

November 2006

**TRiO**  
STUDENT SUPPORT SERVICES

## Staff Directory

Tami Buffalohead-McGill

tamib@creighton.edu

280-3468

Karen Thurber, Counselor

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280-3007

Denise Le Clair, Writing

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280-2166

Richard Jehlik, Science

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280-2167

Pat Al-Greene, Math

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280-2165

Monique Bryant, Admin. Ast.

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280-2749

## Location

First Floor

Markoe Hall

## Spotlight on SSS Unsung Caretaker—Leslie Ann Simanek by Linh Do



For those of you who frequent SSS after hours, you will often run into Leslie as she is cleaning up our facility to make it a better environment for us. Leslie Ann Simanek has worked at Creighton University for thirteen years. She is originally from Omaha and lives with her husband and her two children, a 9 year

old son and a 12 year old daughter. Leslie is easy to get along with and extremely funny. Leslie's most prized possessions are her children, and they are also the reason why she works so hard. They are one of her greatest achievements because they contribute to her wonderful family. During the day she loves to be with her children and be involved at St. Peter and Paul's school as a teacher's aid. She is also involved with her church.

What Leslie likes most about Student Support Services is the friendly SSS environment and the people who make her feel welcome. It is also exciting for her because she gets to meet new people and new students. Leslie's favorite music is pop and country

blues, but she also likes a little bit of everything. Leslie also loves listening to the sound of the outdoors, like the wind, birds, and the trees. Leslie's least favorite word is hate. Leslie's favorite childhood memories are of the holiday get togethers— especially Christmas.

Leslie would be a wolf if she could chose to become an animal because they are intelligent, sly, and fast. The most exciting and interesting place she has been to is Maui, Hawaii where she went for her honeymoon. One piece of advice she would give to students to make her job easier is to smile and be friendly because that makes her want to come to work everyday.

## Program Reminders

Please do not forget to swipe your student ID whenever you enter Markoe Hall.

If you have not completed your midterm meeting, counselor meeting, or workshops, please call Karen Thurber at 280-3007 to schedule an appointment.

**Juniors and Seniors:** Meet with Karen to make sure you are on track for fulfilling graduation requirements.

**December graduates:** Make sure you complete your Senior Check.

**Pre-registration:** If you need help with pre-registration please see Karen, Tami or Denise.





Luis Vazquez making friends with a gambler who lost more than his shirt at the Fort Randall Casino in South Dakota.

### Office Hours

Monday—Friday:

8:00 a.m.– 5:00 p.m.

Evening hours

Monday, Tuesday, and  
Thursday

5:00 p.m.— 8:30 p.m.

### Staff Hours

Tami Buffalohead-McGill

MWF 8:30 a.m.—5:00 p.m.

TR 9:00 a.m.—5:30 p.m.

Karen Thurber

M-F 8:00 a.m.—4:30 p.m.

Denise Le Clair

M-F 9:00 a.m.—4:00 p.m.

Rich Jehlik

M-F 8:15 a.m.—4:45 p.m.

Pat Al-Greene

MTR 8:30 a.m.—12:30 p.m.

MTR 5:30 p.m.—8:30 p.m.

Monique Bryant

## What is Okiciya Ti (oh-kee-chee-ya dee) by Josh Marshall, Intern

For the past few years a rag-tag group of Creighton students, faculty, and staff have been making a once-a-semester trip to the Rosebud and Pine Ridge Indian Reservations in South Dakota. They go during Fall and Spring Break to help promising young high school students complete the application for the competitive, prestigious, and extremely wonderful Gates Millennium Scholarship. As the years progressed, the brainchild of Tami Buffalohead-McGill and Raymond Bucko, S.J. grew from a few people in a minivan to two full-fledge programs with over two dozen participants this semester.

The Okiciya Ti Program (Lakota for “help each other to live”) is one of the programs involving Creighton students, and is run and financed by Cardoner. Okiciya Ti is in its second year. As a Cardoner intern, I plan events and help with the coordination of this program, which is most rewarding. Helping high



schools students, both in Omaha and on the reservations become paired with Creighton students who will be able to work as role models and guides is one of the highlights of what Cardoner at Creighton does to help students understand vocation-as-calling. The fact that many Student Support



Services students were part of this most recent excursion makes me feel that the program has a promising future indeed.

October 14<sup>th</sup> through the 16<sup>th</sup> the these students—from undergraduate to pharmacy and medical school—gave up some of their Fall Break to

travel to the Rosebud reservation. There they immersed themselves in the rich culture of the Rosebud Lakota people. They stayed at the historic St. Francis Mission; toured the Fr. Buechel Memorial Museum (another Creighton connection: Fr. Bucko teaches a four-week summer field-school there with Creighton students); visited the Sinte Gliska University Sincangu Cultural Center; and were able to watch and learn about the Sinte Gliska University Bison herd. All of this in addition to working with high school students and building camaraderie through cooking and eating every meal together.

If you are interested in helping out promising, minority high school students attain their goal of getting a college education, please consider participating in Okiciya Ti and helping it grow. Please visit the Cardoner website: [www.creighton.edu/cardoner](http://www.creighton.edu/cardoner) for more information.



## Spotlight on SSS Senior—Joey Tibbals by Kelly Spaan

The spotlight this month is on SSS student, Joey Tibbals. Joey is a senior at Creighton University who will be graduating this December with a degree in athletic training.

Joey has obtained a major internship with the Atlanta Braves baseball team. His internship will include administering first aid, making sure the players are properly hydrated, practice and train with the team, and provide any other assistance required to the Braves. His internship will begin around February 15<sup>th</sup> and end sometime in April, depending on when spring training wraps up. Joey will be located in Orlando, Florida, for the duration of his internship.

This internship is very exciting for Joey because his

dream job is to be a head-trainer for the Atlanta Braves. How cool is that? When asked how he got so lucky to have attained this internship, he says he knew a someone in one of his athletic training classes who knew someone involved with the Braves. Joey says he learned that sometimes it is more important who you know, than what you know.

Joey grew up in Lion Springs, Iowa, a town with a population of 500 people. He decided to attend Creighton because it has an excellent Physical Therapy program and when he visited for a campus tour, he thought it was a beautiful place. He also says he has never been to a place besides his hometown where all of the people were so nice. He reflects back on

his years at Creighton with great fondness. He will never forget the people he has met and the experiences he had. Joey says they are friends for life.

He also enjoyed giving back to the community with the extensive volunteer opportunities offers to students. Joey says that SSS contributed to his success because it offered a lot of resources so that he could do better in his classes and in life. He is thankful that SSS provided all their services free of charge.

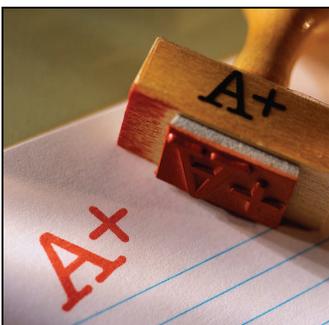
We wish you the best of luck in your endeavors, Joey.

**Go Braves!**



Joey Tibbals

## Reminder from Karen and Denise



Karen wants to remind all SSS students to remember to complete all five requirements. If you want to

know which requirement you still need to finish, please come in and look at the book at the front desk or call Karen at 280- 3007.

Students who attend an event outside of SSS, please remember to send Karen a summary of the event to get count for workshop.

Finals will be here faster

than you think. Denise wants to remind SSS students to please take advantage of the help available at Markoe Hall.

Do not wait until the last minute to finish papers. Come in and see Denise to go over your papers.

Seeing Denise make the difference between earning a better letter grade—maybe earning an 'A' rather than a 'B'!



Evone Wong enjoying the last vestiges of the warm weather.



Linh Do trying to take a break after ice-breakers and playing pool.



*The participants had the opportunity to prepare and enjoy gourmet meals*



## How I spent my Fall Break – by Ariel Chi

Over fall break, five SSS students participated in an Immersion trip to South Dakota on the Rosebud reservation sponsored by the Cardoner Okiciya Ti program. Linh Do, Trang Hoang, Luis Vasquez, Lorena Zamarripa, and Josh Marshall spend their break helping local high school students with the Gates Millennium Scholarship. All four students enjoyed the experience and gained much knowledge that could not be taught in a class room.

Luis Vasquez said it was a great experience to get to know and learn about other cultures, especially a great culture like the Native Americans. He felt he helped the students because the student he helped felt very comfortable with him. They did not have a problem in telling him information about their personal life when they were doing their personal information for the Gates Millennium Scholarship application. He believes this opportunity has made him more diverse, which is something that is a priority to him. Since Luis plans to study medicine, he will have many interactions with many different kinds of people. He gained the skill of being able to mix with many different minority students, not only Latinos. Luis really enjoyed getting to know the Native American culture better. He also liked that the SSS students became united as

a group. They had so much fun and it was a great way to relax during fall break. Luis would definitely do it multiple times and recommends others get involved.

Trang Hoang realized that a group of strangers can really become good friends just by being with each other for three days. She sees this experience as one that is very valuable because not only did she learn a lot from the trip, but also she learned from each individual in the group. She gained knowledge about Native Americans. Previously she had little knowledge about their culture before going on the trip. Contributing her time during fall break to go and help students who are not fortunate made her feel good about herself.

Trang gained the skill of communication on the trip and she also learn how to work with a group of new friends and be able to live with them for three days. She helped cooked, clean up, and to work with students and speak in front of a class about herself and her experiences. She enjoyed hanging out with all the people who participated on the trip. She said they are now like family to her. Overall, the three days she experienced was amazing.

Linh Do learned alot when he went to the school and saw the school's interaction between the Native

American students. They visited St. Francis school and did a question and answer session about college and careers. He was pleased to see how many questions they had and how corporative the students were. The students gained more insight about college. The immersion participants also visited two museums. It was eye opening to see how creative and resourceful the Native Americans were with resources to survive. They saw many tools and clothing made for different uses. There were also colorful regalia and creative design that really amazed him.

Linh also helped mentor Native American students on Gates Millennium scholarship. He tried his best to help them complete their scholarship application and increase their chances to receive the scholarship. This experience improved his communication skills. Just helping a person improving their future was a rewarding experience.



## Spotlight on SSS Freshman—Trang Hoang by Kelly Spaan



Hoang Kim Trang is originally from Vietnam and has been living in Omaha, NE, for the last three years. She is pre-physical therapy.

Trang enjoys listening to classical music, although one of her fellow SSS students is trying to convert her to Green Day and My Chemical Romance. She is annoyed by people who wake her up while she is sleeping. Trang's least favorite phrase is "I don't know."

Trang is an excellent listener and very intent on getting to know a person. She also enjoys talking about her past in Vietnam and educating others about the culture in Vietnam. She is very caring and is always concerned with others' well being. She is a hard worker and is attempting everyday to be the best student and person that she can be.

One of Trang's most embarrassing moments is when she thought South Africa was a continent, but it

is actually a country.

Trang was a recipient of two different full tuition scholarships, but gave up both scholarships to attend Creighton. Trang had a difficult time deciding between Creighton and a state school. Finally, she decided to attend Creighton, regardless of the current financial burden and the future one (loan debt). Even though it was tough, she is happy with her decision. At this point in time, Trang does not view the financial burden or other hardships (such as taking the 50 minute bus ride to Creighton everyday) as difficulties anymore because she thinks the challenges she currently faces give her the courage and motivation to go forward. In fact, she believes that if everything was paid for, she wouldn't push herself as hard as she does.

Trang chose Creighton over other states schools, for the opportunity that Creighton

provides student for volunteering and service trips. This fall she was fortunate enough to attend the South Dakota Immersion Trip (Okiciya Ti) to South Dakota sponsored by the Cardoner Program along with four other SSS students. Trang chose to do it because she did not want to be useless over the Fall Break. She wanted to do something productive. Through this trip she learned more than she expected. She made friends with many wonderful people with whom she still keeps in touch with. Plus she felt proud that she did something to help the students from South Dakota. She enjoyed helping them apply for the Bill Gate scholarship and talking to them about her college experience. She knows that she made a difference in opening the door of collegiate opportunity for those students.

Trang is very familiar with the tedious process associated with the Gates application; she applied for the scholarship last year.



Trang Hoang

*Trang impressed the group with her culinary skills*





Monique Bryant



Millicent Wolfe 'chilin' with her Okie homies.

## Spotlight on New Administrative Assistant—Monique Bryant by Linh Do

Monique Bryant is the new Administrative Assistant for SSS. Monique started her new employment in October, 2006. The career that interests Monique the most is constructing research experiments regarding the sociological aspects of human lives. One of her accomplishments is graduating from the Air Force. Monique's most prized possession is her 2004 Nissan Maxima that her husband gave her. She got the gift from her husband for reenlisting in the military.

The two most interesting activities Monique is involved in outside of her job are participating in the Early Head Start program and the Head Start program in

Sarpy County. She is also involved in the Parent Teacher Association for Mission Middle school. Monique enjoys working at Student Support Services because she loves working with students from disadvantaged backgrounds who are pursuing higher education. She feels that it important that one contribute and give back to the community. Working at Markoe Hall partly fulfills her responsibilities, and it will allow more opportunities for her to offer her service.

Monique's greatest achievement is having two children, a four-year old boy and a two-year old daughter. The most fun she ever had is on her birthday this year. Monique's husband flew her

to Jacksonville, Florida, and they had a marvelous time having dinner on the beach. Monique least favorite word is hate and the sound that annoys her most is the clicking of pens. She loves R and B music and her favorite R and B singer is Tevin Campbell. Monique's favorite childhood memory is her father singing to her.

Monique loves silence because it helps her reach calmness and helps her think clearly. The animal that she would love to be is a bird. As a bird, she could fly away from all the hectic responsibilities in her daily life. The advice that Monique give to the SSS students is to try your best to help out around the office.

## Cultural Events and Workshops

Cultural Events are designed to provide SSS students with a wide variety of cultural opportunities. Participants have the opportunity to meet other students through Cultural Events such as plays and concerts. Both tickets and transportation are provided free of charge for SSS students. Attendance counts as one workshop credit.

Make reservations by contacting Rich (280-2167 or [rjehlik@creighton.edu](mailto:rjehlik@creighton.edu)) or signing up on the SSS bulletin board in Markoe Hall. At least **15** names are necessary. Please do not be a "no-show." If your plans change you must let us know twenty-four hours prior

to the event, so we can offer the ticket to a student on the waiting list.

### November 15th- Creating a 4 year plan (workshop)

Karen Thurber is the host of this workshop. She will help students to determine what kind of classes they need to take for the next seven or eight semesters.

Markoe Hall—3:30-4:30  
Room 110

### November 18th- San Jose Taiko

~ Powerful Japanese drums combined with the rhythms of music from around the world ~

Reservation due by

November 10th

Leave Markoe Hall to Holland Center at 7:00 PM

### November 29th- Personality Styles

This activity is designed so students can learn about themselves and which major and career they would enjoy to pursue. Those who participate will also have chance to learn about other people's interests.

Markoe Hall 3:30-4:30  
Room 110.

SSS workshops offer numerous opportunities throughout the year to assist students with aspects of their personal, academic, and career goals.



## **CONGRATULATIONS**

**The following students have  
completed all their  
requirements for the Fall**

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Acenith Garvey

Ariel Chi

Amanda Lindsay

Amy Oum

Adam Karr

Anthony Weasel Bear

Audwin Brown

Bidong Riek Tot

Carlos Atencio

Carolyn Kor

Conchita Klintworth

Cheree Hatfield

Cindy Nguyen

Danine Cohen

Da' Keisha Granderson

Deadre Currie

Donnel Ecoffey

David Plutschack

Emmanuel deJesus

Guillermo Guzman

Igor Maslanka

Janette Catron

Jasmine Cadiz

Jesta Thomas

Juan Hao Cai

John Paul Gurnett

Jordan Herman

Jordane Choquette

Krystal Curry

Kenneth Stable

Keshia Bradford

Kinesha Shelton

Lan Anh Dao

Lan Anh Tran

Lawrence Chan

Linh Do

Lisa Peters

Luis Vazquez

Melissa Choi

Paul Tran

Shae Fickel

Sandra K.L. Chee

Semir Demicovic

Shannon Docken

Shawneita Irvin

Tara Manning

Tiffany Ramelb

Tho Vu

Thu Thuong Tran

Trang Hoang

Vincent Ko

Xai Vang

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## Student Support Services

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Omaha, Nebraska 68178

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Fax: 402-280-5579  
E-mail: moniquebryant@creighton.edu

**“Education is a companion which no future can depress, no crime can destroy, no enemy can alienate it and no nepotism can enslave.”**

**Ropo Oguntimehin**

*SSS is one of the five federally funded TRIO programs at Creighton University under the Department of Educational Opportunity Programs. SSS is grant funded through the Department of Education to provide comprehensive services to help students achieve a successful college experience by increasing academic performance, retention, and graduation rates. SSS also works to foster an institutional climate supportive of the success of economically disadvantaged students, first generation students, and students with disabilities. The strength of the SSS program is providing comprehensive support to eligible students at Creighton University who have the ability and desire to succeed at Creighton University but would benefit from additional advocacy, academic, personal, financial, and career support. SSS is a resource that provides personalized and comprehensive support services for eligible participants to help them achieve their full potential.*

## Kelly's Advice Corner—Tips for Alleviating Stress

**Kelly Spaan** is from a small town in Iowa. She is currently a junior at Creighton University. She is interested in skin care, magazines, watches TV and gossip with her friend. She also loves to listen to music, read books, and relax after a long day of class. A fun fact about Kelly is that she drinks all of her fuzzy beverages out of a straw so that it does not stain her teeth. Kelly is currently looking for love and if any one is interested please stop by the front desk where she works every day.

**1. Manage your time well.** It is crucial to set aside time each day to do your homework. Even if something is not due until next week, get started on it. It is better to make a dent in an assignment/project day by day than to wait until the last minute to do everything. The key is to prevent stress from accumulating.

**2. Give yourself a break!** Set aside time each day to do something that you enjoy. It could be an hour of television, a do-it-yourself facial, or chit-chatting with a friend. The key to getting tasks

accomplished is knowing that you will get rewarded when you are finished. A secret hint of mine is to do homework in two hour blocks each day. It prevents those all day study sessions.

**3. Set aside time to exercise each day,** I can even just be walking to and from classes. Fresh air always helps, even if it is 15 degrees outside.

**4. Eat healthy meals at regular intervals.** Proper nutrition will prevent feeling sluggish and lazy throughout the day.

**5. Remember to do deep**

breathing exercises on a daily basis. Even though we all breathe, sometimes we hold our breath when we are stressed, so just stepping back for a second and counting to ten in correlation with your breaths can be a very effective tool.

**6. If you think your stress is too much to control,** get help. It does not make you a weak person to admit when you need help with your stress levels. You can get help from anyone you feel comfortable with: family, friends, or a counselor.