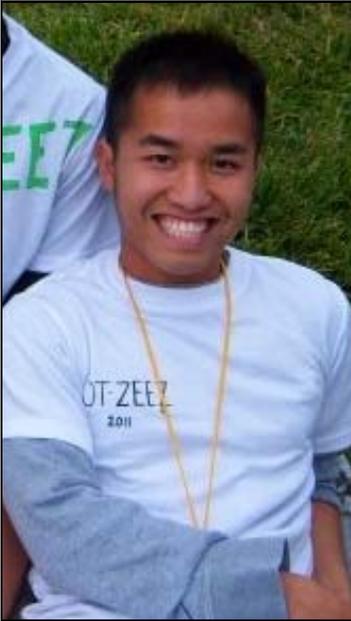


October 2008



Linh Do's expression of true happiness with life. Keep on smiling Linh!



First year occupational therapy Students.



Hoots and Salutes

Congratulations to **Jamie O'Brien** who recently started his internship at Renaissance Financial.

Jeny Acosta was a panelist at an interfaith conference where she represented Islam. She also attended a Latina

Women's conference sponsored by James-Mora Law Firm in Lincoln.

My first year as an OT student *By Linh Do*

The beginning of Occupational Therapy (OT) school was an overwhelming experience. The difficulty that I experience as a first year OT student is the transition to a new educational style. The changes I noticed are the pace of learning, more reading and longer assignments. I developed new study habits accommodate the large amount of new material I need to comprehend.

Going from undergraduate at Creighton to Creighton professional school is a major transition. The pace of learning is faster and new materials are more challenging. Unlike undergraduate, some OT classes have preparatory assignments and activities due prior to class every week to prepare us for the lecture. I find these preparatory activities very beneficial, but once projects and papers are coming toward their deadlines, it's difficult to find time for these activities. Often I would skim through the reading, so that I can complete the preparatory activities but didn't quite fully

comprehend the material. This problem often occurs when I underestimate the time required to complete an assignment or paper. It is important to get started on a paper or projects at the first moment you feel you have time. I know I should work on my assignment or start on a project when I would sit on my sofa and watch television or browse facebook. There are courses in OT school that required more time to comprehend the materials, like Inquiry, Neuroanatomy, and Clinical condition because there is a large vocabulary that needs to be understood before we can comprehend whole concepts.

The study habits I developed to adjust to these new difficulties were **prioritizing, better time management and getting started on my assignment early, so I do not procrastinate.** It is important to stay on top of the material you learn, as well as the new material. The pace of learning is faster than in undergraduate classes; **therefore, prioritizing is an important and beneficial skills to develop prior to entering in professional school.** The OT faculty tries to help us adapt to the new environment. **OT**

faculty emphasize the importance of working together to overcome our difficulties. There were numerous times this year where faculty worked with the OT students and postponed certain assignment because they happened to overlapped with other class assignments. This helped to reduce the stress that I had and allowed me more time to complete my assignments and effectively comprehend the material.

It is important for us to fully comprehend the material that we learn because they are not just plain words in the text books but are tools and knowledge that we will use in our future profession. **That's why the faculty place so emphasis on being professional about our learning and truly understanding the material being taught. The significant of these material will help me as an OT to develop the skills and discipline to provide my clients with the best evidence-based practice and effectively wholly serve my clients.**

Spotlight on Samantha McCubbin *by Sheila*



Samantha McCubbin in her prom dress. 04/05/2008

When asked, "What is the most exciting/interesting place you have ever been?", Samantha's response was "Being hospitalized for one month after a car crash." That is fitting because of her dream to be a nurse. Samantha McCubbin is a freshman from Bellevue, Nebraska.

She chose Creighton because of the quality of education. It has always been her dream school. Samantha has received scholarships including the Eastern Star and Masonic Scholarships and the Presidential Award.

Samantha joined SSS because she wants to reach her full potential and grow into the best student possible. One thing she likes about SSS is that **"the staff knows you as an individual and does their best to help you succeed."** Already Samantha has benefited from SSS by helping her with required deadlines before school even started.

H e r g r e a t e s t



Samantha McCubbin celebrating her 18th birthday!

accomplishment was getting in to the school of nursing.

Samantha helps take care of her special needs mother and brother full time. Samantha has also graduated from modeling school and works as a model. Another interesting fact about Samantha is that her grandmother is an award winning quilter.

If Samantha could be an animal, she would be an English bulldog, because "mine always watches after me."

Samantha is also a dancer. One of the best times she has ever had was when she won a

national dance competition. A favorite childhood memory for Samantha is dancing in ballet recitals.

Her most embarrassing moment was when she fell in front of national talent agents on the runway. Samantha loves the sound of "every kind of music," but her favorite sound is "the gentle breeze after the rain."

Samantha does not like when people use the phrase "that's retarded." Samantha is annoyed when "people bring others down to feel better."

Her most prized possession is not something materialistic; instead, it is her ability to makes choices because "it makes me unique." Samantha's advice for others is **"never let anybody try to change you for their needs because you are perfect the way you are."** With an attitude like this, Samantha will go far in life and be able to accomplish her dreams.



Hoots and Salutes to Sam McCubbin who got a hair cut and donated hair to locks of love. 06/13



Lorena Zamarripa flashing her beautiful smile to the world.

Role Models *by LeBree Perry*

Lorena Zamarripa is a junior who believes that a role model is someone who you can relate to and someone who guides you in life. She had a role model throughout high school which was her ESL teacher. Lorena says that her ESL teacher was there for her during her entire college process and

she says that she motivated her to keep going with life. Lorena feels that the youth of today do have positive role models, however it depends on who they want to look up to, maybe someone they see on television, or someone in the community and that can influence them positively or negatively. Lorena considers

herself a role model to her younger brother and her peers by setting an example to achieve higher education and to take leadership roles. Lorena says that being a role model has impacted her life because she has to be more aware of her behavior and how it might impact others.

Role Models *by LeBree Perry*

Angel Le is a sophomore who believes that as a role model you have to have a great sense of humor, be responsible, and be a positive influence to others. Angel says she has had a role model her entire life, and that's her mother. She says her mom raised her very well, showing her right from wrong and always encouraging her to do

the best she can in life. Angel feels role models are important because they set good examples on how to live a better life. Angel does not feel that the youth of today have enough positive role models because so many people on television are who the youth happen to look up to and they are not always the best role models. Angel

considers herself a role model to her younger Cousin, who she says always wants to be exactly like her. Angel says that being a role model has impacted her life because she has to try and balance her social life and stay focused in school at the same time. She says it is hard trying to do both things at once.

Mary Higgins *by Khloe Keeler*

Mary Higgins is the Assistant Vice President for Student Retention and the Associate Director of Creighton's Ratio Auditorium Program.

Mary Higgins, who was born in Omaha, has been at Creighton for thirty-five years, including when she was a student here. She previously worked in the athletics department for ten years as the head coach of the softball team.

With the intention to settle down a little, Higgins is now continuing her ninth year in the retention office. As an active member of the Creighton community, she eminently enjoys meeting new people, while she continues to form great relationships with many students and fellow colleagues as well.

Higgins is able to work closely with students and other faculty members by assisting the Student Support Services program which she thinks very highly of. She believes that SSS is



Mary Higgins and family (second from the left).

Contact Info:

mhiggins@creighton.edu

Office: 402) 280-1212

a great program and opportunity, especially for helping the newer students adapt to the CU environment, both academically and socially. She knows SSS is a very beneficial program that leads students to excellent academic success. She also finds that part of their success here at Creighton has to do with the adequate preparation they have received in high school, as well as many other factors that SSS helps students to do.

SSS teaches various leading

success factors to its students, such as the importance of always attending class, continuously reviewing notes, having strong time management skills, and avoiding procrastination like you would treat a virus. Outside of school, she is living a wonderful life, with a twenty-five year marriage and two children who are now thriving in college. She has also won many awards and national rankings on softball teams in the past, while developing a national competitive program for those who also have great passion in everything they do. She often takes time to volunteer with the Board of Directors at Marian High School and has been involved with Creighton Prep school. Mary Higgins is a great person who strives to help us all as much as possible.

Staff Directory

Tami Buffalohead-McGill
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 280-3468

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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
palgreene@creighton.edu
 280-2165

Sandy Cervený, Admin. Ast.
sandycervený@creighton.edu
 280-2749

Office Hours

Monday—Thursday:
 8:00 a.m. – 5:00 p.m.

Friday
 8:00 a.m.—4:30 p.m.

Evening hours

Wednesday and Thursday
 5:00 p.m.— 8:00 p.m.

Staff Hours

Tami Buffalohead-McGill
 M-F 8:00 a.m.—4:30 p.m.

Karen Thurber
 M-F 8:00 a.m.—4:30 p.m.

Denise Le Clair
 M-F 8:30 a.m.—5:00 p.m.

Rich Jehlik
 M-F 8:30 a.m.—3:00 p.m.

Pat Al-Greene
 M-TH 9:00 a.m.—Noon
 5:00 p.m. — 8:00 p.m.

Sandy Cervený

Twins at Creighton *by Sheila Field*



Peer-2-Peer of 2008! The goofy picture.



Chant Knight and Angle being mysterious. They are preparing for Halloween, that's all.



Student Support Services Soiree Day!



Gaoia Vang at the Student Support Services Soiree.

Twins **Da'Keisha** and **Da'Quisha Granderson** have been together since before they were born, and now they are attending the same college. They both enjoy having each other at the same school.

The only time when the two were apart for school was for one year in elementary school. Da'Keisha said she liked the experience of being at a different school from her sister for a year. She was able to be an individual and make friends of her own.

In high school Da'Keisha and Da'Quisha were known as "the twins." They did not have a name anymore. This led Da'Keisha to consider going to a different college than Da'Quisha, so she could "be an individual again."

When Creighton accepted both of the girls, they decided to go to the same college. However, just getting into Creighton was a little difficult. One of their applications got thrown out because Creighton thought the same girl was applying twice. After being at the same college together for two years, Da'Keisha says, "I am glad we didn't go to different schools. We are very close, not just as sisters or twins, but as best friends. When it comes to school and life in general, we support each other in every way we can from praying for each other when we have tests, studying together, to giving each other advice." Da'Quisha is also really happy she has her sister with her at college.



Can you tell who is who?

Even though Da'Keisha and Da'Quisha do a lot of things together, they are opposites. Da'Quisha is known as the mean twin and Da'Keisha is known as the nice twin. Da'Keisha explains it like this, "It will take a lot for me to get angry at you, while with Quisha, she doesn't play—do her wrong, and she's through with you. But we tend to balance each other out, so you can't have one without the other."

Even though they have different personalities, people get them mixed up all the time. This happens with friends and teachers. Da'Keisha says, "There have been plenty of times when



Da'Quisha and Da'Keisha both looking sweet and happy.

Quisha has walked down the mall and one of my classmates spoke to her and she would give them that "I don't know who you are look" and come back and tell me, 'One of your classmates waved at me on the mall today.'"

This confusion also happens with teachers. If they are in the same class together, the teacher will try to tell them apart, but usually that doesn't happen until the end of the semester. Da'Keisha says, "I remember we were in Fr. Amidon's class together, and he would hand out papers and say our names expecting us to tell him who was who. Quisha would just look at him and I would be the one to tell him who I was." She also says that being in the same class as her sister causes competition. Sometimes they will score the same on tests and the teacher will look at them like "How did that happen? They were on opposite sides of the room." The only reason for this could be the twin thing that everyone talks about.

The only part of being a twin that Da'Keisha is not too fond of is the sharing of friends. Sometimes she wishes she could have a friend of her own. She thinks that her friends think they are obligated to also be friends with her sister. Da'Quisha loves being a twin, even the sharing of friends. However, sharing of boyfriends are "out of the question!"

Just talking to both girls, Da'Keisha and Da'Quisha, you can tell that they have a strong bond and will love one another always.

Tutors, Study Groups & Supplemental Instruction

Resource	Subject	Day	Time	E-mail
Rich Jehlik	BIO 211	Wednesday, Friday	3:30p.m.-4:30p.m.	rbj11023@creighton.edu
Rich Jehlik	CHM 321 Dr. Gross	Wednesday, Friday	1:30p.m.-2:30p.m.	
Rich Jehlik	CHM 203 Dobberpuhl	Tuesday, Thursday	10:30a.m.- 11:30a.m.	
Rich Jehlik	BMS 111	Tuesday, Thursday	2:00p.m.-3:30p.m.	
Rich Jehlik	ART 368	Monday, Wednesday	2:30p.m.-4:30p.m.	
Sarah Norris	PSY 111	By appointment Call:913-484-3560		sarahnorris@creighton.edu
Kathryn Maccan	Theology	By appointment		KathrynMaccan@creighton.edu
Andrew Hickman	Philosophy	By appointment		Andrewhickman@creighton.edu
Lan Uyen Tran	PHY 211 BIO 211	Tuesday, Wednesday	T: 5:00pm-7:00pm. W: 2:30p.m.-8p.m. By Appointment	Lanuyen- tran@creighton.edu
Brendan Joyce	Accounting Economics		brendanjoyve@creighton.edu 1:30pm-5pm	
Vincent Ko	CHM 321/322	Monday thru Friday	Appointment at Night/weekend	Vincentko@creighton.edu
Kathy Daotay	BMS111	Tues, Fri	1:30pm-3:00pm	Kathydao- tay@creighton.edu
Alex Wilkie	BMS111	Thursday	1:30pm-2:30pm	Alexwilkie@creighton.edu
Denise Leclair	Writing, Reading, and Time Man- agement (all subjects)	By appt. Monday- Friday	8:30am-5:00pm	leclair@creighton.edu
Pat Al-Greene	Math (all levels)	Mon, Tues, Thurs Wednesday	10:00am-4:00pm 2:00pm-8:00pm	Cell phone: 402-201- 3843



Girls having fun!



Lan Uyen Tran at the Multicultural Retreat.



Audrianna Edmonds and Chester Ashong at the Soirée

How I Use My Strengths *by Sheila Field*

My top five strengths are Harmony, Adaptability, Restorative, Deliberative, Adaptability, and Responsibility. My strengths seem to fit my life, and none of them were surprising to me.

Harmony is something that I do everyday. I like to avoid conflict and people fighting, so I try to keep everyone's feelings in mind. I also don't like to be around other people who are fighting. It makes me uncomfortable

because I like to avoid conflict.

Adaptability is another strength I use everyday. I don't usually follow a schedule unless it is when I have to go to class or appointment. I just do whatever comes up. I am also flexible when someone changes plans at the last minute; it does not usually bother me.

The strength of **Responsibility** is one that was not surprising to me at all. I feel that I am a

responsible person and that I am dependable. I also like to have responsibilities. Without them I feel I wouldn't have any motivation to do anything.

Since finding out about my strengths, I notice what I do more. Before I did not realize that I like to have harmony or that I was adaptable. This process helped me figure out things about myself that I did not know already.

Sheila Field



Harmony, Adaptability, Restorative, Deliberative, Adaptability, and

Campus Ministry Multicultural Retreat *by Jeny Acosta*



A group photo of the students and staff members that went to the Multicultural Retreat to Niobrara State Park.



During the retreat, we took some time to have small group discussions.



Jeny Acosta poses for a picture with a grazing buffalo herd.



Dylan Fills Pipe poses for a picture with a grazing buffalo herd.



Tiffanisha Williams, Marissa Begay and Ruth Elias at night.

So many memories, friends, and delicious meals were made on Friday, September 27 and into Saturday, September 28, 2008, at the **Campus Ministry Multicultural Retreat**. The retreat took place at the breathtaking Niobrara State Park, about three hours outside of Omaha. There were 23 students in attendance, 21 part of SSS.

Tami, Jen and Shannon from Campus Ministry, and SSS students **Monica Ibarra, Liliana Jacinto, Ryan Wong, Tiffanisha Williams**, and me spent weeks planning every detail of the retreat from transportation and activities to meals and snacks. For me, planning and preparing for the retreat was also a meaningful and significant bonding time. As a team we worked together to come up with great ideas and put it together into two days of fun!

The first van left Creighton at 1:30 on Friday with Monica, Liliana, Jen, Ely and me, so we could arrive early at Niobrara and prepare for the arrival of the group. The other two vans left Creighton at 4:30, and after a long trip, some confusing roads, and a lot of teamwork and phone calls, everyone finally arrived at Niobrara State Park to share dinner together. I explained to everyone the tradition of breaking fast for Ramadan and then the feeding fest began.

Dinner was followed by story telling around a campfire while we roasted marshmallows and made s'mores and an interesting game of "Mafia." After a long day of traveling and a fun-filled night of bonding, the



SSS Students at the Multicultural Retreat.

Learn more about Campus Ministry and upcoming retreat opportunities and activities:

<http://www.creighton.edu/ministry/campusministry/>

group started heading out to the cabins.

The next morning, some people woke up early to take a walk around the park while others tried to get in as much sleep as they could. Eventually, everyone united at the lodge to share a quick breakfast and our personal stories to energize us for the day.

Larry, a Ponca tribal member, came out to Niobrara and invited us to his house and to meet the Ponca bison (buffalo). We all got to see so many interesting things, including live bison and the shed where bison hide is tanned. Some even took an adventurous ride in the bed of Larry's pick-up truck. After taking a group photo with Larry and thanking him for his time and kindness, we loaded up the vans and headed back to the lodge to feast on Tami's delicious buffalo chili. The chili was accompanied by fry bread made by two former SSS students, **Millie Wolfe and Janelle Whipple**, who took time to come out and bond

with the group. After lunch we had a sharing-craft project that we worked on together and through it created deeper memories. Finally, we ended the visit at Niobrara with the breaking of a Dora the Explorer piñata and a group photo.

The drive back was relaxing and filled with picture sharing, more story telling, and naps. Between the big group activities and the smaller group bonding, like at the swings or down the trail to river, the new friendships, memories, and photographs are endless. As one of the main people planning the retreat and a student who experienced the retreat, I must say the experience is incomparable to any other. Most of the feedback from students was that it was a great time, and everyone wishes it had been longer. In the future we plan to make the retreat longer to include more activities and get more students involved.

If you have any suggestions for future retreats, please email Tami at tamib@creighton.edu or jenniferkennedy-croft@creighton.edu and let them know what you have in mind! Also, if you want to see picture from the retreat, there are over 100 pictures of all the irreplaceable moments posted on Tami's facebook profile. If you are not friends with her already, this is a great time to add her as a friend and other SSS students as friends as well!

Spotlight on LeBree Perry *by Angel Le*

Our Student Support Services is lucky to have **LeBree Perry** as one of our members this year, a freshman and major in Business Marketing. LeBree was born in Minneapolis, Minnesota! Did I just say, "Minneapolis?" Where the Mall of America located? Where all the famous shopping stores are at? I believe I just did! LeBree's hometown fits her personality very well because as I found out shopping is her obsession. This girl can shop until she drops.

When asked why she selected Creighton University, she said, **"I chose Creighton because of its reputation."** She felt welcomed when she stepped onto Creighton's campus. She thought the campus was beautiful because of the flowers and the amazing view of St. John's church. All the people she talked with were friendly

As a freshman in college, joining different clubs is a must because meeting new friends helps us through college and survive any moments of homesickness.

LeBree joined Student Support Services wants to get to know other people and meet great friends. Student Support Services is a great program not only it helps students with financial needs but also academically and provides great opportunities such as going to see plays, pot-luck get-togethers, and tutoring in science, English, and math. LeBree feels welcomed, comfortable, and successful as a part of Student Support Services.

As we all know Creighton is a very expensive school, so scholarships are a major

need. LeBree was selected for the Ignatian Scholarship for her leadership and community activities.

Her greatest achievement so far is not missing any of her classes and getting high scores on all of her tests. GO LEBREE! Her favorite professor at CU is **Dr. Churchill** who teaches World Literature I. She said, "Dr. Churchill keeps the lessons interesting and explains the information very thoroughly in his lectures". LeBree was the first runner up of Minneapolis/Saint Paul Miss. Jr. Teen Pageant. When she was competing, she could not find any shoes that would fit her feet because she has such small ankles, so she has to go to a shoe repair shop for them to put extra holes into the strap. I told her, "Well, if this makes you feel any better, I wear size 5½; technically, I can fit in kid's shoes, too." We both laughed and stared at our small feet. An embarrassing moment at Creighton University happened to her this year. She giggled a bit and told me on the 2nd day at CU about 10 p.m. she was strolling along with her roommate to Creighton's Mall, and suddenly she saw a dead rat laying on the side "LeBree screamed from the top of her lungs and run as fast as she could." I laughed and said, "Well the rat did give you guys some good exercise at night time, burning off all the fries you ate for dinner?"

Besides being so busy with school, clubs, and volunteering, LeBree still finds some spare time to learn how to play the guitar, participate in pageants, and plays. With so much things going on in her

everyday life, I asked her if she still gets to spend time with her family. She said, "Not as much as I want, too, but whenever I have time I always spend time with my family." LeBree's has a very large family. There are twelve members in her mediate family. There were hundred at the family reunion. Wow! That means LeBree will get lots of presents for Christmas; now I am jealous. Her favorite childhood memory was spending time at her grandma's house with all her cousins and fighting over the pancakes for breakfast. If she could be an animal she wants to be a bird so she could fly freely in the sky and view the world from high above. To celebrate the end of senior year in high school, LeBree went to New York with one of her best friends. She visited Brooklyn, Manhattan, China Town, and Time Square. Guess what the girls did there? More shopping and eating! Seriously, if had known LeBree I would have come to explore New York's shopping centers.

Her most prized possessions is her cell phone because she could not leave the house without her cell phone. I agreed with her because nowadays it is so easy to get a hold with whoever and whenever-just a click of a button. LeBree and I both are addicted to texting; we can go through hundreds of texting a day. "Oh! How we love technology!" Lastly, her best advice for others quote is **"Live you life to the fullest and never regret anything"** Her advice for success at school is, **"Always go to class and be attentive."**



LeBree Perry smiling for the camera!



Tri Tran showing off the boat.



Ryan Wong and I enjoyed our delicious home-made cookies. Ryan that is my cookies stop eating it!



Enjoying food at the Sorieel!

Student Support Services

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<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

For midterm meetings: If Denise, Tami or Karen are your sophomore advisors, please see them for the midterm meeting. If you are on academic probation see Denise, Karen, Pat, Rich and Tami respectively. Karen will email each student individually to let them know who to see this semester.

Spring 2009 registration:

Nov. 4, 5, 6 - Seniors, Pharmacy / Health Professions, Graduate

Nov. 7, 10, 11 - Juniors, Pharmacy and Health Professions

Nov. 12, 13, 14 - Sophomores

Nov. 17, 18, 19 - Freshmen and Special

Please attend the **Inroads Internship Program** presentation on Tues.,

October 28th in Harper Center, SSS, Suite 4008 at 3:30 p.m. The program provides internship opportunities for minority college students. Inroads staff collect your resume and try to match you with an organization.

Wed., October 29th, at 3:30 p.m. in Harper Center, SSS, Suite 4008, **Kaplan Graduate School Test Prep** presentation.

Sat., Nov. 1st, Assist Tami with **Gates workshops** at Harper Center, SSS, Suite 4008.

Remember to sign up for the **Henry Doorly Zoo** event on Sat., Nov. 15th from noon to 2:00 p.m.

Native American Movie Night will be Wed., Nov. 5th

in the Harper Center Auditorium.

The **Major/Minor Exploration Fair** will be same day from 11:30 p.m. to 2:00 p.m.

The **Business Symposium** is Friday, Nov. 7th from 8:00 a.m. to 6 p.m. at the Qwest Center. There is a registration fee. These can count as workshop credit. Remember to email Karen a summary of the event with the date for workshop credit.

Pharmacy and Physical Therapy Interviews are Sun., Nov. 9th or Wed., Nov. 12th or Thurs. Nov. 13th from 5:00 p.m. to 6:00 p.m. at the Hixson-Lied Science, L62.

Only three students need to complete orientation meetings. More than half the population has completed one workshop and remember we



Harper Room

4017

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meet after Fall Break, when midterm grades are given. Keep up the great work.

Email your workshops summaries to Karen. Please stop by and sign the notebook at the front of the office. I have posted known events and workshops. Please sign off on completed events.

Work with Denise on speed reading, editing papers, and test anxiety. Keep working or start working with Rich and Pat. Eat right, rest, and take time out for yourself. Thank you. Have a great fall break, enjoy, rest, and delete emails.