

## Staff Directory

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**TRiO**  
STUDENT SUPPORT SERVICES

## Completed Fall SSS Requirements

Jeny Acosta	Kathy Daotay	Sammi Herman	Cindy Nguyen	Lan Uyen Tran
Brenda Aguero	Semir Demirovic	Jordan Herman	Minh Nguyen	Maria Tran
Chanel Ayano	Tai Do	Monica Ibarra	Son Nam Nguyen	Blake Tyler
TJ Barrent	Mary Doan	Trang Hoang	Jamie O'Brien	Bryan U
Alex Bell	Ariel Earth	Monica Ibarra	Lizette Orihuela	Marissa Ulep
Amber Bennett	Chadi El-Khoury	Liliana Jacinto	Darshil Parikh	Gaoia Vang
Michael Bennett	Sheila Field	Amanda Jones	Tony Pham	Xai Vang
Michael Beverly	Acenith Garvey	Adam Karr	Tiff Ramelb	Luis Vazquez
Beverly Steven Cai	Nick Goulette	Gordon Kor	Ely Ramos	Michelle Wang
Steven Cai	Da'Keisha	Carolyn Kor	PJ Root	Allie Weston
Ariel Chi	Granderson	Angel Le	Ben Saboe	Trevor Wilson
Melissa Choi	JP Gurnett	Cheryl Ligon	Adrian Sandoval	Ryan Wong
Danine Cohen	Tara Hansen	Amanda Lindsay	Maria Sanchez	Amy Xie
Kim Cragun	Cheree Hatfield	Tony Massa	Lori Schnepf	Lorena Zamarripa
Amy Dao	Jordan Herman	Marcela Morales	Kendra Sears	Song Zheng
Hong Dao		Harriet Mullin	Ana Sibrian	Dinah Zuniga
			Kyle Simon	

## Fall Break Focus *by Cheryl Ligon*

What's a more rewarding fall break than a service trip? This is exactly how **Kathy 'Kat' Daotay** felt on her excursion to volunteer in the Windy City, Chicago. Kat is a freshman nursing student.

Kat is Vietnamese and comes to Creighton all the way from Hawaii. On her trip, she reached out to many different organizations around the city. She painted the rectory at St. Procopius; worked at the Casa Juan Diego, an after school tutoring center for elementary and middle school kids; and helped at the Poder Center, an ESL program for Hispanic adults.

Kat especially related to the adults at the Poder Center



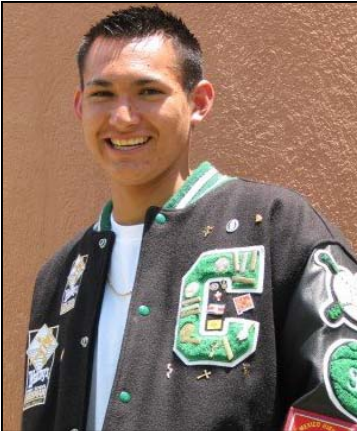
**"I definitely want to return. It was a super fun trip!"**

**Kathy Daotay**

because English is her second language as well. She had such a great time helping that she plans to return this spring break to teach again. Kat says that Michigan Avenue in Chicago was the most exciting and interesting place she has been because of the busy

shopping malls on both sides of the street.

Kat learned much from the Pilsen Fall Break experience. The people in the Pilsen community are working class, not rich at all. Even though Pilsen is not fancy or modern, she learned to appreciate it. She saw Hispanic people struggle to learn English, so they can have a better job. It taught her not to take advantage of things in life and showed her how lucky she is to be able to go to college and have a really good education. Kat would recommend this experience to anyone because, she says, "I got my big reality check during the service trip."



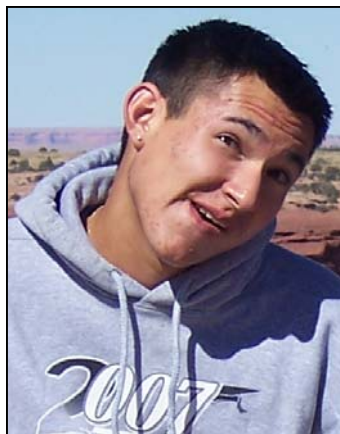
## Spotlight on Adrian Sandoval *by Cheryl Ligon*



Cheryl, Monica, and Adrian.

recommend you do not hesitate to get to know him as well!

His most important goal while here at Creighton is to get to know many people. In fact, starting out in the beginning of the year, he set a goal to meet as many people as possible and is proud that he reached out of his comfort zone to network. It is extremely easy to fall into his easy-going attitude, friendly demeanor, and goofy facial expressions.



Another Sandoval funny face.

Adrian uses the quote, "I can do all things through Christ, who strengthens me" (Philippians 4:13) to get him through struggles he has. He finds that it is important not to dwell on mistakes and look to the future, **"Always keep looking forward no matter what happens...the past is the past and you have to keep moving forward, but learn from your mistakes."**

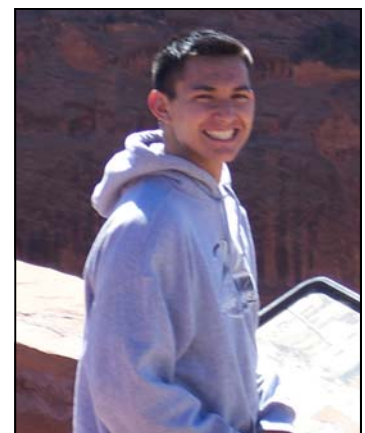
Adrian's greatest hero is his father, Robert Sandoval. He has learned from his father's example and because of this



Adrian with his father, Robert, mother, Richelle, and younger brother, Seth.

he wants to be as hardworking and helpful as his father. Adrian looks up to him because of how willingly helpful his father is, "My dad has always been involved with activities at my school or church and even helps out at a yearly Bizarre put on for the Sacred Heart Church." His father's integrity is also another quality that he admires in his role model.

As Adrian adjusts to college life, he has set goals for this semester like getting a 3.0 GPA and getting to know the different organizations here at Creighton to find where he fits. Good luck finishing up the rest of the semester, Adrian!



Adrian at Canyon De Chelly.

### Office Hours

Monday—Friday:

8:00 a.m.– 5:00 p.m.

Evening hours

Monday, Tuesday, and  
Thursday

5:00 p.m.— 8:00 p.m.

### Staff Hours

Tami Buffalohead-McGill

M-F 9:00 a.m.—5:00 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—3:00 p.m.

Pat Al-Greene

MTR 8:30 a.m.—12:30 p.m.

MTR 5:30 p.m.—8:00 p.m.

Debra Foster

M-F 8:00 a.m.—4:30 p.m.

Sandy Cervený

M-F 8:00 a.m.—4:30 p.m.

This fall break Adrian Sandoval, a freshman, joined the Gates Mentors on the Gallup, New Mexico, and Chinle, Arizona, Gates Millennium Outreach trip. As a result, we all learned much about him and his wonderful family. Adrian is originally from Gallup, New Mexico, and attended Gallup Catholic High School. Adrian is also a member of the Navajo Nation and grew up on the Navajo Reservation. He fell in love with Creighton's campus and has his heart set on a Pre-Dental track.

The Diversity Scholarship drew Adrian to Creighton University and earning the Chief Manuelito Scholarship from his tribe also helped. Adrian's work study is in Undergraduate Admissions, and he also volunteers as a Gates Mentor. On the trip, I had the pleasure of getting to know this bright young man. I



Adrian is excited to be back at his high school in Gallup, NM.

## How I use my Strengths *by Bidong Tot*

*Bidong Tot is a sophomore majoring in Exercise Science and is pre-physical therapy.*

At first, I thought to myself that my strength themes look different from my Meyers Briggs I took in the RSP 120 class with Mrs. Selde. Some of my strengths were a bit of a surprise. I did not think Learner or Focus were going to come up on my top 5 list because they are the strengths I try the most to improve.

The Signature Themes that fit me the best are *Belief, Positivity, and Responsibility*. I think of myself as a positive person when I talk to some of my friends, professors, and family members. It is not always easy for me to talk to other people, but I am working on it.

Positivity and responsibility allow me to be someone my friends see as trustworthy because of my actions and words.

Responsibility is using good judgment in all that I want to do, but it is also being an honest person toward my peers and the adults who teach me great lessons in order to better myself. Responsibility is also asking for help when I don't understand.

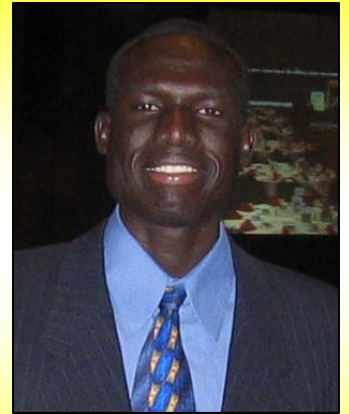
The Signature Theme I use most frequently is Belief, and it best fits my personality. I use belief in all that I do, even when I go work out. For me, Belief is having self-confidence and believing that I can become successful in life. I know that I can do anything I put my mind to, which helps me keep up with

my school work as well as take good care of my body. By working out throughout the week, I always feel better, and I am ready to challenge myself.

The talents I want to develop the most are Learner and Focus. Learner helps me to keep up with everything I learn each day, so my mind stays focused, and I do not stop learning. When I think of Focus in my school work, I always think that I need to do what is important on my list before I go out to have some fun with my friends or play soccer with my roommate (Luis Vazquez).

I strongly believe that I have achieved so much from learning about my StrengthQuest themes. I am glad that we did this in the beginning of the semester.

**Bidong Tot**



**Belief, Focus, Positivity, Learner and Responsibility**

## Celebrating Thanksgiving *by Brenda Aguero*

Gobble, gobble, gobble, Thanksgiving Day is coming! Many students will have the traditional turkey with home-style side dishes, but for others it is completely different. How will SSS students enjoy this holiday?

**Phuong (Angel) Le** says, "We don't celebrate Thanksgiving Day in our family, but we don't neglect it." Angel also said, "My mother makes the best soup ever! It is so spicy that my tongue is swollen the next day." She is looking forward to this holiday because her stomach is grumbling for that soup.

Many others will have to go

out of town, like **James O'Brien**. "For Thanksgiving I will be going back home to Fort Dodge. While at home, I don't have plans to do much. On Thanksgiving Day, my family and I will go to my grandma and grandpa's house and watch the Thanksgiving Day Parade. We then proceed to eat an enormous meal, sleep, watch football, eat some more, and sleep some more. Obviously the break from classes is the best thing about Thanksgiving, but more importantly seeing my friends attending other colleges, eating non-Creighton food and watching football."

My input on this holiday is

Thanksgiving Day will be different this year because my fiancé, Franklin, will be celebrating it with my family. As for the food, it varies on what we want to prepare each year. For example, this year we will cook a turkey, but also make enchiladas or *menudo* because at times my siblings and I don't crave the turkey as much as our hot-spicy delicious Mexican dishes. I would probably eat twice on this occasion because Franklin's family also celebrates Thanksgiving. Even though everyone's Thanksgiving is different, hopefully it will be safe and enjoyable.

**Liliana Jacinto and her new Blue Jay friend.**



**John Paul Gurnett smiles for the camera.**





Kathy Daotay having a good time with a friend.



Brenda Aguero with fiancé Frankie Sibrian and their dog Yayo.



Kathy Daotay with her fellow Creighton Fall Service participants.

## The Dating Game *by Carlos Atencio*

During these critical years of our lives, many of us are exploring the world around us. Many of us choose the path of dating to explore this new world. But why choose dating as a way of learning about yourself? Why not hang out with a group of friends and learn about yourself in this way? The truth is that dating is a very good way to learn about yourself and how you function with other people and in society. Most college students enjoy spending time alone with a special someone with whom they have chosen to build a relationship that could potentially last a lifetime.

In order to learn about how dating works at Creighton, I asked various people about their views on dating and how dating at Creighton works.

Most people told me that there is a very good dating scene here at Creighton. Not everyone is in a relationship, but many people are, and the various couples are all at different stages in their relationships. Many people also expressed the importance of keeping study time and time with the significant other separate. It is very important to reach and to keep this equilibrium between school and life which will help to keep everyone very happy.

People mentioned a few different situations in the interviews. For example SSS student **Michelle Wang** said a long distance relationships

did not work out for a friend of hers. She also described the ups and downs of dating, and how it can be very confusing and difficult for someone who doesn't have much experience. She also states that having a love for dating and a love for school can really help keep a well balanced life.

The most important thing to remember if you are dating, or would like to start dating, is that it takes time to find your style and to discover who you are.

**Brenda Aguero** describes the dating scene as not as noticeable, but for those people who are dating, it seems as though they have been dating for quite some time. Brenda is currently in a strong relationship, but she knows how to balance it with academics. Sometimes the relationship can be frustrating, but she knows it will lead to a better future with her academics right by her side. Brenda says that the most important thing in a relationship is love, support, and care. These emotions can make one better oneself if others believe in them as well.

**Amy Oum** also talked about the dating scene as mostly casual dating with a few strong relationships here and there.

Amy is currently in a relationship and says that it is nice to have a boyfriend, but it can be stressful at times. It is important to

keep dating balanced with school, work, family, and friends. In her opinion, education is the most important focus. Relationships come and go and they will continue to do so, but your education is what makes you who you are.

One final point that Amy makes is that it is nice to date someone with similar goals because you can encourage each other to succeed.

**Kathy Daotay** says that the dating scene is good, considering the school is so small and connected, but that may be why couples are so common.

Kathy believes that dating is good and fun, but it is important to make sure you know what your top priority in life is besides dating.

Kathy also has noticed that when a couple is really in love, it doesn't matter how much time they spend with each other, its just not enough. Kathy also says that dating is fun, but is like a full time job. It can be difficult, but if you really love someone you will find a way to work things out. That is what she calls true love.

**Dating is a fun activity that many college students engage in, but it is important to remember that dating at this age is not for everyone, so don't feel pressured to find a special someone. Remember to balance friends, study, and dating, keep your options open, and remember to keep yourself safe and have fun.**

## Nebraska Native American Student Leader



Junior, **Millicent Wolfe**, was nominated by a fellow Creighton peer for the recognition

as one of the Nebraska Native American Student Leaders of the Year for the Nebraska

Department of Education.

Millicent is something of a local hero in her home town of Walthill, Nebraska on the Omaha reservation. So it was no surprise that she was selected as one of the Nebraska Native American student leaders to be featured as a student leader. Millicent is known for her work with the

youth through several local youth programs and Native American summer camps. Her work with the youth is no surprise considering she is planning to major in elementary education. Millicent is just as involved at CU as in her community. She is actively involved with the Native American Association and Gamma Delta Pi.



Amy Oum shows her contentment after seeing the success of the Lincoln Gates workshop she helped plan and implement.

## Advice from One Student Support Services Couple

**Melissa Choi** and **Jesse Red Wing** met in Student Support Services, and the rest is history. Melissa is a Junior at Creighton and recently switched to the College of Nursing. Jesse is a senior in the College of Business. Melissa is an Omaha city girl and Jesse is from Pine Ridge, SD.

The couple's favorite activity is watching their favorite shows after dinner on the couch with Jeslynn, Melissa's three year old daughter.

Jesse's favorite foods are buffalo wings, cheeseburgers and fries with a whole bottle of ketchup, while Melissa enjoys Gal-be-tang and Jeslynn's favorite food is Gal be tang as well (Korean style ox tale soup).

Melissa states it is very difficult to balance college, a relationship, and being a mother, but they complement each other well. For example, when they have dinner together, Melissa and Jesse have found it works best if they take turns with chores. Melissa will cook dinner and Jesse will clean up afterwards.



Melissa and Jesse offer some advice for couples:

**1. Boundaries need not only to be respected but also COMMUNICATED.**

Melissa and Jesse come from very different backgrounds. It took time for them to understand that they did things differently and to learn about each other. The key to success was open communication. The couple learned to share with each other what things bothered them, and this helped them avoid fights. They both learned that if they discussed differences up front in a non-defensive way, life was smoother.

For this couple, the BOTTOM

LINE is if something bothers Jesse or Melissa about the other person, they IMMEDIATELY share their concerns. They urge couples to let the other person know but to bring it up calmly.

**2. Respect each other's need to have SPACE.**

Jesse and Melissa both discovered that they need their "alone" time. For Jesse, it may mean playing video games alone in his room or playing video games with friends without Melissa. The couple advises: Don't freak out if your boy/girl friend says he/she wants to be alone, and you find out that they are with other friends. Every body NEEDS "me time."

**3. Studying comes first.**

Last, but definitely not LEAST, academics come first. The reason we are at Creighton is to get an education. Study time should take priority.

Melissa advises that she and Jesse are not experts. They just know what works for them, and their advice is based on their growth as a couple.



Liliana Jacinto, Monica Ibarra, Carlos Atencio and Cheryl Ligon enjoying the view over looking the Sandia Mountain in New Mexico.



Monica, Cheryl and Carlos show their Blue Jay pride.



Angel Le believes living off campus causes daily stress.



Trang Hoang (above) has mixed feelings and Michelle Wang (below) realizes the positives of living off campus.

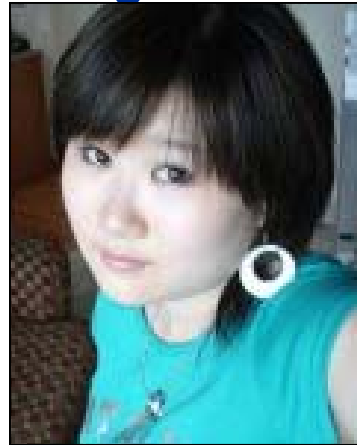


## Thoughts on Living off Campus *by Ariel Chi*

So, is living off campus a good idea? Does it make school more or less stressful? Here's what a few students have to say about living off campus.

**Michelle Wang** says: "So far, living off campus has been a rewarding experience. Many people think that living off campus may be a hassle. You don't hang out with friends as much, and if you have a half hour in between classes, you cannot go back to your dorm. However, I believe that living off campus is as great as living on campus. Though I may not be able to visit friends personally as much, because I live 40 minutes away, we have technology. I can call, text, or Facebook my friends. Also, because I have no dorm to come back to from in between classes, I am able to just do my homework and finish early, so when I go home, I have more time to talk to my friends online. If I don't have class homework, my buddy Emily Nguyen is usually at Markoe Hall, so I never feel lonely. Another thing that on-campus students miss out on is family. I am extremely family oriented. My family and I are very close and if I had been an on-campus student, I wouldn't have been able to interact with them as much."

Michelle enjoys living off campus, but **Angel Le** finds it extremely stressful. Here's what she has to say: "Living off campus is such a pain in my daily life now! It's really



*"Because I have no dorm to come back to in between classes I am able to do my homework and finish early."*

**Michelle Wang**

hard because I have to wake up extra early to go to school to find a parking space. If I lived on campus I could wake up 15 minutes before class and just go straight to class and not worry about finding a parking space. I have an art class at 10:00 am, and I have to go to school at 9:00 am just to fight for a parking space. Another disadvantage is meeting new friends. People living in the dorms get to meet many people living on the same floor. It seems so much more fun than living at home. I only know friends in my classes. Also, I don't get to participate in the activities in the dorm. There are much more disadvantages when you're living off campus."

**Trang Hoang** has mixed

feelings about living off campus. She says: "My experience so far has been a lot different than most of the students. In my first semester, I did not have a car, nor could I carpool with anyone. I had to take the city bus which was very inconvenient because the city bus system of Omaha is not very well designed. Now, I carpool with someone, but I still have to wake up early to get ready and do not have the advantages of going back and forth to the dorm to get stuff if I forget something. I usually carry all the stuff that I need for that day.

However, there are benefits in everything. I get to eat Vietnamese food everyday, which is very healthy and yummy. I also get to study at home, which is better because there are fewer distractions.

A lot of people think if you live off campus you don't get to be involved a whole lot, but I join lots of activities on campus. It's just that I don't have the luxury to stay late for meetings sometimes. The other part is because I am lucky to have friends from SSS, so I am pretty okay with the whole campus involvement."

Each student seems to have different ideas about living off campus, I guess it just depends on each person's perspective whether or not living off campus is a good idea.

## Spotlight on Emerick Huber *by Carlos Atencio*

Does anyone know Emerick Huber? Some people know him as “the cool bike guy.” He opened a bike co-op on 33<sup>rd</sup> and California. This little shop exists to teach people basic bike mechanics and to help them become more interested in riding their bikes. It is a medium to promote exercise and responsibility and a place to provide mentoring for kids. It is truly an establishment for the community.



***Emerick's Bicycle shop is an excellent means to exercise responsibility and mentor kids.***

***If you are interested in a mentoring volunteer opportunity you can contact Emerick at:***

***Email: [emerickhuber@gmail.com](mailto:emerickhuber@gmail.com)***

Emerick is currently a junior at Creighton in the nursing program. Originally he is from Casper, WY. Emerick chose to attend Creighton because of its reputation as a small, private school. He is also a member of Student Support Services, and he chose to become a member of this program because it is a tool that can promote success here at Creighton. His favorite part of SSS is the staff and how far and beyond they go to help and meet the needs of the students they work with. Some of the many ways that Emerick has benefited from being in the SSS program is he has used it as an outlet to meet new people and to get plugged into social events that promote culture and learning.

Some of the many achievements that Emerick has worked for is a community garden that promotes gardening as an organic and simple approach to sustainable living. He is

also involved in the local neighborhood association, the Gifford Park Neighborhood Association, because small neighborhood associations promote a sense of community within a community. His latest project is volunteering at the Community Bicycle Shop Omaha, which is a not for profit community bicycle repair shop.

The most interesting event that has happened to Emerick while in a classroom at Creighton actually took place during a home health visit for one of his nursing classes. He was assessing a six-day old new born that was heavily sedated by residual anesthesia. As she was laying on his lap, she opened her wide blue eyes, stretched out her arms, and yawned. This

moment is a very special memory for him.

Emerick's favorite professor at Creighton so far has been Dr. Yee. Dr. Yee possess a vast understanding of anatomy, excels at teaching, and is sociable. He also has a humorous saying, “Anatomy is my game, and Yee is my name.” First year nursing students are very fortunate to be welcomed by such a person.

The most exciting event that has happened to Emerick since coming to Creighton is walking home from the library in blizzard-like conditions. Two interesting activities that Emerick enjoys outside of school are photography and camping as often as possible. He enjoys a wide variety of music and NPR. The most fun that he has ever had was wild-fire fighting in Oregon.

Emerick's greatest achievement has been the development of strong bonds with his family and friends. He has successfully completed two solid years of education at Creighton.

His least favorite word is *anxious* because he believes that we ought to be eager instead! The most fun Emerick ever had was wild land fire fighting in Oregon. He enjoys a wide variety of music and NPR.

***The best advice that Emerick can give to others is to get grounded in morals and get unhinged!***



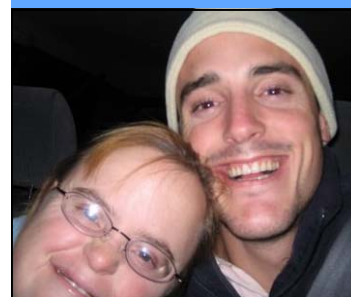
**Emerick with his Nursing peers.**



**Emerick with kids in Lima. While in Lima he lived with a nurse and became interested in nursing and applied to Creighton's nursing school. He is appreciative of the awesome opportunity to attend college and gain a greater perspective on life.**



**Emerick with his Peruvian host mother.**



**Emerick with his sister, Julie. Julie is one of his greatest role models. She has a loving soul and Downs syndrome.**

## Student Support Services

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Website:  
<http://www2.creighton.edu/eop/studentsupportservices/>

**“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.

## Counselor's Corner *with Karen Thurber*

### **CONGRATULATIONS!!**

Many have all five requirements completed. Soon we will be sending out letters letting you know who has what completed.

If you did midterms, great. Please make sure to sign the notebook at the front desk. If you have not done midterm or orientation meetings, please schedule soon.

If you attended the Diversity Potluck and did not sign in, please see Karen and sign the sheet.

**We have 11 more workshops scheduled for the rest of the school year.** Be sure to email me your summaries if you have not done so. Future workshops are Business Symposium on Nov. 2nd; *Monty Python's Spamlot* on Nov 10th; Laser Tag, Nov. 16th; Creating a 4

Year Plan on Nov. 14th; *Ballet Hispanico* on Nov. 17th; Tax Preparation on Nov. 28th; *Christmas Carol*, Nov. 30th; and Potluck Lunch on Dec. 5th. Please sign up and attend.

Please rest, exercise, and eat right. Many students and staff are getting colds, sinus infections, bronchitis, and flu. Being healthy is so much more beneficial for studying than being sick! Watch how you dress when the weather changes. Check the news at night or in the morning and dress for the morning.

Please watch out for yourself and others. The stress will be great between now and December. Check up on friends if you don't see them for awhile. If you feel depressed or think others are depressed, let someone know. Let people help you and others. Use all the resources. See me



**Markoe Hall Room 122**

**Phone: 402-280-3007**

**Email: [karenthurber@creighton.edu](mailto:karenthurber@creighton.edu)**

if you have concerns. See Denise, Rich, and Pat on academic issues. Let us know if you need Creighton or Omaha community resources. We are here to assist you in your academic success.