

# The Bridge!

Bridging The Gap Between Today and Tomorrow

Vol. 21 Issue 2

Grand Valley State University  
Educational Support Program

November 2009

## 1st!!!! Cultural Trip——FRANKENMUTH!!!!

By: Melanie Straub

Frankenmuth get ready! Here comes ESP... As an active participant (meeting with your advisor twice a semester) you get the chance to join us on our cultural trips. We will be going on November 21st, 2009. Sign ups start November 9th. We will be learning more about a piece of Michigan's history, exploring the town, and enjoying a famous dinner. Think that's all? You're wrong... ESP will also be treating you to a fantastic and mystical experience at Ultimate Mirror Maze USA. Not only are there mirror mazes but we will get the opportunity to twist, turn, and crawl our way through a laser beam vault! If you would like to join us for a free fun filled day, keep your eyes and ears open for more detailed information soon!

Information in this article was provided by [www.infoplease.com](http://www.infoplease.com) and [www.butlerwebs.com](http://www.butlerwebs.com)

## The SSO is anxiously awaiting your arrival!!!

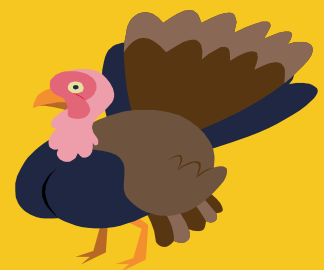
By: Gary King

The SSO (student to student outreach) office invites you to drop in and talk to your peer mentor's! (**Gary King and Melanie Straub**). We are located right down the hall from your advisor's (**Marnie Parris-Bingle and Victoria Powers**) to the left. We are in the SSO Monday thru Friday and available almost at anytime. If we are not in the SSO for some reason or another we are consistent with checking our emails and responding rather quickly, so KEEP IN TOUCH! Students have been dropping in the SSO throughout the semester periodically whether it be to print something on the computer, check their emails, or simple have an intriguing conversation about anything under the sun!!! We definitely look forward to meeting and greeting those of you we have not met yet. For those of you who we have met and we do know, we would look forward to seeing you around as well!

We love to have company and we also love to hear about the continuous progress you all strive for on a daily basis. Our office has **2 desktops with access to the internet and printers, a shredding machine, office supplies, and two of the greatest mentors in the world!!!!** (UTILIZE THESE RESOURCES ALONG WITH YOUR ADVISORS PLEASE!)

## THANKSGIVING BREAK

GVSU's break starts Wednesday, November 25th, 2009. Classes will resume on Monday, November 30th, 2009. BE SURE TO TRAVEL SAFE, SUPPORT OUR "LIONS" (those of you from Chicago too!), and enjoy lots of home cooked



## (H1N1)

By: Marnie Parris– Bingle

World Health Organization (WHO) Recommendations for Preventing Swine Flu:

According to the WHO, swine flu spreads in the same way as other influenza **viruses** - via droplets that are expelled when someone with H1N1 speaks, coughs, or sneezes. However, the virus may also spread when people touch infected objects and then touch their noses and mouths. As a result, the WHO recommends that individuals take the following steps to help prevent contracting influenza **A**: Avoid touching their noses and mouths. Wash their hands thoroughly with soap and water on a regular basis (or cleanse their hands with an alcohol-based hand rub). This practice is especially important if individuals are touching their noses and mouths, or surfaces that might be contaminated. Avoid close contact with people who show flu-like symptoms. Individuals should try to maintain a distance of about one meter from infected people, when possible. If they're caring for people who are sick, they can wear masks when in close contact with the infected persons, and they should immediately cleanse their hands after contact. Minimize spending time in crowded settings, if possible. Ensure plenty of airflow in their living spaces by opening windows.

Practice good health habits by eating nutritious foods, getting adequate sleep, and staying physically active. People who do contract the H1N1 virus should take adequate steps to prevent spreading the disease, such as not going into work, school, or crowds. It is important to note, however, that the influenza A symptoms are similar to those of seasonal viruses - symptoms such as fever, coughing, body aches, headaches, sore throats, and runny noses. The H1N1 virus cannot be distinguished from other viruses without the help of medical practitioners and local health authorities.

Read more: [http://diseases-viruses.suite101.com/article.cfm/preventing\\_h1n1\\_swine\\_flu\\_infection#ixzz0VGVPdLO4](http://diseases-viruses.suite101.com/article.cfm/preventing_h1n1_swine_flu_infection#ixzz0VGVPdLO4)



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## Michigan Promise and State Competitive Scholarship

By: Victoria Powers

ESP knows that many of you have lost money recently due to the cancellation of the Michigan Promise and the State of Michigan Competitive Scholarship. We want you to know that you do have options:

- \* You can defer your bill to the Winter semester. Call the Student Accounts Office at 616-331-2209 to request this. Your refund check for Winter (if you received one Fall semester) will be reduced by the amount of your lost scholarship.
- \* You may be eligible for additional loan money. ESP received emails from a number of you wanting to know about additional money. **We are responding by email to you next week.** A number of you are eligible to borrow more subsidized or unsubsidized loan money.

We know that free money is the best kind of help. To help you find scholarships ESP is having a "Scholarship Workshop" on **Thursday, November 12 at 4 p.m.** Specific information will be coming out next week. This is going to be a GREAT opportunity for you to get tips and feedback on the best way to search for a scholarship and write a scholarship essay. Remember, **FREE MONEY** beats loan money every time!!

Being financially responsible is important for you now and for your future. Your ESP advisor is available to help you put together a budget and savings plan.

By: Gary King



**ESP**

**-CULTURAL EVENT!**

Frakenmuth!!!!

November 21, 2009

**- APPOINTMENTS!!!!**

Make sure you get your 2 Mandatory Meetings in with your advisors in order to remain active participants of the ESP program!!

**GVSU**

**-RENT** the Pulitzer Prize-winning musical by:

Johnathan Larson

November 14th, 19th, 20th, and 21st at 7:30 p.m.,  
and on November 15th 2:00 p.m.

**-Black vs. Brown** expected to be “The cultural program of the year”

November 9th, 9:00 p.m til 11:00 p.m.

2250 Grand River room in Kirkhof center

**GRAND**

**- Local First Networking Event**

**RAPIDS**

Network with owners of local companies free  
Hosted by Founders Bank. Nov. 12th, 5-7 p.m  
5200 Cascade Rd. (616) 808-3788

**-Picturing the Century: One Hundred Years of  
Photography from the National Archives**

Gerald Ford Museum in Grand Rapids

**(616) 254- 0400**

**ESP Staff Directory**

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**The Bridge**

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**EDUCATIONAL SUPPORT PROGRAM**  
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**Check Us Out on the Web!**  
**[Www.gvsu.edu/esp](http://www.gvsu.edu/esp)**