

September 2010



Sue Selde, Monica Ibarra, Monica's mom, Dr. Howell and Dr. Lazure are there to support Monica when she received the YWCA Tribe to Woman Young Leader Award.

Hoots and Salutes



Congratulations to **Monica Ibarra** for being selected as the IRHG senator for Davis Hall. She was also selected as a panelist for "Partners in Diversity: CU students in Action" 2010 Health Science diversity Day student Panel. Way to go!



Congratulations to **Adrian Vega** who was elected as his 2nd floor

representative in Gallagher Hall.



Congratulations to **Richard Ho** for receiving the USA Funds Scholarship.



Congratulations to **Patrick Lam** for receiving the USA Funds Scholarship.

Congratulations to **Alicia Amedee** who was an intern for Fraser Stryker Law



Firm this summer. She also had a beautiful baby boy on May 6th who is now 4 months old.

Congratulations to **Audri Edmonds** for having her Sculptural Art piece on display in the Multicultural Affairs Office.



Adrian Vega and Ager



Semir Demirovic has accepted a position at Bergan Mercy Hospital in Omaha, NE.



Michael Beverly, Jr. is now working as a Credit Analyst at Teynor State Bank in Teynor, IA.



Jessica Lee is working as a Dental Assistant.



Alpha Opese has been accepted to the University of Iowa Public Health to study Epidemiology.



Congratulations to **Kim Cragun** for her job at Eye Masters.



Xai Vang is working as an Intern for Lee Terry in Washington DC.



Melissa Choi accepted a job offer at Mercy Hospital in Council Bluffs, IA.



Chadi El-Khoury is attending to the University of Missouri in Kansas City for a Masters in Dance.



Congratulations to **Lorena Zamarripa-Lovo** who is a Graduate Assistant at University of NE Lincoln.



Rocio, Carmen and Steele



Emily Donovan accepted a position as a nurse at St. Jude hospital.



Trang Hoang is participation in the JVC program in Boston, MA.

Congratulations to **Shakilah Hill** who is a first year law school student at Creighton's Law School.



Congratulations to **Guillermo Guzman** who is a first year law school students at Creighton's Law School.



Meredith Keith is apart of Youth Emergency Services.

Congratulations to **MeLitta Wilson** is teaching at Walnut Hill Elementary School.

Jordane Choquette is a nurse in the progressive Care Unit in Hastings Hospital.

TRIO
STUDENT SUPPORT SERVICES



Jessica Swisher

Spotlight on Jessica Swisher by Viet Do

Jessica Swisher, or Jess, was born in Page, Nebraska. She went to O'Neill Saint Mary High school in O'Neill, Nebraska. She continued onward to University of South Dakota in Vermillion where she received her undergrad bachelor of science in alcohol and drug abuse studies. Currently, she is finalizing her internship and working on her master of science in human services from Bellevue University. Some of her work history includes working at Boy's Town as a behavioral health technician, work for the Ponca Tribe of Nebraska as a youth prevention specialist, and also worked for YWCA as an unemployment first case worker.

She decided to work at Creighton University as the new educational outreach and retention specialist so she can help students have a great college experience. The one thing she looks forward to the most about her new position is the interactions with the

students in a college setting and helping young adults navigate their future. Jessica will create a higher awareness for the Gates scholarship and help facilitate the application process for students that are eligible to apply. For students that are Gate's recipients, she is hoping to reduce the barriers in order to complete their degree.

Outside of work, she enjoys taking her dog, Neko, to the dog park and cooking. She also enjoys traveling with her husband to as many new places as possible.

Her greatest achievements so far is graduating from college and going onward to pursue her Master's degree. One unique and extraordinary thing about Jessica is that she came from quite a diverse background; Filipino, German, and Irish. One quality about her family is that they value higher

education very much.

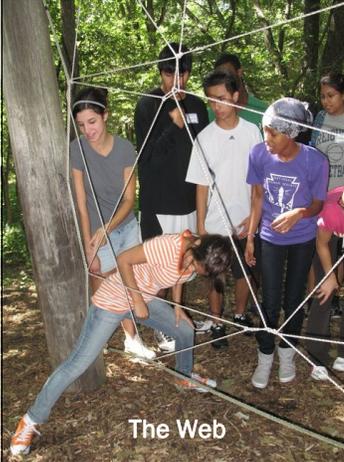
The most exciting/interesting place she has ever been is Europe. She went on her high school trip. She visited Austria, Switzerland, France, and England.

Her most prized possession is a dollhouse her grandfather built for her. It's of great importance to her because it reminds her of her grandfather and the special relationship they have.

The most fun she ever had was during college and living at her sorority house, Pi Beta Phi.

If she won the lottery she would definitely try to take care of the people close to her, and then take some time off to see the world.

No superhero comes to mind but she would like to have the super hero power of flying or invisibility. The number one advice she can give is **Just set your sights/goals high and work**



The Web



The ropes course crew .

Paving the Way *by Adrian Vega*

Indeed we began our journey as SSS Students with the opportunity to go on a ropes course, which allowed us to not only meet each other, but also learn of our strengths and accomplishments. From climbing the wall of aspirations, to doing the free fall of trust, all of the SSS students faced their fears and were able to trust one another not only to complete the course, and to encourage their teammates to do the same.

Creighton is inspired by the Jesuit beliefs of "Cura Personalis," which means the care of the individual person. At SSS all the Staff are dedicated to helping all the students by giving them the

proper tools to succeed and to feel at home at Creighton.

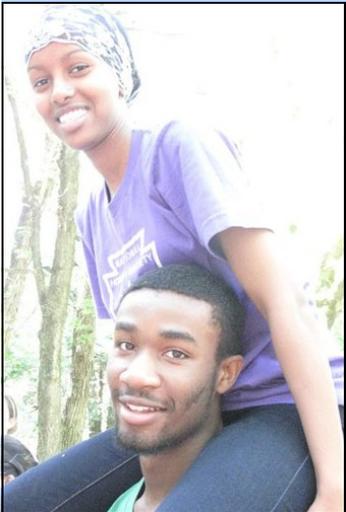
As a participant of SSS I can say for a fact that this was a great experience to find myself and meet individuals with the same interests. Indeed because of this trip I was able to create some strong friendships.

Now I know that sometimes retreats may sound boring and overrated, but indeed the ropes course was the total opposite. With countless laughs, smiles, and bumps in the head from flying balls,

every one made it a memorable experience. I have to say that when it comes to interacting and mingling SSS did a great job. Even the food and drinks that were provided allowed an opportunity in itself for a bonding experience as we conversed and shared while dining. The year surely began with a bang and there is no doubt that SSS will have plenty of more crazy fun



Nam and Jeremy are part of the group that form the base to solve the problem.



Amal and Chevis also form the foundation.



The ways of SSS *by LeBree Perry*

To fully enjoy your Student Support Services experience there are a few things that need to happen first. Don't worry all these things are easy and fun. First, enter the office and greet Sandy and your fellow students. Second, and the MOST important STOP and have your ID card swiped or sign in. This is very important as it helps us receive grant money for our program. Therefore, for you to be here using the different services provided we must have documentation of that. Third, go ahead and enjoy all the fancy services we offer: tutoring, the computer lab, study rooms, and of course our lovely advisors.

Now here are the top four reasons why you should come to Student Support Services. There are amazing study rooms located all throughout the office. They provide a quiet and comfortable place to study with minimum distractions. SSS, offers fantastic tutoring that is sure to help improve your studying, and let's not forget our lovely staff. We have Sandy who warmly greets you at the front desk when you come in. There is Pat and Rich who offer you amazing tutoring skills as well as a good laugh. Don't forget to stop by and say hello to Wade. Need a little extra help with writing that English paper, well stop and see Denise.

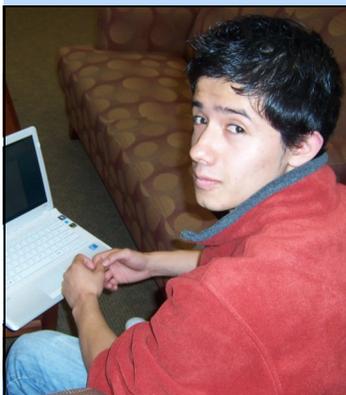
Then we have Karen and Tami who will make sure your SSS experience is great. Last but not least, the most exciting thing a college student could ever hear is we offer FREE printing. Don't get too excited and abuse this privilege

At this point you should be convinced to spend your every minute in the Student Support Services office. Make sure you stop by, do some studying, go to workshops or just plain hangout. SSS is open 8:00am- 9:00pm Monday thru Thursday and 8:00am-4:30pm Friday. So come see us!

Supplemental Instruction and Tutoring



Renee Yacoub loves working in SSS.



Jorge Jaramillo studying.



Rich and Marissa focusing on the sciences.



Nermina studying math.

Resource	Subject	Day	Time	Location
Rich Jehlik	CHM321 BIO211/362	Tuesday & Thursday (for other science subjects set an individual appointment at 402-280-2167)	11:30 am– 12:30 pm 5:30 pm–6:00 pm	SSS Living Room
Emina Becirovic (SI for Mattson)	CHM203	Monday Sunday	6pm-8pm 12pm-2pm	SSS Room
Jessica Bakhit	BMS111	Wednesday 402-429-6773	6:00 pm– 8:00 pm	SSS Room
Susan Tracy	THL100	Thursday	5:30 pm-7:30 pm	SSS Room
Kathy Daotay	NUR 351/371	Friday	1:00 pm-5:00 pm	SSS Room
Eric Ritz	ACC 201/202 ECO 203/FIN301	Tuesday	4:00 pm-5:00 pm	SSS Study Room
Daniel Higgins	BIO317	Call for Appointment	712-299-1255	SSS Study Room
Yan Dan Chen (all professors except for Mattson)	CHM203	Tuesday & Wednesday 641-414-2700	5:00 pm– 7:00 pm	SSS Study Room
Pat Al-Greene	Math	Monday-Thursday (for other times call for an appt. at 280-2165)	10:30am-4:30 pm	Harper 4021
Denise LeClair	English	Monday-Friday (for best results call for an appt. at 280-2166)	8:30am -4:00pm (Except Tues/Thurs 11-Noon & 2-3pm)	Harper 4023



Rich staying late to help the gang prepare for the big test.

Spotlight on Jimmy Tran *by Alicia Amedee*



Jimmy rockin a suit.



Jimmy enjoying the sun by the beach.



Jimmy spending time at the beach with his niece Ashley, and nephew Austin.

Jimmy Bao Tran is a sophomore at Creighton University. Jimmy is originally from San Bernardino, California, and plans to major in Environmental Science.

Jimmy's dream job is to be in a career that involves helping the environment and people. He wants to bridge the gap between the study of environmental health and environmental toxication. He was made aware of Creighton by a friend of his who knew of the university. He chose Creighton because of its excellent academic reputation, and because it is far from his home in San Bernardino.

Jimmy believes the move from freshmen dorms to living in McGloin was a major upgrade. Since he has been at Creighton, he has participated in a spring break service trip through CCSJ. He also volunteered at Habitat for Humanity, joined Alpha Phi Omega (a service fraternity), and is currently a CSU Arts and Sciences Representative. In his spare time, he enjoys getting to know people better and spending time with his friends.

Jimmy's favorite professor is **Professor Martinelli** who taught atmospheric science, but resigned from Creighton's staff last year.



Jimmy and his family

Jimmy says Professor Martinelli was interesting and told interesting stories about his weather chasing experiences.

Jimmy joined SSS so he could receive help with his educational goals. He likes that SSS helps with financial needs, provides free printing, offers tutors, and counselors. He likes best that there is easy access between the SSS staff and the students. Jimmy stated It isn't complicated; the staff helps with any problems the students face and **"They push you when you get behind, and tutor you when you don't understand."**

Jimmy can listen to just about any kind of music, but he favors alternative and classic rock. The most fun he ever had happened in high school. His senior year he went to Harvard Model Congress in San Francisco, California. It was a week away from home, and he was with his best friends. They explored the city, ate great food, and experienced culture shock. With two older brothers and two older sisters, Jimmy is the

youngest of five. He loves his niece and nephew and he claims, "They are my life." His family supports him and they are proud that he is the first to attend college. His greatest achievement is that he still has his family support, even though the university is so far from home.

One goal he has is to passionately live a more environmentally sustainable lifestyle. He explains that it is an issue people toss out the window and deal with too late. "If I live this way I'll be able to set an example for other people and focus on other issues as well," Jimmy states.

If he had a time machine, he would go back to the time when his Grandpa was alive and healthy. He would spend that time to get to know him because his Grandpa was the person who held their family together. If he had super powers they would be manipulating time, by time travel and making moments last longer (like changing a minute into an hour). If he won the lottery, he would give his parents money to pay off all their debt. He would also give money toward his niece and nephew's education.

His advice to us: **"Live for the moment. Don't think about past regrets or worry about the future. Enjoy the little things in life."**

Spotlight on Amal Barre *by Nermina Demirovic*



Amal at the SSS Soiree.

Amal Barre is a very dedicated and highly motivated freshman at Creighton University.

She chose to attend Creighton because of the support system for diverse students along with the science program that is offered here as well. On her Bio-Chemistry and pre-medicine path, Amal has goals of becoming an OBGYN. Originally from Marko, Somalia she hopes to one day be able to use her knowledge of the medical field to build health centers in Africa.

Nicknamed Amalina or my personal favorite carAmal, Amal joined SSS because of the services that SSS provides. She believes that through SSS the transition from high school to college will not be too overwhelming. Also, the supporting SSS staff will help her stay focused on school and keep her on the right track. Besides the SSS staff, Amal also enjoys



SSS, the Markoe Leadership Program, NAACP, and AFSA.

Amal comes from a big family located all over the world and in multiple countries. She is very grateful for what she has and how much she has accomplished so far. Even when asked what she would do if she were to win the lottery, she replied "donate." With a caring heart like that and motivation, she is bound for success.

Now I leave you with an embarrassing moment of Amal's and a few words of advice from her as well. An embarrassing moment Amal encountered was walking down the hallway and tripping on her own skirt, and of course meeting the floor. To make matters worse, it was the end of class time therefore, multiple people witnessed this. Oh no!

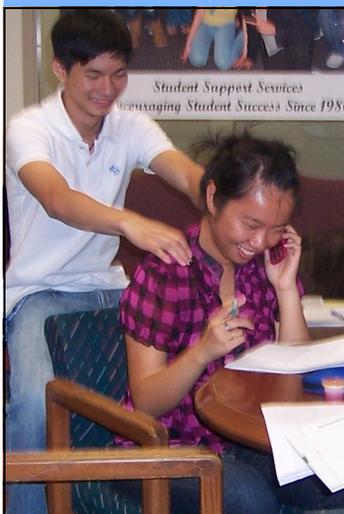
Amal's advice is **"Don't let anything hold you back. If you want something work for it."**

interacting with the SSS students. She finds that everyone is really nice and approachable and that the atmosphere around the SSS office is also enjoyable

Along with maintaining a 4.0 GPA in high school, Amal was involved in multiple extracurricular activities; such as volunteering at the local mosque. She has also earned multiple awards and scholarships, including the Diversity Scholarship, the ISED Ventures Scholarship, Ronald McDonald House Scholarship and more. Thus far at Creighton, she is involved with



Ruth Elias and Amal Barre.



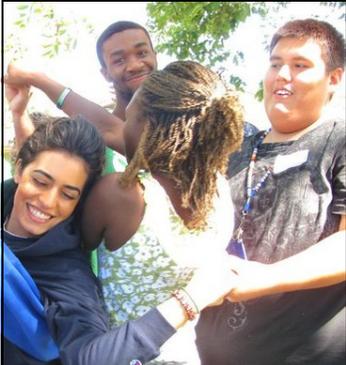
Jason helps Yan Dan study for her Organic test.



Spotlight on Ingri Saravia



The Human Knot .



SSS sticks together.



Unraveling the human knot through team work.

Ingri Saravia is the student worker from St. Peter Claver high school and she will be working in SSS every Friday and on some Wednesdays. You will probably see her mainly at the front desk, so introduce yourself!

Ingri is a junior in high school, and she was born and raised in Los Angeles, California. She plans to attend college after high school, but is still unsure about her major and where she wants to go. Ingri said her dream job is to be a fashion designer, and one thing she wants to accomplish in her life is to write a book. Her school chose Ingri to work in SSS, but Ingri is still unsure about working in SSS because as she said, "it is only my third day working here!" If she could work anywhere as a student, she would chose the Durham Museum just because it was her first job and it was "so cool."

When she is not in school



earning straight A's, which is Ingri's greatest accomplishment, she used to volunteer at the Sienna Francis house. Ingri also likes to listen to all types of music, except country. The most interesting thing that has happened to Ingri is when she was in California sitting on the beach and a seagull flew by and stole her food. After stealing her food, the seagull started squawking at Ingri, the most upsetting part is that she had no more money to buy more food so she just took a walk on the beach. In fact, the most fun Ingri had was when she visited her grandparents in California.

The most embarrassing thing that Ingri ever experienced was when she and her friend were talking about places they wanted to go and rain forests they wanted to see. Ingri's friend said that she would like to visit Brazil, then Ingri said "I would rather go to the Amazon rainforest because it is better than Brazil," not realizing that the Amazon rainforest is in Brazil! If Ingri ever won the lottery she would use the money to travel around the world. If she was given access to a time machine, Ingri said she would like to "go to the future to get past high school." If Ingri could be a super hero, she would be Storm and have her powers stating that, "Storm has the coolest powers because she can control the weather." If there was a movie about Ingri's life, Ingri doesn't know what it would be about or who would play her, but she wants to be the director yelling "cut" at everyone.



Special Cultural Events & Workshops



Friendly competition during the SSS Orientation 'Family Feud' game.



Ryan Wong officiates the 'Family Feud' Game.



Mikhail Abad.



Marissa Begay and Victoria Tsosie.

Here are some upcoming Cultural events to mark your calendars for October. They are **FREE** and we can take up to 20.

Fri., October 1. **Bus. Resume Workshop.** 2:00 to 3:00 pm Career Center, Harper 2015

Tues., October 5th Career and **Post Grad Volunteer Fair.** 12:00 to 4:00pm Harper Center Ballroom.

Wed., October 6th **Interviewing Workshop** 3:00 to 4:00pm Career Center Harper 2015



Wed., October 6th **Graduate School Preparation** 3:30 to 4:30pm SSS Conference

Thurs., October 7th **Graduate School Workshop** 4:30 to 5:30pm Career Center, Harper 2015

Fri., October 8th **Interviewing Workshop** 2:00 to 3:00pm Career Center, Harper 2015

Fri., October 8th Cultural Event **Michael Cavanaugh, music Omaha Symphony** 8pm Holland Center



Fri., October 15th Cultural Event. **Boston Brass / Imani Winds "Sketches of Spain -part of the classical series** 8:00pm Holland Center

Sun., October 17th-Saturday 23rd **Gates Immersion trip** Winnebago NE, AZ, or SD Whole Week

Mon. October 18th to 22nd **Fall Service Trip with CCSJ** TBA Whole week

Wed., October 27th **Inroads Internship Presentation** 3:30 to 4:30pm Harper center, 4008

Fri., October 29th **Food and Fun** 7:30 to 11:30pm Scary Acres



Fri., October 29th Cultural Event **Diavalo with the**

Omaha Symphony 8:00pm Holland Center

Fri., October 29th **Internship Forum** 3:00-4:00pm Harper, Career Center 2066



Fri., October 29th 3:30 to 5:30pm Personal **Statement Workshop** TBA

Sat., October 30th 9:00 to 11:30am **Gates Essay Assistance** SSS Computer Lab

Wed., November 3rd 11am to 3pm **Major/Minor Exploration Fair** Skutt Student Ballroom

Fri., November 5th 7:30am to 2pm **Business Symposium** Qwest Center

Sat., November 6th 9pm **Peer-2-Peer Bowling** Kelley's Hilltop Lanes

Mon., November 8th 2:30pm to 3:30pm **Financial Literacy** SSS Conference Room

Wed., November 10th 11am to 4pm **Intercultural Expo** Skutt Student Center Ballroom

Chocolate-Peanut Butter Cake

by Alicia Amedee

If you want something sweet, or you're looking for something to make for someone with a sweet tooth, I have just the thing. Chocolate-peanut butter cake is all you need to please. To make it first you must ensure that you have all the ingredients. You'll need: 1 pkg. (2-layer size) devil's food cake mix; 1 pkg. (8 oz.) Philadelphia Cream Cheese, softened; 3/4 cup Powdered sugar; 1/2 cup

Creamy peanut butter; 1 pkg. (8 oz.) Cool Whip Whipped Topping, thawed, divided; 6 squares Baker's Semi-Sweet Chocolate.

The next step is to make it and here are the steps:

PREPARE cake batter and bake in 13x9-inch pan as directed on package; cool completely.

BEAT cream cheese and sugar in large bowl with mixer until well blended. Add peanut butter; mix well.

Blend in 1 cup COOL WHIP; spread onto cake.

MELT chocolate as directed on package. Mix with remaining COOL WHIP; spread over cake. Refrigerate 1 hour.

This is a great desert to serve at a party because it can serve 24 people. For substitutes you can use Philadelphia Neufchatel /cheese and Cool Whip Lite Whipped Topping. All there is left to do is eat and enjoy.

Student Support Services

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<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

Interviews and Resume Assistance, schedule now. Remember all SSS participants must have an updated resume on file.

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, and Rich respectively. The office will email each student individually to let you know who to see this semester. Sandy and work study may be calling you to set an appointment. Keep up the great work.

Spring 2010 registration:

[Nov. 3, 4](#) - Seniors,
Pharmacy/Health Professions,
Graduate

[Nov. 5, 8, 9](#) - Juniors, Pharmacy and
Health Professions

[Nov. 10, 11, 12](#) - Sophomores

[Nov. 15, 16, 17](#) - Freshmen and Special

December Graduates,

Please apply to graduate by October 14th through NEST.

Remember to sign up for recommended campus events for workshop credit. Remember to email Karen a summary of the event with the date for workshop credit.

Juniors: redo resumes and schedule Appointments to do mock interviews for graduate school and internships.

Sophomores: Please email Karen your Strength Quest codes if you have not done so.

First Year: You are great for completing Orientation, group 1 and group 2 meetings. We will do midterm meetings during the week of Oct 26th.

Some Of you have already scheduled a meeting. 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.

Have a great fall break, enjoy, rest, and delete emails.

Karen Thurber



**SSS Assistant Director
and RSP200 Advisor**

Harper Room 4017

Phone: 402-280-3007

Email: karenthurber@creighton.edu