

Honors Program

Volume 3 - Issue 5 - Spring 2010

Cleveland State University
engaged learning



"ACTION!" Honors Students Produce Thought-Provoking Video

by Marie Stofan

Dispelling the Myths about HIV/AIDS: Separating Fact from Fiction is a video written and produced by Cleveland State University Honors students. Under the guidance of Ronnette Johnson in a Universal Honors Experience course, students worked with area high school students and used humor to set the facts straight about HIV and AIDS.

In "Dispelling the Myths about HIV/AIDS," students approached the heavy subject in a lighthearted way, comically illustrating some of the most common and off-the-wall misconceptions about HIV. Student director Alexes Spencer described it as "using ridiculousness to combat ridiculousness." Spencer, who has prior theater experience, wanted to be informative in a creative way. "A lot of videos made about HIV/AIDS are really serious. I liked our comedic approach. We're making it an easier subject for people to talk about while simultaneously giving them the facts."

The video was aimed at teenagers, who, studies show, are at an increasing risk to contract HIV. Spencer thought these teenagers may not be getting all the facts: "Many high schools continue to teach 'abstinence-only' programs. The issues we address are things that our target audience, teens, need to hear about. There are too many teens uneducated about what a simple piece of latex can do to protect themselves and future partners."

Honors advisor Ronnette Johnson initiated the project after being inspired by the "Wrap It Up" campaign created by Black Entertainment Television (BET) and from conversations with her daughter, the manager of an outreach program dealing with HIV/AIDS at the Cleveland Free Clinic. The greatest motivation for her was learning that teenagers were the age group with the fastest growing number of new HIV cases, and also that this problem is especially prevalent in the greater Cleveland area.

I hope that our video reaches teens, and that someone, somewhere, gets the valuable life-saving information that they need" says Spencer, and those hopes have already become a reality. Our student-produced "Dispelling the Myths about HIV/AIDS" video is now being used by a number of organizations in their efforts to educate the young people of Greater Cleveland about HIV/AIDS. Copies have been given to the Board of Directors at the Free Medical Clinic of Greater Cleveland, Lita-Marie Townsend, supervisor of the "Responsible Sexual Behavior" education program for the Cleveland Metropolitan School District, and also to the Cleveland Department of Public Health.

Check out your fellow honors students in action! Watch the video on YouTube under the search phrase CSU HIV Video.

Serendipity: A Cure For Cancer?

by Vanessa Packard



Call it chance, serendipity, or coincidence. We have all experienced the phenomenon of the unexpected turn of events. Take the experience of Dr.

Michael Kalafatis, Professor in our Chemistry Department. At Cleveland State University since 1998, having earned his Ph.D. in Biochemistry from the University of Paris, France, Kalafatis has continued to pursue his research interests. He worked on anticoagulation studies for over 20 years and has also investigated the chemistry and development of cancer.

While focusing on his anticoagulant research, he may have coincidentally discovered an amazing cancer breakthrough. During an experiment with a particular chemical in his lab, Kalafatis noticed that the cancer cells died when they were introduced to the chemical. Observing that, Kalafatis's immediate thought was that he or one of his associates had made a mistake. "Cancer cells are immortal cells," he said, "and are not easily killed."

Kalafatis hesitated, thinking he would be "just wasting time," but upon retesting the experiment, Kalafatis found the same extraordinary reaction with the same astounding results.

The chemical was then introduced to mice which had been infected with numerous forms of cancer cells. It was soon discovered that the chemical killed

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An Inside Look: The Bright Minds of TASC

by Andreea Sandu

TASC Serves Thousands Of Students Each Semester

Cleveland State University's Tutoring and Academic Success Center – familiarly, even affectionately, known at TASC – helps students succeed academically.

Through services such as Supplemental Instruction (SI) and Structured Learning Assistance (SLA), students are given the opportunity to work with their peers. Putting all these bright minds together works! With the assistance of peer leaders, students work in a collaborative learning environment, master their course material, and gain valuable academic skills.

The SI and SLA team of peer advisors consists of more than 50 students, half undergraduate and half graduate students, with an average 3.5 GPA. The team covers subjects such

as English, Psychology, Geology, Math, Chemistry, and Biology.

Monika Marti and Ben Fondale are Honors students who are part of the SI/SLA team. Monica, an SLA instructor in Biology, is a Health Sciences and Spanish major. Mathematics major Fondale, is (appropriately enough) an SI leader in Math. Marti and Fondale both find their experiences as Honors students have prepared them to be effective SI/SLA Team Leaders. The two of them know how to motivate students and have good study skills. In addition, they have found working as a peer advisor to be personally very rewarding.

Honors students who are interested in applying for work as an SI/SLA peer advisor, contact Christine Vodicka at c.vodicka@csuohio.edu or stop by MC104.



The mastermind behind the TASC program, Coordinator Christine Vodicka, believes the ultimate goal of the TASC programs is to “enhance the university’s retention rate and to create a supportive learning environment.”

“The mission of Supplemental Instruction (SI) and Structured Learning Assistance (SLA) is to provide quality academic support to CSU students. SI and SLA Leaders are peers who strive to make a positive difference in students’ lives by: actively engaging the students, enhancing the students’ confidence, and providing the students with skills for success.”

Hey, Honors! Try Some Art!

by Kyle Freeman

I’m tired of hearing how stressed-out and over-taxed you all are. Okay, 20+ credit hours, overload forms, deadlines, dead mornings ... we all know the shtick: “Work ‘til you drop, because you’re an Honors student! Get out there and engage!”

But as you’re whipping along towards that degree and dream job, don’t miss out on the rest of life. Stop. Poke your head out of that academic bunker and take a look around. It’s a colorful world out there! You are a student on a vibrant campus.

Here at Cleveland State University we have people from all over the world doing all kinds of things that they are just dying to show you. Music, Theatre, Dance, Sculpture, Drama, Poetry. You name it; we’ve got it right here.

Did you know?

- There’s an Art Building on the north side of Chester with an impressive gallery, free and open to CSU students, with five curated art shows a year.
- There’s a powerful exhibit on ‘Homelessness in Cleveland’ on the first floor of the Maxine Goodman Levin College of Urban Affairs Building.
- CSU hosted a comedian who has been on Comedy Central, right here in Waetjen Auditorium.
- The Music Department offers over 20 performances per semester, not to mention the Thursday Series performances every Thursday morning at 11, all free to students.

I could fill up another paragraph with everything happening on campus, but the point is made: there is much to experience! Stop. Next time you think your head is going to burst, put that book down, grab a friend or a date, and try some art!

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Serendipity

only the cancer cells and not the surrounding tissue, which is not the case with current cancer treatments.

Kalafatis’s work has received attention from the local media, with television and print coverage. Also, the National Institutes of Health and the Cleveland Clinic Foundation replicated Kalafatis’s experiment and the results were found to be identical. Though the results seem promising for cancer research, the exact mechanism of the chemical and its effect on both cancer tissue and healthy tissue is unknown. Further research is needed before the chemical is tested on humans.



Service Learning In An Era Of Change

by Marie Stofan

According to the United States Department of Agriculture, 17.1 million U.S. households experienced "food insecurity" at some point in 2008. The National Law Center on Homelessness and Poverty concludes that roughly 3.5 million Americans experience homelessness each year. Lack of affordable housing, healthcare coverage, living wage jobs, and access to higher education are all factors that contribute to poverty.

Even in today's advanced society, social problems such as homelessness, hunger, and poverty persist. However, today we find that many people are thirsty for change; we even elected a President who advocates it. Many believe that progress will occur by integrating sustainability and social change into our society's functions.

Here at Cleveland State University, students have shown their commitment to this idea since 2007 through Viking Expeditions (VE). This student-led service organization has been an outlet for students and faculty members who wish to engage their community in a variety of social issues. With an emphasis on service learning, VE not only provides hands-on volunteerism, but also encourages a wider understanding of issues addressed and also personal change through the experience.

During spring break 2010, VE embarked on two service trips, with a total of 36 participants. Some students went to Nashville, Tennessee, to address issues of hunger and homelessness. They worked with a variety of inner-city

organizations preparing and serving food for those who lack resources to provide adequate nourishment for themselves and their families, or whose situations have rendered them without a home.

Others traveled to Jacksonville, Florida, and worked in collaboration with HabiJax, the Jacksonville Habitat for Humanity affiliate. HabiJax is currently the most effective Habitat for Humanity affiliate in America and has helped over 1,650 families, by providing a means to affordable home ownership. Here, some students who would by now consider themselves Habitat for Humanity veterans, and others who have no building experience at all, worked together constructing a home.

TIPS!

by Steve Logan and Greg Ballinger

Being an Honors student can be trying at times, and it's always helpful to get great "survival tips" from other Honors students. That's exactly what we did. Read on...

"Get the most out of this time at Cleveland State University. Study what you love!" – Katie (Urban Studies)

"Take advantage of the gym. The stress of keeping up the Honors requirements gets alleviated with a little exercise." –Nick (Public Relations)

Honors student and site leader for one of this spring's VE trips, Maria Makuszewski believes the experience broadens the outlook of the participants and inspires them to continue to work for change in their own communities. Like many others who have participated in VE, Makuszewski has had an overwhelmingly positive experience. "I probably joined for all the wrong reasons," she says, referring to her initial interest in the organization as merely a way to fulfill an Honors Experience requirement. "But after I went on the trip, I was hooked."



The Universal Honors Experience course continues to be a bright spot in an Honors student's often rigorous course of study.

Designed to edify, illuminate, invigorate, and even charm, available courses give students the opportunity to tutor (STEM tutoring), discuss great literature (Reading Club), investigate global politics (Model UN), role-play an historical event (Reacting to the Past), or engage in service learning (see Marie Stofan's article in this issue of "Four Point 0").

In an ongoing effort to expand Honors Experience offerings, two new seminars will be offered for the first time in the fall 2010.

Yoga: Kris Fondran of the Health Physical Education Recreation and Dance has the perfect offering for all our hard-working Honors students—an opportunity to experience a variety of asana (yoga postures), pranayama (breathing exercises), and meditative practices. These techniques, when learned and practiced frequently, can decrease the level of physical, mental, and emotional stress. Fondran says, "Since stress is an unavoidable part of 21st century life, and since our goal is to experience a life full of peace, happiness, and love, then yoga can be the vehicle to accomplish this objective."

Urban Forum: Led by Dr. Brian Mikelbank, Associate Professor in the Urban Studies Department, the Urban Forum will be conducted seminar-style ("Think of it as a seminar-series on steroids!" Mikelbank says). A variety of locally and nationally known speakers will host the sessions, each one focus-



Check It Out: New Honors Experience Courses Coming Soon

by Gurpreet Dhillon

ing on a relevant and timely topic, such as Census 2010 and County government reform efforts. Mikelbank likes bringing together academics, policy planners, and practitioners: "The diversity of their perspectives is usually the most interesting part for me."

Old Favorites

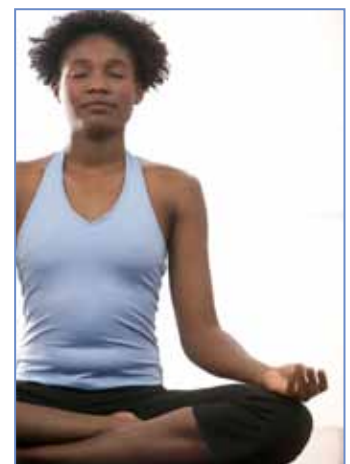
There are still some old favorite Honors courses, too, starting with the Introduction to Honors course, required of all incoming first-year Honors students. This orients students to Cleveland State University (rules and procedures, facilities) and you can also gain valuable information about study abroad opportunities, internships, and research experiences.

The Sports Appreciation course

is also popular. Many Honors students (and no prior knowledge or skill is required to enjoy this seminar) like to just kick back and enjoy an action-filled sports experience. Gets the endorphins going!

Or maybe you'd like to become a part of writing a newsletter and get involved in the behind-the-scene action of "Four Point 0." Once again, "no previous experience" necessary (your reporter here is a Nursing major!), and listing the activity looks good on your resume.

Whatever you choose to do, you're sure to find the right Honors Experience courses for you. And if you don't find a course that suits you, suggest one that you would like to Dr. Peter Meiksins or a faculty member.



One University Scholars Student Takes Initiative and Invades the Internet

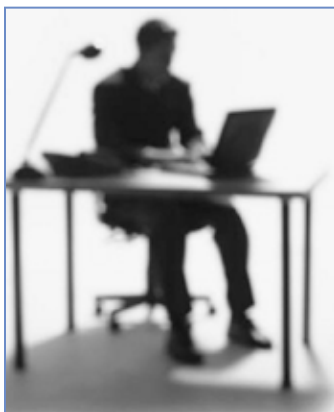
by Shane Poloha

One University Scholars student, Shivan Anwekar, knows how to take the initiative.

As one of many users of the Linux computer operating system here at Cleveland State University, Anwekar became frustrated when he was unable to access the campus's wireless network, which supported only Windows and Mac computers. So, he took matters into his own hands.

Ultimately, Anwekar found a way for Linux users to connect to the internet on campus; now, he is working with members of the Information Services and Technology Department (IS&T) to create a user-friendly guide to help others do the same.

Anwekar's efforts demonstrate the impact that one individual student can have on the entire campus. Rather than running away from a challenge, he took initiative and confronted the challenge head-on. He exemplifies what it means to be "engaged." Thanks to his hard work and dedication, other students will not face the problems he encountered, and the university can now promote the fact that its internet service supports all computers, regardless of their operating system.



Anwekar, a University Scholars student in his first-year at Cleveland State University, is majoring in Computer Engineering, with a goal of working in the open source industry after graduation. He is already acquainted with most modern-day programming languages and web applications and often does personal research in the area of information security related to web servers. With so many accomplishments already under his belt, and with such astounding determination, Cleveland State University and the University Scholars Program can be sure to expect great things from him, both now and in the future.

facebook

Let's Put It To Work For Us

by Shane Poloha

If you are like me or many of the other 300 million people who use Facebook, you probably spend countless minutes on the social networking site, chatting with friends, looking at other people's photos, or simply taking a break from schoolwork. In fact, an online review recently declared Facebook the internet's "best social network, and the best way to share interests with like-minded members."

A Cleveland State University Honors Program group has existed on Facebook since 2008, and was recently updated. With this recent update, I'm happy to report, Facebook has the real potential to serve as an important tool for our Honors students.

Just imagine the uses! We can use it to keep aware of upcoming deadlines and events around campus. It can also provide a new resource, in addition to the Honors Program Office, for finding answers (thus, taking pressure off the advisers and office staff). It could also serve as a potential way for the Honors Program to reach out to prospective students and attract them to Cleveland State University.

I predict that our presence on Facebook will also further promote communication and unity among our students. With so many differences in age, majors, and on-campus vs. commuter status, it is sometimes difficult for Honors students to interact with one another and develop a strong social network. Now, with our new-and-improved Facebook, we've got a new location for students to talk together, voice their opinions, offer advice to each other, and build stronger friendships.

So, Honors Program students, pick up your mouse and hop onto Facebook! Let's join the biggest social networking boom of the 21st century, and put it to work for us.

TIPS!... "Always be responsible, and remember that even though you're in the Honors Program, mistakes still happen, so always be sure to cover your tracks so you can graduate on time." Greg (Music Composition)

What's in a Name?

by Krista Freeman and Katie Moss

"Newsletter Writing" made its debut as an Honors Experience class in spring 2008. The class was a hodge-podge of nine students with a wide array of academic backgrounds (ironically, only one writer in the class, a dual English/Art History major).

Faced with the task of creating something from nothing, the class, with Dr. Jo Gibson, part-time English Department faculty as editor, decided to tackle the project from its foundation—a name.

A brainstorming session led to a list of possible names, the most popular of which were "Four Point 0," suggested by Rob West, and "The Kiosk," suggested by Dan Hollowell. To decide between the two, Gibson brought in a professional, Robert Calmer, Addy-Award-winning advertising director with Landau Public Relations. Calmer liked both names, but concluded that "The Kiosk" was casual, more pedestrian. "Four Point 0," Calmer felt, was academic and polished, and overall, more suitable.

That's the story – and the name has served the Honors Program well for the last two years.

This staff of this issue of the Honors newsletter thinks it may be time for a change. Realistically, how many of us are hanging onto that elusive "4.0"? Some semesters, it's hard to even scrape by with a ≥ 3.5 ! With all the pressures of academics looming over us, our staff thought: Why not take a lighter approach with our newsletter?

That 4.0 is always there, driving us to focus with every page of notes we jot down, keeping us awake during every sleepless night spent studying, haunting us when we've had enough and decide to skip the studying for a weekend ... you get the picture.

So here are a couple suggestions for a new name for the Honors newsletter. How about " ≥ 3.5 : Just Doing Our Best"? Or "4.0h no!"?

(Send your ideas for a new moniker for "Four Point 0" to Gibson at j.k.gibson@csuohio.edu.)



I Need to Unwind! I'm Hungry!

by Eugene Truhlar

After all that studying – what's a student to do?

Luckily, the Cleveland State University campus, a commuter campus, is not as "self-contained" as other schools. There are many nearby off-campus places for students. They are all good places to relax, grab a bite, and meet a friend.

Rascal House: Right next to the main campus, this pizza joint has a wide range of food – so it's not just for those inclined towards the wedged-shaped delight. It's a bit noisy here, but a great place for taking a break, grabbing a friend, and talking about something other than school (you might talk about the sports or news on the TVs placed around the restaurant).

Café Ah Roma: Need somewhere a little more quiet? Here you'll find sandwiches, salads, and the like. It's a great place to meet up with friends, get a snack, a light lunch, and/or a project done.

Peabody's: For those who seek a little more noise in their lives, look no further. Here's the place to go. Located in the direct rear of Rascal House, you can expect to see a show at least once a week. Okay, it's not a great place to hang out and relax, but it's a great place to de-stress and pick up the local music scene,

Becky's: Think Peabody's but with a scaled-down noise quotient, no live music, and a great atmosphere. This is a perfect place to go to unwind.

Cleveland State University advertises that "The City Is Our Campus." In addition to these nearby hangouts, you will find many free and discounted culture and entertainment opportunities to museums, galleries, and theatres in Cleveland (check with the Division of Student Life for ticket opportunities). All of this contributes to widening our experiences as students on this vibrant urban campus.

Come on Up!

Two hours between classes? Not sure where to go? New to the university? New to the Honors Program? Looking for a place to make friends? Whatever the case –the Honors Lounge is for you.

Nestled quietly on the fourth floor of Main Classroom, in the Honors Department, the Lounge features comfy couches and a penthouse view of downtown Cleveland. There are brand new Mac and PC computers, a flat-screen TV at your disposal, and you're welcome to bring food and drinks to consume.

Once you step into the Honors Department, you'll get a warm welcome from Audrey Wiggins, the secretary. Keep walking, past the conference room, and there you'll find the Honors Lounge, an island of serenity (or not!) and lots of friendly students.



There's a Warm Welcome in Honors Lounge

by Nick Lees

Who might you meet, on a typical day?

If you hear someone debating and holding a lively discussion as a way to relax, it might be Steven Zimmerman. A double major in Biology and Chemistry, with a pre-med concentration, Zimmerman also has a passion for History, and has learned the Greek alphabet. "It's sometimes hard to get homework done here," Zimmerman laughs, "because we end up discussing some crazy subject, something deep and/or lighthearted. You can hear about the Fibonacci sequence one minute and Bone-Thugs-n-Harmony the next."

Junior Finance major Tim Beres, who enjoys sports and following the stock market, agrees. "Anyone who doesn't hang out here," he says, "should. It's fun and the people are cool!"

Another Honors Lounge regular, Tom French (double major in Film and Computer Science) adds, "Yes, check it out! Most of my CSU friends are people I met by hanging around the lounge. They're a great group." French adds, deadpan, "By the way, I greatly appreciate the presence of a microwave."

As an added benefit, you're surrounded by your fellow Honors students. So, if you're having trouble in any subject, you'll always find someone around to help out, no matter what the subject is. "We're an eclectic group," Zimmerman points out.

Come on up to the Honors Lounge. You'll be glad you did.

TIPS!

"Keep a smile on your face! Whenever you come up against something hard or not enjoyable, focus on what you can enjoy and appreciate about it." –Abigail (Medieval Studies and English)

"Know when to take a break. Sometimes a little relaxation is all you need to come up with a great idea or solve a problem." –Shane (Math)

Meet Your Advisor:

Getting to Know Ronnette Johnson

by Brad Bielak

If you're a member of the Cleveland State University Honors Program, it's a given that you will have met Ronnette Johnson. I sat down with the amiable Ms. Johnson and asked her a few questions.

How did you become involved in the Honors Program?

RJ: I was attracted to the opportunities it offered students. When I was a student here there was no Honors Program, and I wish we had had one. Now, because of my non-traditional college experience, I think I fit the criteria for an adviser.

What is your day-to-day job?

RJ: Every day is different! There is no 'typical' day! And that is good for me.

My job does consist of working with various programs in and out of school here. I

".....I have been working with many students ever since they were sophomores in high school and now they are sophomores in college. It makes me proud to watch them grow," said Ms. Johnson.

advise students and work on creating classes for the Honors Program. What I spend much of my time doing is preparing for the "Summer Schol-

ars," an enrichment program for high school students. It's a bridge for them, between high school and college, and it is also a good way for us to recruit for our Honors Program.

What do you enjoy most about your job?

RJ: Working with students and forming relationships with them is what makes this job great. I have been working with many students ever since they were sophomores in high school and now they are sophomores in college. It makes me proud to watch them grow.

TIPS!

"Plan ahead! Use a planner or calendar to map out what assignments are due, and when, during the semester." –Vanessa (Nursing)

"Avoid procrastination and get done with your schoolwork as it comes." –Gurpreet (Nursing)

"Make sure you know something about the professor before you take the class. Ask fellow students or try websites like ratemyprofessor.com." –Andreea (Biology)

Introducing Carol and Matt...Honors Students Making Music

by Greg Ballinger



CAROL DIEBALL Music Performance Major
Graduated December 2009. Honors Program student since Fall 2007.

Why did you want to join the Honors Program?

The initial hook for me was the scholarship; also, throughout high school and my two years at Tri-C I always enjoyed taking more challenging classes. The work pushes me, which I like.

Has it been worth it?

Definitely! I took some interesting classes that I never would have otherwise, and I met a lot of really cool people when I went on the Viking Expeditions trip in the spring of 2009.

What have you been doing since graduation?

I plan to begin graduate studies in the fall, so I've been enjoying having the first semester in my entire life with no school. I've been busy, though, working at Café Ah-Roma and picking up miscellaneous music jobs that come my way.

Do you have any advice for other Honors students?

If you take an Honors Experience class about 20th century art and you are to write a two page paper every two weeks, it would be a really good idea to actually do one paper every two weeks instead of eight papers the night before they are due. Just sayin'...

Any other comments?

I am extremely thankful for this program!



MATTHEW RHINE Music Education Major
Enrolled at CSU Fall 2006. Honors Program student since Fall 2006.
Projected graduation date Fall 2010

What do you think of your Honors Program experience?

The contacts I made early on when I started Cleveland State were important to me. I really enjoyed the friends I made when I started school. The social aspect – the “Work hard, play hard!” attitude – was excellent.

Why did you join the Honors Program?

I joined to get free books! True story! I already had a full tuition scholarship when I started at Cleveland State, but the Honors Program called me asking if I wanted to join. They told me I would get free books. I was sold.

Has it been worth it?

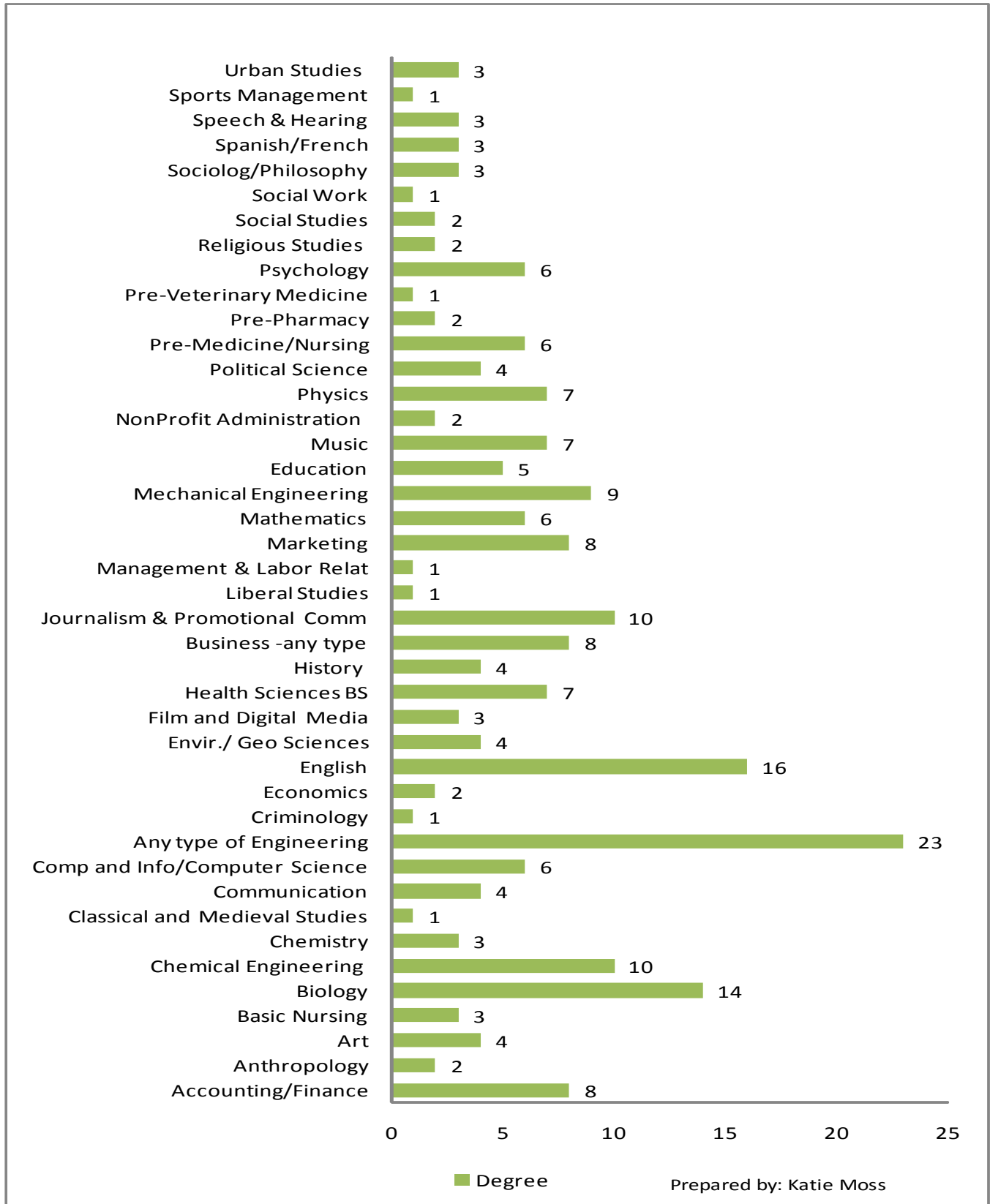
Yes, it has been. I have had issues here and there with shoehorning the Honors aspects into my degree track, because neither my degree track nor my Honors track complement each other. But it has been a good experience for me.

Any advice?

Work hard and stay on top of everything. Don't get complacent.

TIPS!.....“Stop worrying!”
– Kyle (Music Performance)

Honors Students' Major Fields of Study



**In the graph shown above, compiled by Katie Moss, the proportional distribution of the Honors scholarship recipients reveals our very eclectic interests.
(Note: for display purposes, similar majors were sometimes grouped together.)**

Passion and Practicality

by Abigail Cory

The graph makes it clear: one size does not fit all. Not in our Honors Program!

While the choices of major fields of study are distinct, our Honors students seem to share a talent for academic success. In interviewing Honors students with extremely different majors, I found some common threads underlying their choices.

Combining Our Interests

One fascinating trend among the small sample of Honors students I spoke with was an interest in combining related but dissimilar venues.

Brittany Bates, a triple-major in Criminology, Psychology, and Sociology, mentioned that, although her majors are related in that they have to do with the study of individuals and groups of people, she is fascinated to find that each discipline approaches that study differently.

One of **Amy Allamon's** favorite aspects of her Speech and Hearing major is the fact that it combines science, which she finds interesting, with an emphasis on personal interaction and helping people.

In speaking about his original decision to major in broadcasting, **Nick Lees** said, "To me, it seemed like a logical merger: be on TV 'performing' while working with current events."

Perhaps, as individuals with a rather intense interest in the world around us, we don't just want to explore one of our interests—we want it all! As the sole Classical-Medieval Studies major in the Honors Department, I know that this has been a major part of my decision. This major allows me to entertain my passion for poetry and literature while exploring the intricacies of the historical development of language and faith in Western culture.

Practical Choices

All of the students interviewed felt that their selection of a major reflected their determination to meet very high goals, and this seems to be an essential trait common to Honors students in general. At the same time, many of our Honors students

choose majors that reflect a practical, goal-oriented approach to life, e.g., Engineering, Business, and Finance.

Look at **Nick Lees's** decision for an example of this. For practical reasons, he switched from Broadcasting to Public Relations within the Journalism major, because the job opportunities and the pay scale are better.

Then there is the husband-and-wife team, **Amy and Billy Allamon**. Billy chose his Accounting major because it was practical and would provide him a job that was in high demand. (Noteworthy fact: Allamon found that he liked the subject itself only after taking classes in it!) Amy Allamon shared a similar story, choosing her major with the idea of having a career that would also allow her to raise her children.

Our Passions

Honors students also seem to have a passion for pursuing subjects that, while possibly less practical in the sense of finding a job, truly fascinate them, as indicated by the large assortment of students choosing less common majors like Art, Religious Studies, and Anthropology.

Brittany Bates has the very specific goal of becoming a forensic psychologist, and in order to reach that goal she has been willing to go through the hassle of combining three different majors.

Amanda Haley, an English major, feels that her major will allow her to pursue a variety of career options. Although she hasn't yet settled on that perfect career choice, Amanda also sees her English major as useful in pursuing her rather unique goal of becoming fluent in Japanese for translation work. She said that "understanding my own language has been helpful" in this endeavor.

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Whether they chose their majors for sheer practicality or out of a passion for their field, the diverse crowd of Honors students seems to share a strong desire to develop satisfying goals and to meet them, especially when those goals involve combining seemingly dissimilar areas of interest, in order to become the people that they want to be.

"Find an escape and a way to relax! Stress can be a good motivator but it can also be unhealthy."  
—Marie (Art)

"Set aside time for enjoyment. Sometimes it's hard between school and work, but a little bit goes a long way." —Eugene (Biology/Psychology)

"When the going gets tough, the Honors students get going! Take pride in it!" —Steve (Music Performance)



# About Us: Behind the Scenes

by Steve Logan and Greg Ballinger; William "Billy" Rieter, Senior Photographer, University Marketing



When you read a book or watch a film, don't you want to know more about the author or the director? Sure, you do! That information is just as crucial to our understanding of the story as the story itself. Here at "Four Point 0" we feel the same is true. So you may be wondering: Who are we? Who are the "people behind the pen"? Who are we, those behind the words of this newsletter? To find out, we got the scoop on the writers. Here are some thumbnail sketches of our staff:

**Katie Moss** is a 21-year-old Urban Studies major. She enjoys art and music and loves living in Cleveland, and thinks you should, too!

**Kyle Freeman** is an 18-year-old Music Performance major who sings, plays guitar, and works as a songwriter. Ask him one of his favorite things to do, and he'll say ... "Ponder the universe..."



**Marie Stofan**, a 21-year-old Art major who (no surprise here) loves art. She has an equal amount of love for music and sports!

**Abigail Cory**, 22, is a double major in Classical Medieval Studies and English. Her

obsessions? Writing poetry ... and eating peanut butter!

**Brad Bielak**, an 18-year-old Advertising and Public Relations major, enjoys watching movies and is always willing to put the problems of others before his own.



Eighteen years old, **Shane Poloha** is a Mathematics major who loves playing sports. He's been playing soccer since he was five years old.

**Vanessa Packard** is a 20-year-old Nursing major who enjoys hanging out with friends and actually has a twin brother who is older than her!

**Gurpreet Dhillon**, 22, is a Nursing major who likes to read books and get together with friends (that is, when she's not busy working at her Cleveland Clinic job).

A double major (Biology and Psychology), **Eugene Truhlar**, 17, uses his free time to indulge his love of art and music.

Twenty-one year-old **Krista Freeman** is majoring in Physics. Her interests are science, music, art, and literature, but she also really enjoys just sitting around having a good conversation.



**Andreea Sandu**, born in Romania, can speak Romanian fluently! She's a 20-year-old Biology major.



**Nick Lees** is a 23-year-old Public Relations major who is a regular at the CSU Recreation Center.

**Steve Logan** is a 21-year-old Music Performance major who enjoys his double life: a professional percussionist/timpanist and an avid personal trainer, studying exercise.

A Music Composition major, **Greg Ballinger**, 20, really enjoys writing music.



**Dr. Jo Gibson**  
Faculty Advisor/  
Editor, Adjunct  
Faculty,  
Department of  
English (right)

**Audrey Wiggins**  
Staff Advisor,  
Graphic Artist,  
Secretary, Honors  
Program (left)



**TIPS!... "Don't bite off more than you can chew. Just because you don't have to pay for classes doesn't mean you have to take EVERY class offered at CSU. It gets a bit messy when you're spread too thin, and then you look at your academic plan and it looks like you might never graduate! Dare to be reasonable!" – Krista (Physics)**