You are What You Eat, Read, Think, Do…

by Nicole Hall

Yesterday, Today & Tomorrow

You are what you eat!

(Author unknown)

The best way to predict the future is to create it.

(Peter F. Drucker)

Be the change you wish to see in the world.

(Ghandi)

If you keep doing what you’ve always done you’ll keep getting what you’ve always gotten.

(John Maxwell)

The trashcan is not a balancing act. (Jenni Reusser)

You are what you eat,” was woven into the presentation frequently, but it wasn’t until the end where she tied it all together to apply to the student body with a quote from Annika Sorenstam, “Whatever you put into your body is what you become.”

Ruesser explained, “The obvious point is about food. What you consume (not only physically, but also mentally and spiritually), is what you become. Whatever you put into your body, you mind, your soul - that is what you become.” She continued, “And that is all about CHOICES, my friends. Life is about making choices and living with the results of those choices. Choose from the right menu.”

The difficulty in making the right choices was also addressed by Ruusser at the conclusion of her presentation, “Why must it be so hard to develop good habits, and so easy to flip to the bad ones? The answer, I discovered some years back, is in the Bible!” Ruusser quoted Matthew 7:13 and ended her presentation with, “Don’t be stopped by the narrow gate. You can create your future. You can be the change you wish for the world. You can make changes to get different results. From this day forward, you are what you eat!”

Know the Way, Go the Way, Show the Way

by Nicole Hall

On May 8, 2009, Jackie Ashbaugh introduced Dean Kristofco to provide opening remarks for the Leadership Awards Ceremony for Clubs and Organizations. Kristofco’s presentation was based on a concept of leadership author and speaker, John Maxwell, “Know the way. Go the way. Show the way.” Kristofco plugged the Leadership Orrville Program who has adopted this leadership trilogy. In essence, the effectiveness of a leader hinges on not skipping the “go the way” step. It provides more credibility to the leader, but more importantly, empowers them to be better able to show the way. They lead by example. Consider this: If you were to take swimming lessons for the first time, would you rather learn from someone who has experience swimming or from someone who has never gotten wet? Know the way. Go the way. Show the way.

Ruesser can be reached at Jenni.Reusser@uakron.edu. For more information on upcoming Leadership Training workshops, visit www.wayne.uakron.edu/emc.
Goodwill
Submitted by Goodwill Industries of Wayne and Holmes Counties

Goodwill Industries of Wayne and Holmes Counties understands that people are tightening their budgets and stretching their dollars. In these tough economic times, more people need help finding jobs. In 2008 Goodwill served 1233 and Goodwill continues working hard to keep up with the increased demand for its job training programs and career services as the state’s unemployment rate has risen.

Goodwill cannot provide these critical services without your donations to sell in its stores. Goodwill is asking people to be generous this spring as they clean out their closets and donate gently-used clothing and house wares at one of the 5 stores and donation centers in Wayne and Holmes Counties.

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As the Cleveland Cavaliers get ready for the NBA Eastern Conference Finals, one might notice the increased amount of shirts/jerseys you see being worn, Cavaliers’ flags hanging from porches, and businesses either hanging handmade signs in windows or declaring their company signs to wishing the Cavs’ the best in the post season. But is THIS the year? Without trying to date myself too badly (I am one who still can’t wait for my favorite group to release a new ALBUM), I can remember back to the 80’s when the Browns would take the area by storm for a couple months with Super Bowl talk. There would be a new crop of Browns’ songs (check out Bernie Bernini on youtube if you never have had the pleasure of hearing it), signs hanging from freeway bridges and suddenly everyone was a Browns fan. And our confidence with the team would be sky high, only to have our hopes dashed with another heart breaking loss to the Denver Broncos. (hearing the name Elway still makes me cringe to this day) Wait until NEXT year... In more recent times; we had the Indians of the 90’s. Once again, there were songs, great fan support and vendors selling everything Tribe that they could on street corners. (Remember the cow bell? Or baseball caps with bubble guns bubbles on them?) And after many close calls (still cringing at the sound of Jose Mesa) in the post seasons, we gave us a good taste of things to come when they made it to the NBA Finals in 2007, only to get swept by the San Antonio Spurs. In 2008, we put together an arguably better team than in 2007 but ran into a much more talented Boston Celtics team. And we all thought the same thing... wait until NEXT year...

Here we are in 2009. The Cavaliers have posted the best record in franchise history (66-16), for the first time they have the MVP of the league (LeBron James), and Mike Brown was named NBA Coach of the Year for only the second time in team history. (Bill Fitch 1975-76) They became the first team in the history of the NBA to win 8 straight playoff games by 10 points or more. Are these all signs that the Cavaliers are headed to the Promised Land THIS year?

Let’s hope so, that way I don’t have to write an article like this one NEXT year.

Wayne Mirror helps kids Survive the Summer
by Theresa Mountel

Well, maybe they could actually survive without our assistance, but we’d like to put a little fun in their summer at the very least.

The Wayne Mirror began a project to assemble “Summer Survival Kits” to be distributed to children at a day camp in Wooster. Each kit will include a card for parent/guardian information and emergency numbers, small toys, pencils, activities and a craft. We are accepting donations of these types of items now and hope to distribute the kits within the next couple of weeks.

The Wayne College community never disappoints when asked to step up and help out. I am sure this project will be no different. Thank you all for your involvement!

Nursing Student? Join the Newly Formed Nursing Club
by Nicole Hall

If you are a nursing student, you will be interested in joining this new club that already has 20+ members as announced at the Leadership and Student Clubs and Organizations Awards Ceremony on May 8, 2009. According to Joyce A. Juersivich, MSN, RN, “The purpose/mission of the Wayne College Nursing Club is to organize, represent, support, and mentor Wayne College nursing students by providing educational, personal, social, and community interaction.”

While meeting dates will be announced in a mailing the second week of August, the group will be meeting over the summer. The President for the club will be by nomination of the club members, expected to take place during the fall semester.

Juersivich is an active member at The University of Akron Wayne College as an Assistant Lecturer, Nursing Club Advisor and Distinguished Student Program Advisor; and can be contacted by email: joycerv@uakron.edu to express your interest in joining as a member or officer of the Nursing Club.

Illustration by Jennifer Weber

The Wayne Mirror is the student newspaper of The University of Akron Wayne College. The opinions expressed in the Wayne Mirror are not those of Wayne College administration, faculty or staff. Rather, they are those of the individual writer, contributor, or columnist.
Amberly Wolf Will Chair the 2009 United Way Campaign

Submitted by Orrville Area United Way

Amberly Wolf, Assistant Vice President, Orrville Offices Manager for First National Bank will lead the way for the 2009 United Way campaign. A dedicated community volunteer, Amberly is also vice president of the United Way board of directors, chair of the Leadership Orrville planning committee, president-elect of the Orrville Rotary Club and serves on the board of directors for the Orrville Public Library.

The United Way encourages people to advocate for those who are less fortunate, to volunteer to help in the community, giving time and resources to build a better world.

In 2008, our United Way launched its first Volunteer Income Tax Assistance (VITA) site, to help low-income working families file taxes and receive the Earned Income Tax Credit. In 2009 our VITA site more than doubled the total refunded to local people.

This month more than 100 children under the age of five live in Orrville, Dalton and Marshallville are receiving their first books from the Dolly Parton Imagination Library, a program partner of our United Way. All the scientific research tells us that the best way to assure that a child is ready for school is to read to and with that child. A book is mailed to each child every month. The Dollywood program partner pays for the postage.

For more information, please visit our website: www.orrvilleareaunitedway.org or contact our office: 330-683-8181.

Dear Mirror Mirror,

An article in the recent issue of the Mirror made note of students parking cars outside the designated rows in the first lot. What is the concern toward this? Does it cause problems with other students?

Thanks.

- Sam

Dear Sam,

If cars park at the end of the isles, not only is it difficult for other cars to maneuver but from a safety standpoint, emergency vehicles are not able to either.

It’s also very difficult to see around these vehicles and this can cause accidents. This area is designated as a “no parking” area so it would really be no different than parking in the fire lane in the front of the building.

Illustration by Jennifer Weber

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The University Of Akron Wayne College is offering Basketball Day Camp. Instructional Basketball for players entering Grades 4-9. Boys’ camp is July 6-8 and Girl’s camp is July 20-22. Camp runs from 9:00-11:30 a.m. Cost is $75 per camper. (Includes T-shirt and participation) For more information, call 330-684-8906 or email psr8@uakron.edu.