

[View this email in your browser](#)



# **MOUNT ROGERS**

**Regional Adult Education Program**

**www. mrraep.com 800-322-7748**



**Please Note the December GED testing  
dates**

**Bristol Public Library**

**December**

**6 Friday**

**14 Saturday**

**18 Wednesday**

\*\*\*\*\*

**Galax/Crossroad**

**December**

**7 Saturday**

**12 Thursday**

**17 Tuesday**

---

**Staff Spotlight**

**Debbie Roark**

---



**This December, we're excited to highlight Debbie Roark, a dedicated and experienced member of the MRRAEP team with 27 years in adult education—and a background teaching high school students! Debbie first discovered her passion for adult education while teaching in the high school system, where she learned about programs designed to help individuals achieve their GED, improve computer skills, and strengthen reading, writing, and math skills.**

**Debbie's approach to teaching is rooted in her belief in "lifelong learning." She recommends adult education to anyone looking to better themselves, regardless of age or ability. She emphasizes that adult learners, who voluntarily attend classes, bring a unique energy and motivation to learning. This makes her work incredibly fulfilling.**

**As a teacher and GED Testing Coordinator, Debbie wears many hats. She leads classes twice a week—Thursday evenings and Saturday mornings—and manages GED testing, from voucher code requests to inventory. When asked what she loves most about her role, Debbie highlights the positive changes she's seen over the years. New programs, evolving**

policies, and the support of an encouraging team have kept her inspired and committed to the mission of adult education.

One of Debbie's proudest moments is running into former students who remember her guidance and share their achievements. These encounters affirm the impact of her work and fuel her continued dedication.

Outside of work, Debbie treasures time with her family and dreams of riding horses along a beach, complete with a picnic lunch. As a child, she wanted to be a horse trainer, inspired by her grandfather's old training books—a passion that eventually led her to teaching.

Debbie's advice to others reflects her thoughtful approach to both teaching and life: "Think about the words you are about to say before they come out of your mouth. Those words should be positive and not ones that hurt or discourage others."

Thank you, Debbie, for your commitment to helping others learn, grow, and succeed. You are making a difference every day!

# Student Shoutout

## Brittany Mangano



## **BRITTANY MANGANO**

*Recently earned her Phlebotomy Technician certification through VHCC +  
Passed 14 Northstar Digital Literacy assessments +  
Passed Money Essentials (Essential Ed) +  
Passed Job Seeking, Job Ready, Job Keeping in Work Essentials (Essential  
Ed).*


*Brittany plans to continue to earn her National Career Readiness Credential.*

**“I dropped out of high school, then earned my GED back in 2008. I had very little confidence education-wise and needed a boost. When I enrolled into the MRRAEP IET program as part of my RSVP Healthcare grant requirements in Fall of 2024, I actually started gaining confidence each time I passed a lesson or assessment. Then I gained even more confidence when I received my final achievements and certificates!**

**I appreciate the support and communication I got from the instructors and staff of MRRAEP and the RSVP grant. In particular I give a shout out to Hannah Ingram. She checked in on me from day one, always willing to help if I needed it and definitely cheering me on the whole way!**

**I’ve learned that I can stay focused and complete things on time when I set my mind to it. I’m motivated to apply what I learned this semester about job seeking and money management as I move forward in my next steps.**

**I’ve just recently passed my Phlebotomy Technically certification! I’m planning to stay in school. I feel ready to level up in my life. I feel more confident within myself and I’ve learned a lot more through this program.”**





## **Congratulations to Misty Urbina!**

**Misty, a former student, has been accepted to the Virginia Adult Learner Leadership Council. She was nominated by Sue Dickens. If you remember, Misty spoke at our last in-service, now she will be sharing her talents with 10 fellow council members, and adult education programs across the state. We are always so proud to share her success!**

***FROM THE DESK OF...***

# SHANNON MUTTER

PROGRAM MANAGER



**What a year this has been!! The months go by so fast anymore! We have a lot to celebrate this year and I hope to see you on our virtual zoom meeting on December 11 at 5:00 p.m.**

**As we are winding down 2024, please be mindful on how to help guide your students to success. If students are getting close to a post-test, encourage them to work online. If they are getting close to taking a GED subject test, do a one-on-one lesson they need to give them that extra**



confidence. We want them to come back in January and a small dose of success will hopefully help them stay motivated over the holidays. Thanks for all you do for our students and our program. Wishing you a Merry Christmas and a Happy New Year!

**Reminders:**

- **Classes will start back after the Christmas vacation on January 7th**
- **We will have a Windmills Virtual Professional Development on Wednesday, January 15 from 4:30-5:30pm. This is a session about serving individuals with disabilities. Please email me if you are interested in participating.**

**Brenda Otey**  
**Financial Manager**



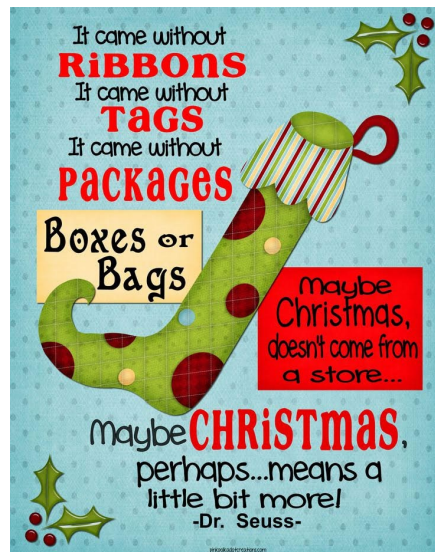
Please be mindful of the timesheet due dates in December!

Timesheets for pay period 11/24 -12/07 are due on 12/13.

Timesheets for pay period 12/8 – 12/21 are due on 12/27. If these timesheets are submitted later than the due date, they will be paid on 1/31 instead of 1/17.

Just a quick reminder that all classes will be closed December 23 – January 6, 2025!

They say the best of all gifts around any Christmas tree is the presence of a happy family all wrapped up in each other. Wishing you a very Merry Christmas surrounded by your precious family, and many blessings for the coming year.



**Kayla Hagy**  
Data Specialist

**Happy December!**

**I hope you all had a fantastic break and wonderful Thanksgiving.**

**How is it December?!**

**November attendance and any ASPD's or portal submissions that haven't been submitted yet are due Thursday December 5th.**

**Every new student should be tested in CASAS. Please do not pretest new students in TABE.**

**Thank you all for everything you do each and every day! I'm so thankful for you all!**



**Cindy Campbell and Lorraine  
Hedgepeth**

**Instructional Specialists**

---

**Casas update-**

**Please watch for emails about Casas and print out any attachments. As things come up, changes are made to the directions. Until we all get used to CASAS, please keep your directions handy. If you need more CASAS training, please let Cindy know. In person or zoom tutoring is available upon request. If you need help, please realize that you are not alone. It's perfectly acceptable and encouraged so that we can get off to a good start.**

*We must find time to stop and thank the people who make a difference in our lives.” —John F. Kennedy*

**Thank you all for making a difference in my life! Happy Holidays ~~from Cindy**



## **December Birthdays**

# 11th Debbie Roark 27th Trish Dover-Bedwell

---



*Copyright (C)2024\* MRRRAEP\* All rights reserved.*

Our mailing address is:  
1 PARTNERSHIP CIRCLE  
ABINGDON, VA 24210



---

This email was sent to << Test Email Address >>  
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

---

MRRAEP · 1 Partnership Cir · Abingdon, VA 24210-1000 · USA

