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# SUPERHERO HONOR STUDENTS!



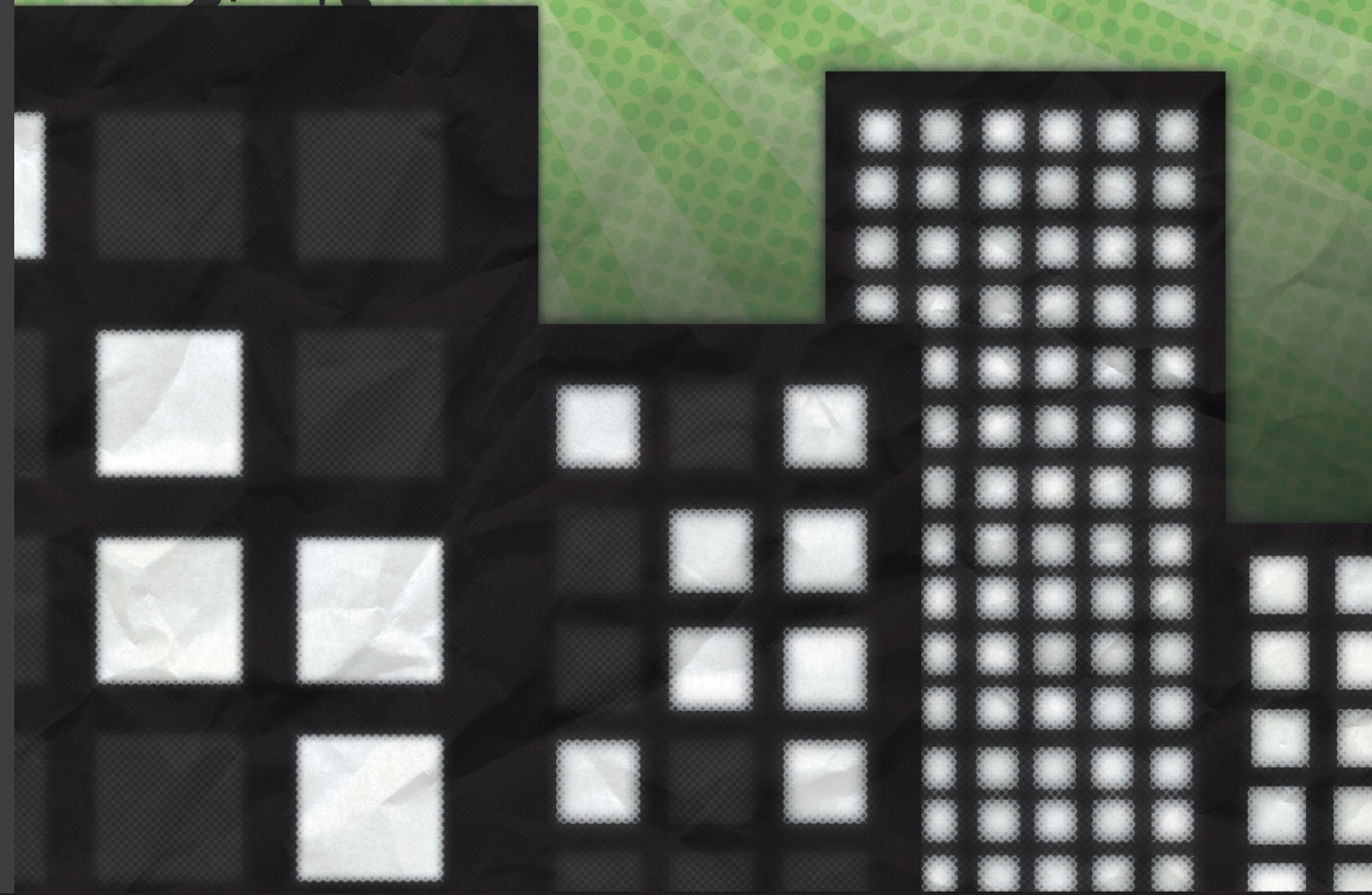


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24.6% of Honors students wanted to be saved by **IRON MAN** and 23% wanted to be saved by **BATMAN**.



25.8% of Honors students said their evil villain was the Perilous Procrastinator while an equal amount said their villain would be the Stress-inator.





# UNSUNG HEROES

## NONTRADITIONAL STUDENTS OF THE HONORS PROGRAM

BY STEPHANIE MASSEY-COLE

You've seen us on campus; individuals who look seasoned enough to be an instructor but who turn out to be classmates. Did you ever wonder what life is like for these nontraditional students and how they manage to juggle classwork, families, work, and relationships? If you think this might take the strength and determination of Superman, you wouldn't be far off!

**AFTER WORKING FOR YEARS IN A BLUE COLLAR POSITION, DAVID DECIDED IT WAS TIME TO PURSUE HIS DREAM TO SAVE THE WORLD IN A JOB THAT APPEALED TO HIM, IN THE MEDICAL FIELD**

I recently interviewed a nontraditional student named David Campbell who is working through the necessary prerequisites to get into the Physicians Assistant program. Due to the competitiveness of the program, he feels the pressure to maintain academic excellence in order to have a chance to fill one of only 30 seats available. After working for years in a blue collar position, David decided it was time to pursue his dream to save the world in a job that appealed to him, in the medical field. A carpenter by trade, David works in excess of 60 hours a week during the summer to support his lifestyle as a full time student during fall and spring. While he is able to live very frugally and simply while in school, he finds that there is one sacrifice that is exceedingly difficult for him and that is the lack of social life that accompanies putting in long hours studying. He says that loneliness is one aspect of the superhero lifestyle that he most identifies with. As the classic superheroes distance themselves from relationships to protect their love interest, he must do it to protect his dream. His personal Kryptonite is loneliness and stress. But he credits his time in school and the Honors Program with making him a "better, wiser, more complete person". David recently applied for the PA program and should be getting confirmation in January or February. Let's all direct some positive thoughts his way in this endeavor. Good luck David, you truly are a superhero and an inspiration!

As a nontraditional student myself, I find the demands as a wife, parent, full time employee, and full time Honors student to be very daunting. In short, I must choose how I spend my time very carefully, while still being available to my spouse and three sons. There are many household activities that I simply cannot accomplish and I must dictate to other members of my family, and still other activities that simply must be put aside, like sleep! But one thing that I do not put aside is time with my family, though it is often compacted into small convenient time chunks. My biggest challenge is staying successful due to the fact that because I am doing so many things. It is hard to do everything well. My personal Kryptonite is stress. I am due to graduate in Spring 2014. My plan to save the world is by getting my licensure in Special Education Mild to Moderate. My personal superhero and the inspiration for me to go back to school and into Special Education is my son Jacob, who was diagnosed with PDDNOS (Pervasive Developmental Disorder Not Otherwise Specified, which is a form of Autism) at the age of 4. He is the kindest, funniest person; he inspires me daily. I work with children every day in my current job and to some of them I am not merely Clark Kent but a real life caped crusader so I try to keep that in mind. I really am not sure any aspect of my life is like Clark Kent; everything that I have become and that I am doing makes me feel more like a superhero than a mild mannered alter ego. I honestly feel strong, determined and blessed. I realize that much of this I owe to the Honors Program.





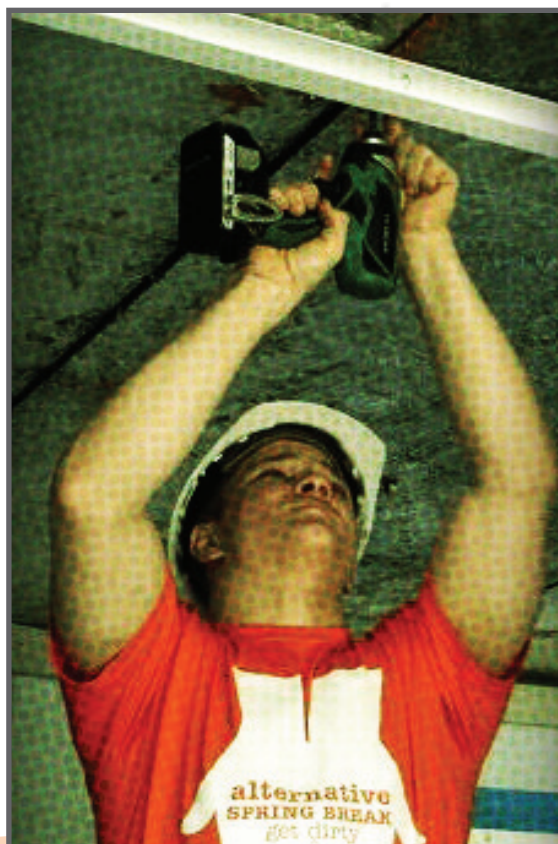
# WHAT ARE YOU FIGHTING FOR?

BY RICK ZAKOWSKI

## STUDENT SUPERHERO:

Brandon Sommers is a senior in the Honors Program studying to be a physical therapist. He has volunteered with Viking Expeditions, Habitat for Humanity, and a nursing home where his mom works. After a mission trip to the Dominican Republic, he met a child named Eduardo that his high school service group sponsored. He and his friend decided to sponsor a child through Compassion International, named Antony Encarnacion.

When asked what he gained from his volunteer experiences, Brandon answered, "I love working with older persons. They appreciate you helping them more than anyone else. Life is simpler for them. They have such a unique outlook. I definitely take away more than I give when I volunteer. I will most likely work in a nursing home as a physical therapist."



"I DEFINITELY TAKE AWAY MORE THAN I GIVE WHEN I VOLUNTEER."

## GIVING BACK THROUGH THE HON EXPERIENCE COURSE:

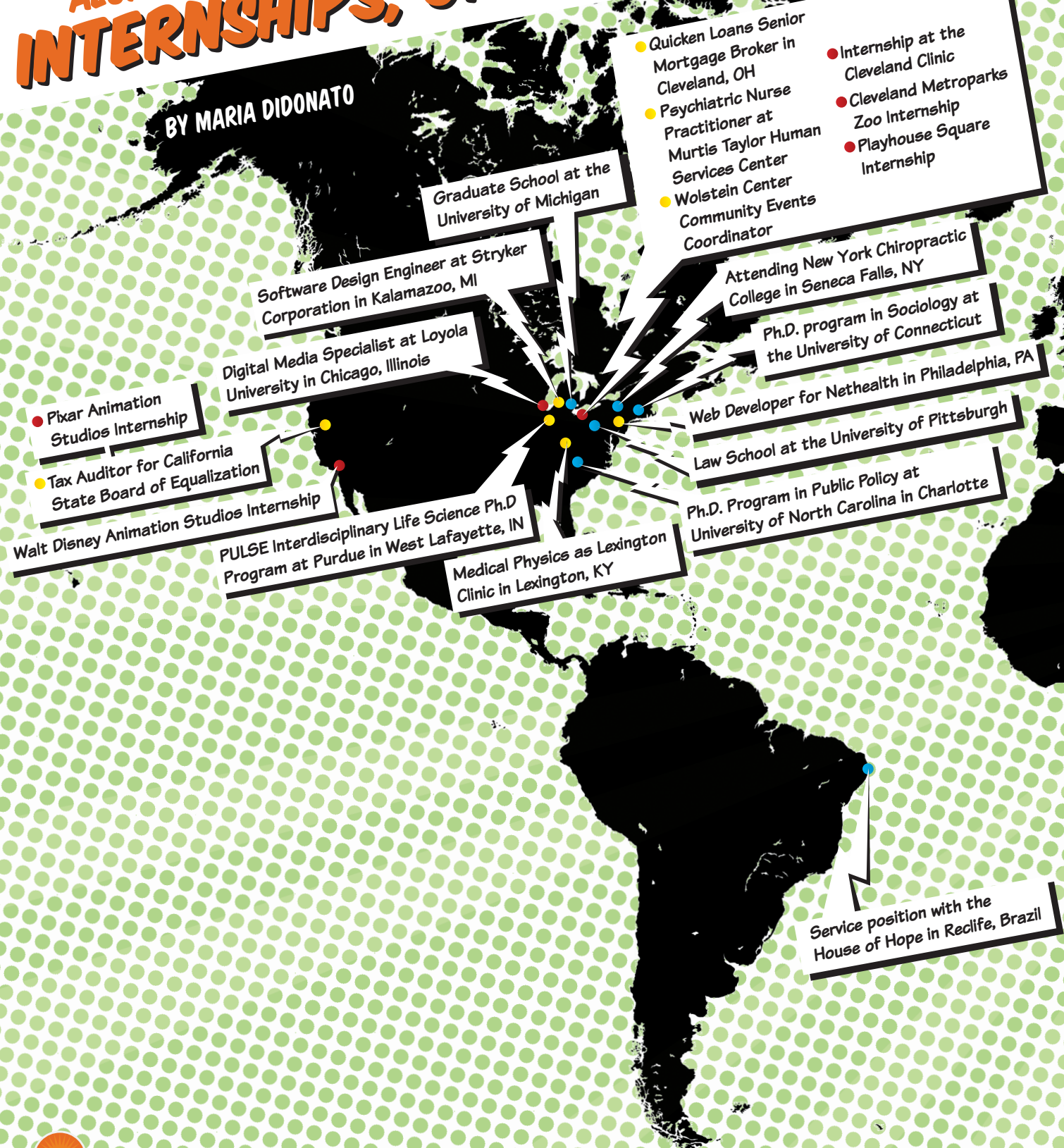
The HON 200 Service Learning course has experienced a massive overhaul this semester. The whole format of the course has changed because Honors Program staff felt that the course was too much of a fallback class that students didn't take very seriously. This past summer a partnership has flourished between the Honors Program and United Way. From that partnership, Ronette Johnson, Honors advising coordinator, has selected several places near the downtown area that she thought students would enjoy volunteering with, including Project Learn, Care Alliance, the American Red Cross, Towards Employment, and United Way.





# ALUMNI: WHERE THEY ENDED UP... INTERNSHIPS, GRAD SCHOOL & WORK

BY MARIA DIDONATO



29% of Honors students want to watch the Batman Trilogy on movie night. 22.6% want to watch The Avengers.

## SUPERHERO NAME GENERATOR

Every superhero needs a great name! With this handy little chart, you can find yours!

### Month You Were Born:

January - The GREAT  
February - The AMAZING  
March - The MAGNIFICENT  
April - The WONDERFUL  
May - The FANTASTIC  
June - The FLYING  
July - The INVISIBLE  
August - The POWERFUL  
September - DOCTOR  
October - The PURPLE  
November - The INCREDIBLE  
December - PROFESSOR

### First Letter of Last Name:

A - WONDER	N - WARRIOR
B - FLASH	O - ADVENTURER
C - PROTECTOR	P - KNIGHT
D - DART	Q - MUSCLE
E - CHALLENGER	R - LIVERATOR
F - COMET	S - EMANCIPATOR
G - DEFENDER	T - BEAST
H - ORGANIZER	U - RULER
I - STEEL	V - CRUSHER
J - STORM	W - PARAGON
K - SAVIOR	X - STAR
L - TANK	Y - LEADER
M - PRESERVER	Z - MASTER

### Students taking the class must:

- Select one organization to volunteer with a minimum of twenty hours over the semester.
- Give volunteer commitments to that organization so that they know to expect the students and have activities for them to do.
- Get background checks in order to volunteer at the request and expense of United Way.

- At the end of the semester, students are to give a 5-7 minute presentation in front of Honors staff, United Way staff, and other students on what they learned and experienced throughout the semester.

Johnson says that the purpose of all of the changes is to give students a more engaging experience and to give back to the community.



# MEET SOME OF THE FACULTY!

BY ERICKA ROY

1. WHAT DO YOU LOVE MOST ABOUT TEACHING?
2. WHAT DO YOU EXPECT FROM STUDENTS WHO TAKE YOUR CLASS?
3. ANY WORDS OF WISDOM FOR STUDENTS CURRENTLY IN YOUR DEPARTMENT?

**Dr. Ulrich Zurcher**  
University Physics I & II



1. What I love most is when students tell me, after suffering through the semester, that they actually liked the class and saw value in it. My greatest achievement is having students walk away from my class and not hate physics.
2. That they keep up with work and don't fall behind. I also recommend that students do more than the bare minimum. I try not to overload students with assigned homework problems, so they should do additional practice problems in order to truly master the material.
3. 1.) Work on your math skills: If you struggle with the technical aspects of math, you can't really enjoy the full view of physics. 2.) Take challenging classes outside of the physics discipline: Chances are high that you will end up working in a different field, so pick up some challenging chemistry or biology courses.

**Dr. Holly Holsinger**

Principles of Acting; Intermediate Acting; Auditions;  
Voice and Acting



1. I love seeing students improve and witnessing their 'aha' moments. Studying performance is studying life; I get to watch students learn about themselves and become confident both on stage and in real-life.
2. I expect them to try. Some of the things I tell them to do may seem a little strange, but I ask students to take a risk. I want them to try some of my crazy ideas and see where they go. I am a very demanding teacher, because theater is serious for me.
3. Work hard. Too many people want to do theater, so succeeding takes a huge amount of work and commitment. Lots of students are not prepared for this. However, it always pays off. Our theater students are highly skilled and greatly in demand.

## THE GREASE-BALL BOMB

BY RIANA MROCZKOWSKI-STANKO

### SWAPS TO HELP MAKE YOUR DIET HEALTHIER

- Whole fruit instead of sugary fruit juice
- Greek yogurt for sour cream
- Cinnamon instead of sugar
- Popcorn instead of chips
- Fresh fruit instead of syrup
- Brown rice for white rice
- Mustard instead of mayo
- Spices for salt
- Milk chocolate for dark chocolate
- Fruit smoothies for ice cream
- Olive oil for butter
- Wheat/whole grains for refined white bread

### TIPS FOR SNEAKING IN EXTRA EXERCISE

- Get off the bus stop a few stops early (or don't take the bus at all!)
- Bike to work/school
- Use the stairs instead of the elevator
- Stand more often
- During commercials, get your heart rate going by doing crunches, lunges, or other simple exercises
- Park farther away from the store so you have to take more steps
- Carry a jump rope with you and if you have an extra five minutes, use it!

### TIPS FOR EATING HEALTHY ON BUDGET AND TIME CONSTRAINTS

#### HEALTHY SNACKS UNDER \$1 PER SERVING

- Eggs
- Almonds
- Oats
- Chicken breast
- Whey protein
- Fruits
- Vegetables
- Brown rice

- Make a list and do not deviate from the list
- Buy in bulk (especially items that are on-sale that you can freeze)
- Use the grocery store savings card
- Buy seasonal fruits and vegetables
- Make your own plastic baggies with healthy snacks
- Buy generic brands

## SLEEP-O-NATOR

FACTS ON SLEEPING BETTER:  
BY DAVID PENDLETON

**Avoid Caffeine, Alcohol, Nicotine, and Other Chemicals that Interfere with Sleep:**  
As any coffee lover knows, caffeine is a stimulant that can keep you awake. So avoid caffeine (found in coffee, tea, chocolate, cola, and some pain relievers) for four to six hours before bedtime. Similarly, smokers should refrain from using tobacco products too close to bedtime.

**Go to Sleep When You're Truly Tired:**  
Struggling to fall sleep just leads to frustration. If you're not asleep after 20 minutes, get out of bed, go to another room, and do something relaxing, like reading or listening to music until you are tired enough to sleep.

**Nap Early—Or Not at All**  
Many people make naps a regular part of their day. However, for those who find falling asleep or staying asleep through the night problematic, afternoon napping may be one of the culprits. This is because late-day naps decrease sleep drive. If you must nap, it's better to keep it short and before 5 p.m.

**Exercise Early:**  
Exercise can help you fall asleep faster and sleep more soundly—as long as it's done at the right time. Exercise stimulates the body to secrete the stress hormone cortisol, which helps activate the alerting mechanism in the brain. This is fine, unless you're trying to fall asleep. Try to finish exercising at least three hours before bed or work out earlier in the day.

#### Lighten Up on Evening Meals:

Eating a pepperoni pizza at 10 p.m. may be a recipe for insomnia. Finish dinner several hours before bedtime and avoid foods that cause indigestion. If you get hungry at night, snack on foods that (in your experience) won't disturb your sleep, perhaps dairy foods and carbohydrates.

Source: Division of Sleep Medicine at Harvard medical school



# COMBATTING YOUR VILLAINS

## The **MULTIHACKER**

BY EMMANU-EVETTE ADJEI

**BEWARE OF THIS VILLAIN** that lurks behind you several times a day waiting to catch you off guard. Its most devious asset is its lack of transparency. It seems innocent but is truly evil. Do not fall prey to the trap of multitasking hacker

**DEFINITION:** Multitasking is doing more than one task at the same time, or performing a task with the use of several electronic devices spontaneously

If we were to stick to this definition, it is safe to say that we all multitask more than we know. There are more overt ways of multitasking, like clipping your toe nails while cooking dinner. But some more subtle ways involve the use of electronics. Any time you stop to make a phone call while typing a paper, listening to music while studying or even worse sending a text message during a class lecture, you are indeed multitasking! But there's no harm in multitasking Right? **Wrong!** Check out some serious facts about multitasking.

Facts: According to the article "Multitasking In The Car: Just Like Drunken Driving", Studies show that

- 1) A driver who texts is more likely to get in a car accident than a drunken driver. (Hamilton, 2008)
- 2) Drivers who put on makeup, text or talk on phone, and engage in other activities while driving are more likely to get in a car accident than those who focus only on driving. (Hamilton, 2008)
- 3) Also those who multitask while eating are more likely to eat more than those who simply sit down to eat a meal. (Hamilton, 2011)

Let's be honest with all the electronics accessible to us it is virtually impossible to avoid a rendezvous with the multihacker once in a while. So it's important for you to evaluate the situation and determine what's most important. If you are driving or in class, that text message or email may be able to wait. However, sending a text message while you listen to your iPod may not be a capital offense. Use the one thing you can't buy online: common sense! Yes, that's the only way to avoid being a victim of the MULTIHACKER!!

Hamilton, J. (2008). Multitasking In The Car: Just Like Drunken Driving. Oct 16, 2008  
Hamilton R., K.D., Sellier, A. & Mervis, T. Being of Two Minds: Switching Mindsets Exhausts Self-Regulator Resources. (2011) Organizational Behavior and Human Decision Process. (May), 13-24

1. Dealing with and mentoring students. I like getting to know them and forming life-long friendships that last even after graduation.
2. Most importantly that they attend. Do the readings before class, even if you don't understand the material, and don't be afraid to ask questions. Also when I call on a student in class, I am looking for feedback. I am trying to prepare them for the real-world.
3. Accounting is one of the most difficult majors. You may be used to getting good grades, but you will get knocked down in at least one of your classes. When that happens, don't quit or feel like you're alone. If you enjoy accounting, keep doing it and don't quit.

### Dr. Scott Yetmar

ACT 361 Individual Tax (Tax I), ACT 462/562 Corporation and Partnership Tax (Tax II)



### Dr. Brian Bailey

University Chorus & CSU Chorale



1. I love seeing and hearing students succeed and achieve more than they thought they could. There is also a community aspect in chorales that leads to strong interpersonal relationships.
2. I like CSU's phrase "engaged learning". I ask my students to be active participants, not passive learners. Being a musician takes energy, focus, and regular practice.
3. Be good stewards of your abilities. Don't rest on your talents. The concept of musical talent is regarded too highly. It is not a question of talent, but whether or not the student is willing to put in the effort to develop it.

1. Teaching is a way of life, a way of expressing myself. I can't see myself doing anything else. I can be feeling sad or discouraged, walk into class, and leave completely re-energized. It is chicken soup for my heart.
2. I expect A LOT. If you are going to do something, do it right. I don't know how to grade things that are half done. Strive for excellence. If you know your work is insufficient, then it is.
3. Dream. Continuously dream and don't ever stop. If you are capable of dreaming, you can express your dreams into words, and your words can be made into something concrete. The ones who succeed in computer programming are those who think deeper and try to do it.

### Dr. Victor Matos

Programming Languages and Databases

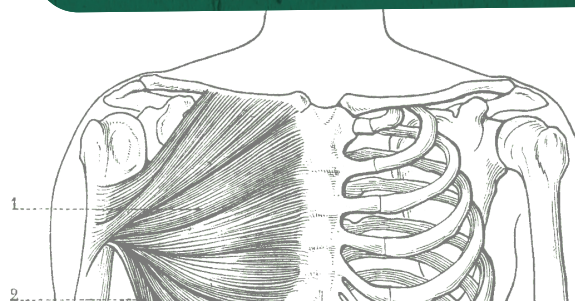




# SUPERHERO HIDEOUTS...

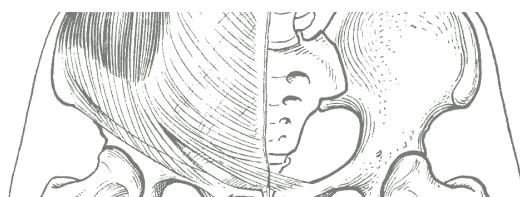
Every superhero has a hideout where they take time to power up. Have you found yours yet? Why not try one of these:

BY FELICIA CHAPLIN



## DITTRICK MEDICAL HISTORY CENTER

Located at Case Western University is a museum and archives for students who want to learn about the medical field.



Check out an office building that turns into a pinball parlor on the third Friday of every month. It has 17 pinball machines that you can play after 5 p.m.



## ZOMBIE PAINTBALL

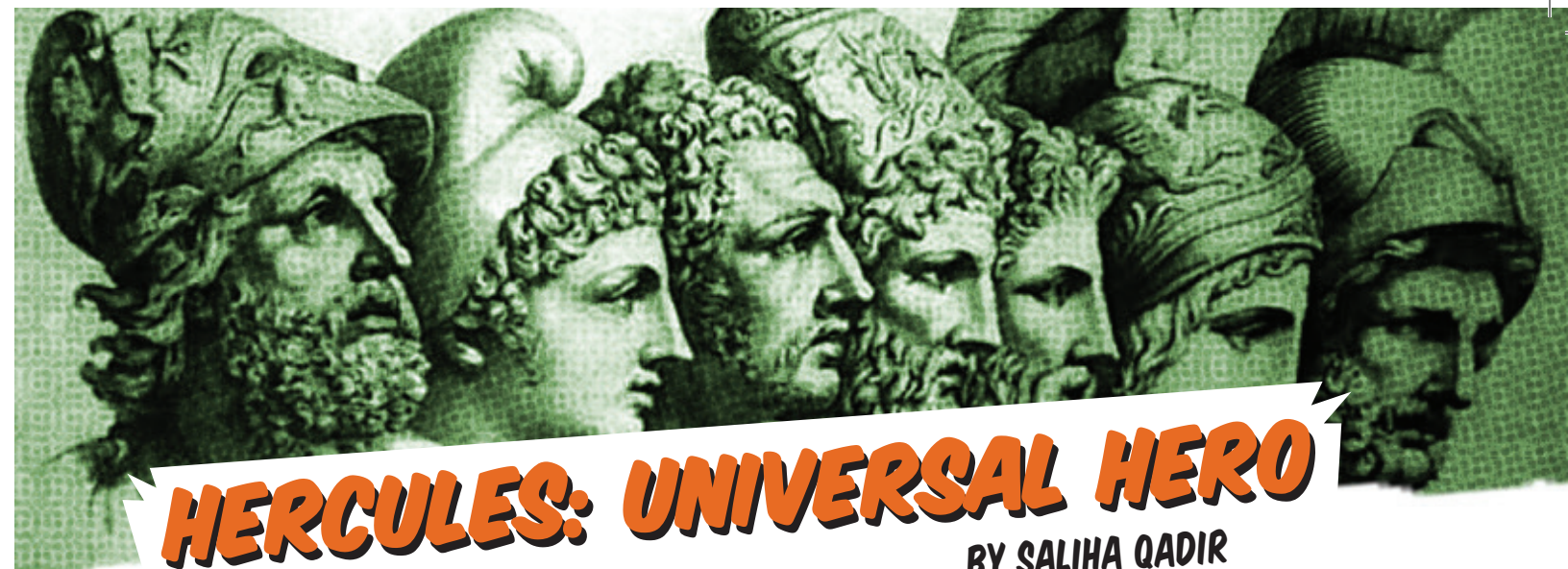
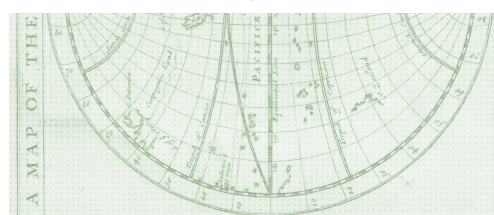


Are you afraid of zombies? If not, check out at Mapleside Farms in Brunswick. Tickets start at \$18.

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## PASSPORT PROJECT

It is an organization that allows for educational experiences to encourage diversity and learning about different cultures. Events included a West African dance and drum workshop



## HERCULES: UNIVERSAL HERO

BY SALIHA QADIR

The concept of heroism is an old one, depicted in a variety of ways. History makes us believe that heroes have changed the world by accomplishing superhuman feats that impress us. In pop culture, heroes can be seen in movies saving the world from criminal masterminds and psychotic villains. But where did the concept of heroism come from? Does the essence of heroism vary across cultures?

The earliest versions of heroes have been mentioned in Greek mythology. In ancient Greece a demigod was thought of as a hero, a defender and protector of the people. A demigod is someone with a divine status, who is the progeny of a God and a human. One of the most popular demigods is Heracles commonly known as Hercules in accordance to Roman mythology. He was the son of God Zeus and the mortal Alcmena, and the foster son of Amphytrion, born in Thebes.

Hercules was destined to greatness from a young age. When he was a year old, Hera the wife of Zeus, out of jealousy, sent two great snakes into the nursery to kill Hercules. However, Hercules grasped the snakes by the throat and choked them to death. He was known for his unwavering strength, and supreme self-confidence.

Even though we are informed of some non-heroic traits about him, when he wronged someone he was extremely remorseful and willing to bear any form of punishment to expiate his misdeeds. After having conquered the Minyans who were troubling the Thebans, he won the hand in marriage of Princess Megara, whom he deeply adored. A great misfortune befell upon him, when Goddess Hera out of her spite, sent a bout of madness upon him, which led him to kill his wife and children. Once the madness passed he was told the account of how his family had died, he was grief-stricken with what he had done and wished to die. His friend Theseus came to him, and said that no good would come from him killing himself. Instead it would be wise for him to accompany him to Athens. Having listened to his friend he went to Athens, but he was plagued with the thoughts of his wife and children, and wanted to purify himself. This incident led him to accomplish twelve impossible tasks sent to him by his cousin King Eurystheus. He is best known for these "Labors of Hercules". Aside from displaying his strength, these tasks also helped various towns such as Stymphalus, Lerna, Augeas, and Thrace. He also carried out many other great deeds such as aiding King Laomedon of Troy, and saving the life of another Greek hero Prometheus.

THE CONCEPT OF HEROISM IS AN OLD ONE, DEPICTED IN A VARIETY OF WAYS.



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