! Your perseverance has paid off!

High School Equivalency Testing Schedule

Abisi Adult Education Center
 Lowell Public Schools
 408 Merrimack St. Lowell, MA 01854
 (978) 937-8989 - www.lowelladulthoodeducation.com

HiSET Paper-Based Testing

*Friday Evening
 and Saturday Morning*

Schedule your test at [ww.hiset.ets.org](http://www.hiset.ets.org)

June 24 & 25

GED Computer-Based Testing

*Friday Evening
 and Saturday Morning*

Schedule your test at www.ged.com

June 24 & 25

July and August dates will be posted soon!

You must present a **non-expired**, government-issued photo ID at the time of testing.

All HiSET & GED testing will be conducted at the Frederick Abisi Adult Education Center, across from the Pollard Memorial Library in downtown Lowell. Any questions, please call (978) 937-8989. For test registration information, parking, and directions visit our website, www.lowelladulthoodeducation.com.

RECIPE of the MONTH

Ruben's Colombian Chicken Sancocho

Serves 5-6
 Prep time- 2 hours

Ingredients:

1 whole chicken, cut into pieces
 3 liters of water
 3 ears of corn, cut in half
 1 green plantain, peeled and cut into 1" pieces
 4 red potatoes, peeled and chopped into 6 pieces (1 lb)
 10 oz. yucca
 2 garlic cloves, chopped
 ½ onion, chopped
 1 red pepper, chopped
 cilantro as a garnish
 salt and pepper to taste

Directions:

Place 3 liters of water in a large pot and add the chicken, salt and pepper, onion, garlic, red pepper, plantain, and corn. Cook for 1 hour on low heat. Taste and adjust spices if needed. Next, add the potatoes and yucca, cook for 30 minutes or until the potatoes and yucca are soft. Turn off the heat and let stand for a few minutes. Garnish with cilantro and serve!



Enjoy with rice!

LOWELL PUBLIC SCHOOL SUMMER FEEDING PROGRAM

Merrimack Valley Food Bank - Summer Food Service - Vary based on dates, times & days.

This location is serving from July 5-August 12 on the listed days:

Caleb Group- Monday - Friday	11:15	77 Chestnut St.
Caleb Group- Monday - Friday	Snack 2:15	77 Chestnut St.
Eagle Park- Monday - Friday	11:15-11:45	95 West 6th St.
McPherson Park- Monday - Friday	12:15-1:00	185 Hildreth St.
O'Donnell Splash Pad- Monday - Friday	1:30-2:00	1170 Gorham St.
North Common- Monday - Friday	Time TBD	413 Fletcher St.
Lowell Housing Authority (Flanagan)- Monday - Friday	Time TBD	Highland Parkway
Coalition for a Better Acre- Monday, Wednesday, Friday	12:15	517 Moody St.

HEALTHY SUMMER is a public-private PARTNERSHIP providing EDUCATIONAL PROGRAMS, HEALTHY MEALS & FUN ACTIVITIES each summer for LOWELL



Summer Feeding Program Contact
Information
Alysia Spooner Gomez
Aspooner-gomez@lowell.k12.ma.us
978-674-2049



SUMMER OFFERINGS

Lowell Senior Center Meals for Age 60+

- Takeout or dine-in breakfast is available daily, 7- 8 am (suggested donation \$1, but all 60+ are welcome). Dining room closes at 9am.
- Takeout or dine-in lunch is available daily, 11 to 11:30 am (suggested donation \$1, but all 60+ are welcome). Dining room closes at 12pm.

Indoor Activities

- Fitness Room, free for Lowell residents age 60+ with a doctor's note required.
- Computer Use (Lowell Public Library Senior Branch), Wednesdays 9 to noon



Senior Center

276 Broadway Street
Lowell, MA 01852
Phone: 978-674-4131
<https://www.lowellma.gov/373/Senior-Center>

STEM Summer Camp for Kids

STEM stands for **Science, Technology Engineering, and Mathematics**. But it's more than that. STEM has grown to represent a unique approach to teaching and learning, one that centers around individual students' learning styles and interests. This means STEM education has something to offer to every student.

IDEA CAMP SUMMER 2022 STEM WORKSHOPS
Grades 4-12

FREE FOR LPS STUDENTS

Workshop Fee: (non-Lowell Public Schools students): \$165

Workshop Fee:(non-Lowell residents): \$300

Includes Program Supplies

Register Today: <https://bit.ly/3H40U7e>

Questions? Contact: padams@lowell.k12.ma.us



<p>In the Acre Festival and Resource Fair</p> <p>North Common Amphitheater 413 Fletcher St, Lowell</p> 	<p>Saturday, June 11th 11:00am - 4:00pm</p>	<p>Southeast Asian Water Festival</p> <p>UMass Boathouse Pawtucket Blvd.</p>  <p>LOWELL SOUTHEAST ASIAN WATER FESTIVAL</p> <p>lowellwaterfestival.org</p>	<p>Saturday, August 20th</p>
<p>Greek Festival @ Holy Trinity Church</p> <p>Hellenic Cultural Center Broadway St, Lowell</p> 	<p>June 10, 4:00 -9:00 June 11, 12:00-10:00 June 12, 12:00- 6:00</p>	<p>Lowell Summer Music Series Boarding House Park, Downtown Lowell</p>  <p>LOWELL SUMMER MUSIC SERIES</p> <p>FREE FUN FOR KIDS!</p> <p>www.lowellsummermusic.org</p>	<p>Every Wednesday and Thursday</p> <p>Wednesday, July 13th through Thursday, August 18th</p> <p>Shows start at 10:00am.</p>
<p>Lowell Folk Fest Returns in 2022</p>  <p>lowellfolkfestival.org</p>	<p>Friday July 29th 7:00pm -10:00pm Saturday July 30th 12:00pm - 10:00pm Sunday July 31st 12:00pm - 6:00pm</p>	<p>Lowell Independence Day Celebration</p>  <p>INDEPENDENCE DAY</p>	<p>Saturday, July 2nd at LeLacheur Park</p> <p>Gates open at 6:00pm Fireworks begin at 9:00pm</p>



FREE! SPRING JAMBOREE
For students in grades 5-8

SATURDAY JUNE 4, 2022
11AM-2:30PM



UMass Lowell Campus Recreation Center/Field
225 Aiken Ave, Lowell

Middle School students in grades 5-8 are invited to join staff and officers from the Lowell Police, Lowell Rec, and Lowell Public Schools for a fun afternoon of sports competition, snacks, games and prizes!

Wear your school t-shirt to show your school spirit!

Call Lowell Public Schools, Office of Special Programs at (978) 674 - 2037



Scan to Sign Up Here

PUBLIC POOL SWIM TIMES

Pools open July 1st & close August 11th:

McPherson Pool--45 Richardson St.
Sunday - Saturday 12:00 - 6:00pm

South Common Pool--272 South St.
Sunday - Saturday 12:00 - 6:00pm

Beach opens July 1st & closes August 13th:

Rynne Beach--160 Pawtucket Blvd.
Sunday - Saturday 11:00 - 7:00pm

For FREE Swim Lesson Information & registration process, please visit www.lowellrec.com

Splash Pad times for the following locations:

May 28th-Labor Day: Times TBD

Shedd Park--453 Rogers St.
O'Donnell Park--1170 Gorham St.
Mulligan Park--89 Plain St.



LOWELL PUBLIC SCHOOLS

Register Today!

Kindergarten Registration is Open. Register by June 7 to be eligible for the first lottery. Zoom info session 5/18 at 6 p.m.

Students must be 5-years-old by September 1, 2022 lowell.k12.ma.us/kindergartenregistration




LOCAL ACTIVITIES

Lowell Southeast Asian Water Festival

In 1997, the first Lowell Southeast Asian Water Festival celebrated the culture of Lowell's many Khmer citizens. The Lowell Southeast Asian Water Festival, Inc. is dedicated to the preservation, protection and sharing of cultural heritages of the Southeast Asian Americans in the Greater Lowell area.

Each year, more than 60,000 people from around the country and the world come to Lowell to celebrate water as it is celebrated in Southeast Asia. They come for the blessings, food, crafts, performances, and (of course) the races. Join the celebration this year on August 20th at the Pawtucket Boulevard.



LOWELL SOUTHEAST ASIAN
WATER FESTIVAL



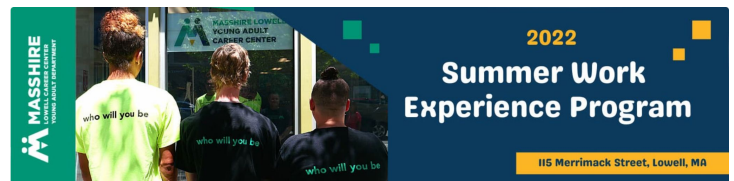
on Facebook or website
lowellwaterfestival.org

MASSHIRE Lowell Young Adult Career Center Summer Work Experience Program

The Summer Work Experience Program will begin on July 5, 2022. Days and times will vary. Eligible participants are low-income young adults who reside in Lowell or Dracut and are between the ages of 14 and 24. Other eligibility applies. This program is a first come, first serve. Summer Work Experiences are temporary placements monitored by the MassHire Lowell Career Center. All participants will be interviewed in person for appropriateness and eligibility. Participants are required to provide all appropriate documentation.

More information available at:

<https://masshirelowellcc.com/youth/>



★ Other year-round programming is available. Please contact the Young Adult Career Center at (978) 458-2503

BE TICK SMART

Ticks live year-round, but they are more abundant in the summer months. Be aware this summer.

Be sure to check yourself, children, and pets every day. When checking for ticks, comb through hair carefully checking the scalp and behind ears. Ticks can attach themselves to any part of the body.

For more information

<https://www.cdc.gov/ticks/index.html>



Reward Program

Got Reward Points?

The Reward Center will be open June 7th & 8th from 9:00am to 12:30 pm. This is the last chance to cash out your points.

Remember reward points are **non-transferable** and are **only valid for the 2021-2022 school year.**

All sales are final!

No returns No exchanges.

Join us!

Hear exciting speakers, enjoy live performances, eat delicious food, and have a lot of fun!



WHERE

Sampas Pavillion (DCR)
Lowell Heritage State Park
160 Pawtucket Blvd.
Lowell, MA 01854

DATE

Monday, June 20, 2022

TIME

5:00-7:00pm



Are you ready to become an

AMERICAN CITIZEN?

We can help you for free:

CITIZENSHIP ASSISTANCE

Citizenship protects you, gives you the right to vote, and empowers our community. MAPS can help you determine your eligibility and apply for citizenship for free!

Mondays, Wednesdays & Thursdays

9 AM - 5 PM | 490 CENTRAL STREET, LOWELL, MA 01852

No Walk-Ins. To schedule your appointment, please call:

978-970-1250

Or email Elouise Galindo: egalindo@maps-inc.org



ATTRACT. EDUCATE. CONNECT. EVOLVE.

The GAF Roofing Academy will provide a comprehensive low slope roofing training. The graduates of the program receive OSHA 10 and a GAF Roofing Academy certification. Completion of the program signals to roofing employers that the graduates have the proper entry-level skills for a roofing installation job.

Program Details:

- This program will focus on teaching the basics of low slope roofing installation.
- The graduates of the class will have the knowledge and skills to enter into the commercial roofing industry.
- Graduates will receive a certificate of completion as a GAF Roofing Academy Certified Graduate.
- Upon Completion, graduates will have the opportunity to interview with our certified contractors and employers in the area for full-time employment.
- Transportation to and from training facility is the responsibility of the attendee.
- Graduates will receive \$200 towards a set of tools upon proof of employment.
- \$250 stipend will be provided upon completion of training.
- Light breakfast and lunch provided each day.

Class Schedule:

June 14th - June 17th
Tuesday-Friday
9am-4pm

Location:

Centimark
101 Brick Kiln Rd STE 10
Chelmsford, MA 01824

Contact Info:

Benjamin Rodriguez
513-340-2378
benjamin.rodriguez@gaf.com

Register today on our website: www.gaf.com/roofingacademy



We protect what matters most™



State Capitals

Use this worksheet to find all of the state capitals and list them on the blank spaces below. Also, label the nation's capital on the blank space beside the District of Columbia.

- | | | |
|----------------------------------|-----------------------------|-----------------------------|
| 1. Alabama _____ | 18. Kentucky _____ | 35. North Dakota _____ |
| 2. Alaska _____ | 19. Louisiana _____ | 36. Ohio _____ |
| 3. Arizona _____ | 20. Maine _____ | 37. Oklahoma _____ |
| 4. Arkansas _____ | 21. Maryland _____ | 38. Oregon _____ |
| 5. California _____ | 22. Massachusetts _____ | 39. Pennsylvania _____ |
| 6. Colorado _____ | 23. Michigan _____ | 40. Rhode Island _____ |
| 7. Connecticut _____ | 24. Minnesota _____ | 41. South
Carolina _____ |
| 8. Delaware _____ | 25. Mississippi _____ | 42. South Dakota _____ |
| 9. District of
Columbia _____ | 26. Missouri _____ | 43. Tennessee _____ |
| 10. Florida _____ | 27. Montana _____ | 44. Texas _____ |
| 11. Georgia _____ | 28. Nebraska _____ | 45. Utah _____ |
| 12. Hawaii _____ | 29. Nevada _____ | 46. Vermont _____ |
| 13. Idaho _____ | 30. New
Hampshire _____ | 47. Virginia _____ |
| 14. Illinois _____ | 31. New Jersey _____ | 48. Washington _____ |
| 15. Indiana _____ | 32. New Mexico _____ | 49. West Virginia _____ |
| 16. Iowa _____ | 33. New York _____ | 50. Wisconsin _____ |
| 17. Kansas _____ | 34. North
Carolina _____ | 51. Wyoming _____ |

School Activities Calendar June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 	3	4
5	6	7 <div style="border: 1px solid green; padding: 5px; display: inline-block;">Reward Program Open</div>	8	9 No AAEC Classes Graduation Preparation	10 No AAEC Classes Graduation 6:00 pm 	11
12	13	14  Flag Day	15	16 End of the Year Brunch 9:30 - 11:30am AAEC Last Day of School	17	18
19 Juneteenth 	20 No School (Juneteenth)	21 LPS Last Day of School 	22	23	24   <small>Adult Education Program</small>	25   <small>Adult Education Program</small>
26	27	28	29	30		