Familiar Faces: Dr. Paul Weinstein
By Pamela Roeper
Wayne Mirror Writer

Carrying the confident air of a ringmaster, Dr. Paul Weinstein conducts his lectures not with a whip, but with zing – and a personality that can only be described as vivacious. His classroom theatrics are legendary at Wayne College. Students sign up in droves to partake in his classes; his pupils feeding his siren’s call to learn, as he guides them into the raging sea of knowledge. Wayne College’s Associate Professor of History, Paul Weinstein, Ph.D. has been a full-time teacher here since fall of 1992. Pouring out liberal libations of history into young minds, he is an amazing teacher. However, riding a motorcycle to school and sporting an earring, he sure ain’t your parent’s professor.

But what is Weinstein like away from the classroom? Well, honestly, Weinstein the teacher is the same man as Weinstein the person. As animated as the hips of a Hula dancer, he is bursting with an energy that’s infectious, both in and out of the classroom. He constantly seeks to quench his own thirst for knowledge. Away from Wayne, Weinstein is a voracious reader with a taste for historical novels and fiction. He enjoys a wide range of music from rock, to folk, to jazz and even “a tiny bit of country.” A serious lover of travel, he has literally covered the world seeking to expand what he knows and teaches. Some of the items from these trips cover the walls of his eclectic little office, a room that looks like a Moroccan flea market exploded. “I think to a certain degree that your office, your house, [and] your clothes are all… external ways that you express yourself and so this office is part of me. I mean it’s making a pretty strong statement and one that I don’t care to copy; “Look at me, I’m not very interesting.”

Weinstein isn’t just focused on observations of history, but a philosophy of life as well. A vegetarian for thirty years, Weinstein shared his views on how much more ecologically sound it is to not eat meat. He also has become acutely conscious of the lack of sensi-
tivity behind consuming an animal that is aware of its own existence and in return aware of its impending death and its fear of that death. “When you eat these animals you’re eating death.” However, he certainly doesn’t expect everyone to ascribe to his beliefs. He adds, “I’d like to think the world would be a hell of a lot better place if everyone was like me, but God, would that be boring. Then I wouldn’t have anybody to learn from.”

It is these qualified statements that reveal a fraction of the dynamics that make up Weinstein the person. A man who is not just obsessed with the past, but how the way we live now will determine what will eventually become history.

Many new student organizations are making their presence known on campus this semester. The Student Involvement Expo showcased eight organizations the first two days of this semester, some new and most returning from last year, in the upper-d-wing. New editions Psychology Club, Volleyball Club and Photography Club were on display signing up new members and informing students of their mission on campus.

The Speech and Debate team and the Psychology club both got started last semester. However, Speech and Debate was active throughout the fall semester and the Psychology club just became a registered student organization this January.

Another new organization, that wasn’t formed in time for the expo is the Student Leadership Council. The Council is comprised of students who are members or officers of the various student organizations on campus. Its purpose is to enhance communication among organizations and to promote and increase student involvement by ensuring that all student organizations are active and visible to students as well as faculty, staff and administration. Anyone who is a member or officer of at least one student organization may join.

There are 5 official student organizations on the UWCC campus at this time; Student Senate, the Activities Program- ming Board, Waynesse, the Wayne Mirror, the Speech and Debate team, Psychology Club and Campus Crusade for Christ. Each organization is recruiting members to join up and it’s never too late to do so.

The athletic department also provides many opportunities for campus involvement. Men’s basketball, women’s basketball, women’s volleyball and men’s golf compete with other area two-year and community colleges. A men’s baseball team is also in request, but the outlook is dubious because of the stipulations mandated by Title IX. Title IX requires all institutions of higher education to maintain an equal number of men’s and women’s sports at all times. Another women’s sport would be needed to maintain the balance at Wayne if a baseball team is added.

Rumors circulated early in the school year that there was an interest in starting a women’s golf team, but sources have provided no further information on the issue.
Lady Warriors Basketball

Day        Date       Team          Time
Wed.       4          Open         TBA
Sat.       7          Ohio University - Zanesville  1:00 p.m.  H
Sat.       14         Ohio State University - Lima  1:00 p.m.  A
Sun.       15         Wright State University - Lake  1:00 p.m.  A

BOLD = Home Games

LADY WARRIORS SCORE BOARD
Jan 3       Ohio University - Lancaster - 68        Wayne College - 61
Jan 7       Ohio University - Eastern - 65        Wayne College - 45
Jan 10      Wayne College - 46                     Ohio State - Newark - 44
Jan 14      Wayne College - 70                     Kent State - Tuscarawas - 31
Jan 17      Ohio University - Chillicothe - 67     Wayne College - 61
Jan 24      Miami University - Middletown - 76     Wayne College - 57
Jan 25      Miami University - Hamilton - 63      Wayne College - 53
Jan 31      University of Cincinnati - Clermont - 67 Wayne College - 43

Warriors Basketball

Day        Date       Team          Time
Thurs.     5          Ohio State University - Marion  7:00 p.m.  A
Sat.        7           Ohio University - Zanesville  5:00 p.m.  H
Wed.       11         Lorain County Community College  7:00 p.m.  H
Sat.        14          Ohio State University - Lima  3:00 p.m.  A
Sun.        15          Wright State University - Lake  7:00 p.m.  A
Sat./Sun.   Feb. 22    Tournament          TBA
Tournament  TBA
Tournament  Finals

BOLD = Home Games

WARRIORS SCORE BOARD
Jan 3       Ohio University – Lancaster - 87         Wayne College - 68
Jan 7       Ohio University – Eastern - 101        Wayne College - 74
Jan 10      Wayne College - 89                     Ohio University – Chillicothe – 79
Jan 17      Wayne College - 90                     Wayne College - 65
Jan 24      Miami University – Middletown - 75     Wayne College - 63
Jan 25      Miami University – Hamilton - 69       Wayne College - 64
Jan 28      Kent State University – Tuscarawas     Wayne College - 60

McGoey to Continue Education at Kent

By Pamela Rooper
Wayne Mirror Writer

Shane McGoey, former Admissions Counselor and Activities Coordinator, is no longer working at Wayne College. Hired as a temporary employee, McGoey’s contract ran out in December 2003. He was active in implementing the New Student Orientation program in the fall of 2003 and was advisor to the Wayne Mirror. The now vacant position will be filled; Matthew Williams and Jackie Ashbaugh will be assuming most of McGoey’s duties instead.

McGoey is looking for another administrative position, he will also be working on his doctoral dissertation at Kent State University. His dissertation is on faculty and staff perceptions of college and university presidential leadership.

Regarding his departure, McGoey said, “I enjoyed working with the students and will miss them.”

What’s On Your Mind?

The Community Responds to the UA Scandal

““As a human I am saddened to think that an institution that is educating the very future of this country is also passing along its lessons in greed. To whom much is given much is expected.”

As a student I am furious that my hard earned money spent on my education is literally being thrown away seemingly little checks and balances. All I can say is, they better think good and hard before any more tuition increases!”

-Aonymous, Wayne College

“I’m not surprised.”
-Heather H, Akron Campus

Mr. Thomas Gaylord

By Pamela Rooper
Wayne Mirror Writer

College students, even those of us at commuter schools like Wayne, often let nutrition slide when more seemingly urgent tasks, like studying and going to work, are never-ending. We do not have good intentions when prioritizing more salient demands over nutrition, but eating habits can make or break one’s GPA. For some students, balancing work, family, and school makes it easy for concerns about nutrition to fall into the background. Finals, term papers and exams throughout the semester, the compounded already existing pressures on everyone.

Few of us would expect our cars to get us to school and back on an empty gas tank. It is just as absurd to expect our brains and bodies to function well at school without proper fuel. A flyer that was available to students at the beginning of the fall semester phrased it, “Compelling research confirms that proper nutritional support is integral to maximizing brain functioning and to enhance learning (Wolfe, Burkman & Streng, 2000).” The flyer went on to explain that, “Nutrition has been shown to affect cognitive behavior, such as the ability of an individual to think, reason, remember, and attend to information effectively (Kanarek & Swinnem, 1990).”

We don’t necessarily have to eat only “healthy foods,” or give up the candy bar between classes, but we do need to make some nutrition-conscious choices and, like our vehicles, we need enough fuel to keep us functioning properly.

According to the handout, “Students with the lowest amount of protein in their diet had the lowest achievement scores (ASFSA, 1989).” Some of the many sources of protein, such as fish, beans, eggs, and cottage cheese can be found on the Filling Station’s menu and salad bar every day. Peanuts are available in the vending machines for a quick snack, as well as sunflower seeds and peanut trail mix. If you’re up for brown-bagging it, then remember that a sandwich made with two teaspoons of peanut butter supplies 20% of the daily recommended protein for adults, and it’s cheap, quick, and easy to pack. Balance is important; protein alone is not sufficient. A healthy diet includes plenty of antioxidant rich fruits and veggies. Antioxidants benefit the immune system and are widely believed to reduce the effects of aging.

The salad bar in the Filling Station is a convenient and affordable way to get the 4-6 servings of fruits and vegetables (combined) that you need every day.

Students may also want to consider the carbohydrate content of their meal choices. The flyer warned that “Meals with a high carbohydrate content produce greater drowsiness, sleepiness and calmness. Such feelings of less alertness and more fatigue were shown to be greatest one to two hours after the meal and began to diminish after three hours (Kanarek & Swinnem, 1990).” Drowsiness and calmness are fine sometimes, but probably not during class.

The flyer offered some hope for that long class at the end of the day, however. “A late afternoon energetic (calo- rie-rich) snack can have positive effects on cognitive performance tasks that require sustained attention (Kanarek & Swinnem, 1990).”

A balanced, healthy diet is vital to academic success. It’s impossible to do your best without feeding your body and brain a continuously healthful, balanced diet. There are many convenient ways to include nutritious foods in your diet at home and on campus that can fit into any student’s lifestyle.

New Discussion Series Draws Crowds at Wayne College

By Amanda Morrison
Wayne Mirror Editor

Students packed the Upper D-Wing on Tuesday, February 3, to participate in the second “Ripped from the Headlines” brown bag discussion. Moderated by Dr. Paul Weinstein, the discussion centered around the Super Bowl’s controversial halftime show. More than 40 individuals gathered to listen and share, including a class that had unanimously voted to attend.

The first discussion was held on Wednesday, January 28, moderated by Scott Hartman. The topic was the Democratic candidates and primary elections.

These discussions will be held on alternating Tuesdays and Wednesdays, to accommodate as many schedules as possible. From 12 - 1 p.m., interested students, staff, and faculty are invited to sit down and exchange thoughts on current issues and events. Topics are chosen from the headlines by the discussion’s moderator.

Studying on Empty: Poor Nutrition = Poor Grades

By Katie Crowner & Amanda Morrison
Wayne Mirror Editor

Wayne College’s literary and arts publication, is seeking written work, photography, and other visual artwork for the Spring edition. All students, faculty and staff are welcome to contribute. The deadline for written work is February 26, and the deadline for drawings and photos is March 19.

Anyone interested in joining the Waynessene staff can attend the 3:30 p.m. meetings in room B-117 on March 4 and April 1.

Written work is especially needed this Spring!

Heads Up!

Attention Writers and Artists!

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