Veterans Day 2012

Veterans Day originated as “Armistice Day” on November 11, 1919, the first anniversary of the end of World War I. Congress Passed a resolution in 1926 for an annual observance, and November 11 became a national holiday beginning in 1938. President Dwight D. Eisenhower signed legislation in 1954 to change the name to Veterans Day as a way to honor those who served in all American wars.

Statistics completed in 2011 show that 26.3% of veterans age 25 and older hold at least a bachelor’s degree. In comparison, 28.5% of the total population have a bachelor’s degree or higher. Along with this, 92.3% of veterans 25 and older have a high school diploma or higher in 2011 compared with 86% of the population as a whole. Among these veterans are some of our TRIO students here at NCSC. Following are details about the military service of some of our students:

- **Sharon Baker**, Specialist United States Army, 1993-1996
- **Kyle Borders**, Active Army, 2005-2010, deployed to Iraq and Kuwait
- **Charles Bryant**, U.S. Navy, 4 yrs. in Vietnam
- **Ken Moore**, U.S. Army Reserves, 21 1/2 yrs., Operation Desert Storm/ Gulf War
- **Jonathon Schrack**, U.S. Army and U.S. Navy, 7 1/2 yrs., deployed to Iraq 3 times

A student veterans’ club is active on campus and is open to all members of NC State as well as OSU Mansfield. The club’s advisors are Amanda Kaltenbaugh, 419-755-4723, and Bob Gibson, 419-755-4018. Group meetings are usually held in the Eisenhower Coffeehouse. Contact either of the advisors for details. The club’s mission is to provide military veterans and their families with the resources and support necessary to achieve their academic goals and gain meaningful employment.

We applaud our student veterans in recognition of their service to this country!

(Continued on page 2 — Information about NCSC staff/family members who are veterans.)

Source: http://factfinder2.census.gov

Remember to vote on Election Day, November 6, 2012!
7 Simple but Effective Productivity Tools:

1) **A Password Manager**—helps keep track of online passwords; some even auto-fill the login forms. RoboForm is a very popular password manager: [http://www.effexis.com/recommends/RoboForm/](http://www.effexis.com/recommends/RoboForm/) and also KeePass: [http://keepass.info/](http://keepass.info/)

2) **Your Planner**—capture, organize, prioritize, plan and take action on all projects, tasks and activities. A planner software option for Windows is Achieve Planner: [http://www.effexis.com/achieve/](http://www.effexis.com/achieve/) Learn how to set up a planner and use it to get things done, check out the Be More Productive training program: [http://www.GoalsToAction.com/BeMoreProductive/](http://www.GoalsToAction.com/BeMoreProductive/)

3) **QuickJump**—quickly find and navigate to different folders in your PC for browsing and when saving files in Windows. Check out [http://www.GoalsToAction.com/recommends/QuickJump](http://www.GoalsToAction.com/recommends/QuickJump)

4) **"Text Replacement" Utilities**—for email replies, signatures, quotes and lots of other boilerplate text that you may need to type. Check out, Direct Access which reduces time consuming, repetitive tasks through the use of abbreviations for text replacement and application launching. [http://www.goalstoaction.com/resources/directaccess/](http://www.goalstoaction.com/resources/directaccess/)

5) **Reminders and Alarms**—get reminders for important activities, some software programs for this are absolutely free to use. You simply sign up for a free account, set the dates and activities you want to be reminded about, and they will send an email notification on the date and time you specify. One popular service is www.MemoToMe.com; or try an internet search for "reminder service."

6) **SimplyFile for Outlook**—if you use Microsoft Outlook as your email manager SimplyFile will help you clean up your Inbox. File Outlook email messages to the right folders with one click. Easily turn messages into Tasks and Appointments. Download SimplyFile and see the number of messages in your Inbox go down fast! [http://www.goalstoaction.com/recommends/SimplyFile](http://www.goalstoaction.com/recommends/SimplyFile)

7) **Organizational Tools**—If you spend a lot of time hunting for things you need because you’re swimming in a sea of clutter, consider investing in a few good organizational systems and tools. The extra organization and peace of mind may well be worth the extra expense. If you want to improve your time management skills FAST so you can take control of your time and get things done, I recommend you check out Be More Productive: [http://www.GoalsToAction.com/BeMoreProductive/](http://www.GoalsToAction.com/BeMoreProductive/)

Source: “Rodger Constandse/Goals to Action” <newsletter@goalstoaction.com>

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**Veterans Day 2012 (cont. from page 1)**

Many of our NCSC staff or family members are veterans and some are currently serving in the military. We commend them for their service! Following are details that we learned about a few of these individuals:


**Molly McCue’s husband, Colonel Gary McCue**; currently serving in the Air Force with the Air National Guard, works full-time at the 179th Airlift Wing in Mansfield; 29 years; participated in Operations Southern Watch, Joint Forge, Coronet Oak, Noble Eagle, Enduring Freedom and Iraqi Freedom.

**Mike Moore**; currently serving in the Army National Guard for 3 years with 5 years remaining to serve.

**Steve Williams**; United States Marine Corps for 20 years as an Engineer Equipment Operations and Maintenance Chief.
Fall Bucket List
- Visit an apple orchard and pick some apples
- Make leaf art
- Play in the leaves
- Enjoy a bonfire with smores
- Make caramel apples
- Visit a pumpkin patch
- Make fall cookies
- Go for a hike and take lots of pictures
- Go trick-or-treating
- Bake some pies
- Decorate a pumpkin
- Drink fancy coffee drinks
- Bundle up and go on a picnic
- Visit a corn maze
- Enjoy some soup on a cold night

TRIO Student Snapshot
Student: Michael Gadd
Personal/Academic Goal: To achieve an Associates Degree with a 3.5 GPA or higher; finding a job in my field of Drug and Alcohol; then continuing my education to get my Bachelors Degree.
Major: Human Services
What are three words which describe you? Sober, Humble, Willingness
What is your dream vacation? Deep sea fishing off the coast of the Florida Keys.
Who is your role model and why? Bill and Dr. Bob, because they’re friends of mine.
Favorite Quote/Saying: “Keep on keeping on!” (unknown)
If you were a cartoon character, which one would you be and why? Wile E. Coyote, he never gives up!!
Favorite Book: The “Big Book” (it saved my life!)
“Others would be surprised to know that I”... Work a Twelve Step Program that changed my life. It’s kept me sober going on seven years, one day at a time.
Michael completed the StrengthsQuest workshop series and discovered his five signature strengths: belief, consistency, developer, harmony and positivity.
Congratulations Michael!

“What you get by achieving your goals is not as important as what you become by achieving your goals.”
Henry David Thoreau

Chicken Tortilla Soup
Ingredients:
1 pound shredded, cooked chicken
1 (15 ounce) can whole peeled tomatoes, mashed
1 (10 ounce) can enchilada sauce
1 medium onion, chopped
1 (4 ounce) can chopped green chile peppers
2 cloves garlic, minced
2 cups water
1 (14.5 ounce) can chicken broth
1 teaspoon cumin
1 teaspoon chili powder
1 teaspoon salt
1/4 teaspoon black pepper
1 bay leaf
1 (10 ounce) package frozen corn
1 can black beans drained and rinsed
Crumbled tortilla chips

Directions: Place chicken, tomatoes, enchilada sauce, onion, green chiles, and garlic into a slow cooker. Pour in water and chicken broth, and season with cumin, chili powder, salt, pepper, and bay leaf. Stir in corn and black beans. Cover, and cook on Low setting for 6 to 8 hours or on High setting for 3 to 4 hours.
Grab Your Breakfast and Go!

Breakfast - break-fast • ‘brek-fuhst’ • noun

1. Morning meal that stimulates metabolism
2. Helps you meet your daily nutrient needs
3. Tool that will help individuals maintain a healthy weight

Breakfast is the most important meal of the day! This simple, painless, tasty meal in the morning is a big step towards improving performance, shedding unwanted body fat and in-creasing your mind power. How? You ask, let’s explore that a bit more...

Breakfast is, quite simply, ‘breaking the fast’ we’ve been experiencing all night during sleep. When we get up in the morning, our bodies have used a good portion of our stored carbohydrate and we need refilling! Starting your day without properly ‘refueling’ your muscles will force your body to break down its own muscle for energy. A bad idea because the body has gone into ‘starvation mode.’

So you’re saying breakfast is good, right?
Just 300-400 calories can boost your blood sugar and carbohydrate stores so you’ll be running on fuel and not fumes.

Healthy & Quick Tips for Breakfast On-The-Go
• Incorporate complex carbohydrates like whole wheat toast or a bagel.
• Spread some peanut butter and raisins on top for added flavor.
• Layer a whole grain toaster waffle with low-fat yogurt and fresh or frozen fruit.
• Roll a tortilla up with a scrambled egg and cheese.
• Don’t forget cold cereal...HEALTHY cold cereal with low-fat milk.
• Make a shake or a smoothie by blending fruit and yogurt.
• A small bag of finger-foods can be beneficial for a quick snack. Mix up some granola, dried and fresh fruit.
• Have chopped fruit salad with yogurt dip.

Source: http://www.betterbreakfast.org/

WORRY REMEDY

If you remember back, you’ll remember that you were always happiest, the most content, after you finished a difficult project or took care of something you were worrying about.

Things are never as bad as you think, and the joy that comes from the accomplishment makes everything worthwhile.

“Work never killed anyone — it is the worry that does the damage.”

Worry disappears when we just settle down and do the work!

Reprinted with permission from Dixie State College of Utah TRIO SSS program.

Cinnamon-Raisin Oatmeal

Serving size 1 cup: 229 calories, 2.7g total fat, 0.5g saturated fat, 0 cholesterol
Makes 5 servings
A favorite that is especially warming during winter.

Ingredients:
8 cups boiling water
2 sticks cinnamon, left whole
1/2 cup raisins
3 tablespoons orange juice concentrate
2 cups rolled oats
Freshly grated nutmeg for garnish

Directions:
Place all ingredients in a heavy saucepan and bring to a boil. Lower heat and simmer for 20 minutes, or until all the water is absorbed. Serve with a dusting of nutmeg.

Book Sharing

TRIO students would like to begin a book sharing service to assist others with the financial burden of purchasing new books. If you have textbooks that could be loaned to another student make a note of the title, the year purchased, and your contact information. If you provide this information to the TRIO office a list will be maintained and posted in the Resource Room.
Financial Aid

Like everything else, the cost of college keeps going up. Fortunately, there are various forms of financial aid that can help you meet these costs. These fall into three basic categories.

1. Grants or Scholarships
Grants and scholarships are great because the money they provide does not have to be paid back. Some grants and scholarship are need-based. This means that they are awarded on the basis of financial need. Other grants and scholarships are merit-based. This means that they are awarded on the basis of special skills, abilities, or achievement.

In effect, grants and scholarships are "money for the asking." But you have to know how to find them first. Here are three things you should do:

- Talk with your high school guidance counselor. He or she will know about national, regional, and local grants and scholarships.
- Contact the financial aid offices of colleges to which you are applying for admission.
- Check with your parents' employers to see if they provide grants or scholarships to the children of their employees.

2. Student Loans
The federal government provides education loans through banks and other financial institutions. To be considered for these loans, you must complete the Free Application for Federal Student Aid (FAFSA). The government uses this application to determine your eligibility based on financial need. Here are the three types of loans provided by the government.

- Federal Stafford Loans. These are fixed-rate loans for undergraduate and graduate students who are attending school at least half-time. The loan can be used to pay tuition and other school expenses. The interest rate is low, and the loan does not have to be repaid while you are enrolled in school.
- Federal Graduate PLUS Loans. These loans allow you to borrow up to the full cost of your graduate education (less any money you may be receiving from Stafford loans). No payments are required as long as you are attending school at least half-time.
- Federal Parent PLUS Loans. These loans allow your parents or guardians to borrow up to the cost of your education at a low fixed-interest rate.

3. Work-Study
Work-study consists of federally subsidized employment opportunities. The work is typically on campus or with nonprofit organizations off campus. Work-study opportunities are usually awarded on the basis of financial need.

College is expensive. But there is help. IMPORTANT: Meet all application deadlines - there are no exceptions.

Source: http://www.how-to-study.com/

Most Common Scholarship Application Mistakes

- Missing deadlines
- Failing to proofread the application
- Failing to follow directions (essay length, number of recommendations)
- Omitting required information
- Applying for an award when you don’t qualify
- Failing to apply for an award for which you are eligible
- Failing to tailor the application to the sponsor
- Writing a boring essay
- Writing an essay that may offend the reviewer
- Including exaggerations or lies on your application

Source: Mark Kantrowitz, Publisher of Fastweb.com and FinAid.org

Useful Resources

⇒ Quick Reference Guide on Winning a Scholarship www.finaid.org/scholarships/WinningaScholarship.pdf
⇒ PowerPoint Presentation for Secrets to Winning a Scholarship www.finaid.org/questions/20110419scholarshipsecrets.ppt
⇒ PowerPoint Presentation on Top Ten Myths about Scholarships www.finaid.org/scholarships/20110923scholarshipmyths.ppt
⇒ Fastweb article about Top Ten Myths about Scholarships www.fastweb.com/financial-aid/articles/3291-top-ten-myths-about-scholarships
Priority Registration Dates for Spring Semester 2013

October 23 (Tuesday)
- Business, Industry, and Technology Division
- Health Sciences Division

October 25 (Thursday)
- Liberal Arts, Education, Professional and Public Services Division
- Associate of Arts
- Associate of Science
- Associate of Technical Studies

October 30 (Tuesday)
- Pre-Health
- Undeclared

Withdraw Date:
November 5 (Monday)
Last day to withdraw with a grade of “W” for Fall Semester

IMPORTANT:
Before you schedule classes for next semester or if you are considering dropping a class, please schedule a time to meet with your TRIO advisor!

Wellness Wednesdays
October 24 (Rm. 115) 11 AM—12 PM
October 24 (Rm. 114) 1—2 PM
Urban Center
October 31 9—10 AM
128C Kee Hall

Scholarship Essay Writing Workshop
October 30 4—5 PM
November 7 10—11 AM
TRIO Office—121 Kee Hall

Healthy Holiday Meals (Kim Stover, OSU Ext.)
November 2 11 AM—12 PM
127 Kee Hall

Fuel for Finals
December 3—7 TRIO Office

To schedule an appointment TRIO students can:
- Call the TRIO office (419.755.9015);
- E-mail us at triosss@ncstatecollege.edu; or
- Stop by the TRIO office, 121 Kee Hall