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It is October! October means fall, football, family, friends, food and fun! In keeping with the spirit of football sea-



You have been in school for a couple of months, and now, close to midterm, you are revisiting the list of goals you set for yourself in August.

Some tactics you are using may not be working, yet others seem to be foolproof. You may need to try a new play to execute to the big W . the WIN!

First, decide what is your main objective, then scout out any potential obstacles, make a plan to attack those obstacles head on or go around. Lastly, keep your eyes on the end zone.

Remember, as you are adding to your playbook, to include teammates to help you reach your goal. Build a team of supportive family in your corner, trusted friends to block the haters, helpful instructors to coach you down the right path and, of course, a defensive line of SSS staff, mentors and tutors.

Get your rear in gear, and keep your head in the game! See you in the end zone!

from scratch and keep on scratch-
- Dennis Green

Mrs. Ruby Stewart

IF YOU NEED HELP IN CLASS,
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GET TUTORING

**WE'LL HELP YOU
KEEP YOUR GRADES
AWAY FROM THESE GUYS!**



SSS

learning to live and work together
in harmony



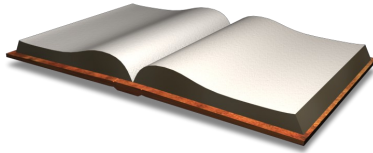
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Promoting

- Respect
- Trust
- Responsibility
- Tolerance
- Unity
- Acceptance
- Self-esteem
- Leadership
- Teamwork

Photo collage by Jan Curtiss



PARTICIPANT BIRTHDAYS



YAN-KOLOBA TEAM BUILDING ACTIVITY

On Thursday September 16, Program Assistant Stan Onyekwere introduced Yan-koloba, a fun team building exercise at an SSS Thursday activity.

Yan-koloba is a non-competitive game from West Africa with no winners and no losers. It can be played by up to 50 people. It reaches across cultural boundaries, teaching participants respect and teamwork, collaboration and responsibility, as well as promoting tolerance and trust and boosting self-esteem and leadership skills in a relaxed environment.

Sixteen SSS participants came to play, and learned that as the game went on, they felt a little closer to their teammates, understanding that they were all in the same learning position.

Since several students asked when we would do it again, we feel the activity was a successful one.



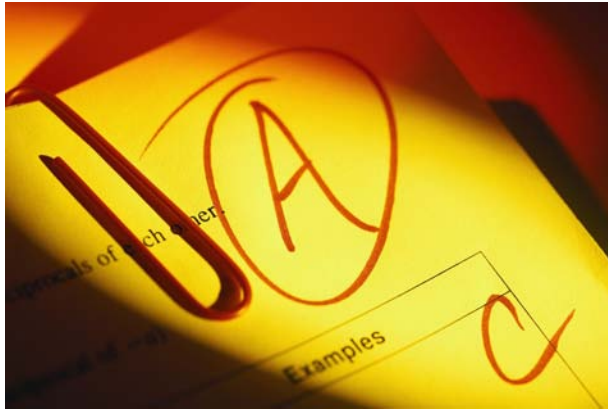
Darnell Franklin	1
Kiara Moore	1
Ronald Smith	1
Asia Francis	2
Katana Jenkins	3
Whitney Womack	4
Racquael Blanchard	6
Ammar Dyson	7
Dennis Wagner	8
Erik Williams	9
Caitlin Bartley	11
Talisha Gregory	11
Frank Oakley	11
Shekia Williams	13
Tiffany Kidd	18
Ashley Shoults	19
Jeremiah Barringer	20
Davion Thomas	20
Tamara Gavin	25
Rae-Mona Conner	28
Melvin Davis	31

Happy Birthday



RECIPE

Fruit Nut Trail Mix



Fuel your climb to that A!



Ingredients

- 1 cup roasted almonds
- 1 tablespoon maple syrup
- 2 shakes ground cinnamon
- 1 pinch cayenne pepper
- 1 pinch sea salt
- 1 cup roasted salted soy nuts (or any nut you prefer)
- 1/2 cup halved dried apricots
- 1/2 cup raisins (or any other dried fruit - i.e., cranberries [craisins], mango, pineapple, et cetera)

Procedure

Preheat oven to 350F. Line a baking sheet with foil. Toss together the nuts, maple syrup, cinnamon, cayenne and salt. Spread the mixture on baking sheet. Bake 10 minutes, stirring halfway. Cool, then put them into a bowl and toss them together with the apricots and raisins. Store in cool, dry place. Good over fresh yogurt.

(recipe courtesy Jeannie Eddy)



SECRETS

It's October, and you've been in school for about five weeks now. Midterms are looming close, and you're starting to question yourself. Can you do this? Are there any secrets that will make it easier? What about working faster? How can you make this work at this late date? Well, there's good news and bad news about that.

First, the bad news. There is no magic bullet. Everything your teachers have told you, everything you've learned in your University Seminar class, it's all true. You've got to do it the old fashioned way. Study. Work. Put your time where it belongs and take it away from the things that don't matter in the long run.

The good news is that it's not too late to fix it. Focus on the long term. For some of you, it's too late to worry about your midterm grade. For some it's not. The good thing about the message, those of you who are doing poorly in your classes, you can start work now to move the final grade upwards. Keep in mind that it is possible to lie to oneself and convince yourself you're doing better when it. If you haven't sat down and made that conscious decision to do better, it's not going to happen by itself.

You've got to sit down with yourself and make some choices.

First: What's important? Grades or partying and playing around? Contrary to what many people believe, you can't have both goals. You can do both, but you've got to have a priority system.



Second: Are you willing to dedicate some time just getting yourself caught up? This may take up some time you



normally dedicate to other things. TV and such may have to wait.

If you're willing to make these two hard decisions, are you willing to carry through when it gets really rough? It may. If you are willing, here's what you do.

Catch up. But you need a plan. Take an hour and sit down and write yourself up a task list. Write down all the assignments you're missing, all the tests you might have to make up, all the teachers you need to talk to. Then do it. Do it all. It can be done. Start those projects now, and as you carry them through. Remember the following.

- Begin right now, not tomorrow.
- Don't wrap your head around it today.
- You don't have to do everything all at once. You finish things one bite at a time.
- Focus on the next task. Don't look at the total. It can be overwhelming.
- When you're done with a thing, celebrate your victory. Catch a movie. Buy some shoes. Then get right back to work.
- You can crank up that grade, but you *cannot* wait any longer. Do it now.

You can do this. We have faith in you. And if you need help, SSS is right here, ready to help you get it planned and done.



TUTORS AT SSS

- Scott Chapman**
political science
- Rebecca Freet**
history
- Dominic McGregory**
science and mathematics
- Jakub Michel**
advanced mathematics
- Clark Henry**
psychology



SSS FULL-TIME STAFF

- MRS. RUBY STEWART**
Director, SSS
- MS. JAN CURTISS**
Intake Specialist
- MR. STAN ONYEKWERE**
Program Assistant
- MR. MARK WORTHEN**
Learning Specialist

SSS CALENDAR



**SSS EVENTS
OCTOBER**

- WORKSHOP: Using Multimedia Aids**
T, October 5th, 11:00 a.m.
- NO ACTIVITY - Homecoming**
TH Oct 7th
- WORKSHOP: Good Study Habits**
T, October 12th, 11:00 a.m.
- ACTIVITY: Get Fit, Stay Fit**
TH, October 14th, 11:00 a.m.
- FIELD TRIP: Service Learning**
TH, October 14th. 3:00 p.m.
- WORKSHOP: Personal Budgeting**
T, October 19th, 11:00 a.m.
- ACTIVITY: Open Mic Performance**
TH, October 21st, 11:00 a.m.
- WORKSHOP: Know Your Learning Style**
T, October 26th, 11:00 a.m.
- ACTIVITY: Halloween Mask Painting**
TH, October 28th, 11:00 a.m.
- FIELD TRIP: Service Learning**
TH, October 28th, 3:00 p.m.

