

Keeping Up With Tempo

February, 2015

Celebrating Black History Month



Black History Month, or National African American History Month, is an annual celebration of achievements by black Americans and a time for recognizing the central role of African Americans in U.S. history. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating black history.

This Black History Month the NAACP will celebrate African American women from the past and present. Over the next 28 days, their Facebook page will feature Septima Clark, voting rights champion; Zora Neale Hurston, author; Ruby Hurley, NAACP organizer; Henrietta Lacks, posthumous innovator; Assata Shakur, freedom fighter; Jazminique Holley, NAACP Missouri State Conference Youth and College President; Condoleezza Rice, the first African American woman Secretary of State and Misty Copeland, prima balaarina and the first African American to dance principal in Swan Lake.

The NAACP was founded on February 12, 1909, the centennial anniversary of the birth of Abraham Lincoln.

**TEMPO
Young Adult
Resource
Center**

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Facing Fears

This past month I started taking classes at Mass Bay Community college. Going back to school had been this unattainable luxury for so long I had completely given up on it! I was resigned to the fact that I would have to make do with my life experience, and maybe someday I'd get to not live paycheck to paycheck.

And then a couple of things happened, some things didn't happen, and here I am! The journey of navigating financial aid, loan consolidation and patience is a story for another day. The reality that I was going back to school really hit me the weekend before classes began. I was going to sit at a desk and take notes. I was going to ask questions, turn in homework, stress over papers and exams, share tips and notes with other students...it was all going to happen! And that's when the fears made themselves known again. I began to feel as though I might be slow in class, due to the fact that I graduated from high school in 2009. I worried that my questions and comments in class might sound stupid, and that I would stutter and sweat when it came time to present a project in front of my peers. I wondered about the size of the desks and whether or not I would even fit in them. I envisioned myself arriving late, out of breath from stairs, embarrassing myself horribly in front of people.

Yet on Tuesday, January 20th, 2015 I got up and went to school. I took the bus and strolled in, found my first class (Algebra), and waited outside the door with the other students. When the previous class rolled out we walked in, and I sat down and found that I fit just fine in the desk. I pulled out a notebook, and proceeded to follow the professor's words and examples perfectly as he talked through the lesson. I was okay. I am perfect where I am, and I deserve to ask for help when I need it!

Sometimes the confidence to complete a certain thing comes from actually doing it, as opposed to waiting for the fear to go away before moving ahead.

Ariane first visited Tempo two years ago, looking for help with housing and employment. She was recently hired as a peer mentor after

successfully completing an internship at Tempo. Ariane co-leads Tempo's Young Adult Advisory Council, produces our monthly newsletter, and facilitates Tempo's monthly activities. She is a wonderful addition to our team!



Spotlight!



Tim Ferguson is a new member of our Tempo team. He was recently hired to help with daily cleaning and maintenance. Tim also joins our outreach team every Monday to take part in weekly community service at the United Way Food Pantry.

Tim is grateful for the support he has received at Tempo. He has had some rough obstacles, yet lately a lot of things seem to be coming together for him! He has secured a safe place to live and now has a second job!

Tim has identified many goals for his future. For now, he wants to keep working, stay busy and use the resources he can to advance his quality of life.

We are happy to have you here, Tim!

Shoutouts!

- Jay landed a supervisor position at McDonald's!
- Nick got a second job at Scrub-a-Dub!
- Diana got a new job !
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- Mason got two job offers in one day,!!
- Selena started college at MassBay!
- Nina completed probation!
- Tyler got a new job!

No struggle, no progress

Hope is what led a band of colonists to rise up against an empire; what led the greatest of generations to free a continent and heal a nation; what led young women and young men to sit at lunch counters and brave fire hoses and march through Selma and Montgomery for freedom's cause.

Hope is what led me here today—with a father from Kenya, a mother from Kansas; and a story that could only happen in the United States of America. Hope is the bedrock of this nation; the belief that our destiny will not be written for us, but by us; by all those men and women who are not content to settle for the world as it is; who have courage to remake the world as it should be.

President Barack Obama, speech, Jan. 3, 2008



Tempo's Hours

Mon. 8 a.m.-5p.m, Tue. 8 a.m.-5 p.m, Wed. 8 a.m.-8 p.m.,
Thurs. 9 a.m.-5 p.m., & Fri. 8 a.m-4 p.m.

www.tempoyoungadults.org