

the Nest

Spring 2019 | No. 2





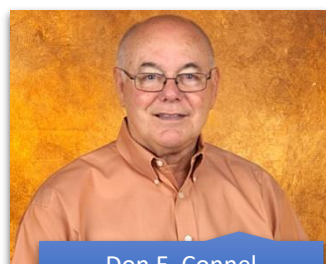
Deborah Morgan
Director of Project SOAR



Dezzarae Francis
Counselor Coordinator



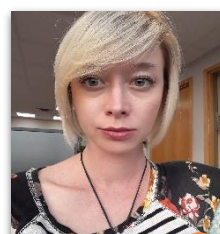
Holli Kyker
English Specialist



Don E. Connel
Math Specialist



Kayla Taylor
Office Specialist



Meghan Been
Science Specialist

Special Features

Healthy Eating Done Cheap

Pg. 3

Project SOAR's Outline for a Classical Argument

Pg. 4

Family Fun in OKC, Summer 2019

Pg. 6

End of Year Celebration

Pg. 8

Graduation and Featured Graduates

Pg. 10

Follow Project SOAR on Social Media for:

Motivational Monday

Tip Tuesday

Wellness Wednesday

Thrifty Thursday



www.facebook.com/OSUOKCProjectSOAR/



[@ProjectSOAR_OSU](https://twitter.com/ProjectSOAR_OSU)



www.instagram.com/project.soar/



Dump Soup or Taco Soup

Prep Time... 10 mins

Cook Time... 30 mins or to preference

Servings... 8- 10

Total Time... 40 mins

Ingredients and their cost at Walmart

- 1 lb ground beef ... \$3.62 a lb
- 1 yellow onion ... \$0.78 each
- 1 15 oz can kidney beans ... \$0.72 a can
- 1 15 oz can black beans ... \$0.72 a can
- 3 15 oz can corn ... \$0.64 a can
- 3 15 oz can diced tomatoes with chilies ... \$0.74 a can
- 1 packet taco seasoning ... \$0.44 a packet
- 1 packet ranch seasoning ... \$0.77 a packet

Total Cost

\$8.43 OR \$1.05 per serving

Make it Your Own

There are a lot of possible variations with this recipe, you can substitute the ground beef with ground turkey, or add in bell peppers, jalapenos, or Anaheim peppers.

You can throw this recipe together in under an hour and it's ready to go, or let it stew in the crockpot on low for hours.

When you serve it up, you can top it with shredded cheese, chives, sour cream, and tortilla chips.

Instructions

1. Brown your ground beef on the stove top then toss into a large pot or crockpot
2. Sautee onion on stovetop until translucent (or toss directly into the pot if you prefer)
3. Drain and rinse canned beans and canned corn then add to the pot
4. Add tomatoes and seasoning packets to the pot and mix well
5. Bring mix to a boil then reduce to a simmer for a half hour OR set crockpot to low for an hour
6. Serve and garnish to preference!



I. Introductory Paragraph (1st paragraph)

- Your introductory paragraph sets the stage or the context for the position you are arguing for.
- Imagine you're a part of a massive group conversation about this topic, your essay is your contribution to the conversation. The intro paragraph is a great place to explain the broad strokes of the collective conversation.
 - For example: You're writing about breastfeeding, your intro paragraph could be about motherhood in general.
- This introduction should end with a thesis statement that provides your claim (what you are arguing for). **Sample Argumentative Thesis:**
 - The production, sale, and possession of assault weapons for private citizens should be banned in the U.S.

II. Body

A. Background Information (2nd paragraph)

- This section of your paper gives the reader the basic information he or she needs to understand your position. This could be part of the introduction, but may work as its own section/paragraph. Depending on the assignment, this is where you provide your summary or provide any other necessary context.

B. Your argument (several paragraphs)

- Depending on the length of the essay you should have 3 to 5 major talking points that all support your thesis.
 - For the example thesis statement that assault weapons should be banned- the major talking points are 1. No assault weapons=fewer large scale killings 2. Ban is backed by public opinion, major orgs, and law enforcement 3. The risk posed by assault weapons is too great to ignore
 - For each of these large points, or claims, I have several pieces of evidence that support them.
- **Begin each paragraph with a topic sentence** that generalizes/summarizes the point you're going to make in the paragraph. Then, in the paragraph expand on that topic sentence and thoroughly explain your point and back it up with evidence.

III. Example

o Topic **sentence/Claim**: Keeping assault weapons out of private citizens' hands can lower the increasing occurrences of barbaric public slayings.

- **Evidence:**

- Jul 93 Law firm murders - Columbine School Shootings - University of Virginia incident - How did these individuals gain access to weapons?
- For each piece of evidence that you introduce, you must explain HOW that evidence supports your claim.
- In explaining how each piece of evidence supports your topic sentence/claim, you'll get a full paragraph or 2

Remember: Just because you have 3 big points doesn't mean you have three paragraphs. Each of the points can be divided into more than one paragraph.

IV. Addressing the Opposite Side

- After you write your body paragraphs where you explain your argument, write a counter-argument paragraph right before the conclusion paragraph
- Your topic sentence in this paragraph is going to be a one sentence summary of the counter argument.

Opposing View: *Many opponents of stricter gun control laws feel that such laws won't affect crime rate.*

- Once you have your counter claim topic sentence, then fairly explain the opposition. Take a couple sentences to explain the oppositions rational and reasoning.
- Then you must explain why the counter argument is STILL WRONG. This is called the Refutation.
- Example Refutation: Low murder rate in Britain, Australia (etc., where strict controls are in force. Thus showing that gun laws do affect crime rates)

V. Conclusion

- Just like with intro paragraphs, think of essays on similar topics as being singular texts in a massive group chat. Each person is contributing to a larger conversation. So whatever argument you make, at the end of it connect it back to that larger conversation (or group chat) with the conclusion paragraph.
- The conclusion should bring the essay to a logical end. It should explain what the importance of your issue is in a larger context. Your conclusion should also reiterate why your topic is worth caring about. Some arguments propose solutions or make prediction on the future of the topic. Show your reader what would happen if your argument is or is not believed or acted upon as you believe it should be.
 - For the gun control argument, talk about the best case scenario outcomes if your suggestions became reality.



Dates: June 19, 2019 to July 24, 2019
Recurring weekly on Wednesday

Times: 9:00 PM to 10:30 PM

Location: Myriad Botanical Gardens &
Crystal Bridge Tropical Conservatory. 301
W. Reno Ave., Oklahoma City, OK 73102

Price: FREE

Movie Schedule:

Trolls: June 19

A League of Their Own: June 26

Top Gun: July 3

Annie: July 10

Wonder: July 17

Aquaman: July 24

Children's Garden Festival Featuring
"Winnie the Pooh"

Dates: June 7, 2019 to June 16, 2019.
Recurring daily

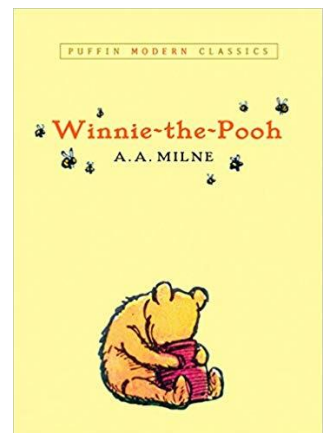
Times: 10:00 AM to 5:00 PM

Location: Myriad Botanical Gardens &
Crystal Bridge Tropical Conservatory. 301
W. Reno Ave., Oklahoma City, OK 73102

Price: \$6

Journey into the land of Pooh, Piglet and
Tigger too as the Children's Garden is
transformed into Christopher Robin's 100
Acre Wood.

Crafts, activities and imaginative displays
will capture the essence of one of America's
most beloved children's stories. Enjoy 12
festival-related events from a book fair with
the Metropolitan Library of OKC to a
Sensory Sensitive Evening for children with
special needs.



Food trucks, hammocks, games
and of course, the Ferris Wheel!
The park itself is free for all and
there's lots to do, whether
you're relaxing in a hammock
while the kiddos play soccer, or
taking a stroll along the river
front.

Tickets:

Single Ride ... \$6

Kids 3 & Under ... FREE

Day Pass ... \$10

Hours:

Monday CLOSED

Tues-Thurs 4:00-9:00pm

Friday 11:00am-10:00pm

Saturday 8:00am-10:00pm

Sunday 12:00-9:00pm



Date: June 22, 2019

Time: 1st session 9 a.m. - 12 p.m.

2nd session 1 p.m. - 4 p.m.

Location: Girl Scouts of America 6100 N Robinson, Oklahoma City, OK

Price: Before June 20- \$12 per family (up to 4 people) \$5 for each additional guest.

Day of- \$15 per family (up to 4 people) \$7 per additional guest

The festival will encourage families to learn about STEAM topics through hands-on expo booths, demonstrations, robotics and short workshops, all focused on science, technology, engineering, arts and math.

"Geek" costumes are encouraged as there will be a contest.

Date: June 1st, 2019

Time: 9 a.m. - 5:00 p.m.

Location: Mollie Spencer Farm
1001 Garth Brooks Blvd, Yukon, OK

Price: FREE

This summer fest features a wild west show, kids' crafts, food booths, train rides, a petting zoo, living history reenactments, crawfish races, live Cajun music and more.



Date: Reoccurring every Saturday

Time: 11 a.m. - 3:30 p.m.

Location: Lakeshore Learning 6300 N. May Ave., Oklahoma City, OK

Price: FREE

FREE Crafts for kids ages 3+ every Saturday 11 a.m. to 3 p.m. at Lakeshore Learning. No reservations necessary.

Past projects include things like a Very Hungry Caterpillar Headband, a Celebrate MOM! Dotty painting, and a You Are Sweet! Cupcake Card.

Libraries and bookstores and the Science Museum are offering free story time events throughout the summer. These events are free to attend and a great way to escape the heat and keep those little ones entertained.

And libraries across the city are hosting Summer Reading Kick-Off Bashes with carnival games, face painting, and activities for all ages. These are also free to attend so check out your local library for dates and times.





People's Choice Awards

UNSUNG HERO: Recognizes a student who has positively influenced Project SOAR from behind the scenes with a positive attitude, a willingness to help in whatever capacity necessary, and a commitment to excellence.

SARAH PORTER

MOST OUTSTANDING: Recognizes someone who has demonstrated significant contributions to the growth and development of themselves and Project SOAR. They have demonstrated exceptional character, have been involved in the program, and have had an impact on students in the program.

DESTINY CHEEK AND KERIE LJUNGHAMMAR



Project SOAR Student Awards

Science

SCIENCE EXCELLENCE: MADELINE WILLIAMS

SCIENCE MOST IMPROVED: ROSEMARY OKUMU

Math

MATH EXCELLENCE: RYLIE STONE

MATH MOST IMPROVED: APRIL WILLIS

English

ENGLISH EXCELLENCE: SAMANTHA CHAVEZ

MATH MOST IMPROVED: DOMINIQUE HERNANDEZ

Student Awards

MOST POSITIVE: Recognizes someone who has performed a special act of kindness or service that has had a positive impact on others, builds the morale of others through their actions, and demonstrates sincere cooperation, positive attitude and exceptional willingness to assist others.

DESTINY BROWN AND MACKENZIE PAGE

MOST COMMITTED: Recognizes someone who has continuously demonstrated outstanding achievement, skills and, commitment to excellence in Project SOAR and in their education.

CHRIS CREEL

EXCELLENCE IN SERVICE AND LEADERSHIP: Recognizes a student who demonstrates outstanding service and leadership in Project SOAR, OSU-OKC, and their community.

DANIELA ARVIZO

BRIDGE-BUILDER: Recognizes a student who has worked to establish or support connections between student groups or individuals.

KEIRY VICINTE

EMERGING LEADER: Recognizes a student who has already made significant contributions to Project SOAR and has demonstrated the potential for leadership and continuing service in the program and at OSU-OKC.

CHERI TOINTIGH

STRONGEST NEWCOMER: Recognizes a new student who has achieved academic excellence, demonstrates a positive attitude, participates in the program, and displays an ability to achieve high accomplishments.

STORMY POE

OVERCOMING OBSTACLES: Recognizes a student who has/is actively overcoming adversity and/or challenges while pursuing their education, has a positive impact on others, and represents what Project SOAR means.

PATRICIA WILSON AND DALTON SEAMON



From all of us here at Project SOAR, congratulations to all the graduates of the 2018-2019 academic year. You've all worked so hard to get here and now you're on your way to new frontiers, so dream new dreams and never stop chasing them. And as you cherish the fruits of your hard work, we wish that success keeps following you in everything that you do.



FALL 2018 GRADUATES

Meghan Been

Jo-Ann Cole-Johnson

Maryum Davis

Clint Dodson

Shayla Douglas

Diane Kollars

Shania Lamb

Carlos Lopez

Renee Schnabl

Leslie Torres

Teresa Whited

SPRING 2019 GRADUATES

Daniela Arvizo

Areicy Cifuentes

Kerstin Cole

Rache Garret

Kerie Ljunghammar

Ashley Lockette

Adriana Martinez

Perla Orta

Bailey Smith

Rylie Stone

Diana Trejo

Ranessa Weatherton

Crystal Williams

Desteny Zarazua

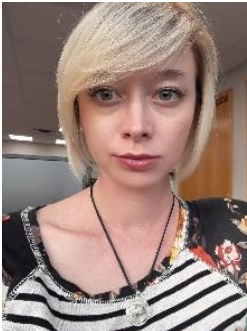
Project SOAR's Featured Graduates



Ranessa Weatherton

Degree: Enterprise Development Associates in Science, General Studies Concentration

Next Step: Langston University to become a licensed professional counselor and Behavior Analyst



Meghan Been

Degree: Enterprise Development Associates in Science

Next Step: University of Central Oklahoma to obtain a Bachelor's in Biomedical studies and in Forensic Science.



Teresa Whited

Degree: Enterprise Development Associates in Science, General Business Management, with a Nonprofit Certificate

Next Step: Oklahoma City University to obtain a Bachelors with the ultimate goal of becoming a family law attorney.

Desteny Zarazua

Degree: Enterprise Development Associates in Science, Accounting Concentration

Next Step: University of Central Oklahoma to obtain a Bachelors in Accounting



Daniela Arvizo

Degree: Enterprise Development Associates in Science

Next Step: University of Central Oklahoma to obtain a Bachelors in Mass Communications.



Leslie Torres

Degree: Enterprise Development Associates in Science

Next Step: Oklahoma University to study as a Bio/Pre-Med student with the ultimate goal of attending medical school and becoming a pediatric heart surgeon.



*Nothing will
work unless you
do.*

-Maya Angelou

