

SSS



STAR

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TRIO

Student Support Services Federally-funded TRiO comprises various programs, which, since 1965, have promoted opportunity in education. Student Support Services (SSS) has served almost 1000 participants at CCC&TI since its inception here in 1993. Its mission is to provide opportunities for academic development, assist students with basic college requirements, and serve to motivate students towards the successful completion of their post-secondary education. Visit www.cccti.edu/sss for more information. Educational Talent Search (ETS), launched at CCC&TI in 2002, currently serves 600 middle-school and high-school students. Its mission is to get academically talented Caldwell County students enrolled in college. Visit www.cccti.edu/ets for more information. For further information on TRiO programs, please visit www.ed.gov.

Meet Ms. Jane Abernathy: The Newest Addition to TRIO/Student Support Services

By Shannon Withers

Jane Abernathy is the newest counselor with TRIO/Student Support Services. She began working here on January 3, 2005. Jane received her undergraduate degree from Appalachian State University and her graduate degree from Liberty University. One of her previous jobs was a Clinical



Supervisor at Sipes Orchard Home; there she ran a program for preschoolers with emotional behavior disorders. The age range was from birth to age 5. When she was in graduate school she was a graduate assistant and worked with undergraduate and graduate professors on campus and she also worked with the distance-learning students. Their age range was from 18 to 70 years. That is when she fell in love with the educational program.

Jane is currently a Licensed Professional Counselor. Not only does she work here at school, but she also has a small private counseling practice one night a week. Jane is originally from Catawba County and graduated from Newton-Conover High School. She is single and has no pets. Her favorite color is purple. She has two brothers and 4 nephews. She loves to read and to go hiking. She works out, and you could probably find her in the gym every night. She is also involved with her church. Her favorite television show is 24, and she likes to watch the Amazing Race. She likes to travel and has been to the Bahamas, California, Colorado, and Alaska.

Jane's father was a first-generation student, and she is actually the first female from her family to go to college. She is excited to be here and enjoys getting to know all the students in TRIO/SSS. She wants us to be patient as she gets to know our names. She wants to help us succeed in any way that she can. Her door is always open and if she can't answer something herself, she will find the answers. Our success is important to her.

Melissa Davis: Going the Extra Mile

By Kelly Harrison

It is a joy to interview members of the CCC&TI faculty and staff. Learning about the instructors' experiences and their interests can help each of us make applications to our own lives in order to be successful. In this regard, I recently had the pleasure of interviewing Melissa Davis, winner of the Great Teacher Award.

An instructor of mathematics, Mrs. Davis earned her BS degree in Mathematics-Secondary Education with a minor in Physics and a MA degree in Mathematics Education, both from Appalachian State University. Before coming to CCC&TI she taught at Hickory High School for eight years.

When told she was the winner of the Great Teacher Award, Mrs. Davis had humble comments, stating "The other instructors worked hard. They inspire me, which is why I love working here."

Mrs. Davis has several hobbies, including gardening, weaving baskets, and playing the piano. She also enjoys taking classes here at CCC&TI each semester. The class she has this semester is a piano class.

Congratulations to Melissa Davis on winning the Great Teacher Award. She goes the extra mile.

Esquina Española por María Punch

Estoy muy contenta de ser parte de este programa. En el TRIO/SSS he conocido a mucha gente buena y amigable. También la energía y el apoyo que cada persona da me han ayudado mucho a ver las cosas diferentes en el motivo positivo. Gracias, TRIO/SSS, por ayudarme no solo a mí pero también a mi familia y amigos(as).



TRIO Deli Comments By Bradley Saunders

At the January 18th TRIO Deli, Heather Lovins said not as many people came as usual, but she was happy for the opportunity to meet new people. Heather observed that oddly, more students attended this particular TRIO Deli than instructors. During most TRIO Delis the participation of students and faculty is equal. Shannon Withers reports that, "I always enjoy the TRIO Delis because they give me the chance to meet some instructors that I may not have had the chance to meet before. It helps to get to know some TRIO/SSS students as well." In addition, Reeva Greene reports, "I enjoy the TRIO Deli...because we the students have the opportunity to learn of the strife and triumph of each other in college and at home."

I greatly enjoyed the opportunity to join the TRIO Deli at the Watauga campus of CCC&TI on January 20th. It was great to meet new people and to visit a campus I had never been to before. I was overwhelmed with how much the Watauga campus gets accomplished within such a limited space. Even with the small size of the school, the staff was doing tremendous work! I appreciated the chance to see a different campus and see that TRIO/SSS is helping so many students, including Watauga students.

Inspirational Quote

*"To achieve great things
we must live as though
we were never going to
die."*

Heather Turland



How to Survive Bad Valentine's Day Gifts

By Shannon Withers

Everyone is accustomed to the typical Valentine's Day gifts: cards, candy, nice romantic dinners. Almost everyone can remember the one bad gift that they have received. Here is a list of especially bad Valentine's Day gifts that TRIO/SSS students have received and how to survive if you happen to receive a bad gift.

Examples of "bad" gifts that TRIO/SSS students have received:

1. A nice piece of jewelry that your significant other had originally bought for their ex.
2. An I.O.U.
3. The card that says, "I only got you this card because I knew that you expected it."
4. Nothing at all
5. Chocolate, when your significant other knows that you are allergic.

If you receive the jewelry, my advice would be to end the relationship. If you receive the I.O.U., you have the right to be upset because technically, your significant other has from Feb. 15 the previous year to Feb. 14 to buy you a gift. If you receive the card, it may be helpful to laugh at it but take the time to remind him/her to improve their

ability to pick out cards. If you received nothing at all, keep in mind the unemployment rate and that Christmas just passed. If you receive chocolate when you are allergic, it might be best to thank him/her and put it in a candy dish on the coffee table so visitors can enjoy it.

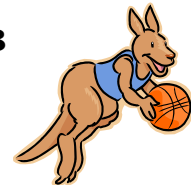
Just remember that when you shop for someone else to get something that you would enjoy as well. Try to put lots of thought into a Valentine's gift. This is your opportunity to show him/her how much and how often you think of them.

Overall, the best advice we can offer is always try to be gracious when receiving. Remember it is the thought that counts—unless you get jewelry meant for the ex.

Intramurals

Attention TRIO/SSS students! If you are looking for a little entertainment between classes, come watch your fellow students play each other in basketball. On January 27th, the Student Activities Department began hosting intramural games in the gym. Seven teams are competing for the title of intramural champions. The seven teams are:

- 1) **FACULTY & STAFF TEAM**
- 2) **BIO MED CLUB**
- 3) **EBONY KINSHIP CLUB**
- 4) **BOBCATS**
- 5) **LAKERS**
- 6) **PHYSICAL THERAPY ASSISTANT CLUB**
- 7) **KINGS**



The games will consist of two 15 minute halves. The games start promptly at 12:15 and should last until 1:00. So come to the gym on Tuesdays and Thursdays to cheer for your favorite team!

Important Dates for SSS Students:

February, 2005

- Feb. 24 Intramurals, 12-1 pm, Gym
TRIO Deli, Noon, E 120
- Feb. 24-26 Men's Basketball, Region X
Tournament, TBA (Home)
- Feb. 24-26 *Wait Until Dark*, 8:00 pm, FPA
Theatre
- Feb. 26 *The Best Little Whorehouse in Texas*,
7:30 pm, Civic Center
- Feb. 27, *Wait Until Dark*, 3:00 pm, FPA
Theatre

March, 2005

- March 1 Intramurals, 12-1 pm, Gym (Team 6
vs. Team 4)
BMSA Meeting
Wise Up: "Writing the Research
Paper," Noon, Room F153
- March 3 Intramurals, 12-1 pm, Gym (Team 7
vs. Team 3)
CCC & TI Chorus Concert, 12:15
pm, FPA Theatre
Wise Up: "The Balancing Act:
Setting Priorities," Noon, F153
- March 5 *Etta Mae*, 7:30 pm, Civic Center
- March 7-11 Student Spring Break
- March 14 Curriculum Classes Resume
Paralegal Club, Noon
- March 15 Intramurals, 12-1 pm, Gym (Team 1
vs. Team 2)
Faculty Senate Meeting
BMSA Meeting



My First Generation Story

My name is Victoria Bryant, and this is my first generation story. I am the first in my family to go to college. I had always planned to but things just kept getting in my way. I thought I could just skim by and still make it. It took a long time for me to see that things were not going anywhere. I had two kids and was coming from a bad relationship, when it hit me hard that if I really wanted to do what was best for my kids, and I meant doing something about not having the education, I needed to get a good job to support my kids. I chose to go back and become a nurse. Don't get me wrong, this has been hard for me but it is all paying off already. I've not finished yet with school but I've learned more than I ever thought possible. I hope that others in my family look at me and want to go back to school and find that one thing that suits them. School can be for everyone. You just have to want it for yourself. For me, I want to finish and even go further in school. I will always be proud knowing I took the chance and went to college.

Victoria Bryant's story is among the 200 collected from TRIO/SSS and TRIO/ETS students for the TRIO First Generation Statement Campaign.

Inspirational Quote

"The primary purpose of a liberal education is to make one's mind a pleasant place in which to spend one's leisure."

– Sydney J. Harris

Group Activities and Updates

What are those TRIO/SSS students doing now?!

Helping, working, living, giving....

As you know, TRIO/SSS has created **eight new service groups** in which students can participate to bolster their resumes and applications while giving back to the CCC&TI community. Below, the activities of each service group are updated.

TRIO/SSS Alumni Group:

Group members assist in maintaining contact with TRIO/SSS alumni and planning alumni related events.

The TRIO/SSS Alumni Group met and decided on two priorities for their team. Priority one is a **TRIO/SSS reunion**, scheduled to happen on April 30, 2005 at the J.E. Broyhill Civic Center! This reunion has the potential of hosting upward of 1,000 TRIO/SSS alumni.



Priority two is a **new TRIO/SSS Alumni Scholarship**. This scholarship will be awarded to at least one TRIO/SSS student in need. The TRIO/SSS Alumni Group is moving fast with some innovative and amazing ideas! If you are interested in joining, contact Belinda Ballew-Schrag or Alice Lentz.

CCPS (Caldwell County Public Schools) /ETS (Educational Talent Search) Group:

Students assist in organizing and coordinating services as requested by CCPS.

TRIO/SSS students are gearing up to mentor senior TRIO/ETS students in the public schools. TRIO/SSS students have already begun mentoring at South Caldwell High School and plan to spread their knowledge to Hibriten High School and West Caldwell High School in the very near future. TRIO students unite!

Independent Women Groups:

These groups function as a support network for their members.

Independent Women has met only a few times so far this semester. Members describe the meetings as helpful, supportive, and fun. Happily, because more women responded than there



was room for in just one group, we now offer two Independent Women sections! Meetings are on Tuesdays or Thursdays at noon in A 210. Come join us!

Newsletter Team:

This team is for students who are interested in composing the new TRIO/SSS newsletter.



The Newsletter Team meets weekly on Wednesdays from 2:00 – 5:00. This group of students is an amazing team who really pushes themselves to gather, create, and organize information interesting to their TRIO/SSS colleagues. This team works hard to produce an incredible newsletter for you. They are getting all kinds of editorial experience! If you would like to join the TRIO/SSS Newsletter Team, contact Belinda Ballew-Schrag or any student editor.

Orientation Team:

These students help orient incoming TRIO/SSS students by providing an orientation day to TRIO/ETS students and

CCC&TI's own GED and Adult High School classes.

The team is currently working to plan the spring orientation for TRIO/ETS students as well as two separate orientation times to offer to the GED and AHS students.

TRIO/SSS Service Corps:

These team members organize and assist in the deployment of TRIO/SSS student resources across campus.

This semester students have decided to take on two major projects. Their first project will be to assist in raising money for tsunami relief. Secondly, Service Corps team members will assist Alumni Group members in organizing and hosting the first ever TRIO/SSS alumni reunion. Over 1,000 alumni will be invited.

TRIO Deli Group:

This group is responsible for the coordination and organization of all TRIO Delis.

The TRIO Deli team has put on yet another successful TRIO Deli for over 100 students and faculty members. Wow! Thanks, Deli team, for making all this possible! You rock!

If you haven't been to a TRIO Deli yet, you have to go! The next scheduled TRIO Deli is February 24 at 12:00 in E120.

Sign-up sheets are posted on the sign-up board at TRIO/SSS.

J.E. Broyhill Civic Center Group:

Group members assist in day-to-day activities associated with the J.E. Broyhill Civic Center, including ushering.

So far this semester, TRIO/SSS students have volunteered to usher several shows and are slated to assist with several more. Thanks to all the students who have volunteered their time and energy to help make going to the J.E. Broyhill Civic Center a special event for all.



New York, NY

By Matthew Gragg and Victoria Bryant

New York, NY: Usually the words are read as an address or written in bold letters on the front of a magazine. Some say it's the city that never sleeps, which it is. Others say it's so full of energy that one could never see it all for what it truly is. What will it mean to us, the students of TRIO/SSS at Caldwell Community College & Technical Institute? All that can really be said now is that there are many TRIO/SSS students waiting for the bus to pull out of the parking lot on May 14.



The idea to travel to New York, NY was proposed in the fall 2004 semester by a few TRIO/SSS students. They talked to their fellow TRIO/SSS students and before anybody knew it, there was an excited collection of TRIO/SSS students who were citing all the incredible benefits that could be derived from a trip to New York City. Apparently, the reasons were convincing since the TRIO/SSS staff have scheduled a trip to take place from May 14-17 for up to 30 TRIO/SSS students. Students will not only benefit from cultural experiences but also the opportunity to tour multiple exciting destinations in New York, including various colleges!

To view the sky line of New York City and its reflection off the Hudson River will be like that of a dream that can only be imagined by the most creative. As many TRIO/SSS students and Belinda met in the conference room to discuss the trip in January, the excitement built so high that we spent over two hours reviewing the itinerary and things of importance such as our safety and security. At the meeting Belinda spoke of how she would keep a bunch of students in New York City from getting scattered out. As adults we know to use and practice our best judgment to make our trip a safe and memorable event.

We are proud that TRIO/SSS will be representing CCC&TI and our hometown. This trip will be a great opportunity for learning as well as the chance to have a world of unforgettable fun. The design of this trip is not just be fun, but to be a fun learning experience for all who get to go. A highlight of the trip for me, and many of us, will be the chance to visit Ground Zero, where so many citizens and heroes lost their lives just being regular Americans. New York will show us all

NY continued...

unimaginable things and open a world of endless opportunity.

New York will be an exciting, educational, and emotional experience that many TRIO/SSS students would never get a chance to have individually. So, to be going on this trip truthfully is a chance of a lifetime. Those of you going, pack your bags and let's get this shindig on the road...

We will be sponsoring a few exciting fundraisers to help with the cost of our trip. We are planning a spaghetti dinner for our big money maker. The dinner will include salad, bread, and spaghetti. We will have dessert for those of us who have a sweet tooth and a drink will also be included in the price. The dinner will be held on March 17, 2005 from 11:00-1:00. We will be serving in the student lounge and the cost of a spaghetti dinner will be \$5.00. Our second fundraiser will be a 50/50 raffle. The date of the raffle is to be announced. We look forward to seeing you on March 17! Bring your appetite! We would like to thank all who helped make this trip happen!

Far Away From YOU
By Dana Nichole Miller



*Count the petals on each rose,
Only then will you know
How long I will love you*

*The thorns are sharp
Be careful at heart
For they represent
The time we've spent
Hurting one another
Baby's breath surrounds them
Stems of it here and there
For all the strength within
And all the love we share*

*Smell these flowers,
How fresh the air*

*And with each breath,
My heart is there
The fragrance and the scent
Show that I care
As long as you remember it
My love will be there*

*Roses are a sign of passion
Baby's breath a sign of purity
Both of these I give to you
With all my love's security*

*Right now my darling,
We may be miles apart
Yet my feelings, my thoughts, my dreams of
you—
Stem directly from the heart*

*The day is coming
For us to be together
I can only hope
It will be forever
I wrote this poem just for you
To let you know my heart is true
If time should pass
And we're not together
I just want you to know
My love is forever!*

On behalf of the newsletter team, we would like to congratulate Dana on the publication of this poem in The Anthology International Poetry Competition book series, printed every 3 months. The book will go to press on June 1, 2005. The special recognition poems and the top 3 poems will be announced on the website on June 1, 2005 as well. If you pass Dana in the halls, please take a minute to congratulate her on her accomplishment.

TRIO/SSS Students going about their daily lives.

Living, Learning, Caring, and Sharing



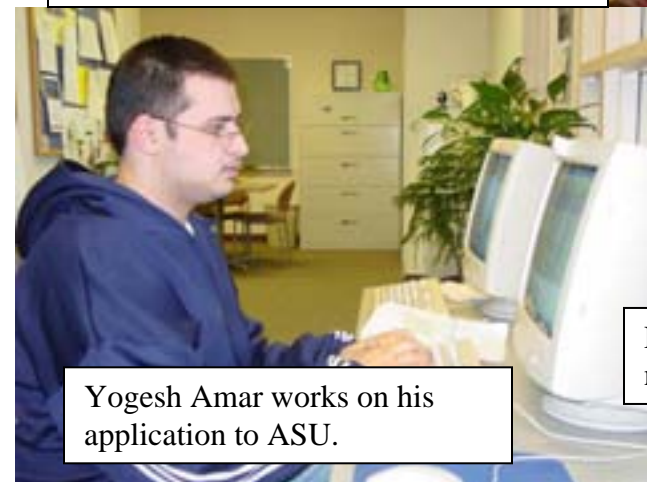
Debbie Holtzclaw distributes important information in SSS mailboxes.



Dottie Jones studies for Math.



Katie Clift discovers she is a Grandmother! Congratulations!



Yogesh Amar works on his application to ASU.



Reeva Greene types an article for the next SSS Star, be sure not to miss it!



Heather Lovins studies hard, as always.

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