Happy New Year Tips For 2013

By Ljseott@southwest.tn.edu

Never Skip Breakfast

People who eat breakfast tend to eat less throughout the day. Make sure your first meal of the day has protein and fiber. That will help you stay fuller longer. Try to avoid sugar sweetened cereals and juices, but the important thing is to eat something shortly after waking up.

Drink Responsibly

Most of the time we watch what we eat, but what about what we’re drinking? Sugary beverages are a big part of the obesity problem in this country. Try not to drink your calories! Do you know how much sugar and calories you’re getting in your morning coffee, fountain soda, and sports drink?

Eat Together

Sit together as a family and eat. Research shows that children in families with structured mealtimes have healthier eating habits. People who sit down at a set table tend to eat less too. Watch the dish size too. Smaller plates and bowls mean smaller portions. Plus eating together as a family helps you keep tabs on what's going on in the lives of your children and spouse.

From The Heart

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Advertising:
901-333-4196
901-333-5380

By david brock
Dbrock@southwest.tn.edu

As we prepare to return back to school, we must not forget some simple things to be added to our lists. First, you need to check your Southwest Tennessee Community College e-mail regularly. You will receive all your school updates there or in your mailbox at home. E-mail tends to be the fastest way to stay informed. Second, if you have not already paid your tuition, you need to go to southwest.tn.edu to verify that you are still enrolled for the classes that you wanted. Finally, remember that each professor has their own wish list of supplies so, it might be best to wait until the first day of classes to buy the bulk of your supplies. Bring a pen, paper, and a folder the first day; as you will need these for class.
FROM THE HEART

COMING TO A CAMPUS

JANUARY 29TH @ THE MAXINE A. SMITH CENTER
JANUARY 30TH @ THE UNION AVENUE CAMPUS
JANUARY 31ST @ THE MACON COVE CAMPUS

11 a.m.

STAN PEARSON II

NEAR YOU

Come find out how to become better than you were yesterday, build better relationships, organizations and communities and also learn about diversity and specific leadership principles to drive and maintain success.

Culinary Arts

Here at Southwest Tennessee Community College we have various types of programs but today I will focus on Culinary Arts.

What Is Culinary Arts? Since everyone in the world has to eat, the field of culinary arts truly spans the globe. It's a field where innate passion and creativity are mated to rigorous techniques through formal schooling. Offering many career options and opportunities for advancement, it's a field with a world of possibilities for those who educate themselves and hone their skills.

After you have received your degree, chances are excellent you'll get a job as a member of a kitchen brigade system. As you gain experience and strength, you'll advance. Like other fields, the more experience you gain, the better equipped you will be to apply for similar jobs elsewhere. Once you've graduated, where you go from there will only be up to you.

TOO MUCH T.V.

By Tanglea Bell
Tsbell@southwest.tn.edu

While watching T.V. can be very informative, just like anything, too much T.V. is not good. Here are ways that you can stop watching so much T.V. First you can give yourself a limit; this will help and help you to know how much you’re watching and watch less of it. Next, exercise first, this will help you to stay in shape and not become a couch potato. This is always a good alternative. Then, if that’s not easy and you have to watch it, combine T.V. and exercise together, that way you are still exercising and satisfying your need to watch your T.V. Finally, if you just can’t stop and get a grip, try leaving the house and go to one of your favorite stores. This will also help. Or if all else fails, you can get rid of it and replace it with something that will be more beneficial to you and will help you to stay more focused.

WOULD YOU LIKE TO BE A PART OF THE SOUTHWEST SOURCE?

Come by Student Activities on the Union Avenue Campus or the Macon Cove Campus and pick up an application or on the web at http://www.southwest.tn.edu/documents/Student_Activities/stud-news-app.pdf. You could become a Southwest Source Intern (SSI) and be a part of the staff.

Do you have a poem or an article or even just want to voice your opinion? Please don't be afraid to submit any work to the editor, Mrs. Leah J. Scott, ljscott@southwest.tn.edu. We are all ears and here for the students.
It's a new year and everyone has resolutions. But if you are not a good saver, here are tips to help you to reach your budgeting goals. Tip number 1, develop a realistic plan that works for you. Sometimes we get so excited about the new year and plan to do well but, things get way out of hand real fast. So make sure you are being real with yourself and this budgeting plan so that you won’t lose track of the purpose. But if you get sidetracked from the plan, just jump back on it. You can do it!!!!! Also you need to define the purpose of budgeting and decide why you are budgeting. This will also help you in the long run.

Next, you can go online or to your local Office Max and get a budget worksheet to help you see where you can save. Also, there are professional representatives that can help, you can start at www.careonecredit.com. Good Luck.
<table>
<thead>
<tr>
<th>Name: Audonest Winton</th>
<th>Favorite Food: Pizza</th>
<th>Favorite Sport: Football</th>
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<tr>
<td>Zodiac Sign: Pisces</td>
<td>Favorite Actor/Actor: 50 Cent</td>
<td>Dream Girl: Megan Good</td>
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<tr>
<td>Birthday: February 23rd</td>
<td>Favorite Athlete: D'Wayne Wade</td>
<td></td>
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<tr>
<td>Favorite Clothing Brand: Polo</td>
<td>Favorite Artist: Don Trip</td>
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<table>
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<th>Name: DeShae Johnson</th>
<th>Favorite Food: Cupcakes</th>
<th>Favorite Sport: Football</th>
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</thead>
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<tr>
<td>Zodiac Sign: Scorpio</td>
<td>Favorite Actor/Actor: Sanaa Lathan</td>
<td>Dream Boy: J.C. Chazez</td>
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<tr>
<td>Birthday: October 27th</td>
<td>Favorite Athlete: Serena Williams</td>
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<tr>
<td>Favorite Clothing Brand: Betsy Johnson</td>
<td>Favorite Artist: Michael Jackson</td>
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<table>
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<th>Name: Jackson Hutchison</th>
<th>Favorite Food: Chick-Fil-A</th>
<th>Favorite Sport: Sporting Clays</th>
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<tr>
<td>Zodiac Sign: Scorpio</td>
<td>Favorite Actress/Actor: Christopher Walken</td>
<td>Dream Girl: Mila Kunis</td>
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<td>Birthday: November 14th</td>
<td>Favorite Athlete: Steve Nash</td>
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<tr>
<td>Favorite Clothing Brand: Patagonia</td>
<td>Favorite Artist: Shepard Fairley</td>
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<table>
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<th>Name: Marvin Dodson</th>
<th>Favorite Food: Hot Wings</th>
<th>Favorite Sport: Basketball</th>
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<tr>
<td>Zodiac Sign: Leo</td>
<td>Favorite Actor/Actress: Martin Lawrence</td>
<td>Dream Girl: Beyonce</td>
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<td>Birthday: August 14th</td>
<td>Favorite Athlete: Rajon Rondo</td>
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<tr>
<td>Favorite Clothing Brand: Polo</td>
<td>Favorite Artist: Future</td>
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<table>
<thead>
<tr>
<th>Name: Ashley Johnson</th>
<th>Favorite Food: Chicken Strips</th>
<th>Favorite Sport: Basketball</th>
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<tbody>
<tr>
<td>Zodiac Sign: Gemeni</td>
<td>Favorite Actor/Actress: Morris Chestnut</td>
<td>Dream Boy: Michael Ealy</td>
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<tr>
<td>Birthday: June 17th</td>
<td>Favorite Athlete: D'Wayne Wade</td>
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<tr>
<td>Favorite Clothing Brand: American Eagle</td>
<td>Favorite Artist: Usher</td>
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</tr>
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</table>

Interested in being in “Student Life”? Contact reporter Ryan “Romeo” Martin to arrange a way to make that happen. We are always looking for students who are enthusiastic about being in the Southwest Source. Email Mr. Martin at Rlmartin4@southwest.tn.edu.
By Cory Jones
Cjones49@southwest.tn.edu

If this is your last semester before graduation there are a couple of things you need to know. These basic tips should help better prepare you for the long semester ahead and well on into your transition. They are as follows:

Don’t stress.

Stress, along with poor dieting, is thought to be one of the key causes of physical, mental, and emotional health dysfunctions. This means that the stress that you’re placing on yourself is actually self-sabotage. Among the things causing you stress could be fear of failure, poor time management, and overloading your schedule.

Be productive.

Now is not the time to loose heart. Be productive with your time. Just because it’s your last semester doesn’t mean your grades don’t count! THEY WILL FAIL YOU. Remember, it’s not about what you do, or how much you do, but how you do it.

Have fun.

Look, this is the last semester of your Southwest Tennessee Community College experience. Enjoy our activities, socialize, and take the time to soak in your success! Have fun!

By David Brock
dbrock1@southwest.tn.edu

Last semester in the FALL 2012/VOL. 6: ISSUE 1 edition, I wrote this article discussing that the college-aged student has changed. I have been asked multiple times since, what the actual average age is now. I have done quite a bit of research and it varies greatly depending on the City, State, type of college, and even the type of campus. According to Memphis.edu, the average ages of a student enrolled at the University of Memphis for 2012 is the age of 25 for males and the age of 26 for females. They also showed a 60% Female to 40% Male enrollment ratio. We find that Southwest Tennessee Community College is not too far off those numbers. According to our Fast Facts sheet published here at Southwest, the average age for 2012 was 27, with a 64% Female to 36% Male enrollment ratio.
Southwest Tennessee Community College, Union Avenue campus held a commencement ceremony for 15 proud GED graduates on December 16, 2012. These adult graduates received more than a GED; they received a pathway to a better quality of life. The audience was filled with friends, family, and others who motivated, encouraged and inspired the graduates to complete the program. Margaret Jones, a graduate’s family friend said, “This academic achievement is only one of many I plan to attend. I knew she could do it and I am proud of her. Now we have to get her in college.”

The major difference between child learners and adults is that adults make the choice to participate in educational programs while children are forced by their parents, legal mandates and society. Strong social and cultural forces identify schooling as proper “work” of children between the ages of 5-17 years old. Adults must make active decisions to participate in each class session and often must overcome significant barriers to attend classes. These graduates told stories about other students who began the classes with them however; their barriers got in their way and they were not able to complete.

These students were a part of the Southwest Tennessee Community College/Tennessee Department of Labor and the Statewide Tennessee Adult Education Collaborative; which is consistent with the purposes stated for Title II of the Workforce Investment Act. The mission of the Collaborative Tennessee is to provide adult education and literacy services in order to:

- Assist adults to become literate and obtain the knowledge and skills necessary for employment and self-sufficiency;
- Assist adults who are parents to obtain the educational skills necessary to become full partners in the educational development of their children; and
- Assist adults in the completion of a secondary school education.

These purposes are consistent with Goal 3 of Tennessee’s Workforce Development system:

- Knowledge/Skills Attainment: Empower individuals through education and lifelong learning to acquire skills and knowledge to succeed in the dynamic and changing Tennessee workforce.

Ms. Angela Ventura-Wooten, Executive Director, Special Academic Programs with Southwest and Electa Ezell, Manager with Department of Labor Special Projects, presented each graduate with their GED and each student smiled with gratification. There was a reception after the ceremony with a photographer to help keep memories of the special day. The graduates took group photos with their children, parents and friends.

These adult students made the decision to complete their GED and make a difference in their life. Education is the key to open doors that you may only be able to dream of without it.

CONGRATULATIONS TO THE CLASS OF 2012!

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On January 7, 2013, I along with my fellow colleagues assisted International Studies with the International Student Orientation. The ISO a program designed to give international students a smooth transition from their native country directly into Southwest Tennessee Community College. This “bridge” program includes a language exam, application, student registration, and help applying for FAFSA (Federal Student Aid). Among those there volunteering were Bryan Fifer, Samantha Muse, James Dabbs, Christina Schultz, Misty Long, and a host of others. For more information about International Studies contact Felicia Hankins or Barbra Helton at (901)-333-4087, or visit one of the office locations at B212 (Union Avenue) or MAB269 (Macon Cove).
UPDATE

THE ADMINISTRATION HAS RESPONDED

By David Brock
dbrook1@southwest.tn.edu

I wrote an article in the FALL 2012|VOL. 6: ISSUE 4 edition titled, A Student Concern. In this article we posed a question to the administration concerning Umbrella Bags to be supplied in the buildings. I am happy to announce that our concerns have been heard and we now have a stand with the bags displayed in the main foyer of the Farris Building at the Macon Cove Campus. We are still working to get them in all of the main buildings but, at least we have started in the right direction. The Source is here to fight for you and be your voice. Please do not hesitate to let any of our staff know if you have a concern and want it voiced. In most cases, it can even be done anonymously if you so choose.

Important GED Information:

2013 is the last year for the paper based GED. Anyone who started testing under the paper based test and has not completed (earned) his/her GED has until the end of 2013 to do so. After 2013, the GED test will be offered in a computer based format ONLY. Anyone who began testing under the paper based format and has not completed (earned) his/her GED prior to 2014, will have to start the test from the beginning in a computer based format. The future cost of the computer based GED will be substantially greater than the current cost. Please contact Southwest Tennessee Community College to schedule your GED test, (901) 333-4170.

Q And A with the Vice Presidents

Whitehaven Center
February 6th
@ 12 Noon

Gill Center
February 7th
@ 12 Noon

Come and ask those questions you have been wanting to know the answers to.

A Word From Your Secretary!

By Cory Jones
Cjones49@southwest.tn.edu

Hello my fellow colleagues! Whether you are returning to Southwest Tennessee Community College or this is your first semester, I welcome you. As your secretary of the Southwest Source, I am asked to serve you in many ways; however, I enjoy none more than reminding you how important you are as an individual and how valuable your opinions are to us here at The Source. In fact in our preamble it states, “To provide a paper that is about the student’s ideas, circumstances, complaints, opinions, and culture” (emphasis added). I don’t take these words lightly, so I’m inviting you to come see me. I am located in the Southwest Source office on the Union Avenue campus, just in the back of B106 by the computer lab. Feel free to stop by at you leisure or call (901) 333-5546 and ask for me by name. You can also leave notes or messages with your concerns a/o complaints. I am always open to new ideas. Above all, remember I am here to serve you and your best interests are at heart in every story, article, and interview.
New Donors

Weight       Fees
110-149      $35 first TWO Donations
150-174      $50 first TWO Donations
175 & up     $50 first TWO Donations

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,F    7:00am – 5:00pm
T,TH     7:00am – 6:00pm
Saturday 8:00am – 3:00pm