Welcome Saluquis!

By Stephanie McAtee

Greetings, my fellow Saluquis!

This is a message from your newly elected Editor, Stephanie McAtee. On the behalf of the Southwest Source, I would like to welcome all new students to Southwest Tennessee Community College. Also, I would like to welcome back all returning students to Southwest. We know how the first few weeks can be the most stressful because of various reasons which can cause frustration.

Two of those reasons which can cause frustration are books and financial aid. I'm here to inform you all The Southwest Source is great source for resources. We are dedicated to bringing you all the latest and most up-to-date news on and off campus. We are always open to any student's suggestions, stories, and ideas. So if you or any other student you may know happen to see something interesting around campus, contact one of our reporters via-email.

Each reporter's e-mail address is listed near their pictures on the “Meet the Staff” page. We hope you all have a great semester here at Southwest Tennessee Community College. We look forward to being your source for resources! Thank you!

Dr. Nathan Essex,
Southwest Tennessee Community College:
Laying the Foundation for the Future of Memphis

By Kurt Fritjofson

On the morning of Wednesday, September 18th, I had the pleasure of speaking with Dr. Nathan Essex, the President of Southwest Tennessee Community College. While doing so, he touched upon several subjects which are of great importance to him: student retention, graduation, and the ever-changing face of education. Of special interest to him are the new technological approaches being taken by instructors here at Southwest; for example, Ken Carpenter, Associate Professor in the Natural Sciences Department, will be using Google Chrome tablets in his Anatomy & Physiology course in an effort to merge established principles with cutting-edge technology. The Center for Faculty Development aids teachers in this process, helping them remain ahead of the curve in an ever-changing world.

Southwest is working to help Memphis, Shelby, Fayette and the surrounding mid-south region to remain competitive. The Industrial Readiness Training (IRT) program, headed by John Churchill, has been in operation for two years, and trains unemployed or underemployed citizens while responding to the demands of business and industry. The IRT program currently serves more than ten corporations who are seeking to hire people trained in these fields. The IRT program has been a great success - - so much so, that it is running out of classroom space! A new building shall be constructed at the Macon Campus just to handle this demand; $1.5 million has already been raised towards this new facility, half of the $3,000,000 construction cost.

Dr. Essex also mentioned the many opportunities provided to students who graduate; Southwest has transfer and articulation agreements with a multitude of state and regional colleges, including Middle Tennessee State University, LeMoyne-Owen College, the University of Tennessee at Knoxville Christian Brothers University, Rhodes University, and the University of Memphis. These are fantastic options, and should be examined by any student looking to attend a local four-year university after finishing their studies at Southwest. (You may apply for these scholarships online, at http://www.southwest.tn.edu/scholarships/transfer.htm.)

In closing, Dr. Essex also had some words of advice for students. He stressed the importance of time management, using the library, using the support available, and enjoying college life. “I think the greatest challenge students have – particularly those coming out of high school – is time management,” he said. “Students have difficulty because high school is highly structured; you have classes on the hour, every hour. Here, you have some latitude between classes, so I think the greatest challenge our students face is learning how to manage that time. I would suggest you manage your time effectively; the library is an incredible resource.” Dr. Essex also suggested students capitalize upon the support systems available at Southwest; “(teachers) will work with students if they know students are interested,” he said. (These support systems include the Academic Support Center, the S.M.A.R.T.S. mentoring program, and your very own teachers.) Dr. Essex also suggested students get involved in college life; Southwest is home to dozens of organizations, clubs, and athletic teams, all of which are open to you. (These can be found at http://www.southwest.tn.edu/currentStudents/life.) “Reach out to faculty when you’re experiencing difficulty,” he said. “If you do that – and you make an effort – you will be successful.”
When everything goes pink in the month of October, it’s Breast Cancer Awareness month! Breast Cancer Awareness month is the most well known and honored awareness month of the year. Breast Cancer Awareness month was created to educate women and men of their risk of being effected by the disease, to inform them of the symptoms of breast cancer, to help lower their risk (especially by encouraging monthly mammograms), and also to remember the women and men who have passed away from the disease. In 2009, according to CDC records, 211,731 women and 2,001 men in the United States were diagnosed with breast cancer. Of those diagnosed, 40,676 women and 400 men died.

Evelyn Lauder is considered the founder of Breast Cancer Awareness month. Every year, millions of dollars are raised to go towards research for the disease. The National Breast Cancer Foundation has additional information posted on their website for people who are interested in donating, want to find out more information about breast cancer, and a whole lot more. Many companies, brands, and businesses change their logo colors, their advertisements, and their merchandise for the cause. 5K races and walks are orchestrated in different cities around the United States to help raise money as well. Personally, I feel like breast cancer awareness month is a great way to display the strength and unity of the American people. Breast cancer affects a lot of people around the United States and every dollar that’s raised or donated gets researchers one step closer to finding the cure.

By Stephanie McAtee

Preventive Measures of Breast Cancer

It is said that about 1 in 8 women in the United States will develop breast cancer in her lifetime. Though doctors have yet to find a cure for breast cancer there are still numerous things you can do to help prevent breast cancer. Here’s a start; a healthier diet! Replacing a few of your fatty foods you would normally eat with fresh fruits and vegetables may help to reduce your risk of breast cancer. Consuming alcohol, studies show that alcohol consumption has a 41% increase on breast cancer. Work it out! Along with a healthier diet throw in some aerobics ladies, not only will you be decreasing your chance of breast cancer you will be creating a healthier body over all. Last but not least, stay on top of your doctor visits. A healthier lifestyle means a healthier you!

By Trishtan Johnson
Fall classes are in session: welcome back! Your Southwest Tennessee Community College campus has added a few incentives for you - - the wonderful students who help to make our college a better place. One of the most talked about additions, is to the Union Avenue Campus, are the seating areas on the patios. Nice shaded tables and chairs were added for your enjoyment. The outdoor seating areas are perfect for reading, having lunch, or just socializing with friends. Sophomore Tierra Morris says, "I'm really glad Southwest added the new outdoor seating area; I enjoy coming out here after my classes are over to have a little me time." I myself enjoy the outdoor seating areas that have been added to the campus; it gives the campus more character and the students of Southwest deserve it!

By Trishtan Johnson

It’s that time of year again when new students who don’t know about the parking rules and regulations start paying the price for not knowing. According to Public Safety, Southwest Public Safety Police Officers issue at least 150 student tickets per semester combined from its seven locations. Students, first and foremost, it’s mandatory if you drive to get a parking decal from Public Safety. In order to do so, you have to come in with verification that you are a student attending during that semester, have your car make, model, year and tag number and your Southwest ID. After getting your decal, please pay attention to where you park. This is almost as important as having your decal because park in the wrong spot and you could have a ticket that starts at $15 and could go up to at least $200. When you park, please pay attention to the color coded lines. Red is for faculty and staff, green is for visitors (if you are a student you are not considered a visitor), blue is handicapped and white is for students and guests. Please remember that for every ticket that you receive, it is a $15 fine. So, with that being said, students don’t become a statistic by getting a parking ticket.

By Mia Atkins-Beason
### Student/Faculty Life

#### By Candace Woods

<table>
<thead>
<tr>
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<tr>
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<td>Favorite Song: The Plan</td>
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<table>
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<tr>
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### By Kurt Fritjofson

#### FACULTY SPOTLIGHT

**Professor Jesse Lipford**

**Department Chair**

**Social Behavioral Sciences**

In college, Professor Jesse Lipford started off as a biology/pre-med major. However, after struggling with those courses, he found that biology was probably not the best path for him to take. Previously, while attending high school, Prof. Lipford had greatly enjoyed the social sciences and therefore decided to switch his college major from biology to history. After graduation, he channeled that passion into teaching, and has become renowned for his ability to make history come to life for his students. Prof. Lipford also emphasizes the importance of history; “Past events are the greatest prognosticators of the future,” he says.

Prof. Lipford also enjoys bringing attention to a side of history most people are unaware of; by talking about the more human side of history's characters, students can relate with people across the generations. This breathes life into stories each of us have taken for granted as folk tales, such as the American Revolution or the Prohibition. For example, Alexander Hamilton, a Founding Father and the first Secretary of the Treasury, was involved in the nation's first great sex scandal – back in 1793!

“Humans have done some good things, some bad things...some things that were entirely inconsequential,” said Prof. Lipford. “As we are recording history, we are recording the good, the bad, and the ugly.” But, as he reiterated, “history is the story of us.”

This semester, Prof. Lipford is teaching African-American History (HIST 2650) on Tuesdays and Thursdays at the Macon Cove Campus. Prof. Lipford is an excellent choice for those who want to see history come to life and have the imagination to do so!

“History is our story. It is so significant to understand where you’ve come from, and where you’re going; the events of yesterday do impact today.”

### By Kurt Fritjofson

Recently I had the pleasure of speaking with Dr. Cynthia Calhoun, the Executive Director of Student Retention & Graduation at Southwest. Dr. Calhoun is also the head of the SMARTS program – Southwest Mentors Advancing Retention, Teamwork, & Success.

The SMARTS program allows students to partner with a faculty or staff mentor. (A faculty or staff Mentor is responsible for helping, advising, and guiding a student Mentor.) Mentoring is important; it opens doors for students who otherwise would have a very difficult time in school.

Mentors impact lives in a very real way; Dr. Calhoun personally recalled several examples of students who were struggling in class or with personal challenges and were turned around 360° by the kindness of a Mentor. This is more than just a program – it is a gateway to confidence and success. SMARTS helps students become confident graduates. And SMARTS is working; the student persistence rate (the number of students who return to Southwest the following semester after mentoring) was 88% during the 2012/2013 school year!

Visit [http://southwest.tn.edu/retention/SMARTS/MenteeInfo.htm](http://southwest.tn.edu/retention/SMARTS/MenteeInfo.htm) and fill out the information sheet to become a Mentee! Any questions may be sent to Mrs. Donna Fitchpatrick, Project Coordinator, at dpfitchpatrick@southwest.tn.edu. Get SMART!

Saluqi Solutions: Scholarship Opportunities

By Mia Atkins-Beason

Having a hard time paying your tuition? Have you ever thought about applying for scholarships while you are here at Southwest Tennessee Community College? If you haven’t, then you just might be passing up on a golden opportunity to get rewarded for the hard work that you put in by getting those good grades and being active. (If you are interested, then read on!) The first piece of advice is to become active and visibly involved in at least one organization here at Southwest, and to join an organization that your academic and personal goals and objectives are similar to.

Although you don’t have to join an organization, statistics show that when you become actively involved, you succeed in completing your goals. Secondly, make sure that you and/or they (the organization) do things around the campus that capitalize on service to Southwest and keep your grade point average 3.0 or above. Once you have completed these steps, then you can begin the scholarship process and whatever you do, don’t give up because you didn’t receive a scholarship the first time. Remember, if at first you don’t succeed, try, and try again. To start the process, follow the steps below...and to all who read and apply, Good Luck! The application process begins in December and the deadline is March 15 of every year.

1. Go to [SOUTHWEST.TN.EDU](SOUTHWEST.TN.EDU).

2. On left hand side, click “Scholarships.”

3. Click “Foundation Scholarships.”

4. Read each scholarship; see if you qualify, and write down the name of each scholarship that you qualify for.

5. When you get to the end of the list, click “Application.”


7. Put your Southwest user name and password.

8. Complete the Application after checking each scholarship box that applies to you.

9. Hit “Submit.”

Here are a few pictures of Southwest students who have recently been awarded scholarships!

Have you ever wished to see another country? To travel in a foreign land? If so, then you are in luck! The International Studies Program offers incredible opportunities for students here at Southwest Tennessee Community College. If you qualify, you have a chance of joining one of several groups which shall be traveling to countries across the globe! There are two programs; a Southwest-only trip, which travels for 1 week during Spring Break, and TnCIS, a 3-week-long trip in the summer.

Students who travel abroad with Southwest’s program only pay 10% of the total trip cost. For example, if your trip cost $4,000, you would only be responsible for $400! This is an amazing gift for students who have always dreamed of seeing the world, but are restricted by finances. The Southwest program provides for airfare, lodging, two of your meals each day, and all group excursions.

The country you visit pertains to your class – for example, a Spanish class would visit Spain. Previous Southwest-only classes have traveled to Austria (Social Psychology), Peru (Sociology), South Africa (Women’s Studies), England (Theatre), and France (Biotechnology). The classes which shall be traveling abroad will be announced in November 2013.

And TnCIS students visit a different set of countries – 18 different destinations are offered! Visit [http://southwest.tn.edu/intStudies/](http://southwest.tn.edu/intStudies/) to find out more! To contact your local International Studies Office, call the appropriate number below:

**Macon Office:**

901-333-4131 or 901-333-4250

**Union Office:**

901-333-5268

Bradford Edwards

Stanley Winters

Lindsey Beason
One of the Benefits of Graduating then Transferring

By Mia Atkins-Beason

Are you thinking about transferring to another school before graduating? Let me tell you about one of the benefits of staying at Southwest Tennessee Community College and graduating with your degree. Did you know that when you complete a degree here at Southwest and transfer to one of a selected few of Tennessee’s accredited Universities, you could qualify for a Community College Transfer scholarship? The amounts vary from college to college; however, the University of Memphis offers $3,250.00 per semester for up to four semesters for students with a GPA of 3.5 or better. In order to receive this scholarship you have to meet the March 1, 2014 deadline and it is good for the fall semester of 2014. The awards for spring submission will be for Fall 2014 if you have not attended the U of M. Please talk to your U of M representative if you are interested. Don’t forget that Southwest also has the Partnership Enrollment Program (PEP) with U of M. Don’t forget - - these scholarships are on a first come first basis and the money won’t last long! What are you waiting for? The sky is the limit, so shoot for graduation!

Welcome To Southwest Tennessee Community College!

By Kurt Fritjofson

Hi there! Reporter Kurt Fritjofson here. If you’re a new student at Southwest Tennessee Community College, it’s likely you saw me or one of my friends on the Student Welcome Center team (pictured below), assisting students around campus during the first week of school. From August 24th to August 28th, it was our mission (and our pleasure) to assist all prospective, current, and returning students with any and all questions, concerns, and requests they may have had. This included tasks such as (but not limited to):

- directing people to the various academic buildings on campus;
- assisting individuals with questions regarding the location of administrative offices;
- answering questions and addressing student concerns.

Working with the Student Welcome Center is a great way for current students to volunteer in a way which is of great benefit to faculty, staff, and new students. Student Welcome Center volunteers perform a valuable service, freeing human resources for other duties during registration – always one of the busiest times of the year.

From all of us at the Student Welcome Center, welcome to Southwest Tennessee Community College!

Pictured, clockwise:
Mrs. Donna Fitchpatrick,
Leslie Hogan,
Katie Zazzara,
Tangela Bell, and
Kaitlyn Berry

The Taste at Southwest

Come and try Southwest Tennessee Community College’s newest cafeteria service to our students. Introducing “The Taste at Southwest”, which offers a new variety of nutritious food items along with some of the old favorites on their hotline and grill.

Southwest has always given the students an alternative to going off campus for your dining needs and this semester they have improved on the selection of items to be served to the students. Southwest has also included evening hours for the grill to assure that the evening commuting students can come in and order up something before their evening classes. Just remember that on Fridays for lunch, the Action Station will be up serving food with items like Tacos, Shrimp Stir Fry, Pasta dishes etc.

So, Southwest Saluquis, come join Chef Harrell Martin and his trusty staff and support the cafeteria: “The Taste at Southwest”. 

By Mia Atkins-Beason
Having your Southwest Tennessee Community College student Identification card (ID) is very important on all campuses, centers and site. They are used not only for going to the library, but also for attending events on campus, tutoring, and attending class. To get a Southwest student ID, you must provide proof that you are enrolled in class and verification that your tuition is paid, deferred, or on hold.

**Verification items include:**
1) a cashier's receipt,
2) an account summary,
3) a Financial Aid award letter, or
4) a hold agreement from the Financial Aid Office.

The cards are only valid for three years and are available at all campuses and centers. IDs must be worn at all times and clearly displayed while you're on campus. In addition, your IDs can get you discounts at some local restaurants and businesses! If you look in the back of your daily planners, discounts can be found at many businesses, including the Playhouse on the Square, Burger King (Sycamore View location), Pizza Hut, Tops Barbeque, and Super 8 (Macon Cove location only)! By all means, ask any business if they give college students IDs while you’re there.

A new Southwest ID can be attained at one of these locations:

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<th>Locations</th>
<th>Building/Room</th>
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<td>Campuses/Centers</td>
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<tr>
<td>Gill Center</td>
<td>Front Desk</td>
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<tr>
<td>Macon Cove Campus</td>
<td>Farris Building, Room 1105</td>
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<tr>
<td>Maxine A. Smith Center</td>
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<td>Whitehaven Center</td>
<td>Front Desk</td>
</tr>
<tr>
<td>Union Avenue Campus</td>
<td>B Building, Room 106</td>
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</table>

If your card is lost, stolen or damaged, it may be replaced for $5, due at the Cashier’s office.

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**The Facts about the New Gadget on your Account**

By Stephanie McAtee

We have all heard of the benefits of going GREEN. It’s not only helpful to the environment, but it’s also resourceful when it comes to budgeting. Like other places and businesses that are dedicated to making the environment better, Southwest has jumped on board. Last Spring, the Student Government Association (S.G.A.) and the Information Technology department came up with a solution which would cut the costs on printing expenses at our college. Printing usage had placed the college in debt for thousands of dollars! The students were getting out of hand with printing jobs and the MyPrint Initiative was born. The MyPrint Initiative gives each student 35 dollars of free printing credits; this earns the students 700 points in black and white print. After the student uses all of the 35 dollars, they can purchase more printing credits at any MyPrint pay station. MyPrint pay stations are located within every library on each campus. MyPrint will decrease waiting time for print job processing; it will also reduce print jams, and alleviate abandoned and wasted print jobs. In the past, the Academic Buildings and Libraries were providing students with unrestricted printing. Personally, I feel that the MyPrint initiative is a great idea for the College. Don’t worry students; the black and white pages only cost 5 cents, and the color ones cost 10 cents per page. Those are prices which are affordable to every student. By having MyPrint set in place, students will be mindful of when, what, and how much they print. This way, we can help save our environment while saving our college money – so they may invest it in other areas! A big thank you goes out to the I.T. department and the Student Government Association for the great idea to help Southwest go GREEN! For additional information, go to www.southwest.tn.edu/myprint

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**Have you ever heard of RateMyProfessors.com?**

By Candace Woods

After my first semester of college, someone told me about a website that could help me pick my teachers for each semester. I’ve used it and let me tell you just a little about it. Ratemyprofessors.com is a website where all faulty (mostly teachers) can be reviewed by students. It is the largest online destination for rating professors. 1.8 million professors from colleges and universities across the United States, Canada, and the United Kingdom are researched. Over 4 million college students each month use this website! Ratemyprofessors.com is built to help college students (like yourself) choose what teacher you would be comfortable with. However, it also displays the instructors you might want to avoid. Anyone can comment and give their personal testimony.

I asked many students around the Southwest Tennessee Community College campus if 1). they had ever heard of the website; 2). if the website helped them to pick a teacher they were comfortable with, and 3). if the ratings and comments about that teacher turned out to be true. It was a 50/50 response; there were students who knew and those who didn’t know about the website. Most said they picked the teacher because of what others said about that teacher. But once they got into the class they couldn’t believe the website was wrong.

You have to careful which class you choose; beggars can’t be choosers! http://www.ratemyprofessors.com/
New Donors

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<td>150-174</td>
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<td>175 &amp; up</td>
<td>$50 first TWO Donations</td>
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You can earn up to $260 per month donating plasma

**Requirements**

18-65 YEARS OLD

WEIGHT AT LEAST 110 POUNDS

HAVE PROOF OF SOCIAL SECURITY NUMBER,
CURRENT PICTURE I.D. AND CURRENT ADDRESS

BE OF GOOD GENERAL HEALTH

**Business Hours**

M, W  6:00am – 5:00pm
T, TH  7:00am – 5:30pm
Friday  6:00am – 4:00pm
Saturday  7:00am – 2:00pm

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