

## ABLE Students Continue to Learn

**W**hether you are a religious person or not, a day of rest, otherwise known as the Sabbath, is something we all must do. Last week was a real revelation for me. There were no clues to show what I was doing to myself as I have never been much of a student until lately. As a result of my not applying myself in school when I was younger, I never developed good study habits. When starting at adult education this time, I wanted so badly to do my very best for my family and myself. This purpose drove my studying to be constant. I came to a point where I would open the books and all I would get out of them was a blurb of words. I was no longer learning anything nor helping myself; I was actually hurting myself. Consequently, nearly a week of school was lost because of my not taking a day of rest. In conclusion, if you should find yourself in the same situation, recognize this situation for what it is and close your books for a short time. Find something that helps you to relax for a while, and see if this does not help you to make your studies make a little more sense for you. Lucky for me, my teachers recognized what was going on and assigned me the weekend off as my homework. Hence, I was able to realize what I was doing to myself.

**Tim Bennett, Student**



**Student Tim Bennett has given and learned much.**

The one thing I have learned here at the Billings Adult Education Center is that I do have what it takes to do the class work that I need to have in order to get a certificate of some kind for gainful employment. I

didn't think that I could do it again since I did quit school at the age of 16. Thinking about all that my dad used to tell me and what my sisters tell me about the smarts that I don't use in the right way made me realize that I can go back to school and make a better life for myself than I've had in the past. All the bad decisions I made and the poor choices are all in the past and I just have to pray every day that the old does not come back and rear its ugly head again ever. I learned my self-worth is a lot more than I gave myself credit for. So, with this, I just thank the Billings Adult Education Center and staff

for their time and patience with me.

**Theresa Littlebird, Student**

Since starting classes here at the Lincoln Center, I've learned how much I've forgotten since high school. It was always there in the back of my mind. I just didn't have the guidance or tools to recall the information. The teachers here at this center are invaluable to me. I appreciate all that you teachers and assistants do to help us with our goals.

**Kim Rodriguez, Student**

# To Learn and ...

## Learn to Learn

One thing I have learned while coming back to school is patience for slowing down and taking one thing at a time. Something else I have learned is no matter how easy something is to learn, it is easier to forget if I don't use it all the time in life. In order to retain things I learn, I must use them to keep them refreshed in my brain.

**Mike Clark, Student**

What I have learned at school? I have learned more than just math and reading. I have learned more than just a better understanding of the English language. I have learned that I can be independent and contribute in this society. For me, going to school is a dream come true. It is not just about getting my GED; it is about being independent and educated and in the future to have a good job and enjoy life.

**Aliia Barth, Student**

One thing I have learned here at Billings Adult Education is sacrifice. To get something you want, you must be willing to sacrifice, whether it's your leisure time with friends or your job. In my case, it's my job that gets in the way since I have been pulling double shifts. In addition, sacrificing the necessities for your priorities is, in my opinion, the best thing you can do to achieve your goal.

**Brian Solis, Student**

Since I've been going to school at the Lincoln Center, I have learned that I should have worked harder in high school so I wouldn't have to be going to school here. I have learned the feeling of accomplishment. Most of my life I felt stupid in school, mostly because I was too afraid to sound stupid when I asked questions, but at the Lincoln Center I don't care what other people think because everyone here works at his own pace. The most important thing I have learned is that I'm not as stupid as I thought I was, and if I put time and effort into something, I can succeed.

**Miles Hanand, Student**

One thing I learned while attending Billings Adult Education is that I'm not that good at language and writing, but I'm learning and I believe I have gotten better at it. There are a few things that are hard to remember, but as long as I do my best, I can overcome anything. Something I have learned before is exploit your weakness and then work on that to make it your strength. I intend to do that with language and writing.

**Jevon Birdfaraway, Student**

One thing I have learned at Billings Adult Education is to take advantage of the time you have here. Since I have a daughter and killer migraines, I have missed a lot of school when I could have been here and done more work. I have learned that there are so many different people that would love to get there education too, graduate, and get a great job. Now that I am so close to graduating, I have been coming everyday, so I can learn more and get ready to take my tests to graduate. I am almost done and I cannot wait to get my GED.

**Kaili Fliikkema, Student**

One thing that I have learned here at the Lincoln Center is that learning can be fun. It is nice that we are able to see our

progress and know that we are actually getting somewhere. I appreciate the opportunity to have such a wonderful staff to teach us. I am from a small town, and the teachers there were not able to give the one-on-one. The one-on-one is greatly appreciated; it makes me feel like the staff truly cares.

**Carrie McMahan, Student**

In the beginning of my English class in the Lincoln Center, I was nervous because I didn't understand some people when they spoke English. So then I called my wife and I said, "I don't understand. I'm scared." But she told me, "Don't worry about that because you will learn English and you will feel confident when you speak English. This is the beginning. You can do it." I said, "OK, I'll try." Then I could understand that everything has a beginning.

**Jose Torres Cruz, Student**

Since I have started school here, I have learned that there are all types of people who are just like me. They come in all shapes, sizes, gender, and ethnic backgrounds, and they are wanting the same thing I do - more education. We all need to start somewhere and someday. My first day of learning was February 22, 2010. I have learned that I still have some knowledge that I learned in high school, that I can still learn new things, and that some things I know I really wish I didn't have to learn. I also have learned there are great people who want to teach me and I enjoy them immensely.

**Wendy Coble, Student**

Since I've been in Billings Adult Education, I have learned how important it is to review my work. Most often while working on a paper, I find if I go back over it I will spot many errors. Some errors are just from old habit, and others I'm really not sure what I was thinking. The more I see them and correct them, the less I see them in future work. When my teacher corrects them and reviews it with me, it really helps me learn the proper format, so in the future I'll have fewer errors. For the reasons I have stated above, review is the best thing I have learned and will be a very important tool I will use throughout my life.

**Sheila Brester, Student**

One thing I have learned since I have been taking Adult Education is how important learning is. For the last 30 years, I have rushed through life, worked physically, and raised my children. I now wish I would have taken the time to have read more and learned a trade along the way in life. I guess it's never too late to learn! I want to learn more each day, and I now enjoy learning new ideas.

**Jan Cooney, Student**

During my time in school, I know that I've learned more things. My math skills have certainly improved. I like my assignments because after I know what I'm doing, I feel better about myself.

**Jeralee Bigback, Student**

I'm learning how to use the computer. I am getting better at it without looking at my hands.

**Michael PrettyPaint, Student**

# to Decide

## Learn to Learn!

We never stop learning. I learned very much during my classes here at the Lincoln Center. The main thing I have learned is the grammar. For example, I have learned how to recognize complete and incomplete sentences. I also have learned where to use a comma in a sentence. Everyday I learn new things while I attend school. So I missed it very much during the spring break.

**Luisa Martinez, Student**

I have learned a lot of English while I have been taking English class at Lincoln School. For example, I have been learning to use the HEC program. Before in China, I had learned English pronunciation that was internationally phonetic. It's different from USA pronunciation. So I have to learn the pronunciation of many words again. If not, the US people don't understand what I say. This is a tough work, but HEC has helped me to span the barrier of language. Through using the HEC, I know what is the US way to pronounce English words and how to identify a syllable. This is very important to me.

**Lisa Stensby, Student**

I have learned many things since I've been here at the Lincoln Center, but there's one important thing that I've learned. That is that there are many different teachers here to help us succeed in whatever we may be trying to do, but it's up to ourselves to try. Even when we may not have the motivation, there's always a helping hand. The rest is up to us.

**Carrie Roundstone, Student**

I have learned many things from this school like writing, reading and speaking. One thing I learned from school is how

to use email. That is very important for me. I can use email to contact my friends and for my business. It is very good.

**YanFei Qiu, Student**

One thing I've learned at Lincoln Center is that practice makes perfect. The reason why I say this is I've learned in my work skills class how to type without looking down at the keyboard. Since I practice typing everyday, I have improved a lot since my first day of classes, and now I know where all the letters are on the keyboard. Now all I need to do is practice my typing speed everyday to improve in that area. As long as you practice everyday, you will improve.

**Maria Nez Perce, Student**

What I have learned at Billings Adult Education is that it is never too late to go to school and improve yourself, and getting an education is important.

**Rosanna Stubbs, Student**

When I first started school at Billings Adult Education Center, I was very nervous and lacked self confidence. However, with the help of the most wonderful teachers, I have overcome my dilemma. I have learned from my teachers that one can accomplish many goals through hard work and endurance. So for me, the most valuable thing I have learned is having self-confidence. That is a good thing because now I believe that there are opportunities out there for me, and I am ready to face whatever challenge comes my way.

**Dorla Roberts, Student**



## Learn to Decide!

One of the hardest decisions I have ever made was when I moved from Mexico to Seattle. It was so hard because I didn't know any English. I had left all my family and friends, and I had to start all over again. Being in another country with different customs and another language is really hard. I felt like I wanted to cry and go back to my country. I didn't like it at all.

The easiest decision was to go to school and start taking English classes. I started making new friends and learned the language, too. That helped me to understand more here, and I started to like it. Right now I'm married and I have two kids. I like it now! I made some friends and I can communicate with people from here and other countries because I know more English now.

**Emma Aragon, Student**

It's difficult to find one decision I've made in my life that is either easiest or hardest. I do have something to tell about a decision I made that has had a tremendous effect on me.

I recently spent time in a rehabilitation facility. While I was there, I spent a lot of time searching into myself. I found that I wasn't happy with myself because of things I had done in the past. I kept beating myself up and making bad choices.

The hardest part was coming to terms with what I was doing to myself and finally forgiving myself and letting it go.

Once I decided to do that one simple thing. I could move on with my life in a new direction. It was hard to let go of my past. Once I did, though, everything else in my life has become easier.

It starts very simply with: "What can I forgive myself for today?"

**David Hufstedler, Student**

The hardest decision I've ever had to make was to fully let go and put my life into the care of God. Anytime I'd try to sit in the driver's seat, and take the control back, life becomes a mess.

**Diane Erhart, Student**

The hardest decision I had to make was walking away from my family I had grown to love. At the time I had felt like I had the good life; everything seemed perfect, but it wasn't. My relationship with my daughter's father was heading nowhere but downhill. I am glad to say today that I feel I made the right choice. Now that it's just my daughter and me, it can get a little lonely at times, but I've been through way too much to just give up.

**Nicole Allen, Student**

# To Proceed and ...

## Learn to Decide

I would have to say that the easiest decision I have made was when I gave my life to God. I reached a point in my life where I knew I could not take care of or be in control of anything in my life. And why not give myself up to the One who created me and everything around me and trust the One who sent His son to die and take the punishment for my sin? Now I live a worry-free life. But I have to daily give my day's worries and stresses to God. Only He can take care of them. It was definitely the best decision I have ever made.

**Chrissy Anderson, Student**

The hardest and easiest thing to decide was to come to the Lincoln Center to work and study for my GED because I want to get my GED. I either keep putting it off or spacing it out. When I go looking for a job, I'll have a better chance of getting one with a GED than without one. My PO wanted me to get a job, so I asked if I could get my GED first before getting a job, and she agreed. I think I'm going to go to college after getting my GED to further my education and to increase my chances of getting a job or starting a business.

**Arno Johnson, Student**

The hardest thing I have ever had to do is get my life back together after dropping out of school. At the time it seemed like no big deal, but eventually I started hanging out with the wrong crowd, and I started making bad choices. It got so out of control that I almost died from everything I was doing. It took losing trust from my family and realizing how bad I was hurting everyone around me to get my act together. Now I'm getting my GED so I can get a decent job. I stopped hanging out with all my friends who influenced me to make bad choices, and my life is getting better. I have friends whom I can trust and count on if I need them. My family and I are getting along better; my only regret is that it took so long, and so much for me to realize what I was doing and change it.

**Caitlynn Hutchison, Student**

The easiest decision I've ever made is to enjoy life to the full extent, even when unexpected obstacles are preventing me from my pursuit of happiness. The easiest way for me to pursue this never-ending enjoyment of life is to keep a positive attitude on a daily and sometimes hourly basis.

To practice keeping a positive attitude towards life, I take five or ten minutes in the morning to think about the day's schedule and focus on the positive attributes each task has to offer. Even the most boring of tasks have a bright side to them, such as getting gas. The positives are obvious: the car will have gas to run for a while, and I can check the oil or clean out the junk. The real challenge is when life seems to be going down the drain. I can choose to have a positive attitude which doesn't mean I'm always happy, but being positive helps to open my mind to new perspectives.

Yesterday, I wrecked my vehicle. This usually would make me very angry and depressed. Since I chose to live life to the full extent and retain a positive attitude, I remained calm, irritated but open-minded, to the situation. Luckily, I have car insurance and a bicycle. I chose to take the opportunity of riding my bike in the nice weather while my vehicle is being repaired rather than get

angry and depressed which would give me a bad attitude towards life and therefore cause my life not to be enjoyable at that time.

The easiest decision that I've ever made is to live a life of enjoyment by choosing to utilize a positive attitude.

**Jin Imlay, Student**

The easiest two decisions I ever had to make were to marry my husband and to change my eating habits when I found out that I had ulcers.

**Yuphin Boyer, Student**

The hardest decision I've had to make is learning to look away as in not paying attention to my surroundings. All my life I've paid attention to every heart beat, movement, and emotion that comes off the people around me. Teaching myself to focus on the important things, without a doubt, has been the hardest part. The reason I say this is because in making a step like getting my GED, it takes guts, especially when your friends take the total opposite direction. That's why I'm here today to hopefully show the people around me that anything's possible if you put your heart into it. I used to think all the non-important things in life were how you got by; now I understand it takes way more than that to get where you want to go in this life. So now I focus on change and teach myself that there are better things in life besides rock bottom.

**Cassidy Dinkel, Student**

The hardest decision I've ever had to make would have to be choosing what to major in while going to college. I had my mind made up for a while what I wanted to do until I realized that it would put me too far into debt. I decided to compromise, and ended up knowing exactly what to do. The major I will be working on is a little harder, but worth the compromise and very exciting.

**Beverly Huynh, Student**

I had the hardest decision to make about going to school or going to work. I wasn't born in America. I moved to America four years ago when I was 20 years old. I had to decide about school or work. If I go to school full time, I don't have enough money to help my family pay the rent, food, or gas bills. And if I go to work full time, I don't have enough time for school or homework. I can't focus my best in school, and then certainly I don't have a good future for my life. But right now I need to choose one or the other. I think I have to go to work first. When I go to work, I make and save a lot of money, and then I'll go to college someday.

**Phuc Chau, Student**

The hardest decision I ever made would have to be choosing between my mom and dad. In early 2000 my dad divorced my mom. In late 2000, my dad moved out of state and I lived with my grandfather. He was like a father to me. In September 2001, my grandfather lost his life to cancer. My mom, sister, and I were left with one alternative: to go into a shelter. I now had to make the hardest decision of my life: to choose one parent over the other. In the end I chose to have a father figure, and it has hurt my mom ever since.

**Chris Fox, Student**

# to Progress

## Learn to Decide

My decision to be a teacher was both my easiest and hardest choice. In my first year of junior college I concentrated on taking business courses. One of the requirements for my secretarial degree was psychology. I felt doomed! Fortunately, I don't give up easily; I would pass that class! After that, my psychology notes and workbook went with me everywhere. Getting a B in psychology helped me realize that I was smart enough to do any career I chose. I had a decision to make. After researching, thinking, and praying, I took a leap of faith and decided to become a teacher. Although I no longer teach, it was the best decision I have ever made.

**Deb Voyles, Student**

The easiest decision I ever had to make was deciding to have two children. I have always known I wanted to be a mom. When I was a little girl, about five years old, my mind was made up that I would have two kids; then, when it was time to go inside, there would still be someone to play with. Being an only child, I was very good at entertaining myself, but did find it was extremely lonely at times. My imaginary friends had to go home, too, even they had parents with rules.

**Kristy Curran, Student**

The easiest decision I had to make was to study phlebotomy. I had become interested in the medical field and found out I can take a certificate program to help me gain experience and knowledge in the drawing of blood through the Lincoln Center's program.

**Heather Indreland, Student**

The hardest decision I have ever had to make by far is deciding after ten years to finally quit smoking. I knew in the long run if I continued to smoke two packs a day like I was, I would have a lot shorter life than what my family or I desired. I can't even just have one cigarette for the rest of my life.

**Taylor Cole, Student**

The hardest decision I've ever had to make was when I had just graduated high school. I was faced with the dilemma of should I go to college right away or stay home and work for a year. Back then I wanted immediate results. I was impatient and somewhat immature. I chose to go to college right away, casting aside the fact that I was clearly burned out from high school. I soon found out that I jumped at the wrong opportunity, and I was horribly unprepared for college.

**Terry Komrs, Student**

The hardest decision that I have ever had to make was when I came to the United States to stay here for a period to study English.

In that time, I was looking at my country's choices to study English, but all of them were very expensive and far away from my town. At that time, I had advice from my American friend, Maureen, who recommended to me to have an experience in the USA and to travel in order to learn English in one school here.

I made the decision to leave my country and my family for a period, and it was very hard at the beginning due to the fact that I missed my family, the food, and the customs from my country. The hardest thing was the communication because I could not understand the language, and I needed always

somebody for every situation to help me translate. I had the blessings to count on people from the church where I attend who they never left me alone. Later, I started to attend school, and I have the opportunity to learn English and to share with people like me from other countries, and now I have many friends.

**Lilliana Chaves, Student**

The hardest decision I've ever made has to be the decision to go to school. I had to decide between my family in Butte or school in Billings. They would both have their pros and cons, but this decision would determine the rest of my life. I could stay in Butte and be with my loved ones, or I could go to school in Billings and improve my future. It seems like a no brainer, but this decision would puzzle me for weeks. My sister helped by telling me how she graduated from Lincoln Center and how an education is important in so many ways. I came to the conclusion that I could work hard now in school and rest later in my career. This decision was very difficult, but after it all, I know I made the right decision.

**Matt Silvesan, Student**

The easiest decision I have ever made in my life thus far has to be the decision to move to Montana. Leaving California was one of the happiest days of my life: no more overwhelming, constant noise and no more choking every time you open a door to go outside. I don't have to worry about going somewhere and having thousands of other people have the same idea as I have. People are extremely nice in Montana, and the rude person population density seems to be pretty spread out. And then comes fishing: I don't have to go 360 miles to find a spot that isn't fished out. Really, I can not begin explain the better quality of life up here. Would I make the choice again? Oh, yes indeed. Good-bye to the closest thing to hell on earth!

**Shane Moore, Student**

The hardest decision that I have ever had to make was letting go of one of the very few people whom I honestly, truly loved after he and I broke up. The reason it was so hard for me was because he was one of the few people who had helped me during the time that my dad died, and he was a big support in my life, and he still is to this day. He and I still talk on occasion, and even though I still love him to death, I have finally realized that I would rather have him as a friend than not in my life at all. The relationship wasn't going to last very long because of the fact he lives in Leicester, England, and I obviously live here in America. But it was a good relationship while it lasted, and two summers ago I was actually able to go meet him in person; it was a blast. I still have the ring that he bought me, and I am hoping that one day he will be able to come visit me so my mom and I are able to take him to Yellowstone National Park.

**Laura Fincher, Student**

The easiest decision I had to make was to go back to school. I have done this many times, but never finished. Now here I'm again trying to go on a different path. But, of course, you have to find the time. That would be the hardest part. You either have to go to school or work.

**Verna Moore, Student**

# To Choose ...

## Learn to Decide

The hardest decision I have ever had to make was whether to take my dog I've had for about a year to the dog pound or not. It was hard because I loved my dog very much, and I didn't want to just abandon it. But I had to because my mom didn't like it at all. It tore up our whole back yard, it didn't really listen too well, and it would always try to attack anybody who came to my house. So after I took it to the pound, I cried for a while then realized it was the best thing to do.

**Misty Gittings, Student**

One of the easiest decisions for me to make was to chaperone my daughter's volleyball team. We traveled to Orlando, Florida, for an AAU tournament. I didn't have to pay to go! I got to spend ten days with my daughter and her volleyball team, playing in the Florida sun. They played volleyball in the mornings, went to Disney World in the afternoons, and went to the beach on some days. If I could do it again, I would be there in a heartbeat!

**Michelle Kottke, Student**

The hardest decision I have ever made would have to be when I got into some trouble and had to take responsibility for my actions. The situation was when I had a three year suspended

sentence and turned it into four years. The first year of probation I didn't care about anything or anyone. I decided to go out and get high every chance I had. At the end of the first year, I had the most failed U.A.'s than I care to remember. My probation officer decided to put me in jail. The Judge revoked my three years, and sentenced me to three years with the Department Of Corrections. I then went to do two years of treatment, and in that time I had to take responsibility for my actions and bad decisions. I, Charles Swope, believe that to be the hardest decision I have made.

**Charles Swope, Student**

We were married July 16, 2001. After our wedding, we went to the Beartooth Mountains for our honeymoon. I had never been backpacking before, so I had no idea. I just said, "OK!" That was the easiest decision. But I got tired from carrying a heavy pack. We walked for four hours and spent three nights camping in the mountains. The rain was very heavy, and the weather changed many times. We had to be cautious about bears. Everything was very hard for me. If someone asked me to go backpacking now, it would again be the easiest decision! I would just say, "No!"

**Masae Ash, Student**

## The Effects of Stress on Learning

In the 1960's a psychologist by the name of Herbert Maslow studied famous and successful people throughout history (Via biographies) and looked for common characteristics. He found that these people had goals and had the resources (time, money, persistence, and energy) to achieve their goals. Finally, they had a degree of satisfaction once they attained what Maslow called self-actualization. Some of the people he studied were Abraham Lincoln, Benjamin Franklin, Winston Churchill, and John Kennedy. Only 10-15% of people attained self-actualization.

So what happens to the rest of us? Maslow developed what he called the hierarchy of needs. (See below) . Maslow stated that motivation to change occurs to meet unmet needs. The hierarchy suggests that once we have met one need, we strive to meet the next. However, advancement to the next higher need is dependent upon meeting the current need.

The needs are as follows:

- 1) Physiological Needs -Food, clothing, shelter, freedom from pain or disease.
- 2) Safety Needs - Absence of threat or harm. The world has to seem somewhat fair.
- 3) Love and belonging needs - Being in a loving relationship, being accepted as part of a group.
- 4) Self esteem needs - Feelings of achievement, respect for oneself, and feeling respected by others.
- 5) Self actualization needs

Maslow was aware that there was a physiological (body) stress response to meet the lowest two needs. Imagine crossing north 30th and hearing the horn of a large truck that was blasting its horn and couldn't stop. We'd have elevated blood pressure and heart rate and increased breathing, blood would leave our brain and stomach and go to our hands and feet so we could run, and stress hormones such as adrenaline and cortisol would be released into our blood stream. This is what the stress response was designed to do – keep us alive. Another researcher, George Everly, stated that the love and belonging need was also physiological, and unmet belonging needs would lead to the biological stress response.

The top two needs in the pyramid: self-esteem and self-actualization are psychological stressors and do not result in the release of the stress hormones that define biological stress. We will turn our attention to the physiological needs as they have to be met before we can accomplish the higher needs. Everly found that the accumulation of stress over time and/or single stress events could contribute to physical diseases such as heart problems, migraine headaches, and high blood pressure, to name a few. In addition, excessive stress can contribute to psychological disorders such as depression, anxiety, and post traumatic stress disorder (PTSD).

How does this affect the learning of a student in a setting such as Adult Ed. Simply stated, if a person is experiencing negative events in the bottom three needs of the pyramid, there is less blood in the brain and is likely paying attention to their survival, rather than the lessons they are working on.

How does a person reduce the effects of physiological stress? Everly suggested five tasks, which are first aid for someone experiencing stress:

- 1) Caffeine reduction - less than 300 mg/day. (3 -12 oz caffeinated sodas are 300 mg)
- 2) Relaxation of neck muscles- If these muscles are too tight, it gives false information to the brain to send more stress hormones.
- 3) Exercise - Walk, ride a bike, play a sport for at least 30 minutes a day, at least 4 days per week.
- 4) Meditation - twice a day, for 15 minutes per session
- 5) Medication if prescribed - Only prescribed medications - some street drugs cause a stress response.

Space limitations of this article prohibit further explanation of these ideas, but feel free to contact your adult ed counselor if you would like to learn more about the effects of stress and stress reduction.

**Jim Frickle, Counselor**

# to Succeed

## Class of 2010

Jamie Abraham	Skyler Devous	Tammy King	Jeffery Powell
Michael Adams	Dakota Doerr	Mitchell Kober	Angela Price
Bradley Allen	Sammy Dupea	Marcia Kooken	Roman Quintana
Lauren Anders	Tiffany Edwards	Melanie Kramer	Tasha Rainey
Kristin Anderson	Amanda Eldred	Kim LaMere	Adrianna Ramos
Markee Anderson	Michael Ervin II	Shannon LaMere	Shane Rayborn
Sunday Ard	Brenda Escobedo	Stephanie LaRue	Rebecca Reese
Jonathan Arroyo	Eddy Evenson	Carmileta Lavenger	Joshua Reiter
Valerie Ayers	Raven Fast Horse	Tanner Lees	Emilio Renova
Stephanie Bailey	Lauryn Fiant	Rosstin Lehner	Tanner Richards
Larry Bargar	Whitney Finley	Shawn Lenhardt	Steffanie Rietta
Desiree Barnhart	Tami Fire Bear	Stacy Limberhand	Chauvanae Rivera
Alona Bauer	Erica Ford	Luke Lindell	Danielle Roberts
Kelsey Bauers	Klinton Ganzveld	Brenton Livermore	Timothy Roundstone
David Baumann	Anthony Garcia	Barbara Livingston	Megan Sande
Joshua Beard	Zachary Gaustad	Candy Lowe	Julianna Santillan
Rebekah Bedwell	Elisha Gearhart	Aaron Ludwig	Benjamin Scheuffele
Angela Belles	Megan Gilliland	Cassie Lundberg	Robert Scruggs
Zachary Belton	Stephen Goodell	Spencer Lynch	Steven Shuman
Alex Beltran	Trevor Hagen	Tyler Lynch	Breann Simmons
Jason Benthall	Kyle Hamburg	Ramona Macias	Beau Skelton
Teal Blank	Farrah Hameline	Tanisha Martinez	Jacob Speakerworth
Christi Blomquist	Charles Hanchett	Joe Maslowski	Yolanda Stanley
Jay Bonner	Tanna Harper	Jacob McClain	Robert Steffans
Nikki Bourke	Kortni Harrell	Amanda McLauchlin	Shaye Steinbauer
Jessica Browder	Sufian Hasan	Ira Michaud	Dane Swartz
Logan Brown	Eric Hayes	Tyler Millard	Garrett Tanner
Robyn Brownlow	Jennifer Haygood-Abel	Porscha Miller	Dylan Terry
James Bryant, Jr.	Zachary Heim	Cherrish Moffitt	Deana Thomas
Tiffany Budell	Ashley Hennager	Jasmine Moon	Camille Toep
Shaylene Butler	Nicole Henry	Jena Morehouse	Timothy Treacy
Bridget Calhoun	Kasi Hinton	Mandie Morgan	Dillin Tuomi
Matthew Campbell	Leona Holliday	Keith Morris	Doug Tyge
Sarah Carlton	Josh Horsley	Alex Mutter	Renatta Vacca
Wayne Carnline	Amber Houchin	Jesse Myers	John Veum
Caleb Carsten	William Hover	Jonathan Myers	Taylor Vigessa
Matthew Chapman	Angela Howard	T'Nesa Nehoff	Ben Waggoner
Aaron Cherry	Rebekah Hudson	Amanda Olivo	Mikel Walles
Morgan Christensen	David Hufstedler	Richard Olson	Shalene Ward
Mark Conroy, Jr.	Caitlynn Hutchison	Christopher Ortiz	Dean Warpala
Lisa Contreras	Skyla-Rae Isakson	Desta Osterhout	Brennan Watson
Jose Corchado, Jr.	Desiree Jansen	Alannah Owens	Keith Wheeler
Raquelle Corcoran	Thomas Jessen, Sr.	Chris Palmen	Tami White Hawk
Odis Crosby	Jesse Jimenez	Rockwell Parker	Meska Whiteman
Alondra D'Amico	Kimberly Johnson	Nick Pease	John Wick
Jesse Darkenwald	Rhett Kalfell	Gail Pederson	Wyatt Wilkie
Heather Demaniow	Austin Keller Brokamp	Sabrina Phelps	Alan Williams
Timothy DeMars	Michael Kelly	Lacey Phillips	Chris Williams
Amanda DeVerniero	Melinda Kern	William Pittner	Dustin Williams
Derek Devitt	Justin Kiger	William Plumb	Jason Williams

The list of graduates is as of 4/24/10. The list will be revised before May 19.  
Some graduates have chosen not to have their names published.

## Student of the Week

Congratulations to the following students:

Jamie Christensen	Wendi Turner
Ramona Macias	Michael Krug
Lisa Stensby	Fawn Bear Tusk
Chris Cleek	Kenny Young
John Cherry	Tim Bennett
Jose Collazo Nadel	Kelee Krank
Kala Browning	Seth Russell
Stacey Bache	Wendy Coble

*Expressions' articles have been proofread, not edited.*

	Calendar
May 7	No school
May 19	Graduation
May 31	No school
June 4	Last day spring session
June 22 - 23	Summer School Registration
July 1 - 30	Summer School



**Graduation**  
**May 19**  
**7:00 P.M.**  
**Lincoln Auditorium**



Thanks to KB Chemicals for providing the *Billings Gazette* to the Billings Adult Education classrooms.

*Expressions* is now available on the Billings Adult Education website  
at <http://www.billings.k12.mt.us/adulted/adulted/index.html> > under Links.

Adult Education Center  
Billings Public Schools  
415 North 30th Street  
Billings, MT 59101-1298

NON PROFIT ORG  
U.S. POSTAGE  
**PAID**  
Permit #88  
Billings, MT

POSTAL CUSTOMER