



DIRECTOR'S CUT

February is the month of “love,” as well as African-American heritage month. It is this time of year when people of all races reflect heavily on the changes our country has undergone over the years.



As a college student you enjoy being social, you work hard to meet your teachers' expectations, you prepare diligently for exams and projects and you anxiously await the day you will receive your degree at Reed Stadium with your family cheering you on from the stands. Life is good. This is what being a college student is all about!

Now, let's fast forward five years. Have you thought about life after college? Where do you see yourself? What aspirations do you have? The great men and women that we read about in our history books and honor on designated holidays were all forward thinkers. Learning, inquiring, inventing, studying and preparing should not stop on the day of graduation.

Have you ever heard the saying “To whom much is given, much is expected?” You owe it to yourself and all of those who have helped you get to where you are today to strive to be your very best. Leave a legacy of greatness. Start today. Visit Student Support Services in the Dawson Hall Annex to get the extra assistance you need to be successful. We

are here to support your dreams and help write your legacy. The best and the brightest never reach their goals alone.

So remember, “If you see a turtle sitting on a fencepost, you know it didn't get there by itself.” ~Alex Haley

See you soon!

Mrs. Ruby Stewart

THE GROUNDHOG SAW HIS SHADOW...



... LOOKS
LIKE SIX MORE
WEEKS OF WINTER.



BUT WHEN WINTER
COMES TO AN END,
WHAT WILL YOU BE
ABLE TO SAY ABOUT
YOUR GRADES?

**SIGN UP FOR A TUTOR NOW!
SLOTS ARE GOING FAST.**



STUDENT BIRTHDAYS
FEBRUARY



Draggs, Jaime	2
Howard, Alyssa	4
Murrell, Alicia	7
Fletcher, Trey	8
Hall, Jalisa	8
Smith, Shabre	8
Green, Tiara	12
Simmons, Joseph	12
Harwell, Jasmine	14
Jones, Jaleeah	15
Green, Arielle	16
McNeary, Demetraz	19
Naugles, Jessica	22
Cooper, Brandy	23
Gross, Anthony	23
Brantley, Marvin	24
Taylor, Tana	24
Newell, LeOndra	25
Torrence, KeJuan	26
Hannahs, Sierra	27
Barnhart, Christina	29



RECIPE OF THE MONTH:
QUICHE WITH A SPANISH
FLAIR

Ingredients:

- 4 tablespoons olive oil
- 1 pound potatoes, peeled and diced into 1-inch cubes
- 1/2 cups onion, preferably yellow, peeled and diced into 1/4-inch pieces
- 1/4 cups chorizo, finely diced into 1/4-inch pieces
- 1/2 teaspoons kosher salt (kosher is better for flavoring)
- 1/2 teaspoons fresh-ground pepper
- 4 eggs, beaten

Procedure:

1. Heat olive oil in a medium fry pan over medium heat. Reduce heat to low.
2. Add potatoes. Cook for 5 minutes. Turn potatoes with a spatula. Cover and cook until tender and soft, turning occasionally, about 10 minutes.
3. Stir in onion and chorizo and cook for approximately 4 minutes or until onion softens. Add salt and pepper. Stir.
4. Pour eggs evenly over potatoes. Shake the pan, cover, and cook 4 to 5 minutes until eggs begin to set.
5. Using pot holders, carefully flip the mixture by inverting the contents of the skillet onto a plate. Slide it back into skillet and cook until eggs are set on the bottom, about 2 minutes.
6. Serve warm, room temperature or cold.

Recipe courtesy Jeannie Worthen





TWO STUDENT SUCCESS STORIES

Joyce Waller

Joyce first enrolled into Lincoln after graduating high school in 2005. She stayed for two semesters until she was forced to return to Chicago to work. She spent hours working, squeezing in local classes when she could.

One day, she decided to return to Lincoln to **“finish what I started where I started it.”** In February of 2009, she moved back to Jefferson City for summer classes. That fall, she applied for the nursing program. As a **“caring, compassionate person with an aptitude for science and social studies,”** being a nurse was all she ever wanted to do.

After improving her grades by working hard and getting tutoring at SSS, she has just learned that she has been accepted into **Lincoln’s highly competitive** nursing school for 2011! We congratulate her and wish her well.

Joyce states that she couldn’t have done it without taking advantage of services like SSS while studying, working and raising a child. **“Get help from SSS,”** she advises new freshmen simply. **“It’s the best thing you can do.”**

Scott Chapman

Scott Chapman didn’t start out as an academic success story. In high school, he leaned more towards sports and away from school matters, such that he **“only made it to ninth grade, and then went into the military.”**

Then he had the auto accident that changed his life. The violent collision threw him 60 feet through the air, causing injuries which left him with a metal bar in his leg and several deep neurophysiological issues. Everyday activities we take for granted, such as communicating with others and moving around, became work, difficult, intimidating chores to be performed just to get through the day.

Scott recounts one experience where some employees at a popular fast-food chain publically made fun of his disability, the way he talked, the way he moved.

While volunteering with the homeless, he began to get a new feeling, a sense of being a part of something bigger than himself. He was told that **he could be someone special, that he was “too smart not to go to college.”**

So he enrolled, acquiring a 3.25 average, but he had to stop in his studies because of the recurring seizures caused by his accident. It took about two years for him to stabilize, but he finally found a neurologist who was able to help him.

That feeling of being part of something larger returned, and he went **back to college.** It **“kept him going”** when he no longer wanted to continue persevering. But the encouragement of his caseworker, Elizabeth Ferguson Watts, and a personal challenge from Governor Jay Nixon to keep a 4.0 average helped him keep his motivation as well.

He says he likes to help his fellow students, and one of his most interesting personal discoveries was that helping others study increases his understanding of the area in question. Says Scott, **“It makes you more thorough with it and more confident in the subject.”**

This last semester, he came to Student Support Services frustrated with a statistics class. He states that several listening ears at SSS as well as SSS tutor Jakub Michel helped him through a difficult time. He got an A in the class and a 3.786 cumulative GPA.

Scott believes in sharing the knowledge he has gained. **“If you can’t do something good with it, what point is having it?”**

We wish Scott every continued success in his endeavors and hope he continues to make SSS a part of his college career.





TUTORS AT SSS

The following tutors are available now!

MWALIMU CLARK

history

SABRINA GLEESON

mathematics

SHERRY JONES

accounting and business

ANTONIO LEWIS

political science

SARAH MAPLES

English

DOMINIC MCGREGORY

sciences

SALLY READER

psychology

TERRELL STRINGER

mathematics and music

MARIA VASKO

mathematics

STAN ONYEKWERE

sociology

MARK WORTHEN

English, Spanish

We hope to see you soon!



SSS STAFF

MRS. RUBY STEWART

Director, SSS

MS. JAN CURTISS

Intake Specialist

MS. TAMMY HARTLEY

Administrative Assistant

MR. STAN ONYEKWERE

Program Assistant

MR. MARK WORTHEN

Learning Specialist

SSS CALENDAR FEBRUARY

Upcoming Events in Student Support Services



Tuesday, February 2nd @ 11:00 a.m.
Time Management Workshop

Thursday, February 4th @ 11:00 a.m.
Activity: Valentine Décor

Tuesday, February 9th @ 11:00 a.m.
Workshop: Using Your Resources

Thursday, February 11th @ 11:00 a.m.
**Founders Day Convocation (bring
proof of attendance for activity credit)**

Tuesday, February 11th @ 3:00 p.m.
Trip: Samaritan Center Service

Tuesday, February 16th @ 11:00 a.m.
**SSS Field Trip Orientation and Discus-
sion**

Thursday, February 18th @ 11:00 a.m.
**Activity: Preparation for Black History
Trivia Contest**

Thursday, February 18th @ 5:00 p.m.
**Field Trip: The Sights and Sounds of
Atlanta**

Tuesday, February 23rd @ 11:00 a.m.
Workshop: Accudata Credit Service

Thursday, February 25th @ 11:00 a.m.
**Activity: Annual Black History Trivia
Contest**

Friday, February 26th @ 2:00 p.m.
**Activity: Reading to Grade School Stu-
dents**

Tuesday, March 2nd @ 11:00 a.m.
**Workshop: How to Use Multimedia
Presentation Arts**