

March 2011

Hoots and Salutes!



Natalia with her pretty smile during the SD Immersion!



Emmanuel Chavez preparing for the madness.



Congratulations to **Tiffanisha Williams** for advancing to the semi-finals at Collegiate Public Forum National Debate Tournament.



Congratulations to **Kathy Daotay** who has been accepted into Creighton University's



Doctorate of Nursing Practice Program.

Congratulations to **Mikhail Abad** on winning the best roommate award of Swanson Hall.



Congratulations to **Jimmy Tran** on being selected as a Decurion for Dr. Mallenby.



Congratulations to **Danielle Turner** on being selected as a Decurion for Dr. Mattson.



Congratulations to **Jenna Klug** on being selected as a Decurion for Dr.



Burk. Congratulations to **Ashley Hauger** on being selected as a Decurion for Dr. Longo.



Congratulations to **Amal Barre** on being selected for a welcome week guide in 2011.



Congratulations to **Lili Mac** on being selected for a Beadle in 2011.



Congratulations to **Yashswee KC** on being selected for a summer Medical and Dental Education Program at UNMC.



Congratulations to **Matthew Wilson** for gaining acceptance into the Creighton pre-dental summer enrichment program.



Congratulations to **Bidong Tot** for being selected as a cabin specialist at Southwoods



Camp. Former SSS student **Gaoia Vang** will be attending the Physical Therapy School this fall at Creighton.



Congratulations to SSS alum **Erica Stewart** for acceptance into the Creighton University Post Bach program for Medicine.



Congratulations to **Ashleen Marr** on the birth of **Reese Zellis Blackbird** who was born on February 16th. He was 9 lb 5 oz and 21.5 inches long.



Congratulations to **Saw Lot** on his new baby. Elijah was born on March 28th. Saw reports, "My wife could not deliver naturally because he was too big. He weighed 9 pounds 10 ounces and is 21 inches tall. The doctor had to do a last minute C-section. Now, the mother and the baby are doing well."





Tiffaneshia Williams working hard on the Spring Break SD Immersion Trip.



Jimmy Tran painting the Senior Center kitchen during the Spring Break Immersion



Angel: Peace, Love, Eat!

Spotlight on Timothy Bastian *By Nermina Demirovic*

The local celebrity all the way from Jamestown, NY, that I interviewed is **Mr. Timothy Bastian**. You may recognize him from classes such as Microeconomics, Macroeconomics, Health and Managerial Economics along with Managing By Facts.

Professor Bastian's career change landed him here in Omaha, and Creighton was calling his name. The support given by the faculty and staff to the students appeals to him, and he engages in the support of the students as well as the SSS program. He believes in assisting students and steering them toward success.

Although he enjoys teaching at Creighton he also manages \$40 million dollars for his clients while working



at Manarin Investment Counsel. Talk about a big deal or what!

Mr. Bastian encourages the reading of the provided material for the class because real learning has to be achieved on your own time by studying the subject material. He keeps his classes interesting and uses a lot of humor. Currently I have not

gone to one Microeconomics class of his where I haven't laughed the whole time. He encourages class participation and is willing to let you argue with him on your assumptions. It makes class interesting.

Along with being a teacher and managing \$40 million dollars, he is also a husband and a father to five wonderful and talented children. Can you say busy man or what? Included in his busy schedule, Mr. Bastian found time to fly an Air Force jet and do barrel rolls. His latest buy is a BMW.

Mr. Bastian is an interesting person and a great teacher. Here's a quote from him to inspire you: **"Find out what you're good at and keep improving those skills"**.

Did you know? *By Angel Le*

Intelligent people have more zinc and copper in their hair.

They have square watermelons in Japan . They stack better.

Peanuts are one of the ingredients in dynamite.

Ancient Egyptians slept on pillows made of stone.

A hummingbird weighs less than a penny.

A hippo can open its mouth wide enough to fit a 4 foot tall child inside.

Every time you lick a stamp, you're consuming 1/10 of a calorie.

Over 1,000 birds a year die from smashing into windows.

Ants stretch when they wake up in the morning.

Dolphins sleep with one eye open.

The world's oldest piece of chewing gum is 9000 years old.

A sneeze travels out your mouth at over 100 m.p.h.

In the White House, there are 13,092 knives, forks and spoons.

Recycling one glass jar saves enough energy to watch TV for three hours.

Chewing gum while peeling onions will keep you from crying.

A jellyfish is 95 percent water.

Sources:

<http://www.funny2.com/facts.htm>

Get Away with the Diversity Retreat *by Josh Phelps*



Hanna Nguyen and Nhu Le on their Immersion trip.



Daisy Liberato helping a student on the South Dakota Immersion trip.



Are you looking for a fun way to get away from school for a while? The Diversity Retreat is the ideal opportunity. Sponsored by the Campus Ministry Department, the retreat is led by Shannon Smith, a Creighton graduate.

The retreat celebrates the diversity of the Creighton student body and provides a way for students to get to know people that they may not otherwise meet. The retreat explores the different cultures at Creighton through the telling of stories, sharing of cultural customs, and making delicious food typical of each culture. Sharing different cultures doesn't necessarily pertain to what country, race, or religion that you identify yourself with, but also how different families and people do things.

I personally helped plan the



Niobrara State Park in northern Nebraska. We made nature walks and spent time outdoors soaking in the beauty.

Although we are just in the planning stages this year, I can tell it's going to be a great retreat once again. It will be held in the beautiful Camp Carol Joy Holling in Ashland, Nebraska, which has a large clubhouse, a kitchen, and bunk beds, and all the amenities that will ensure a comfortable stay. We will be only about a half hour away from Omaha rather than four hours, giving us much more time to enjoy the retreat.

In our first meeting, we have already have some great ideas to make the trip both meaningful and relaxing.

Sign up soon before the slots fill up! We need your registration by April 1st. **The retreat is overnight from April 8th to April 9th.**

retreat last year and had a great time doing it. The theme that we chose as a center-point for last year's retreat was "The Kid Within Us". We expressed this theme by telling stories from our childhood and playing games that most of us used to play on the playground.

We also spent a good amount of time in the kitchen where many of the students bonded and were able to learn a little something about different culinary traditions. Some of the fine dishes we enjoyed were stir fry, polish kielbasa sausage, burgers, dogs, and various other treats from around the world.

Last year we traveled to



Students on last years Diversity Retreat at Niobrara State Park



Tri Tran — a scholar with a great smile!



Jimmy Tran, Monica Ibarra, and Karina Lopez on the Winnebago Immersion trip.



Nermina and Karina at the Winnebago Immersion teen dance. Sway with me baby!

Tri Tran gets Published by Victoria Tran

In the November 2010 issue of *Physical Review E*, senior physics major **Tri D. Tran**'s science article "Universal patterns of equilibrium cluster growth in aqueous sugars observed by dynamic light scattering" was published. In his article, Tri explains two possible models for sugar's importance as a preserving agent for organs. Sugar is important to preserve organs, because if organs were just frozen with water, ice would form in the organ tissues and cause the organ to not function properly.

The two plausible models that Tri explains in his article are the: ice-water replacement model and vitrification model. The water replacement model says sugar coats the organ tissue which pushes the water out of the organ that causes the ice to form externally, leaving the organ unharmed. The vitrification model says

that when sugar is added to water and the solution of water and sugar merely thickens as opposed to becoming ice. The solution of sugar and water becomes a slow moving non-orderly structure liquid called glass.

When Tri first started his into the research into sugar and how it contributes to preserving organs, Tri did not know that he would eventually be published. Tri's research simply started as a summer research opportunity with a physics professor, but eventually it became a year-round project that resulted in his publication.

According to Tri, the publication process is a four step process. The first step is to obtain data. For Tri and his professor, and co-author, it took four years to make the samples and analyze the data. The next step is to

write the article and formulate graphs and diagrams. The following step is to send the article to a review board to see if the research is acceptable. If the review board takes a keen interest in the article, it is sent back to the authors to edit any errors, but if the review board does not find the article suitable, it is not published. The final step is for the authors to send the article back after editing, and then the article is published in a science journal.

When Tri first learned he had been published, the first thing he did was search his name on Google. Tri and his family are ecstatic about his accomplishment. Tri hopes that others scientists will benefit from his research and hopes that one day someone will discover which model is the correct model.





Hanna Nguyen running her carnival booth at the Winnebago Winterfest.



Victoria posing for the camera



Victoria is all ready for the camera!

The Gateway Program *by Victoria Tran*

The Gates program at Creighton University held by Student Support Services has been officially named **The Gateway Program**.

Dilasha Neupane developed the name from her experience with the Gates Millennium Scholarship. For her, SSS and the Gates scholarship served as a gateway into college. In fact, if it was not for The Gateway Program, she would not have been able to enter **“a great college like Creighton.”**

As a former participant of The Gateway Program, Dilasha has many hopes that it will contribute to the future of other high school students like her. She hopes that students, especially those who are first generation, will be able to look toward the Gateway Program for



Dilasha Neupane is beautifully garbed in Nepali clothing,

guidance in the fulfillment of their hopes and dreams through the completion of the college application process.

Dilasha hopes that as participants in this program, students will be able to look to Tami Buffalohead-McGill, Jessica Swisher and the many faculty members and students who provide much needed guidance on tasks the students must successfully complete on their journey to college.

Dilasha hopes that students in the program will have as great experience as she did. She hopes that they too will be able to become a Gates scholar. She knows that as a participant in the program or a recipient of the scholarship, students will meet people who care about their education and who are willing to help them attain their goals.

Dilasha hopes that she will be able to contribute more to The Gateway Program than just its name. She plans to help other students prepare for college and overcome financial and family difficulties just as Tami, Jessica, and other faculty did for her. Dilasha will support The Gateway Program in any manner she can, like: reviewing personal statements or providing others with information about the program or SSS.

Study Tips *By Nermina Demirovic*

1. Do not try to do all of your studying the night before a test. Review the material several times a week and focus on one topic at a time.
2. Study the most important information first.
3. Make sure you understand the material that you are studying rather than just reading through it and trying to memorize it.



4. Find a comfortable place to study with minimal distractions.
5. Take short breaks to allow your brain to retain and store information.
6. Schedule time for studying. The breaks in between class times are perfect!

7. Do as much studying during daylight as possible.
8. Find a student or two in each class that you can study with.
9. Eat and drink properly. Avoid junk food and caffeine and replace them with healthy food and water.
10. **GET ENOUGH SLEEP!**



Adrian Vega looking sharp.

Tips & Tricks *By Adrian Vega and Renee Yacoub*

Immersion Trips: Once more the SSS Students will embark on two more immersion spring break trips to Winnebago and Rosebud. It is exciting to see familiar faces returning to provide their services as well as new faces who this spring break have traded in their days off from school do service. This way of using a spring break is an amazing opportunity for students to immerse themselves in a new culture and community.

Cows and Cats: The college tip of the day is to never compare you college experience with that of your friends from home or anyone else. If you are having a tough time adjusting to your college experience it will certainly not be helpful to compare it to that of your best friend who might be having a better time.

Perhaps your friend might be going through tough times, too, but are disguising his or her own hardships. Now you have made yourself feel more down by thinking everyone else around you is having a great time. This chapter in *The Naked Roommate* is called "Cows and Cats" because cows and cats complete opposites and cannot be compared. This principle should indeed be applied to your college

experience. Never compare to the college experiences of your friends to yours as they are completely different. The more you do this, the less agitated or lonely you will feel.

Speaking as an rising sophomore, I can truly say that this has saved me tears and stress. When you put yourself in the shoes of others, you don't anything more that close your ability to explore new options by focusing on the negative.

Enjoy your college experience, and if it s not going as planned, give it some time



and diligently seek out new opportunities to get involved, and sooner or later, it will all shine brighter.

Roommates- The Good, the Bad, and the Ugly: by Renee Yacoub

Did you know that about 80% of students surveyed reported that they frequently had difficulty living with each other? It's that time of year

where friends and acquaintances are figuring out the best decision for rooming. This is the time when unnecessary drama occurs and feelings may be hurt. But, there's a way to avoid all that by following these few tips.

First and foremost, when your current roommate is suggesting she wants to room with you for the next year and you may not feel the same way, you have an obligation to tell her the truth that you want to meet new people and branch out as part of what you have in mind for your college experience. It's important to make your roommate feel that your decision is nothing personal.

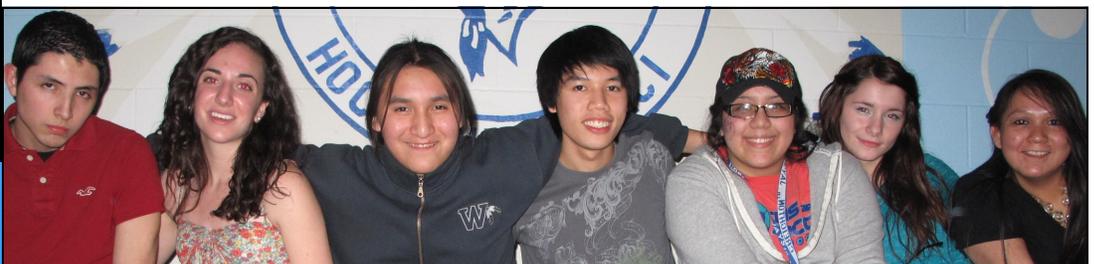
Second, once you have settled in with your new roommate, make sure you both set rules before you actually NEED rules! Usually, new roommates settling in are on a joyful and excited high of starting a new life, so that they don't feel the need of setting rules because they don't want to be looked upon as a prick or maybe even a prude. But setting simple rules that deal with cleanliness and privacy never hurt, and I can assure you, you and your new roommates will be thankful that you did this at the beginning rather than later year.



Renee is ready for a night out!



Hanna jumping in the Winterfest bouncing castle .



Spot light on Matt Wilson *By Viet Do*



Matt being helpful but still smiling for the camera.



Matt happy after a long day of service.



Marissa Begay holding off the Winterfest rush!

Matthew Brooks Wilson, AKA Matt or Matty, is a freshman at Creighton University majoring in chemistry with a minor in Native American studies, and is aiming towards dentistry for career.

Matt was born in Mission, SD. Two important and interesting things he does outside of school is staying close to his family and eating sushi. His favorite type of music is alternative rock, and his favorite song is "Have Faith In Me" by A Day to Remember.

When he considered which college of several to attend, he decided to go to Creighton University because of their renowned dental program and the great community that exists on campus. Two of his favorite professors at Creighton are **Dr. Rudy**, who is nice and understanding, and **Dr. Huss**, who makes psychology very interesting.

At Creighton, Matt is involved with the Native American Association (NAA), MAPS, RAISE, pre-dental society, SSS, spring and fall

Rosebud Immersion trips He is co public relations of NAA. He is also a recipient of the Gates Millennium Scholarship and was featured in the Native American Outreach Video.

His most embarrassing moment occurred at Creighton during the second week of school. He was playing catch and his shorts ripped; but this didn't deter him. He changed and got right back into it. One of his greatest achievements so far is surviving the first semester of college.

One unique thing about Matt is his Indian (Lakota) name: Maka Blu, which means Fine Earth. It means that his mind is not focused on one thing but is everywhere; analogous to sand or dust.

Matt, a member of SSS, enjoys the community and people within SSS and the values it stands for, which are supporting the needy and the less fortunate. One of his favorite things about SSS is that it is a good place for relaxation and serves as a chill spot for stressed out students. Some of the benefits he receives from SSS

is getting help finishing his résumé, FAFSA, and keeping him on the correct academic track.

Looking into the future, the ideal job for Matt is being the head of his own dental clinic on the reservation. He also has a goal of becoming fluent in his native language Lakota.

If he won the lottery, Matt would give most of his winnings to his family and save the rest for professional school. With a time machine, Matt would travel to the time of Columbus and sink Columbus's ship. If he could be any superhero, Matt would choose to be the Avatar, able to control all the elements to protect the environment. He would become the ultimate environmentalist. A movie title that would explain his life is "Matt Wilson versus The World," and Adam Beach would be the actor who would play im.

Matt's best advice to others is **"To try new things, don't be afraid, get out of one's comfort zone, and live life abundantly."**





Marissa Begay running the Jump Shot booth at the Winnebago Winterfest.



Josh Pieper with his Winnebago Immersion host mom, Ms. Shelly Bear.



Emmanuel teaching important survival tactics.

MAGIS *By Samantha Riley*

One of the Jesuit Values is **MAGIS**. This is a Latin word that contains the concept of “more”. MAGIS embodies the idea of discerning “**what is the best choice in a given situation to better glorify or serve the Lord**”, i.e., choosing between options encountered in life by having a primary focus of being “God-centered”.

MAGIS does NOT mean to always do or give “more” to the point of personal exhaustion. It is a value central to Ignatian spirituality and encompassed by the Latin phrase “**Ad Majorem Dei Gloriam**” meaning “**For the Greater Glory of God**”.

Three of our students in SSS have explained how Magis has inspired them during their time at Creighton.

way we appreciate nature to the way we think. Before coming to Creighton, I was not a devoted believer, and it was difficult to see why everything I did was in a way related to God. Now at Creighton with the opportunity to meet others who see God and preach God, I can finally say that God has become the center point of my life. I know and can see God in my classes from science to English. Indeed my years here at Creighton and after I hope to continue to embed God into my life.



Paul Wu:

In what ever activities I do, I always give 100%. If there is an obstacle in the way, I will not give up until I have reached that goal. People might call me an overachiever, but I'm not. I am simply a hard worker. The quote I live by is that “Be better that you were yesterday.” In order to make progress you have to be better that you were before. This does not come easy, it takes prodigious effort.

Adrian Vega:

Magis is defined as “What is the best choice in a given situation to better glorify or serve the Lord.” When I read this phrase, I think of seeing everything through the eyes of God, from the



Elena Rodriguez:

It is winter, and everyone is in the holiday spirit. We are all getting our Christmas list started and wishing we are on the nice list, but what we don't realize is that we don't see the true meaning of Christmas. During the holiday season there is more to just gifts. We need to be compassionate and do service that benefits the greatest number in the community. We should make a difference by spending time with people. During this holiday season when people might not be able to feed their family or are living in hard circumstances, we should make the effort to put a smile on their faces. God wants more from us, God wants us to be aware of the issues that are going on around us everyday that we usually chose to ignore. Do more during the holiday season by showing people the true meaning of Christmas.

Student Support Services

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**“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*

If you have not completed the FAFSA it needs to be done. Copies of your and your parents W-2s and 1040s need to be in the financial aid office, or they will not process your award. Remember to do the verification form for the Financial Aid Office. The form is on their web page. We have 74 students with their FAFSA done. Be sure your copies are in the Financial Aid office too. We have 33 students walking during graduation this May. Congrats! Please make sure you complete the Creighton surveys and stop by Harper to complete the SSS exit survey.

Everyone should have scheduled their Midterm meeting.

Arts and Sciences freshmen remember you can select Karen Thurber, Denise Le Clair, Tami Buffalohead-McGill or

Wade Pearson as your pre-major sophomore advisor. If you need help with registration, please see Karen

Workshops:

April 1st: Blue Planet, Holland Performing Center

April 3rd: Lemony Snicket's The Composer is Dead, Holland Performing Center

April 5th: Compania Nacional De Danza 2, Holland Performing Center

April 7th, and April 14th: Fourth grade tours of campus

April 8th: Roger and Hammerstein, Holland Performing Center

April 8th: Diversity Retreat, Carol Joy Holland Retreat Center

April 12th: Recognition Reception, free

food, everyone welcome, honor our seniors

April 20th: SSS Potluck

Karen Thurber



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