

The Bridge

Bridging the Gap Between Today and Tomorrow

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Grand Valley State University
Educational Support Program

April 2011

The Color Purple

By: Marnie Parris-Bingle & Victoria Powers

On Saturday, April 9th, ESP had the GREAT pleasure of taking 30 participants for a day of fun, laughter, and culture. We took Detroit by storm! The first stop was to Southern Fires a soul food restaurant in Detroit. The food was incredible with generous portion sizes and classic comfort recipes! Macaroni and cheese, sweet potatoes, corn bread, meatloaf, fried chicken, pork chops... the list goes on and on! Once our food was served. The table talk took a noticeable downturn for a moment but promptly returned once we were all satisfied. We had quite a wait at the soul food restaurant, Southern Fires, but I think everyone would agree it was worth the wait! Fun conversation, lots of laughter, and great soul food followed by full stomachs, were what we found at the restaurant. Having the opportunity to sit, visit and get to know each other is one of the *best* parts of going on these cultural trips!

After eating our soul food we then headed to the Fox Theatre in downtown Detroit. The fox theater was built in 1928, with a small scale feel perfect for a variety of shows! Our show was The Color Purple done as a musical. It tells the story, through music, of Celie and her strength to overcome adversity to find her own happiness. The actress who portrayed Celie had an amazing voice but one of the favorite characters is Sofia; a strong-willed, independent and self confident woman who isn't afraid to stand up for herself. If you haven't had the opportunity to read the book, watch movie or see the musical... please do! It's a story you won't soon forget! We hope everyone had a great time and made a new friend (or two) that day. Thanks for joining us!



Group HUG !!!!



<— What a great group shot !!!



WOW !! Look at these ladies!

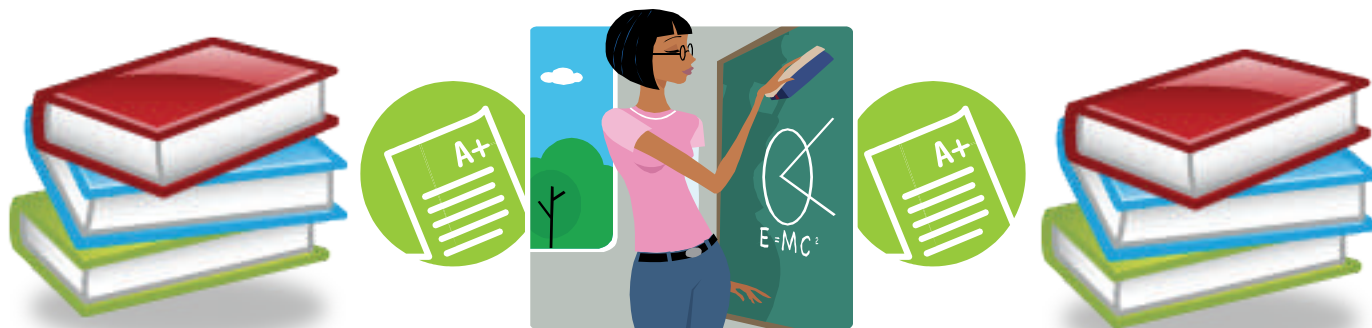
2010-2011 Great Year!!

By: Ashleigh Zerbst

This fall was very exciting for ESP. First of all our grant was submitted and awarded for 5 more years of funding. We brought on two new peer mentors, Ashleigh and India, who were excellent. Our open house this year rocked; many students showed up and met with other participants. We also went on two very exciting cultural events, the first was called the Case of who killed Mummy: A murder mystery dinner in Muskegon, MI, and the second trip was to do a Chicago Chocolate tour, in Chicago, IL. All who went had an excellent time at both events. Several students also went to Grand Rapids Children's Museum and volunteered for Conner's Night. We also had several students win scholarships. This winter was also very exciting for our members. We went on many service trips and one main cultural trip to the Fox Theater to see The Color Purple. We also had our annual banquet themed Art and Celebration; the event was a great success. We said goodbye to many of our graduating seniors, and honored those who excelled. Overall this was a great year for ESP and its members!

THE FINALE!

By: India Stanford



It is not about how you start, but more importantly how you finish! With finals approaching students are scattering to finish last minute assignments in order to finish strong. Others may have begun to slack as a consequence of slowly seeing the light at the end of the tunnel. Finals can be a very overwhelming experience, eliciting stress, panic, and worry in many students. Although finals can be a make or break for many, it is important to relax and remain calm. Below are a few tips that will help you prepare for finals.

Outline the material that the final will cover for each of your classes

When studying for finals many students are confused on where to start. This is a great solution to that problem! Throughout the semester, teachers have covered a host of information, all of which will not appear on the final. Making an outline keeps you focused on the necessary material, and prepared for what may appear on the final

Go to Office Hours

After spending an hour or more in class, going to office hours may be the last thing on your mind. However, making the sacrifice to meet with your teacher at least once a week may be the difference between a B and a C, or a A- and B+. The professor is one of the best resources available to get clarification about material and give you a guide towards what to focus on for the final.

Find a group of people to study with

Due to unexpected emergencies, the snooze button, or malfunctioning alarms some of your notes may be filled with blank pages or huge gaps. Studying with a group allows you to get the information you may have missed out on during the semester. Studying with a group also exposes you to alternate ways of thinking about the class material, and oftentimes your class mates are great resources for comprehending information that may be difficult.

Look over old test, assignments, and quizzes

Looking over old tests or quizzes can be a much needed refresher of the class material. It serves as a great way to pinpoint concepts that you had trouble grasping throughout the course and focus on strengthening your understanding of that material. Sometimes professor's put material from past tests and assignments on the final! By studying old material you can give yourself a heads up on the final material!

Take a break

As mentioned before, preparing for finals can be an extremely stressful experience. It is important to take a break and give your mind some much needed rest. Going out to dinner with friends, going to see a movie, or attending a social event are just some examples of things to during your break. Attending the StressBuster's event on campus is another great way to escape the stress of finals. This event was created by the campus fitness and wellness center particularly to help student reduce stress during finals. During this event students are able to stop by various locations and receive a thorough massage for FREE! Below I have listed the date and times of this event.

April 18th - Kleiner Commons, 4pm-7pm

April 19th - Zumburge Library, 4pm-6pm

April 20th - Kirkhof Lobby, 12noon-1:30pm



ESP Annual Banquet a Success! By: Melissa Selby-Theut

It was truly an afternoon to remember! On Friday, April 1st, ESP celebrated the accomplishments of all of its students at the 2011 Annual Banquet. The Alumni House was transformed into an art gallery, showcasing some of Grand Valley's finest sculptures and paintings. Over 100 students, faculty, and staff sipped sparkling grape juice and dined on a colorful array of appetizers with a very special guest — Chris LaPorte, winner of the 2010 Art Prize competition! Chris graciously shared some of the insight that he has gained throughout his journey as an artist, academian, and world-traveler.

ESP is grateful to each of the students, faculty, and staff who joined us in celebrating YOU and YOUR accomplishments! YOU make this program great!

Congratulations on another great year, ESP.
Enjoy your summer, and we'll all look forward to seeing you next year.



Fun, Free Summer

By: Ashleigh Zerbst

Summer shouldn't be all work and no play. For all those staying to take classes in the area this summer, here is a list of some great free and low-cost things you can do when you have time between summer classes and work.

Check out Millennium Park for some hiking, picnicking and swimming. The park opens on May 1st and closes on October 31st.

May 7-14, 2011 (sat-sat): **Tulip Time Festival** - in Holland, MI (West Michigan).

Holland Tulip Festival official website: www.tuliptime.com

For over 80 years, it's a celebration of Dutch heritage and culture. 3 Parades, Klompen Dancers (nearly 1,700 total dancers), music and variety shows from national headline entertainers to the remarkably talented local folk, Dutch Dance performances, Dutch Food, an art and craft fair, fireworks, an outdoor carnival, children's events, trolley tours, more.

June 3-5, 2011 (fri-sun): **Festival of the Arts - Grand Rapids** (West MI).

Official website: www.festivalgr.org

Annual event known as "Festival". A FREE community showcase of the arts: visual, performing & culinary West Michigan artists. The area's bands, choirs, rock, folk, country, blues - the works. Food booths operated by area churches and nonprofit organizations. Touch art.

June 17-18, 2011 (fri-sat): **West Michigan Chalk Art Festival (WMCAF)** - in Byron Center, MI (South of Grand Rapids).

Official websites: www.wmcaf.com

Artists are invited to display their creativity and imagination and demonstrate the many varieties of chalk art. We invite children, adults, families and businesses to create their own art using chalk. 1st Prize is \$1,000. Registration is \$12. The WMCAF is sponsored by Byron Community Wellness Foundation a not profit corporation.

2011 Taste of Grand Rapids, An event featuring approximately 25 Grand Rapids restaurants plus a non-stop entertainment stage; and the "State of Michigan Barbecue Championship, Michigan's longest running Kansas City Barbecue Society sanctioned barbecue tournament - which attracts 50 or more teams throughout the United States trying to win the honor of Michigan State Champion. Enjoy samples from some of your favorite restaurants or discover a new favorite restaurant right here at John Ball Park. Live entertainment, children's area and more. Admission and parking rates: free samples range from \$1-\$5. The fun begins Friday, July 22 from 3pm-10pm and Saturday, July 23 from 11am-10pm.

Check out these 2 website for more summer fun:

<http://www.michigan.org/Things-to-Do/Events/Detail.aspx?city=G3095&ContentId=6867a95d-1d92-40ad-8f4b-b027c7a44bc7>,

http://www.madmanmike.com/big_events_michigan.html



Cooking Corner

By: India Stanford

The birds are chirping, the sun is shining, and the fresh spring weather is knocking on our doors. Spring is the season for brisk walks through the park, fun-filled barbecues, and extremely TASTY SMOOTHIES!!!!!! For those soon-to-come hot spring days, I have included a quick and easy smoothie recipe.

Mondo Mango Smoothie

Directions

- ◇ Combine all the ingredients into a blender
- ◇ Blend ingredients until smooth (it may be necessary to stop the blender and stir with a spoon to help blend)
- ◇ Serve and Enjoy!!!!!!

Ingredients

- 1/2 cup pineapple juice
- 1 cup orange sherbet
- 1 banana
- 2 cups mango, sliced
- 2 cups ice
- 1 teaspoon lime juice

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The Bridge

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