

Cheryl Ligon having fun while being interviewed.



Steele enjoys a healthy snack. His healthy eating habits help keep him on dean's List.

## Update on Cheryl Ligon *by Karen Thurber*

Three weeks ago **Cheryl Ligon** was driving back from Iowa when a drunk driver hit her car straight on.

Cheryl suffered multiple injuries. Her knees and foot were injured. She required foot surgery, which went well. She now has a rod in her foot.

Last week, she found out she needed surgery on her tibia. The surgery took place on Monday, January 31. We are happy to report all went well.

Due to her injuries she is



Cheryl's car after the accident.

unable to work. We are collecting funds to help with bills such as rent, medical expenses, transportation, etc that are accruing due to her injuries and inability to work. Cheryl's car was totaled and

the EMS personnel cut her winter coat while they were treating her after the accident.

If you would like to make a contribution please see Karen. She is collecting all contributions, any assistance is greatly appreciated.

Please keep Cheryl in your prayers. You may also email or visit her, she is really lonely. She will be in the Creighton Medical Center all this week.

## Fall 2010 Student with a 4.0 GPA , Deans List

Jessica Bakhit

Herman Ing

Lili Mac

Kathy Daotay

Joanne Kim

Danielle Turner

## Fall 2010 Deans List (3.5 to 3.9) Students

Chester Ashong

Da'Quisha Granderson

Tony Massa

Emina Becirovic

Ashley Hauger

Son Nam Nguyen

Agerselam Belay

Feleshia Henderson

Jessica Rangel

Amber Bennett

Daniel Higgins

Maria Sabio

Emmanuel Chavez

Kiera Hirayama

Adrian Sandoval

Ming Chen

Kelsey Holmes

Jamila Stovall

Eden Chik

Yashswee Kc

Jimmy Tran

Erin Dailey

Jenna Klug

Tri Tran

Martin Estrada

Nhu Phung Le

Steele Valenzuela

Da'Keisha Granderson

Saw Lot

Teresa Vu

## Spot light on Samantha Riley *By Jared Good*



Sam Riley looking beautiful for the camera! Every girl loves to get dressed up for a formal occasion.

**Samantha Riley, or Sam** to her friends, is a sophomore. She really enjoys Creighton because of the small class size and good reputation.

One of the many reasons she applied for SSS was because of the sweet benefits it has to offer. Some of the benefits she enjoys are the free printing, helpful staff, and study rooms. She really enjoys SSS because of the helpful environment and how everyone is always in such a great mood and so friendly.

One of the activities at CU that Sam enjoys is the Emerging Leaders program, where she learns how to be a great leader. Sam is also a Gates mentor and frequent Gates Fall/Spring Break Immersion participant.

One of Sam's greatest achievements so far that she has never missed a day of class, she will always show up no matter the weather outside, unless school is canceled. This is quite a feat since she drives to Creighton every day from Missouri Valley.

When Sam is not in school she likes to spend her time



Sam Riley is very happy to be in the Newsletter.

riding four-wheelers and her horses. The most fun Sam ever had was going paint balling on her birthday at Mad Cow Paintball. A unique thing about Sam is that she was adopted by a wonderful Irish Catholic family.

If Sam were to win the lottery she would use some of the money to buy a house so she could retire. She would also use the money to make sure her parents are set for the remainder of their days, and she would give big presents to the rest of her family.

If Sam was given a time machine that could take her back in time, she would want to go back to when she was 9 to save her dog, Annie, from

being run over by her neighbor. If Sam was ever in a nuclear accident that granted her super powers she would hope to get the power to read people's mind, because she always wants to know what people are thinking.

Sam enjoys Italian food, especially Chicken Parmesan. One of her favorite Italian restaurants is the Olive Garden. She especially loves to order the soup, salad, and breadstick combo. When Sam is not busy with school she enjoys watching movies. A few of her favorite movies are: *The Proposal*, *Employee of the Month*, *Transformers*, *Easy A*, and *Harry Potter*.

Sam works many hours so she can pay all of her bills each month. She is very careful with how she spends her money, and only buys herself something big once a year. After that she just saves, saves, and saves.

As the interview comes to an end Sam leaves us with these inspirational words, **"Work hard and do your best."**



Jared Good expresses his feelings for the SSS program and students.

## Finding God in All Things *by Elena Rodriguez*

Since I have moved into my new dorm at Creighton, I have been able to see the great amount of faith that can be found everywhere you look.

Every morning when I wake up, I have been blessed with the beautiful view of the St.



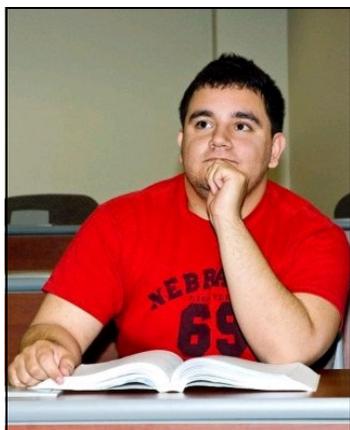
season changed from fall to

John's Parish. I now believe that God can be found everywhere. As the

winter, we were able to see the leaves change color and later fall.

God is there. When snow covers our campus, God is there. God is with us. We just have to embrace him and give him everything we got.

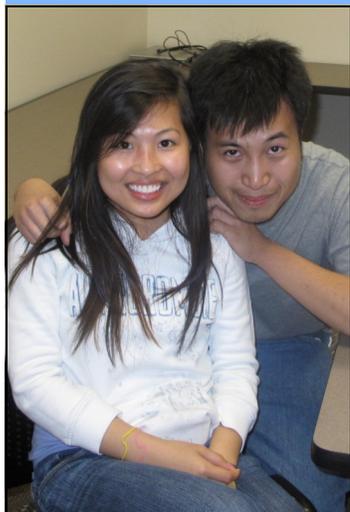
## Supplemental Instruction and Tutoring



Steele thinking about math and how much he loves it!



Martin Estrada and Amal Barre enjoy SSS time together.



Angel Le and Quang Nguyen taking a break to pose for the camera before studying.

Tutor	Subject	Time	Location	Contact
Jessica Bakhit SI	BMS 303	Tuesday 7:15 pm–8:15 pm	SSS Study Room	<a href="mailto:jab74777@creighton.edu">jab74777@creighton.edu</a>
Kathy Daotay	NUR 391	Friday 1:00 pm-5:00pm	SSS Conference Room	<a href="mailto:ktd55329@creighton.edu">ktd55329@creighton.edu</a>
Susan Tracy SI	THL 201	Wednesday 4:30-5:30pm and 5:30-6:30pm	SSS Conference Room	<a href="mailto:smt40660@creighton.edu">smt40660@creighton.edu</a>
Britt Wandrocke SI	PHL 107 Pliatska	Monday & Wednesday 1:30 pm -2:30 pm	Library L19	<a href="mailto:bgf75713@creighton.edu">bgf75713@creighton.edu</a>
Rich Jehlik SI	BIO 212 Dr. Burk	Tuesday and Thursday 5:00 pm-6:00 pm	SSS Conference Room	<a href="mailto:richjehlik@creighton.edu">richjehlik@creighton.edu</a>
Rich Jehlik SI	CHM 205 Mattson	Wednesday 5:30 pm-6:30pm	SSS 4027	<a href="mailto:richjehlik@creighton.edu">richjehlik@creighton.edu</a>
Rich Jehlik SI	CHM 323 Fletcher	Wednesday 6:30 pm–7:30pm	SSS Study Room	<a href="mailto:richjehlik@creighton.edu">richjehlik@creighton.edu</a>
Eric Ritz	ACC and ECO	By appointment	SSS Study Room	<a href="mailto:ewr90801@creighton.edu">ewr90801@creighton.edu</a>
Marc Rizzo	PSY	By appointment	SSS Study Room	<a href="mailto:mcr19687@creighton.edu">mcr19687@creighton.edu</a>
Daniel Higgins	Bio Genetics	By appointment	SSS Study Room	<a href="mailto:dgh71615@creighton.edu">dgh71615@creighton.edu</a>
Rich Jehlik	All sciences	By appointment	SSS 4019	<a href="mailto:richjehlik@creighton.edu">richjehlik@creighton.edu</a>
Pat Al-green	MTH 139, 141, 201, 245, 246, and 529	Monday & Wednesday 10:30am-5:30 pm Tuesday & Thursday 2:00 pm-7:00 pm or by appointment	SSS 4021	<a href="mailto:palgreen@creighton.edu">palgreen@creighton.edu</a>
Denise LeClair	ENG	Monday - Friday 8:30 am - 4:00 pm By appointment	SSS 4023	<a href="mailto:leclair@creighton.edu">leclair@creighton.edu</a>

Peer tutors, in any subject, are available upon request once a tutor request form is completed and submitted to Rich for processing.

## Spotlight on Prof. Jennifer Parker *by Namrata Sapkota*



Prof. Jennifer Parker.

**Jennifer H. Parker** was born in Omaha, Nebraska. She graduated from Creighton University in 2001 and she has been teaching at Creighton for 5 years. She teaches public speaking and is wonderful teacher.

She decided to work at Creighton University because she enjoys teaching public speaking at Creighton and it is one of her favorite schools out of all the schools she taught at. The best things about working at Creighton for Professor Parker are the faculty members (colleagues) and students. Besides teaching at Creighton she has a yoga studio and she loves to dance.

Prof. Jennifer Parker says that she is familiar with Student Support Service (SSS) program and said, **"The students are very organized and efficient."** In her opinion the factors that lead to academic success are to be organized and have a planner. She said, **"I have seen smart students that haven't been successful because they are disorganized."**

The advice she has for students to help them perform their best academically is to choose the major that interests you, and do not just



Prof. Jennifer Parker dancing.

consider what your parents want you to be or the money you may earn. Because if this is your only motivation when the course starts getting hard you will not have the willpower necessary to complete the work that you are not interested in.

Outside of work professor Parker participates in a lot of arts, dance shows, Nebraska ballet, theatre performances and reads a lot. Her greatest achievement so far is when she went to Illinois State for public speaking for Nationals and won it, that was also the first time Illinois State won, so it was a great achievement.

The most interesting thing that happened to her at Creighton, so far, was in her

Public Speaking class when a twin brought another twin as a visual aid. She said the unique thing about her and her family is that her dad and mom taught Accounting at Creighton and now she is teaching at Creighton too. The most interesting place she been was the Czech Republic when Climson took her speech team and she said, "It was awesome."

When asked what she would do if she won the lottery she said she would donate some of the money to the arts and use some to travel. If given access to a time machine she would travel to the future because she is a big time planner. If she could have any super power she said she would want super human strength so she can fight villains.

If a movie was made about her life it would be about dance and Kirsten Dunst would play Jennifer Parker because she is a good tap dancer and she is very funny.

As the interview came to an end her advice for others was, **"TAKE ADVANTAGE OF YOUR YOUTH."** She said she is at the age now where everyone has children, so enjoy the free time while you can.



Beautiful Mary Doan before the MCC Tết Fashion Show.



Lili Mac looking great.





Adrian Vega as a server for CULSA's Las Mañanitas event celebrating Our Lady of Guadalupe.



Tami and Jason Nguyen at the MCC Têt celebration.

## Mayoral Recall: Costly Threat *by Josh Phelps*

Why would a group of Omahans' concerned with fiscal responsibility want to spend \$ 1 million on the recall of a mayor that balanced the city budget with a surplus?

That is exactly what a group of Omaha citizens did. For the past eighteen months a group of Omaha citizens tried to gain enough support to recall Mayor Jim Suttle over some unpopular decisions he made. The decisions that he and the city council made are ultimately small in their effect and were done in order to balance Omaha's budget and to improve our city bond rating so business continues to prosper.

There are many problems that recalling the mayor will cause. Mainly, even if you

aren't necessarily a Suttle supporter this recall will be costly and waste time that should be spent working on real city issues. Also no other candidate has laid out a plan to more effectively fix our city finances.

Suttle and the city council have every city department, except for the police department, running under budget and has a budget surplus for 2010. Some people say that the city should just cut spending but there was no way that it would work without cutting trash pickup, snow removal, and other city services.

Recalls generally should be used for extreme situations like theft or something unethical or illegal. We shouldn't waste time and city money recalling the mayor. If

citizens don't like the policies he supports then when his four years are up then don't vote to re-elect him, it would be much more appropriate.

The supporters of the recall were trying to send a message that higher taxes are not what they want and it's a waste of taxpayer money to put their own dislike for a tax increase above the well-being of our entire city.

Fortunately now that the recall vote is over Omaha made the right choice with 51.1% voting in favor of keeping the mayor in office. Election results indicate 37,198 people voted in favor of the recall and 38,841 voters cast ballots against the recall. This decision will save the city the costly expense of another election.

## When it comes to studying *by Khloe Keeler*

Use the **24-hour rule**. If you learn a new vocabulary word or concept in a tutoring session and you want to retain that information, go home and rehearse that word or concept within 24 hours; this will strengthen the trace of the memory and facilitate the transfer from short term to long-term memory.

If you are a student who has particular trouble recalling concepts from your sessions, it would be beneficial to set aside **30 minutes each night** after each tutoring session to review the concepts you have learned. Schedule that into

your calendar and conceptualize the 30 minutes of review as part of the session. The 30 minutes of review may be more important than the session itself!

Use an additive approach. Reinforce the words you have already "learned" and then add novel words. If you successfully learned 5 words on Monday evening, when Tuesday's review session rolls around, it would serve you to review Monday's words as well as adding 5 novel words. Keep Monday's



words in the stack for 2-3 review sessions, even if you "know" them. Sometimes it takes several rounds of repetition and retrieval practice to move things into your long-term memory.

Also, a fun and important study fact ... by studying your notes or material within 24 hours from learning it, you will remember twice as much if you do not review for both an immediate and long-term effect.

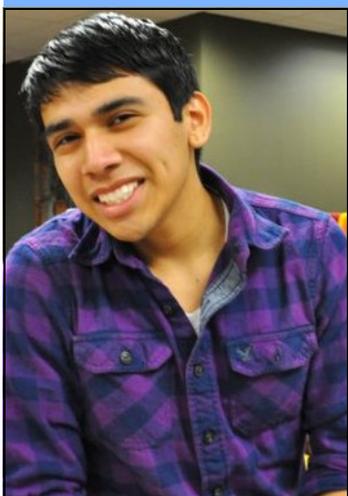
**Good luck this semester and study hard!**



Khoe Keeler purchasing socks for the cold weather.



Maricela Bustamante smiling!



Mikhail Abad flashing his dazzling smile.

## Starting Fresh *By Khloe Keeler*

As we begin the new semester and return from winter break to the cold and harsh months, trying to stay focused and on track may be difficult at times.

We are making new friends and taking on new challenges to prepare us for our future careers. We may become overwhelmed during the second semester. To ensure we stay on a good path, here are some tips and suggestions to keep in mind!

When it comes to getting a good night's sleep ...

### Do ...

- Figure out just how much sleep you need each night and aim for that, some people need more than others. They say it takes 7 hours for your brain to really retain long-term memory overnight.
- Keep a regular bedtime and time to wake up, try not to sleep in so much during the weekends or when you get the chance (unless you really

are sleep deprived!).

- Reserve your bedroom for sleep, study in a common area or designated study place and watch TV in another area if possible. Don't watch TV or go on the computer a half hour before bed. The light tricks you into thinking it isn't time to sleep. When you get into bed, turn off the lights and try to go to sleep.
- Prepare your sleeping environment to provide maximum comfort and a minimum of distraction.
- Control loud noises during the night with earplugs or a sound-screening device (fan, air conditioner).
- Control the temperature in your bedroom. Temperatures above 75 degrees Fahrenheit may cause broken sleep.
- Try a light bedtime snack of milk, cheese, or peanut butter. These foods may induce sleep.

•Exercise regularly. Exercise in moderate amounts early in the day.

### Don't ...

- Don't take naps during the evening.
- Don't exercise vigorously in the evening.
- Don't drink caffeine-containing beverages (coffee, tea, soft drinks) after dinner.
- Don't eat heavy or spicy food in the evening.
- Don't eat late evening meals or drink large quantities of liquids in the evening.
- Don't watch TV, eat, or read in bed.
- Don't lie awake in bed for long periods of time. If you can't fall asleep within 30 minutes, get out of bed and do something like reading, studying or organizing.



## Advice from Denise Le Clair *by Martin Estrada (cont.)*

Now that it's the second half of the year, there's still much to be done before the summer starts. Don't start to slack now, there are any helpful tips and advice to use to ensure academic success.

In order to have a successful academic year, the main goal is to get organized.

Organization can be broken up into three categories: time, space, and materials.

Helpful tips for organizing space include:

- Fill out a weekly schedule
  - ♥Class times
  - ♥Commitments, when you eat, schedule exercise like a class, plan for at least 8 hours of sleep
- Figure out when you are going to study
  - ♥Have review right before class
  - ♥At least 2 hours of study a class per hour in class
  - ♥Just don't do homework,

but study even if there is no homework

- Fill out semester calendar with tests, major papers, projects so know when the pressure points are
- Find a way to keep track of daily classes
  - ♥Planners, 3X5 cards, sticky notes,
  - ♥With Planners: divide tasks over days
- Colors code your calendars and planner: See Denise for highlighters!

## Conti. Advice from Denise Le Clair *by Martin Estrada*



Denise LeClair enjoying another SSS event.

Next, let's talk about organizing space. Having a clean work area where you are able to concentrate is vital for efficient studying. The SSS office offers many individual study rooms. It's good to have at least two study spots, so you can "wake up" your brain during study session that go longer than 50 minutes by moving to a new environment. Short study sessions are better than long!

Last but not least, were going to cover note taking and reading strategies for class

- Figure how to study for class.
- ♥One size doesn't fit all—

see Denise for help with reading strategies.

♥Math and Chemistry—Practice problems everyday ; See Pat (Math) or Rich (Chemistry and other sciences) for individual help

♥English: Read once for themes and then do a close read for details (See Denise for help)

♥Philosophy: Pay attention to details and arguments

♥Re-write in your own words

♥History: look for chronologically and cause and effect

- When studying-- use all your senses

- ♥Eyes, Hands, Feet—move!
- ♥Write it out, draw it, tell it, use color, symbols, and charts.

•Practice vocabulary, equations and key concepts using notes cards. Several good sites on line for generating note cards and practice.

•Summarize in your own words without looking: if you say it, you know it

In college we are not looking for memory, but deep understanding. Visit Denise for longer list of ideas. She offers Individual workshops on reading, note-taking & time management, and test prep.



Shelagh Hardrich keeping warm in her cool new buffalo head hat..

## Black History Month *By Jared Good*

Black history month is right around the corner. Take a moment to stop and think about how much you really know about this month. Ask yourself, how did it get started, why February?

Black history month had a humble beginning started by a fraternity. Carter Woodson, the second Black American to receive a degree from Harvard, urged his fraternity, Omega Psi Phi, to create Negro History and Literature week in February.

Later, Woodson went on to found the Association for the study of Negro life and History, which helped provide cities and communities materials for black history activities and events. Then in the 70's, during the Black Power Movement, the Association was able to

extend the week to what is today known as Black History Month.

What I always wondered about is. Why is it that Black History Month in February, and not some other month? Well Woodson choose February because both Abraham Lincoln and Frederick Douglass were born in that month. Lincoln issued the Emancipation Proclamation, and Douglass was a leading abolitionist of his time.

Now that you are a little more enlightened on Black History Month, you can now get involve by participating in events that are taking place on campus. One event that is going down on Creighton University is the **Soul Food Dinner**. It is being put on by Creighton University African American Students

Association (CUASA) on **Sunday, February 13<sup>th</sup> from 7:00pm - 10:00pm**. At this event you will enjoy an evening of spectacular entertainment and great soul food cooking. Plays, songs, movies, and poetry from well known African American trailblazers from the past have been hand picked by CUASA members.

Along with all the great entertainment there will be dinner made from the SOUL that depicts the history of African American food. **Tickets are only \$10 for students, and you can bring your non-student friends for only \$13.**

Another Black history month event is **Open Mic Night, Feb. 21st**. You can attend this in Skutt Student Center by the fireplace.



The talented artist Audri Edmonds poses with her incredible sculpture.

## Night at the Nutcracker *by Martin Estrada*

On Friday December 10<sup>th</sup>, SSS students went on a night out to see **The Aspen Sante Fe Ballet's *The Nutcracker***. We ventured to the Orpheum Theatre located in Omaha's chic Old Market District. There, The Sante Fe ballet combined their professional dancers with over 100 of Omaha's finest local dancers to produce a transcendent take on a classic holiday tale. Although many of us have seen different versions of the Nutcracker growing up, The Aspen Sante Fe Ballet brought a fresh outlook and combined traditional elements with modern twists. Cirque du

Soleil style dancing was incorporated into the ballet, making it an astonishing show.

The show made a significant impact on the SSS students in attendance. Here is what some of them had to say...

**Namrata Sapkota** stated "I enjoyed all the dancing even though I had a hard time understanding what exactly was going on because I've never heard the story of the

Nutcracker before. My favorite part was the Cirque du Soleil genie dancing in the ropes."

**Amal Barre** states, "My favorite part was the little

bees. It was nice to see the play incorporate Omaha's youth."

**Daisy Liberato** states, "The best part was the cute sugar plums. The sugar plum song they danced to reminded me of childhood memories."

Overall, The Nutcracker was a great cultural experience and a good time away from finals with friends. The classic tale surely got us all in the holiday mood!



Karina Lopez and Martin Estrada learning some new Salsa dance steps at CULSA.



Steele Valenzuela and Jessica Rangel learning some new Salsa dance steps.



## Student Support Services

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2500 California Plaza  
Mike and Josie Harper Center  
Suite 4008  
Omaha, Nebraska 68178

Phone: 402-280-2749  
Fax: 402-280-5579  
E-mail: tamib@creighton.edu  
Website:  
<http://www2.creighton.edu/sss>

**“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

70 SSS students need to do orientations.

17 seniors need to apply on NEST for graduation by **Feb. 14th**.

The **FAFSA, tax forms, w-2 copies and verification form need to be done** soon for next fall's undergraduate and graduate school year.

Please complete the **Financial Literacy** meeting with Karen or Pat if you did not do it last fall. This is a REQUIREMENT for good standing in SSS.

I wish the best to the nominees for the **Rev. Tom Schloemer, SJ Outstanding Student Leader Award**.

If you went to the Career Center in January, email me a summary and the date for workshop credit.

Midterm meetings will take place after spring break. You can schedule you appointments now. All First year

students are required to meet with me.

Upper class and professional school students, try to see who you saw last fall. We will email you who you need to see for the midterm meeting.

Remember to mark you calendars for the **Recognition Ceremony on April 12th**.

**In February events include:**

**Free tax Filing Assistance** in Feb in the Pittman building.

**Wed., Feb. 2<sup>nd</sup>, Sarah Sell from Financial Aid will talk about Financial Aid.**

**Wed., Feb. 9<sup>th</sup>, Matt from the Credit Union will talk about Money Management.**

**Fri., Feb. 11<sup>th</sup>, Lunar New Year, free Chinese food**

**Fri., Feb. 18<sup>th</sup>, Step Afrika!, Holland**

**Wed., Feb. 23<sup>rd</sup>, Mock Interviews for Graduate School**

**Karen Thurber**



**SSS Assistant Director  
and RSP200 Advisor  
Harper Room 4017**

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