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The READ Center

The Read Center

Enriching Lives through Adult Literacy

Live as if your were to  
die tomorrow. Learn as  
if you were to live  
forever.

# Student Voice:

## A publication for and by students of The READ Center

Winter 2007

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### The READ Center

Hours: Mon. -Thurs.,  
8:30 a.m. -8:30 p.m.  
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### Stick To It!

Setting goals for yourself is easy. It is keeping those goals that can be hard. Here are some tips on sticking with your goals:

**Start with realistic goals:** Make goals you know you can reach.

**Stick with what you love:** If you need more exercise, but you hate running, do not try to be a runner. It is a waste of time to try to be what you are not. Do something you love instead like swimming or playing basketball.

**Do not go it alone:** It is difficult to stick to a goal on your own, so do not keep your goals a secret. Let friends and family know that you are trying to change yourself for the better, and ask them to ask how you are doing to help you stick with it.

**Think ahead:** Decide how you will deal with the temptation to break your goal. This could include calling on a friend for help, or thinking of an alternative.

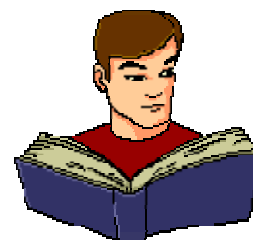
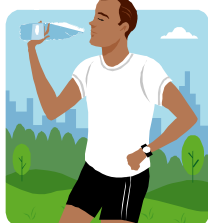
**Reward yourself:** Celebrate your successes. For example, if you keep to your diet for one month, treat yourself to a movie.

**Keep track of your progress:** Take note of each little success you make toward reaching your bigger goal. Remembering your small accomplishments will help keep you motivated.

**Do not beat yourself up:** Do not worry about the occasional slip up. Just do the best you can, and take it one day at a time.

**Hang in there:** It can take about 21 days for a new pursuit, such as exercising or studying, to become a habit, and 6 months for it to become part of your regular routine.

*Adapted from tips on [about.com](http://about.com) and [webmd.com](http://webmd.com)*





## A New Home by A.C.

We moved into a new home about a month and a half ago. It feels good to be in a house and to start a new life. The family seems to like the house very much. They even ask about having Thanksgiving over here and some family meetings. Because I work two jobs, I found out that a home is hard work and there is always something to do.

**“You can  
accomplish a lot  
with two people  
working together.”**

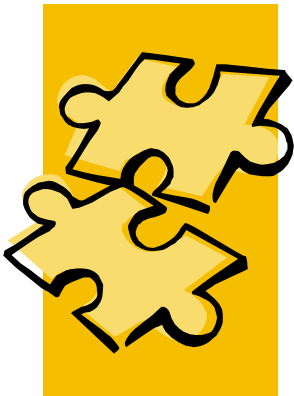
## What I Am Thankful For by Gloria McArthur

I have three things I'm thankful for. My health is first because that is most important. The last job I had taught me the value of life. Therefore, one minute you can have it all and the next it's gone. Having a good husband means so much to me. If it weren't for him, I couldn't further my education.

Being able to have good health is a blessing because without good health, you can't sleep, eat, or enjoy life to the fullest.

When I worked my last job, I thought that it would be my retirement job, but the plant closed and relocated to another part of Virginia.

Having intelligent people in your life makes a big difference. You can



## June 5th By Paul Grois

I thought I was in good condition  
But then I fell which wasn't my  
decision,

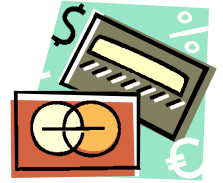
Then ever since that June 5th,  
I had to relearn everything from  
bones to sticks.

The puzzle will find its pieces,  
From a humble state of mind,  
The Lord resembles Jesus,

As I came up from point 1 to 9.  
I was blessed as I plummeted,  
I must confess back then I wasn't  
In the best of my prime.

## Credit Card Headaches by Anonymous

Don't get any credit cards. They put you in a big hole. If you have them, you will go to the mall and you will use it to buy snack food. The credit card will put you in DEBT. The more you use it, the more interest you



## At Maymont Park by Hiram Hubbard

Go to Maymont Park to relax and watch the animals. You can feed the ducks bread. In the summer there are many concerts on stage. You can take a nap. Go to Maymont to enjoy everything it has to offer.



## Our House by Michael Sandiford

Our house has four bedrooms. Each room has a different style. Aisha's room is blue and full of Mickey Mouse. Ishmael and Mikkel's room is beige and set up like a gym. The master bedroom is burgundy, peaceful and my favorite. We have a daycare room full of fun and learning things. There is a kitchen where great meals are prepared and then we step into the dining room to enjoy the meals. The living room is last and that is where we relax together as a family. We enjoy the rooms in our house.

"Each room  
has a different  
style."

## Thank You by Deborah Olagunju

At this time of the traditional "Thanksgiving" and "Christmas" period, I wish to express my profound gratitude to God and all the teachers and non-teaching staff of the READ Center for the great job they are doing to promote literacy and uplift the morale and integrity of the citizens of America. May God Bless you all. Thank you very much.



## I Thank God for My Real Friends by Denise Booker

It is so good to have a real friend now. I can thank God for my friends. When I need someone, I just get on the phone and call. It makes me feel good to have people in my life I can count on at lonely times. This is a big blessing to me. I feel like God has blessed me with someone to look out for me and help me out. It feels like guardian angels are with me. They help me at all times. They are my gifts from God to me.



## Thanksgiving Day and Our Blessings

By. D.D.B.

Thanksgiving is special to us because our family enjoys the blessings we have. We are so blessed to be together. Our table is set for five but we have so much food. We thank God first because of our blessings to just be here together. It is good to have a day off to meet. The table looks so pretty. I like the way my mother sets our table. We help each other out when we have one day off. Thanksgiving Day is a big job but we all enjoy it. We make the best out of the day. It is nice to sit back and take a long look at the good food and the good people. Our mother stayed in the supermarket and the kitchen a long time. Turkey, potatoes, salad, sweet



**READ Student, Sharon Carroll, poses with a Certificate of Achievement from her tutor, Marge Leary.**

## To My Teacher By E.V.

To my teacher  
 I listen.  
 I watch.  
 I hear.  
 I smile.  
 I wonder if  
 I will make  
 it someday  
 seems long.  
 Wonder up and down  
 with my thoughts  
 I sit trying  
 to understand  
 the words you  
 say to me,  
 My teacher  
 Who been by my  
 side for two years  
 for the help she  
 gives me  
 for the smiles,  
 for the hugs,  
 for the cheer,  
 for the laughter  
 for being a good friend to me  
 She know it in her heart  
 I am not letting go  
 I find my way in time  
 I smile because I make it happen.

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## Comparison Between The Stories of Noah and The Tower Of Babel By Michael Sandiford

In the story of Noah, the town's people were really evil and they disobeyed God. Because of their great sins and evil, God destroyed the Earth.

In the story of the town of Babel, the people built a tower as a monument to Nimrod, who felt that he was better than God and that God needed his advice.

These two stories are similar because the two places were against God

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## Names By Charlotte Thompson

There once was a girl from Spain.  
Who went by the name of Jane.  
It wasn't very fancy  
Like Diamond or Nancy.  
Why are names such a pain?

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## All My Life By Paul Grois

All my life I try to do my best,  
Whether it's low or high it's still success,  
God made me appreciate the ground I walk on,  
At first I didn't think nor aspire of my outcome.  
After I've experienced death,  
I feel so privileged and so blessed,  
I wonder what He has in store for me, what's next,  
Whatever it may be, I'm sure it won't be too complex.

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"I feel so  
privileged  
and so  
blessed..."

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## Global Warming By Michael Sandiford

In all man's efforts to change or improve nature, he will not achieve true success. Only God controls what is in the heaven and in the earth. He is the master scientist.

Man is subject to mistakes and error and as a result of that nature is being turned upside down and around. Through man's effort to improve what God has done, he is destroying that which God has done.

Everything that is natural is being replaced with unnatural. Animals cannot feed and survive. Crops and trees are blooming out of season. East and West are exchanging weather conditions just as North and South.

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## Help With Tax Returns!

For READ students only...

Volunteers from Goodman & Company will be here to help you with your basic tax returns on Monday, March 5th, 2007 6 to 8 pm. **Reserve your time today!** Call 353-1587 by March 1st to reserve your time for help with your simple tax return. When you register, you will be told what you will need to bring with you to file your taxes.



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## Volunteer Appreciation Dinner

Please join us on April 26, 2007 from 6 to 8 pm for The READ Center's Volunteer Appreciation Dinner. Say thank you to all of the tutors and volunteers who work so hard here at READ. Students will provide food for the dinner, so please bring a dish to share. Please RSVP to Carol Womack at 353-1587 by April 2. When you call, please let us know what food you will bring. You may also invite one guest.

