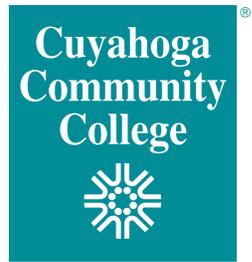


FrontLines

NEWSLETTER



A NOTE FROM THE DIRECTOR

March is traditionally a month of transitions. Transitions can be planned or unexpected; welcomed or dreaded. Though they often include elements of the unknown, we push ourselves forward past the transition to a place of resiliency and renewal.

In March, we begin to see the gradual transition of nature, with trees budding and signs of spring's arrival. We expect to see the robins returning (as well as the buzzards!) We know the signs of the resilience that follow this transition.

Life has transitions, too. As a society, we've been forced to change old habits to protect ourselves and each other as we battle the pandemic. Relationships can change our day-to-day routines, such as from being single to being a couple (or returning to the single life). New parents will tell you their newfound responsibilities are life-altering. And transitioning from military life to civilian routines can certainly be a major transition!

Regardless of how change happens, how we deal with it is critical to moving forward in the best possible way.

Regardless of how change happens, how we deal with it is critical to moving forward in the best possible way. That requires resilience. Resilience can be defined as toughness, or an ability to overcome something difficult. Mother Nature has had it rough this year, so I'm personally looking forward to her resilience!

What transitions have you faced? What does your resilience look like? There are plenty of resources around us to encourage resilience. The Veterans Initiative staff are here to encourage you as you move forward, transitioning through your educational journey. We can help you identify resources to leverage your resilience.

Be sure to check out the story of Leanne Hoppe, a former Veterans Initiative staff member. The past year has brought many unexpected transitions to her life. We hope her story of resilience will help you find inner strength for your own rebound.

Marjorie Morrison, Interim Executive Director, Veterans Initiative

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VET RESOURCES

Subscribe to the weekly VA newsletter for information about resources available to veterans and their family members — including giveaways and freebies!

Visit <https://www.va.gov/VetResources/> to sign up!



VetResources is a weekly newsletter for veterans, their families, caregivers and survivors. Have a resource to share? Use hashtag **#VetResources**

NEED TO VISIT CAMPUS?

Most offices and nearly all courses are still operating remotely. Visit the [Tri-C Coronavirus webpage](#) to learn more.

USING THE TRI-C LIBRARY

Did you know that Tri-C's libraries have **librarians on staff for online chat or phone calls?** If you're stuck on a research project, contact them for assistance! [Learn more here.](#)

Veteran students and employees who wish to submit stories or photos for this newsletter can email them to jeremy.wong@tri-c.edu for consideration. All submissions are subject to approval by the College prior to publication.



Visit our website at tri-c.edu/veterans



EMPLOYEE REMEMBRANCE ★ ★ ★ ★

SOLEDAD TOSTA

in loving memory

Soledad Tosta passed away on Feb. 16, 2021.

A Tri-C employee for 19 years, she most recently served as the faithful program coordinator for the Veterans Initiative. She enjoyed working and interacting with students. Her most memorable moment during her time at the College was walking across the stage during her own graduation ceremony.

COVID-19 TESTING AVAILABLE



Tri-C offers free testing through our partnership with Care Alliance Health Center. Anyone can get tested by Care Alliance at the Metropolitan Campus on Mondays and Wednesdays or on a rotating Tri-C campus every Thursday. Testing begins at 11 a.m. each day and concludes at 2 p.m. No testing will be done after 2 p.m. We recommend that individuals arrive at least an hour before the site closes in order to get through the line. Testing is done on a first-come, first-served basis.

No appointment is necessary. A government-issued ID (with your name, address and photo), phone number, social security number and insurance card (if applicable) are required for testing.

Visit tri-c.edu/covidtest for the most up-to-date testing dates and information.

ENGAGING WITH ENGLISH

I've got a quick writing and critical thinking prompt for you: ***Are sports just not the same without spectators in the stands?***

Most sporting events now have few or no fans in attendance because of the pandemic. Do you miss the roar of the crowd? Or does the thrill of the game still bring you comfort and joy?

Stretch your brain by sitting down and thinking about a few key issues, or write it out to share on social media!

What do you think about the use of artificial crowd noise or cardboard cutouts of fans in the stands to recreate the feeling of packed stadiums and arenas? What other creative ideas would you recommend to sports leagues and teams to bring the excitement of crowds to live events?

GET INVOLVED!

Student veterans are invited to join the Veterans Today Club.

Email matthew.miller@tri-c.edu for more information.

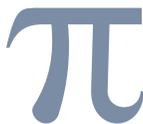
Veteran or military-affiliated employees are invited to join the new veteran employee resource group. Email alaina.foster@tri-c.edu for more information.



Get
involved

MATH FACTS

March 14 is “Pi Day,” in honor of the value of Pi (3.14). Pi is the ratio of a circle’s circumference to its diameter. Check out a few fun Pi facts in honor of Pi Day!



π

- The [symbol for Pi](#) has been in use for more than 250 years. Introduced by Welsh mathematician William Jones in 1706, the symbol was made popular by mathematician Leonhard Euler.
- Physicist Larry Shaw started celebrating March 14 as Pi Day at San Francisco’s Exploratorium science museum. He is known as the “Prince of Pi.”
- Sixteenth-century Dutch-German mathematician Ludolph van Ceulen spent most of his life calculating Pi’s first 36 digits. It is said that the digits were engraved on his tombstone, which is now lost.

VETERANS AND ENTREPRENEURSHIP

It’s no secret that the pandemic has devastated businesses across Northeast Ohio. But a record number of new businesses are also starting.

From pizza trucks to DIY art kits to physical recreation centers, there have been a surprising number of new enterprises begun during the pandemic.

Ever thought about starting your own business? Here are some top tips:

- 1. Take advantage of the help available to you.** Vets who want to start their own businesses have access to a dizzying array of tools. Start small, looking for local resources through the VA and asking your fellow vets what works. Before trying for any kind of state aid, check out [Cleveland-based business startup support](#).
- 2. Find a mentor.** It’s not easy to connect with other people amidst social distancing, but finding someone with experience can be critical — they’ve already dealt with many of the hurdles of starting a small business. [The SCORE program can link veterans with mentors](#).
- 3. Build a business plan.** You’ve definitely heard before that a plan is critical, but it’s not just about making one — it’s about details. This should be a robust document of 15-20 pages. If you don’t think you can do that much research, it might benefit you to think it over first.
- 4. Consider a franchise.** Starting a small business from scratch can be tough, considering the lack of branding and support. Would you be willing to attempt a franchised store? [VetFran has specific tools for veterans interested in owning a franchise](#).



TRI-C NAMED A 'MILITARY FRIENDLY SCHOOL' FOR 12TH CONSECUTIVE YEAR

College recognized as a Top 10 school for work with veterans and military members

Cuyahoga Community College (Tri-C®) has earned its 12th consecutive Military Friendly® School designation in recognition of its commitment to serving veterans and active military students, as well as their families.

Tri-C was designated as a Top 10 school in the large community college category for the fourth consecutive year in the ratings. Institutions were evaluated in areas such as student retention, graduation rates and job placement.

More than 8,800 schools were eligible; only 750 received a Military Friendly designation, including 27 in Ohio. The full list of schools is available online at militaryfriendly.com.

The Military Friendly program was created to help service members and their families select the best college, university or trade school to receive the education and training needed to pursue a civilian career.

Tri-C works with thousands of military families a year through its veteran services centers, which offer a full array of support services to help veterans reach educational and career goals as they transition from soldiers to civilians.

Centers are located at Eastern Campus in Highland Hills, Metropolitan Campus in Cleveland, Western Campus in Parma, Westshore Campus in Westlake, Brunswick University Center and the Louis Stokes VA Medical Center in Cleveland.

Visit tri-c.edu/veterans for more information about Tri-C's commitment to supporting military students.



YOGA CLASSES



Hello Tri-C community! My name is Leanne Hoppe, and from 2016 to 2020 I worked with the Veterans Education Access Program based at the Metro Campus. The past year has brought unexpected events and life changes for all of us, and I'd like to share my story with you.

I spent most of 2019 planning to thru-hike the Appalachian Trail. I cooked and dehydrated meals to mail to myself along the way, researched and planned each day's mileage and "lodging," and tested out the perfect combination of gear. As we entered the first shutdown in March 2020, I ended up postponing the hike — though only after having my transportation from the rental car drop-off to the trailhead cancel on me!

I spent a while grieving the loss of control — the freedom to do what I wanted to do. In time, I found little ways to transition from thinking about what I couldn't do to imagining what else I'd like to do.

I contacted a yoga teacher I'd been practicing with for a couple of years for guidance on choosing a yoga teacher

training program. This was something I'd always been interested in but never acted on. I wasn't sure when or how a training program would happen, but I decided to start gathering information.

It just so happened that my teacher was in the process of creating their own yoga school! As other "maybe" plans and ideas shifted during the summer months, I found myself available for the program and signed up.

Over the past eight months, I've learned a lot about the history, benefits, anatomy and overall practice of yoga. As part of my training, I've put together two videos for my Tri-C community that offer relaxation and gentle stretching.

While pandemic life brings regular challenges with it, it's been helpful for me to have found an activity that interests and excites me (in addition to discovering some great new TV series and movies). I hope this interest of mine offers something useful to you!

<https://youtu.be/L6XDOaq72Mo>

<https://youtu.be/aXtyBNV8E>



Let us know how we can help you achieve your academic goals!

THE VETERAN SERVICES TEAM IS HERE TO HELP!



Need assistance with enrollment, registration, financial aid or benefit information? Struggling with English or math? Looking for referrals to community services?

Let us know how we can help you achieve your academic goals! Call the Veteran Services remote phone line at 216-307-6385 or email a team member for assistance.

Team/Location	Name	Email
Eastern Campus	Alaina Foster	alaina.foster@tri-c.edu
Metropolitan Campus	Joan Sweeny Dent	joan.sweenydent@tri-c.edu
Western Campus	Matt Miller	matthew.miller@tri-c.edu
Westshore/Brunswick	Mick Muñoz	mick.munoz@tri-c.edu
VEAP Math Tutoring	Gary Bass	gary.bass@tri-c.edu VEAPmath@gmail.com
VEAP English/Math Tutoring and VECC Tutoring	Jeremy Wong	jeremy.wong@tri-c.edu VEAPEnglish@gmail.com
Interim Executive Director	Marjorie Morrison	marjorie.morrison@tri-c.edu

Remember, if you receive orders to deploy, contact your campus representative for further direction.

ONLINE RESOURCES

ENROLLMENT SERVICES

Academic Counseling

- [Counseling Center Hours and Information](#)
- [e-Advising](#)
- [Schedule an Appointment](#)

Application for Admission: [Apply](#)

Assessment/Testing: [Testing Center Hours and Information](#)

College Credit Plus (CCP)

- [College Credit Plus Information](#)
- [CCP Student and Parent Checklist](#)

Financial Aid: [Student Financial Aid and Scholarships](#)

International Student Services: [International Student Information](#)

New Student Orientation

- [Information and FAQ](#)
- [Online Orientation](#)

Registration: [Register for Classes](#)

Student Accessibility Services: [Information and Resources](#)

Tuition Payments: [Pay Tuition](#)

STUDENT SERVICES

Bookstore

- [Barnes & Noble Bookstore](#)
- [Find Textbooks](#)
- [Textbook Rentals](#)

Career Services

- [Career Services Information](#)
- [Student Career Services](#)
- [Schedule an Online Appointment](#)

Library

- [Library Information](#)
- [Staff Directory](#)
- [Access Your 'My Library' Account](#)

Psychological Counseling

- [Personal Counseling](#)
- [Help Is Here](#)

Technology Learning Centers: [Hours and Locations](#)

Transfer Centers

- [Transfer Center Information](#)
- [Schedule an Appointment](#)

Tutoring Services

- [Tutoring Information](#)
- [Smarthinking Online Tutoring](#)

Veteran Services: [Veteran Resources](#)

