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Volume 24 Issue 8

The editorially-independent student newspaper.

January 10, 2011

University Center extends hours open beginning spring semester



Photo by Stephanie Phillips

Shawnee State University students will now have more access to the University Center with the open hours extended until 10 p.m. Monday through Friday beginning Monday, Jan. 10, the first day of spring semester.

"In response to students' needs at the University Center, we're happy to announce the extended hours," said Dr. Paul Crabtree, interim vice president for Student Affairs. "The UC is the central location for student life on campus, the students' 'home away from home' and area of activity."

The UC provides students with additional space to study, socialize with friends and it is a positive environment for the students to "hang out." It also provides a

place for resident advisors to use for special programs.

The UC has space for board games, cards, study groups, meetings and provides a game room with pool and ping pong for students.

The Student Programming Board provided 34 programs during the 2010 fall semester at the UC. In the 2011 spring semester, the SPB is adding another aspect to the programming including commuter/nontraditional programs.

"The goal is to include off-campus students a way to participate in programs specifically designed to fit their needs," Crabtree said.

Student organizations

See UC, 3



Math professor named woman of the year

Knowing that she wanted to pursue math even as a young child, it's no surprise that Shawnee State University Math Professor Ginny Hamilton has been awarded Woman of the Year 2010 in Mathematics Education. The award is from the International Biographical Centre of Cambridge, England.

She has been included in Who's Who books for several years and in 2008, Hamilton was named one of the Top 200 Educators in the nation.

"This summer, they notified me and said that I had been nominated for Woman of the Year," Hamilton said. "I do not know who nominated me."

When they notified her that she had been nominated, they requested a portfolio that she submitted and in October, she received the award.

See Hamilton, 3

My path to adaptation

The high pitched shrill cut through my brain. It has to be a malfunction. 9:30 a.m. in bright red glared at my pupils as they adjusted to the burst of light. A feeling of despair blanketed me all over. It was Monday morning. Yet another week had passed.

It all began last winter. The process was a tedious one, but that slight bit of hope was worth the effort. Indeed. A girl from the middle class of a developing country was embarking on a journey across the oceans, alone. I was granted my greatest wish. It was one of those prayers that leave your inner being and land directly unto God's lap. I was going to United States of America to study for a semester on a scholarship.

Excitement overwhelmed me, but so did fear when I first stepped on the SSU campus. A dark colored, Asian looking face was enough to have you stand out in this small Appalachian town, but there was that one more thing in me that caused more than a few faces to turn--my headscarf.

I was so different.

I could feel the stares. In the classroom, library, cafeteria- everywhere. As soon I stepped out of my dorm, a queasy sensation would drape me. I felt nervous, anxious, completely out of place. Even my vocabulary shared the uneasiness and just wouldn't come out of my mouth into the surrounding where it might be judged for the accent it held. I felt tongue tied. Just couldn't get myself to start a conversation with anyone.

As if it was any less difficult to counsel

Column
By NARJIS FATIMA
Staff Reporter



myself to think positive and take the first step, my American roommate decided to change her dorm after only three weeks of my arrival. Her departure came only after the involvement of the R.A., without utterance of a single word of discontent to me in person. The complaint and the segregating attitude made the reason of moving obvious-my religious belief. I cried myself to sleep that night. I had made a wrong decision of coming to U.S.

My country-Pakistan- has a rich heritage of folklores, parables and dictums and one of them goes, "every dark night holds the promise of a brighter dawn," and so it was for me.

It was not long when I started receiving friend requests on Facebook from a bunch of my classmates. Though it sounds childish, these invitations carried in them a profound message- the message of 'acceptance.' Little chats with them made me realize that all those stares were merely an innocent reflex to the stark contrast that I represented to their lifestyle. Not only my face, attire, accent or faith but the entire frame of reference belonged to a land which not many knew exists.

Even the worst experience brought forth results that I will ever cherish. Dreading the aspect of adjusting with a new roommate I was informed of another

international student moving in. This was it. Being from a central Asian country, she truly acted as my bridge between East and West. Though she appeared European, she was more than just aware of the eastern culture-she understood it. Guiding my way through, she helped me to mesh in with the crowd.

Today with only three weeks left until my departure back to my country, I wish to save every moment in my memory box-the moment when big smiles come my way on the sidewalk from my classmates, when they remember my weekend plans and ask me about it in the following class, when they offer me to join them as they threw ninja stars at each other, when I hear my friends call me in the cafeteria to join them, when they compliment me on my traditional attire, when they ask me to teach them words in my language-I covet to gather as much as possible.

I read a quote once that said, "The fact that you are willing to say, 'I do not understand, and it is fine,' is the greatest understanding you could exhibit." I met people who brought these words to life. They did not understand the way I dressed, but they appreciated it. They did not understand why I had to eat only Halal meat, but they cooked it. They did not understand my way of prayer, but they lowered their voices while I prayed.

I feel like a part of them now.

This dream will soon end. I will wake up to the reality that I am only a guest here. I have to return back home. But the memories that are engraved on my soul will be mine, forever to cherish.

Combating colonies of germs

By BRETT BIHN
Staff Reporter

With cold and flu season on the way, students stand to benefit from advice on warding off the germs, and a recent lab performed by Emily Uldrich's Scientific Reasoning and Methodology class reveals where germs tend to hang out. The lab is simple: students are armed with swabs and Petri dishes, and are tasked to find the dirtiest place on campus.

The result was a tie between a dumpster outside the athletic center, and a first floor bathroom in Massie. Uldrich was surprised at the amount of bacteria found this year, particularly in areas that are not nearly as prone to germs.

"Water is like a magnet to germs, most of the time the winners swabbed drains or a sink that were a bit wet" Uldrich said. "This was reflected in the results: a drain

was swabbed in the bathroom and there was a "wet or greasy" spot on the dumpster that was swabbed. Due to water being left behind in drains or pipes, these are breeding grounds for germs."

Conversely, certain areas proved that while technically being dirty, bacteria counts were low. Many students swabbed the inside of microwaves that were described as having "never been cleaned since the start of the year" but had little to no bacteria on the dish.

"This is due to the microwave radiation killing off the bacteria," Uldrich said.

So, you know where bacteria tends to cling to; now what? A regular cleaning regimen is a good step, especially true for students living on their own or on campus. Bathrooms and kitchens should be top priority, not letting dishes pile up and regularly scrubbing the toilet and cleaning the bathtub

or shower. Letting these stay unclean can allow bacteria to breed on food particles left on plates and mold can develop in bathrooms if one isn't careful.

Now that the home front is secure, all that leaves is, well, everywhere else. See those signs around campus that remind you to wash your hands? It's worth it. Keeping hands clean helps reduce contact with bacteria, as well as preventing you from leaving behind bacteria on everything you touch. It may seem silly, but try singing (or thinking) "Happy Birthday" while you wash your hands with hot water and anti-bacterial soap, as that is the recommended amount of time to get hands sufficiently cleans.

Keeping these tips in mind can help reduce the chance of getting sick this winter. Besides, with finals just around the corner, the last thing you need is a cold to hamper you.

Associate professor tells of unique experiences before teaching at Shawnee State University

Patric Leedom, Ph.D., associate professor of Education at Shawnee State University, had unique experiences before coming to SSU in 1994, including 24 years of military service on submarines.

When he was a child growing up in Cincinnati, his mother worked several jobs, Leedom ran the streets and when he was nine years old, he worked at a nearby football stadium.

He was not doing well in school so when he was in the sixth grade, his mother sent him to a residential military school, the Ohio Military Institute.

"I learned that with structure, and with adult direction, I became very successful," Leedom said. "I went from the bottom of my school class in public schools to the top of my class in military school. I needed the structure."

He became an academic leader, a sergeant and inspector of the dormitory and kept going up. He won an award for best drill cadet.

Several years later, right after the Cuban Missile Crisis, Leedom was in San Francisco in college and ran into a classmate from military school who introduced him to submarines. He signed up to join the Naval Submarine Reserve. After he graduated from college, Leedom signed up for active duty and went to the Far East work-

ing with foreign navies. After active duty was over, he stayed in the reserves while teaching school.

One of the highlights of his life was meeting Fleet Admiral Chester W. Nimitz in 1964 who led the Allied naval forces to victory in the Pacific in World War II. He met Nimitz at a submarine convention.

"He was the grandfather everyone would like to have," Leedom said. "He was busy asking me more questions about me than I could ask about him."

He came back to Ohio to teach and as a reservist made E7 Chief Quartermaster and joined the staff of Commander of the Submarine Force of the U.S. Atlantic Fleet. He stayed on the admiral's staff as a reservist for 11 years. Leedom made E9 in 15 ½ years of service.

"I was in the Navy full time in the summer when I wasn't teaching," Leedom said.

He decided to go back on active duty and gave up teaching school. Since he had his choice of ports, Leedom decided to go to Norfolk as assistant navigator and spent the summer of 1984 in the Arctic Ocean in reconnaissance where he received an admiral's commendation. Leedom retired from the Navy after serving 24 years. He now belongs to seven different veteran's groups from the different submarines where he served.



While he was in the Navy, he was also working on his graduate degree in education and he was involved in Montessori Schools for a period of time. He received his doctorate in 1992 and began teaching at SSU the following year. Leedom teaches introduction to the teaching profession, math and science methods for early childhood, student teaching seminar, and he created a classroom management course for students.

From SSU Office of Communications

From UC, 1

also have more access to the UC with the extended hours. In the past, many organizations had meetings in other locations on campus because the UC was closed.

Jazzman's Café is extending the coffee

From Hamilton, 1

Hamilton has been teaching 38 years with 24 of those years at SSU. She was one of the original 24 faculty members that came when Shawnee State first became a university in 1986. Before that she taught at Ball State University in Indiana.

"Now I teach pre-service teachers, early childhood, middle childhood and I supervise student teachers for middle school and high school math," Hamilton said. "I also teach math methods for the early childhood program."

She is past president of the Ohio Mathematics Educators Leadership Council, and she has been presented the Ohio Council of Teachers in Mathematics

shop hours and will be open until 9:30 p.m. Monday through Friday with drinks and snacks available.

The new University Center hours are 7:30 a.m. to 10 p.m. Monday through Fri-

outstanding service award. Hamilton is listed in Who's Who in American Women, Who's Who in Education, Who's Who in America, Who's Who in Science, and she has presented at numerous conferences.

Hamilton is also referee for the "Ohio Journal of Mathematics" and has done a lot of professional development in mathematics for local school systems.

She worked on professional development workshops for teachers with a grant and presented three activity-based workshops for 60 teachers. She continues to work with some of the teachers.

"I work with several teachers from the workshops," Hamilton said. "Some of

day and 11 a.m. to 6:30 p.m. Saturday and Sunday. When classes are not in session, the hours are 8 a.m. to 5 p.m. and closed Saturday and Sunday.

From SSU Office of Communications

the teachers agreed that they would use two classes that were fairly comparable for research, one that they would teach activity-based methods and one that they would teach in the traditional lecture-type method. The activity-based class has far outshone the traditional method class. The improvement was remarkably different."

Even though the small research grant has expired, Hamilton continues her research in activities-based teaching methods.

"We are working on a shoestring," she said. "But we are continuing to do the research. It's cutting edge."

From SSU Office of Communications

Shawnee students travel abroad

Several students at Shawnee State University will be traveling to foreign countries for spring semester as students and teachers.

Andrew Diamond, of Dayton, along with his wife, Savannah, will be studying at Al Akhawayn University in Morocco spring semester.

He is an International Business major and she has a double major in International Relations and Business Administration.

"I'm really looking forward to the different cultures," Andrew Diamond said. "The university is Americanized but the culture is very traditional."

The couple plans to tour different countries as much as possible and they are planning to go to Germany after the semester to visit a friend who is an international student

at SSU.

Brittany Pribble, of Belpre, Ohio, will be an exchange student at a university in Ludwigsburg, Germany. She is a biology major at SSU.

"I actually have family there and plan to see them as much as I can," Pribble said.

She will be traveling as much as she can and wants to see Paris. She has studied German, Spanish and Chinese languages.

Shannon Beckett, of Maysville, Ky., will be going to Morocco with the Diamonds. She is a social science major.

"I just want to do as much as I can while I am there," Beckett said. "I want to ride a camel and sleep in the sand. I think it will really be a good experience. Why not see the world if you can."

One of her goals is to go backpacking in Europe. She and her mother have been to Greece and she is excited to go to Morocco.

William Marshall, of Wheelersburg, will be student teaching in China. He will be a secondary English teacher. Although he has traveled throughout the United States, he has never been abroad.

"I don't think it has hit me yet because it seems like a fantasy," Marshall said. "Ever since I was little I have always loved the Chinese culture and I can't wait to see it."

He is interested in seeing how children are taught in China. Marshall will be there for Chinese New Year and plans to take a couple of cameras to get a lot of photos.

From SSU Office of Communications



Students at Shawnee State University are getting ready to travel abroad next year, some to teach and some to study. From left are Andrew Diamond, of Dayton, Shannon Beckett, of Maysville, Ky., Savannah Diamond, of Dayton, Brittany Pribble, of Belpre, Ohio, and William Marshall, of Wheelersburg. The Diamonds and Beckett will be studying at Al Akhawayn University in Morocco, Pribble will be studying at a university in Ludwigsburg, Germany, and Marshall will be student teaching in China.



Portsmouth's Shawnee State University students Andrew Diamond, and his wife, Savannah, both of Dayton, will be going to Morocco to study abroad spring semester. Special arrangements had to be made for the couple since the university is very strict about men and women living together. They must be married to live in the same apartment and they can't be living near the men's dorms or the women's dorms. They will be flying into Casa Blanca and take a train from there. The couple plans to tour different countries as much as possible and they are planning to go to Germany after the semester to visit a friend who is an international student at SSU.

Smart thinking: online tutoring anytime

By **TESSA HOBBS**

Staff Reporter

Students who have difficulty with certain subjects often find themselves in search of a tutor. However, some students find that their schedules are tight with little wiggle room for planning a peer tutoring session. For students who are experiencing this problem, online tutoring is now available 24 hours a day.

Online tutoring is easy and convenient for students that commute, work, have families, or simply do not have time for a scheduled tutor. This interactive website allows students to connect with

an e-structor, schedule personal sessions, and gives students the flexibility they need to succeed.

"It's especially helpful to students who are non-traditional or can't find the time to make it to peer tutoring sessions," Daniel Webster, Student Success Center Representative said.

Smart Thinking is also beneficial for those students who are unable to find tutors for a particular subject. It covers a wide variety of subjects from general education courses to introductory anatomy and nursing.

"Smart Thinking is great for students who are in the nursing field because nursing tutors are difficult to find," Webster said.

Students who are interested in online tutoring can get started by visiting www.smartthinking.com. First time students may login with the username: shawnee05 and the password: tutornow. After completing a self registration students will be able to create their own username and password. For more information contact Jim Kirsche in the Student Success Center.

Immersive Technology Research at Shawnee State Awarded State Designation

COLUMBUS — Ohio Board of Regents Chancellor Eric D. Fingerhut announced on Wednesday, Dec. 15 the second Ohio Center of Excellence in the category of Cultural and Societal Transformation, Immersive Technology at Shawnee State University.

Cultural and Societal Transformation, the final category of Centers of Excellence, seeks to recognize those programs which promote economic vitality by fostering the human instinct toward creativity and expression.

“Ohio’s Centers of Excellence recognize places where colleges have built on their strongest areas of expertise to bring together diverse specialties, top-quality faculty and students, and academic programs to produce cutting-edge innovations,” said Chancellor Fingerhut. “Not only has Shawnee State University long been a powerful driver of the local economy and talent, but today’s announcement highlights the university’s aggressive progress in job-creating research.”



Shawnee State University President Rita Rice Morris, left, addresses guests at the announcement from Chancellor Eric Fingerhut, right, naming SSU’s Immersive Technology program as a Center of Excellence in the state of Ohio on Wednesday, Dec. 15.

From SSU Office of Communications

Immersive technology refers to computer-based simulation of reality with physical, spatial and visual dimensions. In line with the state’s economic development efforts, the gaming and simulation industry promises explosive growth. Shawnee State University offers one of only a handful of gaming and simulation programs in the nation. Last year, as part of Shawnee State University’s continued growth in this field, the university added a Motion Capture Studio which will be shared with business and industry when not in academic use.

“We are proud of the pioneering programs we have in place in digital simulation and gaming,” Dr. Rita Rice Morris, Shaw-

nee State University President, said. “This designation from the State of Ohio reaffirms the commitment of our faculty and staff to prepare our students for the world of the future. This Center of Excellence combines immersive technology with our strengths in teaching to deliver a unique collaboration that promises to create new opportunities for economic growth in the region and state.”

The Center of Excellence in Immersive Technology includes SSU’s digital simulation and gaming programs in Fine Arts and Engineering, the Motion Capture Studio, and SSU’s developing Immersive Technology and Arts Commercial Center.

From SSU Office of Communications

Master of Education program now available



Ken Carlson, Ed.D., associate professor and graduate program facilitator in Teacher Education, uses his iPad to communicate with his students in the Master of Education in Curriculum Instruction program at Shawnee State University.

From SSU Office of Communications

from Chicago with students in Florida on vacation last summer.

The classes are very flexible and it is designed for practicing teachers. The offerings will be expanding in the future.

After years of planning, Shawnee State University’s Department of Education now offers a Master of Education with a concentration in Curriculum and Instruction for local residents.

“Students don’t have to go to an online university or travel to get the master’s degree,” said Ken Carlson, Ed.D., associate professor and graduate program facilitator in Teacher Education. “All of the classes are in a blended format, some classes are online and some classes are on campus.”

Carlson conducted one online class

The Master of Education program is a 33-semester-hour program offered through evening, weekend and summer classes. The purpose of the Teacher Education Program is to prepare educators to be learner-centered and inquiring professionals who can think critically, act ethically, communicate effectively, and work collaboratively to meet the diverse needs of all students.

The five program goals of the graduate program are as follows:

Graduates apply their content/discipline knowledge to create meaningful learning experiences.

Graduates apply their understanding of human development, learning and diversity to inform their professional practice.

Graduates apply their knowledge of environmental influences to create learning environments that support the learning outcomes.

Graduates apply their knowledge of effective curriculum and instruction to ensure students’ learning outcomes.

Graduates model ethical, reflective and inquiring professional practice.

“We really think this meets the needs of our students,” Carlson said. “We also have a fourth- and fifth-grade endorsement available.”

The MOE program is a cohort program that has a sequence of classes the students follow. Each fall a new cohort begins. The first cohort will be graduating in the spring on Saturday, May 7.

All of the classes are available for professional development to help teachers meet their certification requirements also.

A convenient adventure

By W. MICHAEL OWEN

Staff Reporter

A typical Saturday morning on May 8th 2010, I, along with two of my best friends start out with a distinct goal – to run the 40 mile main trail at the Shawnee State Forest.

It is 5:30 A.M.

Keegan arrives at Reece's house at the exact time they planned on meeting. Reece and I are in the kitchen preparing food for the run.

I run through the checklist in my head. Camelbak full of water... check. Peanut butter sandwiches... check. Energy gels... check. Clif bars... check. Cheeseburgers... check.

The idea of running the 40 mile trail all started when Keegan and I were in the fall of 2007 cross country season. Keegan introduced the trails at Shawnee State Forest to me and we both became very loyal to our Wednesday evening trail runs. We had run different sections of the 40 mile loop but only could wonder when we would run the entire trail at once. We knew at some point we would make plans to do it, but thought it would be a long time down the road.

A couple of weeks before the spring semester ended, Reece and I were keeping the Wednesday trail run tradition alive. I calmly brought up the talk of running the 40 mile trail. Reece replied, "well let's do it." From then, the logistics were figured out, Keegan was called and the three of us came full circle on a three year old idea.

It is 7:10 A.M.

The sun is rising over the hills as we



Keegan takes a much needed break by the water fountain on the 40 mile trail.



Michael and Keegan on the 40 mile trail they ran in 10 hours and 22 minutes. Their convenient adventure was the biggest accomplishment they have achieved.

pull into the parking lot behind Turkey Lake.

"Let's run for two hours at a time,"

Keegan says as he straps on his backpack.

"Each person can lead for 20 minutes twice, and then we can hike and refuel for 20 minutes, then start the cycle over again."

We started the 40 mile loop counter-clockwise. This would put us at Camp Oyo, where we had a cooler full of cheeseburgers and chips waiting, at around 22 miles. This would be our one big stopping point for the day.

I was the first to volunteer to lead us up the trail; the narrowness of these trails doesn't allow side-by-side running. The pace seemed easy, as it should at this point. 40 miles of the most rugged trails in Ohio lay ahead of us though. Hills that went from 600 ft. to 1200 ft. in less than 800 meters are frequent, making it very steep. Rocks, roots and leaves litter the trail making footing uncertain. We kept a nice gradual cadence, pocketa-pocketa-pocketa.

"So, what are your guesses on how long this will take us today?" I asked.

"I bet it only takes 7 hours and 32 minutes," Reece confidently said.

"No, it's going to take a lot longer than we think," Keegan explained. "I say around 9 hours and 36 minutes."

"Ok, I'll say 8 hours and 52 minutes."

It is 9:10 A.M.

"This is my all-time favorite place in Scioto Country," Reece said as he took a seat on the log bench at campsite #6. We were now two hours into the run and at the place for the first stop. Campsite #6 is located

under a large patch of hemlock trees, with two creeks converging to form a beautiful confluence. I remember how shocked I was to already be two hours into the run.

We ran up the hills, along the ridges, and back down the other side of the hills. Our legs were churning like pistons in an engine. Pocketa-pocketa-pocketa.

It is 12.5 mile in, and we enter an all-to-friendly territory. This was campsite #5, located along bridle trail #5. It is also known as "Hangover." Hangover is where the Shawnee State cross country team runs some of our hardest workouts of the year. All three of us have many miles of memories on the dirt path of Hangover. This day, we are just crossing the path of memories, treading our way to new ones.

The section after Hangover proved to be as rough as any section in the day. It is very steep and entirely downhill, overgrown with briars and weeds, weaving in and out of a rocky stream. We were totally focused on the ground three feet in front of our feet. We blocked out each other, the surrounding, the experience; just stayed focused. Pocketa-pocketa-pocketa.

It is 11:40 A.M.

Mental fatigue started to set in as we finally crossed Pond Lick Road and took a break at campsite #4. We had travelled just 15.1 miles to this point, a distance I do on a regular basis, but the thought of still having to run 25 miles is weighing heavy on my legs now. After refueling and declaring we were in a good enough mental state, we starting talking about the cheeseburgers we



Reece enjoys the scenery as they break from the run.

had at the next campsite.

“Let’s make a push for the cheeseburgers, its only 5.2 more miles,” Reece said. “Push for the cheeseburgers in paradise.”

At this point, we are gliding up and over the hills. Our emotions are being fueled by each other and the thought of

the deep blue sky overhead; there is a cool breeze that shutter the trees ever so gently. “I know I keep bring this up,” Keegan said. “But man, we could not have asked for a more perfect day of weather for this.”

“These cheeseburgers taste even better now than they did last night.” Reece said.

It is now 1:17 P.M.

One more mile up the trail, we are climbing another big hill. Pocketa-pocketa-pocketa. We knew last half of this loop was going to be the hardest. The hills are not long, they are steep. Even the down hills make the legs burn with that well known feeling of lactic acid shooting through muscles and veins.

We nervously scramble down “Big Bear Hill.” The hill was named the previous summer as me and some of my teammates found out about it the hard way as we quickly realized this hill was possibly the hardest hill in the forest. When hills are as hard at “Big Bear”, they get a name. Another famous hill in the forest is called “Big Bitch;” true to its name. Pocketa-pocketa-pocketa.

Reece and I have now eclipsed our longest run ever. As we turn off for the water fountain at campsite #2, Reece keeps running. “I’m going to keep going,” he said.

“You guys will probably catch back up pretty easily.”

In a run of this distance, it is inevitable that the body will start feeling fatigued. Each person will go through a low point at some time or another. Reece was feeling his now, 28 miles in. Pocketa-pocketa-pocketa....

I slurp down some more gel. This is what I was waiting for since 2008. The point to where my body is feeling new feelings and the

mind is in a battle to stay alert. With each step, lactic acid shoots through the veins; every muscle overloaded, swollen from the constant push. Resistance in ankles, knees, hips. Pocketa-pocketa-pocketa....

It is 3:10 P.M.

We make it to campsite #1. We are

now eight hours into our journey. Reece’s guess time has already passed. The previous hill has us all sitting on the ground, sucking down water, gels, and finishing off the last cliff bar in our packs. Reece lies down and easily drifts off to sleep. The stop proved to be a much needed one.

We get up and trot down the next hill. This section of trail is very familiar to all of us and the first one Keegan and I ever ran on together. “Let’s make one final good push for the end,” Keegan said.

Pocketa-pocketa-pocketa....

It seems like emotions and euphoria take the place of actual feeling in times like these. We swiftly moved along the trail, running faster than we had all day. Was it mind over matter? We were closing in on the end of this run. Our minds are all together now, when much of the day it was hard enough to just think of anything.

Pocketa-pocketa-pocketa....

Pocketa-pocketa-pocketa....

It is 5:32 P.M.

The sun is now starting to drift away behind the west hills of the forest. Our eyes squint as we break through the wall of the forest. For such a long time, we were shadowed by Mother Nature’s tenderness. It has been 10 hours and 22 minutes since we started and we have finally come full circle, a 40 mile full circle.

On May 8th 2010, I, along with two of my best friends achieve our biggest goal – we just ran the 40 mile main trail at the Shawnee State Forest.

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Keegan relaxes after running 40 miles in 10 hours and 22 minutes.

Photos by Michael Owen

the cheeseburgers only a few miles ahead. Pocketa-pocketa-pocketa. We finish the 5.2 mile section in 50 minutes, a swift pace all things considered.

It is 12:32 P.M.

We now sit on an old telephone pole, cheeseburgers in hand. Cumulus clouds dot

It's time for the BCS to change

After spending yet another Saturday sitting in my living room watching college football, I could not help but feel sympathetic for the student athletes.

As I watched Ohio State vs. Penn State, I had an epiphany. Ohio State's student athletes sacrifice much of their time and effort throughout the spring, summer, and fall to prepare for simply 12 days. To most, a loss or failure during those 12 days means they have wasted eight months of time. The immense feelings these players or schools put on themselves after a loss makes me think the system is not rewarding their dedication. Most football players who sat at tables across America signing letters of intent to The Ohio State envisioned one major dream: the opportunity to play in the National Championship. Due to the NCAA's football season format, this dream can be swept underneath their feet in just one afternoon or night when things did not go in their favor. Just a span of three hours can do more than ruin the day. It has the power to ruin a team's ultimate season goal. One loss in the 12-game season sends the message that the destination is not where it once was. Players and coaches alike feel to have wasted thousands of hours of drills, late night home-

Column
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work, and weight room sessions.

After thinking about all of these effects, I came to realize the major issue being the Bowl Championship Series. The BCS prevents hundreds of student athletes from reaching their dreams. No, I am not being dramatic. Just think about it. Every season, only two universities out of hundreds are lucky enough to play for a National title. They cannot fight for it either, but rather the teams are placed in their due to rankings and polls. Simply, the teams ranked one and two are given the opportunity. Clearly, that leaves teams ranked three through 15 lost in the dust. Almost every year, teams left in the pack have proven they are better than those two, but due to one off day or even one bad quarter, they are thrown out. That truly brings on the pressure: one bad pass, one bad quarter, one bad hour have the power to erase everything.

For this upsetting reality is why it is vital college football implements a playoff system. It would not mirror the playoff system that is home to college basketball with 65 teams competing. Instead, eight to 16 teams would qualify for the playoffs

and be provided the opportunity to play for the championship out on the gridiron in a win or go home excitement. This will prevent teams from filling they have no chance after an early loss in September. With competitive playoffs waiting teams at the end of the season, it will keep them fighting hard knowing a championship is still in sight. Some teams start off rough or go into a slump, but they still could easily be the best team out there by the end and therefore they deserve a fair chance to prove it.

This would give numerous teams including Ohio State, Boise State, TCU, Michigan State, LSU, and Nebraska a chance to play for the title. A chance they would not get normally because the BCS requires only the top two ranked teams will play for the trophy. All these teams have one or fewer losses, but are systematically ranked through a series of computer rankings that the BCS puts teams through. In laymen's terms, if the computer does not like your schedule, or body of work, you could win every game on your schedule and still, not get a chance to play for the title.

Therefore, on behalf of all college football fans, student athletes, and universities who work hard all year long and sacrifice time and energy in hopes of reaching the ultimate goal, but end up short of the one or two spot, please implement a playoff.

SSU helps student land a job

By MARK BRYANT
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Justin picks up the sweaty laundry bin and gets ready to take it to the laundry room. Sounds like tedious, mindless work for some. However what most do not realize is, it is this tedious work that helped Justin lay the platform for his career.

Justin Cellars, a former team manager for the Shawnee State Men's Basketball team, has used that experience to help him achieve his dreams. Justin managed the men's team for the 2009 fall semester.

His duties included, "washing the practice uniforms, game uniforms and other garments. I also hung up the uniforms once they were dry. A couple of games I even helped keep fouls for the coaches. In practices I ran the clock for

the team," Cellars said. Compared to the energy and excitement of basketball and other sports, this does not sound fun or enjoyable. But this brief stint as Shawnee's team manager helped Justin land a prominent lower level coaching job in Cincinnati.

"Once I came back to Cincinnati, it took me about four months to find a new job," Cellars said. Justin is now the Varsity and JV assistant at Milford, a Division 1 high school. He landed the job not only through connections Justin had in Cincinnati, but his stint as the manager here at Shawnee helped his resume and gave him a different outlook on coaching.

"It propelled me to get a job because during my time at SSU being the manager inspired me to want to get into coaching," Cellars said. "I learned

how important it is to uphold your responsibilities and if you don't fulfill your duties then you let a lot of people down," Cellars said. "I also learned how to manage my time better." This, among the career experiences Justin built is among the reasons why he is now getting paid to live a dream.

Justin's duties at his new job have changed drastically. No longer is Justin washing dirty uniforms or running the clock, but he is living his dream of coaching. Justin is now teaching kids the game of basketball and showing them how to be responsible young men. Justin looks up to famous college coaches as Tom Izzo of Michigan State, and Bob Huggins of West Virginia. If his career continues on the uprise, you could see Cellars as well coaching your favorite college team one day.