

## Urbana Adult Education

# The Class Act

### From the Director's Chair Talking with Samuel Byndom



Mr. Byndom  
Director of Urbana Adult Education

I asked Mr. Byndom what the biggest challenge for him has been this year. It came as no surprise when he answered, "the budget." The funding for adult education programs is primarily soft funding. Soft funds are typically grants that can change from year to year and are not a stable source of moneys in the best of years. This, however, has not been the best of years.

As most of you are aware, the Illinois General Assembly has not yet passed a budget which means adult education institutions throughout the state have not been allocated any state funds to run their programs this academic school year.

Federal funds administered by the state for adult education programs were released after a significant delay; but the state funding remains blocked by the budget crisis.

Many adult education programs throughout the state have had to close their doors, delay class start dates, or reduce services to their students. We are fortunate to be able to remain open here at the Urbana Adult Education Center. We have had to reduce the classes we are able to offer and have had to reduce the number of staff positions, however. Adult education programs are not the only institutions to suffer under the state budget impasse. Continued page 2

## Bullying

By: Skylar Ingram

I have experienced many types of bullying first-hand. As a child, I was never considered one of the "cool" kids and always stood out. Growing older, I switched many schools because of my parents' moves to different places. Whenever I started going to a local small-town junior high school, children started to bully me in school and on social media sites. I was called a "bulldog" because I had once gone to Mahomet schools and I was continuously barked at in school. Nothing is more humiliating than being made fun of by everyone and when no one is standing up for you, but yourself. Even after leaving that school, people still messaged me to say things to me whenever they had seen me in public.

Although being bullied hurts, you eventually learn to ignore it. I've never felt more welcome than being at Urbana Adult Education. Everyone attending this school has a positive attitude and the staff interacts with everyone. No one is left out or made fun of. Bullying is never okay and you should never have to accept people bullying you. After being bullied for so long, people eventually become so hurt emotionally and physically that they began to believe the things people say to them. Those who are getting bullied are afraid to tell anyone because they believe everything is true, they don't want to get others in trouble, and/or because no one has done anything to intervene the other times they've asked for help.

The bullied tend to turn to drugs, alcohol, harming themselves such as cutting or burning, and even killing themselves. Some bully because they are feeling negative about something and want to bring others down with them. Bullying is serious and must be taken seriously. If you see someone being bullied, you should intervene or tell on them. If you are bullied, you should find someone you trust to talk to. At this school, you can always go talk to Mrs. Arlene Anderson or your teachers. No one should ever question their worth or start to feel like they aren't beautiful. Bullying isn't right and everyone is beautiful in their own way.

### Index

From the Director's Chair	pg 1	Spread the Word	pg 5
Bullying	pg 1	Valentines for the Phoenix Center	pg 6
From the Director's Chair con't..	pg 2	Your Help Needed	pg 6
Rules and Reminders for Success	pg 2	The Cultural Exchange	pg 7
Did You Know?	pg 2	A Note of Appreciation	pg 8
Effects of Bullying	pg 3	The Class Act Staff	pg 8
American Pit Bull	pg 4		
Service Learning and Internships	pg 5		
Two New Electives	pg 5		

## From the Director's Chair, cont'd.

We encourage you to write, email, phone, text, or use any of the social media forums to reach your state legislative and executive officials. It's their job to represent you. Let them know how you feel about the budget crisis and how it impacts you. Tell them how important it is to work together in order to serve their constituents, you, the people of Illinois. You will find contact information below. Contact information for other government officials can be found on the Champaign County Clerk's website.

### Senator Scott Bennett – 52nd District

45 E. University Ave. Suite 206

Champaign, IL 61820

Phone: (217)355-5252 Fax: (217)355-5255

Website: [www.senatorbennett.com](http://www.senatorbennett.com)

### Chapin Rose – 51<sup>st</sup> District

510 S. Staley Rd., Ste. D

Champaign, IL 61822

Phone: (217) 607-1853

[www.senchapinrose.com](http://www.senchapinrose.com)

### Representative Carol Ammons - 103rd Representative District

407 E. University Ave. Suite A

Champaign, IL 61820

Phone: (217) 531-1660 Fax: (217) 666-7521

Email: [Assistance@StateRepCarolAmmons.com](mailto:Assistance@StateRepCarolAmmons.com)

### Representative Chad Hays - 104th Representative District:

7 East Fairchild Street

Danville, IL 61832

Phone: (217) 477-0104 Fax: (217) 477-0102

### Office of the Governor – Governor Bruce Rauner

207 State House

Springfield, IL 62706

Phone: (217) 782-0244 or (312) 814-2121

Contact: <http://www.illinois.gov/gov/contactus/Pages/default>.

## Rules and Reminders for Success

>Wear your photo ID at all times while in school. If you need a replacement ID, the cost is \$1.00.

>No eating in classrooms other than hard candies.

>Only drinks with caps or secure lids in classrooms.

>Come on time to class. Students who are more than 15 minutes late may be sent home for the day.

>Cell phones cannot be used or charged in class. Turn phones off or to silent when entering the building.

>Come to school in appropriate clothing. Ask your teacher if you need help with this.

>Help keep our facility clean by throwing away trash, pushing in chairs, and cleaning up after yourself.

>Talk politely - both in your choice of words and in your body language.

>Come to school ready to learn.

>**Be a RRISK-taker by:  
Being RESPONSIBLE,  
Being RESPECTFUL,  
Showing INTEGRITY,  
Giving acts of SERVICE,  
Acting with KINDNESS.**

(These are all qualities of a successful person.)

>Make a plan for your future.

> Be ready to succeed and set your next educational goal!

## Did You Know?

According to the Constitution of the state of Illinois, Article X, Section 1: **“A fundamental goal of the People of the state is the educational development of all persons to the limits of their capacities.”** Ask your legislatures to support funding of all educational institutions from Early Childhood through Adult Education. This is your constitutional goal and right as a citizen of Illinois.

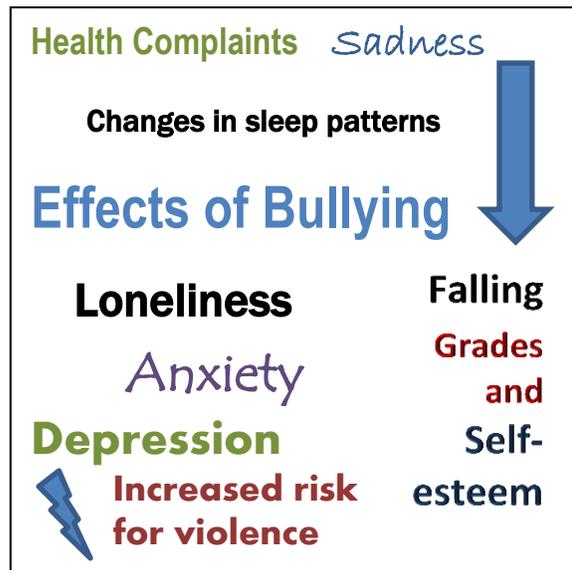
## The Effects and Risks of Bullying

The act of bullying impacts everyone involved. We all recognize that bullying impacts the victim. But, the people who bully, the bystanders who see bullying, and the institutions where bullying occurs also are affected.

Students who are bullied may experience physical, academic, and mental health problems. According to the [stopbullying.gov](http://stopbullying.gov) website, these problems could include: depression, anxiety, feelings of sadness and isolation. There are also physical health issues such as changes in sleeping and eating patterns. There is often a decrease in school achievements and interests and there are real risks of dropping out. A few, very few, people who have been bullied seek revenge which can lead to violence.

Students who bully are also affected by their actions as a pattern of cruel, violent and risky activities tends to follow them into adulthood. As teens and adults, bullies are likely to abuse alcohol and other drugs. Bullies are more likely to get into fights and vandalize property. Bullies, like their victims, are more likely to drop out of school. They tend to engage in early sexual activity and to be abusive to their partners and children into adulthood. Bullies are more likely to have criminal convictions and citations for traffic violations as adults. ([stopbullying.gov](http://stopbullying.gov)) Some bullies have great social skills and are adept at ingratiating themselves with adults and are therefore, not easily picked out as trouble-makers by the adults. It's important for teachers and other adults to be observant.

Even the people who witness acts of bullying are affected. Bystanders have an increased risk for tobacco, alcohol, and drug use as well as an increased risk for skipping school. There is a danger of mental health issues such as depression and anxiety, just like the victim. Witnesses are also apt to suffer from guilt if they do not help the victim, feel powerless to safely intervene, and may be tempted to participate in the bullying for social status. Bystanders feel unsafe, just like the victim does.



Schools and other institutions where bullying happens also feel the impact of the victimization. The climate changes when bullying occurs; students will not feel safe even if they are not the ones being directly harassed. It will appear that teachers and staff are not in control or are apathetic to the safety of the victims. The welcoming atmosphere most schools try to project will be gone.

Bullying is serious action with serious consequences. It's important for each of us to stand up against bullies, to inform someone in authority if we witness bullying, to befriend the weak who might be targets of bullying, to simply do the right thing.

According to [stopbullying.gov](http://stopbullying.gov), these are some of the signs that a person is being bullied:

- unexplained injuries
- lost or destroyed clothing or possessions
- frequent headaches or stomach aches
- changes in eating habits
- trouble sleeping and nightmares
- declining grades, not wanting to go to school
- loss of friends, avoiding social situations
- feelings of helplessness and loss of self-esteem
- self-destructive behaviors such as running away, harming themselves such as cutting, or talking about death or suicide.

Let's work together to end bullying wherever we see it.

## American Pit Bull Terrier

By Leticia Gamboa

In the interest of full disclosure I must confess that I'm an owner of four American Pit Bull Terriers. In my experience, American Pit Bull Terriers (APT) are loyal, naturally warm and kind-hearted; but, because of the A.P.T earlier fighting heritage, some people find the breed shows aggression toward other dogs and humans, based on news reports and ignorant owners. Humans and dogfighters have tarnished the breed's reputation. This has made the A.P.T known for an unstable temperament and a legal liability. The A.P.T needs a confident owner, who knows how to establish and enforce rules of expected behavior.

Many different type of dogs fall under the umbrella Pit Bull, which is a mixed-breed dog. The A.P.T happens to be one of these dogs. The A.P.T was originally bred for fighting. Today this has unfairly labelled the breed as unstable temperament and aggression toward other animals. The breed can show aggression toward other animals and many have the instinct to chase cats, rabbits, deer, and any other livestock. Some A.P.T and other Pit Bull types are bred and offered for sale by people who don't have the slightest idea how to breed a good-tempered dog who can function in our society. Combine this with a powerful and fearless dog as the A.P.T or Pit Bull type of dog and it can lead to dangerous situations. It's important to see the hype from the breeder about the dog's massive head and seeming invincibility.

American Pit Bull Terrier and other Pit Bull types are known to be a legal liability and are banned in some cities or dog parks. Many people are uncomfortable around such an intimidating, powerful dog. Home owner insurance policies may refuse or revoke your insurance if they discover you have an A.P.T. They may want to see some training papers or registration papers for the A.P.T. When owning an A.P.T you must provide them with plenty of exercise, mental stimulation, and socialization. Socialization is very important at a young age, so they can learn the difference, when someone is acting abnormally.

I do respect others concern about American Pit Bull Terrier. I have four and have owned up to six at one time. I raised them around my children, and also treated them as if they were my kids. My belief is: it's how you train your dog and the time you spend with them. My children love the dogs as well; my two daughters allow the dogs to sleep with them. I hate that people would use these lovable dogs for dog fighting. I'm glad it is now illegal in many states. The A.P.T. also has a problem with over breeding. Many shelters are over-filled with Pit Bull mixes, and hundreds are killed in the shelter, due to the breed of the dog. If you are looking for a loyal, lovable, kind-hearted dog, look into shelters to adopt an American Pit Bull Terrier.



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## Service Hours and Internships

By Tyler Lang

For service learning everyone needs up to 20 service hours to graduate. You can volunteer at places like the TIMES Center and Phoenix Center. You can sign up to do stuff around the school like pick up trash, pick up the recycling, clean bathrooms, vacuum all the rooms and hallways in the building. If you volunteer somewhere you have to have somebody who is in charge write down how many hours you were there and then sign a record of the hours for you.

All WIOA students have to have internships. Eventually, they are going to try and have every student be able to intern somewhere. You will have internship opportunities at a variety of places. There will be a variety of retail, administrative, public service and construction sites. A couple of opportunities are at the Park District, Habitat for Humanity, Salt and Light and other places like some local churches. Internships are 10 or more hours a week for six to eight weeks possibly longer. They want to get students placed by mid-April. Mr. Rob is the person to talk to about internships and service learning hours.



## Spread the Word

By Aanya Washington and Trevon Ayers

### ATTENTION! ATTENTION!

- ALL STUDENTS COME ON A FIELD TRIP TO ABBOTT POWER PLANT ON APRIL 5<sup>TH</sup>
  - COLLEGE FAIR COMING SOON!
  - JOB FAIR APRIL 20<sup>TH</sup>
- COME FOR NEW JOB OPPORTUNITIES

## Two New Electives

**CARE4U** is a new program for youth relationship education. There are three main areas of focus:

1. Developing and maintaining healthy relationships
2. Being smart about money
3. Getting ready for the workforce.

CARE4U will meet Tuesdays and Thursdays from 12:00 – 1:00, April 5 – July 7 and is open to students 16-24. Free lunches will be served each week and those who complete the program can participate in a paid summer internship or tuition reimbursement up to \$500 for Parkland College.

**Financial and Career Workshops** will be offered again by Pookie Phetchareune of First Midwest Bank. Topics covered include:

- Bank on It
- Careers 1
- Careers 2
- Money Matters/Pay Yourself First
- To Your Credit

Hope to see you there!

## Valentines for the Phoenix Center

The Newsletter/Yearbook staff wanted to make a difference in our community. We talked one day this winter about the problems and concerns we saw in the Champaign-Urbana area and then we brainstormed ways we could have a positive impact on the situation.

We looked at poverty, the crime rate, violence, mental health issues, the elderly and homelessness to name a few. We came to a consensus that we would like to do something to help the homeless. We researched the different programs and agencies that are working with the homeless in our area. We decided that the homeless might feel isolated on some of the holidays.

We were comfortable that many people had reached out to the homeless population during the Christmas/Hanukah celebrations but thought that they might be overlooked during Valentine's Day. The rush to create homemade valentines and inspirational cards was on!

In addition to the cards we created, we made homemade scarves, collected candy, hand-warmers, gloves, miniature flashlights, small games and stuffed toys to fill gift bags for the clients of the Phoenix Drop-In Center. The Phoenix Center is a safe, warm, place for the homeless to stay warm while enjoying a cup of coffee, conversation with others, read a book, and so on. We were told, "Thank you! This means the world to us."

Before the end of the school year, we will also be collecting items for care boxes for the military and raising awareness about mental health issues by making teal and purple ribbons to share with our school community and we will also be featuring articles about mental health in the next Class Act.

## YOUR HELP NEEDED

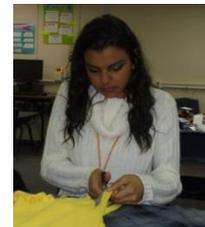
### Gift Boxes for Service Men and Women

Being in the military and being away from home and family can be challenging, dangerous, and lonely at times. Many of us have a family member or friend serving our county in one of the armed forces. Please join us in our next outreach project, mailing care packages to service people we may know. If you have someone in the military you would like to receive a package, please give the name and mailing instructions to a newsletter staff person.

Please help us collect:

- Chapstick
- Lotion
- Chewing gum
- Candies
- Small games
- Body wash and soaps
- Black socks (wool-blend)
- Other light-weight non-perishable items

Thank you for helping us reach out and help make our world a little bit better, one action, one person, at a time. We will collect items through April 30.



L  VE FOR THE PHOENIC CENTER

## The Cultural Exchange – Appreciate the Differences – Learn a Phrase to Share

by Danny Strowmatt



Theknowledgetree.com

People from all around the world wind up in Urbana, Illinois, some who don't even speak a certain language such as English; but, we should all be able to communicate and agree on one thing: Life Is Good. Each newsletter we will present a common English phrase in several different languages. The newsletter staff would like to encourage all of our readers to try out a new phrase, start a conversation with another student, welcome the visitors and newcomers to our community. This issue's phrase is: Congratulations! We're ready to celebrate our friends accomplishments.

Language	Phrase	Pronunciation
English	Congratulations	
German	Glückwünsche	
French	Félicitations	
Spanish	Felicitaciones	
Polish	Gratulacje	
Irish	Comhghairdeas	
Croatian	Čestitam	
Chinese	祝賀	Zhùhè
Czech	Blahopřání	
Afrikaans	Geluk	
Swahili	Hongera	
Russian	Поздравляю	Pozdravlyayu
Arabic	تهنئة	Tahniah
Greek	Συγχαρητήρια	Syncharitíria
Korean	축하해요	Chugha haeyo
Turkish	Tebrikler	
Vietnamese	Xin chúc mừng	
Japanese	おめでとうございます	Omedetōgozaimasu
Italian	Congratulazioni	

## A Note of Appreciation

Thank you to those agencies that are responsible for providing the funding to make our programs possible. This year they include the Illinois Community College Board division of Adult Education and Family Literacy, Carle Foundation Hospital, The Champaign County Regional Planning Commission's Workforce Investment Act, Illinois Humanities Council-Odyssey Project, Illinois State Board of Education's Truants' Alternative and Optional Education Program, Orange Crush Foundation, United Way of Champaign County, and the Urbana School District. A big thank you to all of our sponsors!

We also appreciate all of the fund raising efforts on our behalf by Bob Evans, Champaign Rotary West (Tin Cup Recipient), Community Blood Services, and all of the individuals who responded to our Holiday Donation Campaign.

Because of you all, we are able to continue to serve our adult education students during this difficult financial time in our state.

## The Class Act Staff

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