

# KENT STATE

MAGAZINE

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## *River Run*

Kayakers sponsored by Kent State travel from Kent to Cleveland to call attention to the Cuyahoga River as a shared regional asset.

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**On the cover:** Jeff Kerr, local landscape architect and co-chair of the Cuyahoga River Water Trail Partners, kayaks the Cuyahoga with a group from Kent State to highlight how ecological systems—like rivers—connect, support and add value to a community. See page 18.

COVER PHOTO BY: KRISTI GARABRANDT '15

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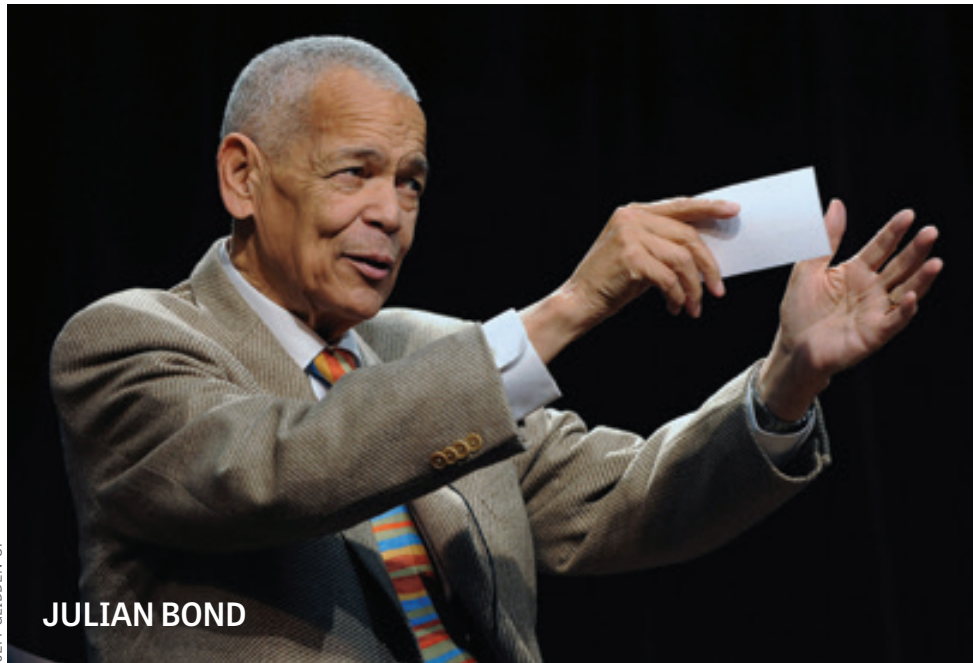
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JEFF GLIDDEN '87

JULIAN BOND

“Jim Crow may be dead, but racism is alive and well. That’s a central fact of life for every nonwhite American, including the president of the United States. It eclipses income, position, education—race trumps them all. So **we have work to do**, none of it easy, but we never wished our way to freedom. Instead we’ve always worked our way.”

—JULIAN BOND, civil rights leader, “Crossing the Color Line,” keynote address at Kent State’s 13th annual Martin Luther King Jr. Celebration, January 22, 2014

### Birds-Eye View



JEFF GLIDDEN '87

Students living in the recently renovated Tri-Towers residence hall complex are enjoying the new Sky Lounges on the entire 10th floors of both Koonce and Wright halls, as well as the 12th floor lounge in Leebrick Hall. “We created space for students to engage in group activities or just hang out,” says Jill Church, Kent State’s director of residence services. “I think the renovations make it feel more like a place for students to call home.”

Morgan LaRue, a sophomore psychology major living in Wright Hall, uses the lounge to

be with her peers while studying or taking a break. “There is a complete sense of community up there,” LaRue says. “It’s so serene.”

In addition, all three halls (originally built in 1968) now have new roofs, windows, carpet and paint, as well as new metal paneling on the exterior of the buildings. “This should give them at least another 20 years of good use,” Church says.

Construction on the halls was completed during the summers of 2013 and 2014. This summer the Rotunda, which connects the halls and contains dining and student activities, will undergo exterior repairs and receive a new roof.

### Green Energy

Kent State University’s Field House 463-kilowatt solar array is made up of

**1,716**

solar panels and covers about 1 acre of the roof.

It generated **1,061,042**

kWh of electricity between July 2012 and September 2014. That equals the electricity use of about

**88**

homes for 1 year, equivalent to avoiding carbon dioxide emissions of

**785,867**

pounds of coal burned.

U.S. EPA Greenhouse Gas Emissions Calculator

### Hat Tip

What do Willy Wonka, Fred Astaire and Mr. Peanut have in common? They all wear top hats—and they all were represented in a recent exhibit, *What’s Real? Investigating Multimodality*, which was created, designed and installed by a group of 40 students from the School of Visual Communication Design and the School of Library and Information Science in spring 2014.

Installed in the MuseLab, a 20-by-20-foot space on the third floor of the University Library where museum studies students can get hands-on experience, the collaborative exhibit focused on using four modes of interaction—sound, movement, touch and text—to explore the topic of a top hat.

Why a top hat? “It’s just one example of how an ordinary object can take on multiple

View a video at <http://tinyurl.com/MuseLabKSU>. Learn more at [www.kent.edu/slis/muselab](http://www.kent.edu/slis/muselab).

new meanings when displayed in a museum context,” says Kiersten Latham, Ph.D., assistant professor at the School of Library and Information Science and curator of the MuseLab. “A top hat is more complex than you’d think!”

The exhibit ran from May to December; a new MuseLab exhibit, created by nine graduate students in a spring semester museum studies course, opens April 15. It’s related to The Big Read, a program of the National Endowment for the Arts that supports community reading programs and is based on characters in the novel *Old School* by Tobias Wolff.



BOB CHRISTY '95

### In CHAARG!

Madison Jordan '16 (Columbus, Ohio), a nutrition major and fitness enthusiast, introduces the energetic new organization she’s in charge of at Kent State:

**What it is:** CHAARG (Changing Health, Attitudes and Actions to Recreate Girls) is a health and fitness organization for college-age girls, but it’s also a huge supportive community. It started at Ohio State University in 2012 and now has about 2,500 members at 18 universities, including a virtual chapter. **How I got involved:** I heard about it from friends at other universities and through social media. I saw how fun it was, so when they advertised for five new ambassadors, I applied and was chosen to open a chapter at Kent State this fall.

I went through training in the summer, and before school even started, my exec team and I had recruited over 100 members—and now we’re up to almost 300. We’re growing fast.

**Who it’s for:** It’s for any college girl, no matter her size, shape or fitness level. We want to empower every CHAARG girl to become her happiest, healthiest self.

**What we do:** We have two sessions of workouts every Monday night from 8 to 10 p.m., and small groups meet for an hour once a week. Our motto is “to liberate girls from the elliptical” and show them fitness can be fun.

We partner with volunteer instructors from local studios to expose members to a whole range of exercises. So far, we’ve done Zumba, CrossFit, self-defense karate, muscle conditioning and Bokwa, a cardio dance workout.

**How it helps:** The other weekend when I woke up I wasn’t in the mood for a workout. But I went on Instagram, I saw photos of other CHAARG girls running—and then I ran five miles. This community is really motivating!

Learn more at [www.chaarg.com](http://www.chaarg.com).

MELISSA OLSON



## Hanging Out

Kent State police dog Coco and her partner, Officer Anne Spahr, recently participated in a specialized training exercise at the climbing wall in Kent State's Student Recreation and Wellness Center, along with K-9 dogs from around the state—including Kent State's other police dog, Dexter, and his handler, Officer Miguel Witt.

The dogs were practicing in case they ever need to be flown by helicopter to an incident as part of a statewide response to a bomb threat. "It's unlikely but possible, so we have to get the dogs ready," says Spahr. "In addition, it builds trust and bonding between the dog and its handler. Coco did very well; she's a confident dog."

On a normal day, Coco—a three-year-old German Shepherd—is on patrol with Spahr around Kent State, and they're on call in case she's needed anywhere in the state to sniff out explosives, search for evidence or track a missing person. It's an active life, and Coco thrives on doing her job.

"She doesn't enjoy her time off quite as much as I do," laughs Spahr. "I usually have to take her out several times a day to play because she's very energetic and high drive. These K-9 dogs don't make good house pets because they bore easily and are always on the go. Coco loves to play ball; she's absolutely ball obsessed. And she harasses our pet German shepherd, who likes to chill by the fire and sleep in. He's trying to teach her to relax, but she's not picking it up!"



## Education Abroad



**Student:** Andrew Wyatt '16

**Hometown:** Akron, Ohio

**Major:** English (Italian minor)

**Field experience:** Fall 2014 research in Italy on Italian modernist author Italo Svevo, partially funded by Wyatt's first-place win in the Language and Literature category of Kent State's 2014 Undergraduate Research Symposium

**Research opportunities:** Wyatt met with Italian scholars who have studied Svevo, conducted research at the Biblioteca Nazionale Centrale in Florence and visited Trieste, the city where Svevo lived and set most of his works.

**Why Svevo?:** "In his most famous novel, *La Coscienza di Zeno* [*Zeno's Conscience*], the title character finds the modern world confusing and alarming, as do I. We have new inventions but are still no more productive or happy. Italy has lagged behind other western nations in modernization, so the question of modernity is even more pressing and stressful for them."

**Key insight:** "Trieste lies on the border between Italy and Slovenia and is close to Croatia and Austria. This cultural mix shows up in the language, food and customs. A local gave me a tour; as we crossed a street that had a green traffic light going one direction and a red one going the other, he said, 'This is very Triestine. Everything is contradicting and conflicting.'

I plan to live in Trieste for a month this May to experience it from the inside and will analyze Svevo's novel from that cultural perspective."

**Why participate in the Symposium?:** "It's a great checkpoint for a senior thesis. Judges examine your research methods and actual work and provide suggestions on how to improve your project."



**Student:** Garmai Matthew '15

**Hometown:** East Cleveland, Ohio

**Major:** Economics (International business and Chinese minors)

**Field Experience:** Summer 2014 three-week course through the College of Arts and Sciences. Matthew and five other Kent State students collaborated on arts-related projects with students from the Hebei Normal University in Shijiazhuang (capital of North China's Hebei province), based on their research of Chinese culture and history.

**Project:** "I'd seen artwork created from used materials a Chinese student had found at home, and it inspired me to make a skirt from recyclable plastic, used cotton fabric and remnants of digitally printed material I had on hand. By reusing materials that would have been thrown away, I created a fabulous zero-waste fashion."

**Passion:** "Sustainable fashion—my main focus is to mass produce garments without harming the earth."

**Why learn Chinese?:** "It's an investment in the future. I can relate to a culture different than my own and collaborate with others to tackle some global environmental issues. China is a manufacturing hub for various industries, and manufacturing is the prime source of the world's pollution."

**Key insight:** "When I sat at the highest point of the Great Wall of China, I felt a sense of accomplishment. That experience taught me that with some hard work and initiative, my goals are within reach."

“Once you own a passport, the whole world is yours to explore.”

Garmai Matthew '15



# Window on the Future

by Jan Senn

Trustees Research Professor John West sees a world of potential for the promising new technology behind his start-up's initial product—a switchable window that acts like an electronic venetian blind.

BARNEY TAXEL

**I**t started with an accidental discovery. In 2012, John West was in his lab when a doctoral student working with him at the time brought him a microscopic image that showed uniform cracks in a coated film he had been cutting with a razor.

Fascinated, West—a senior research fellow at Kent State's Liquid Crystal Institute®—investigated further and realized that if they could control the cracks, the process held potential for

useful devices, including a technology he'd worked on since 1984 when he first came to Kent State: switchable windows.

West has played a major role in the growth of the Liquid Crystal Institute, which celebrates its 50th anniversary this year. He came to work on polymer dispersed liquid crystals (PDLCs) in the mid-1980s.

PDLCs are made by mixing liquid crystals\* and clear polymer and can be used in windows and simple displays.

In the past, West had used PDLC technology to make privacy windows that switched from fully transparent to fully opaque.

“When PDLCs are used in a window, the glass initially appears to be frosted because each liquid crystal points in a different direction, scattering the light,” West explains. “However, when you apply an electrical field to the coating, the liquid crystals line up, and the glass becomes clear.”

Cracks in a rigid PDLC window or display aren't welcome. Cracks are also a problem with the material West has been working with in recent years—indium tin oxide (ITO), which is both transparent and conducts electricity.

“It's used in thin layers on the inside of the glass substrates used to make cell phone screens, flat panel displays, anything where you want to have light pass through but still conduct electricity,” says West. “I've been

researching flexible displays for a long time, particularly looking at flexible plastic films coated with indium tin oxide. But indium tin oxide is brittle, and when the film bends, it cracks.”

What West and his associates found is that they could control the cracking process by bending flexible plastic substrates, creating patterned electric fields that allowed select areas of the windows to be switched without resorting to costly photolithography or similar techniques to transfer electrode patterns onto a substrate. He realized this new innovation had commercial potential—and switchable windows immediately came to mind.

## On a roll

West submitted a grant proposal in 2012 to the Ohio Third Frontier Commission and received start-up funding, some of it matched by Kent State. At the end of the first year, he knew he could make relatively large films using his new technology. The doctoral student who had first observed the uniform cracks in the lab, Da-Wei Lee, Ph.D. (now a postdoctoral researcher at the University of Pittsburgh), built the first prototype of a switchable window incorporating the “cracked” ITO coated on as a thin film to flexible plastic substrates.

“The prototype added functionality to the switchable windows that were developed at Kent State a generation ago,” says West. “Using our substrates, we can make an electronic venetian blind that can change in width, roll up and down. It adds a lot of functionality at a very cheap price.”

West then met with window manufacturers to scope out the size of the market for his innovative new product. In August 2013, he established a company, naming it FITOS (Flexible Indium Tin Oxide Solutions) and in 2014 received \$100,000 from the Great Lakes Innovation and Development Enterprise to get it up and running.

He hired his first few employees and secured manufacturing space in Kent State's Centennial Research Park, which also houses successful start-ups run by Kent State alumni.

West is focused on manufacturing and selling his substrates to window companies; they've signed their first contract and are lining up partners. But he is also looking to use the films in touchscreens and flexible displays. FITOS research director Nick Diorio, Ph.D.—who last year was a postdoc at the Liquid Crystal Institute after earning a doctorate in chemical physics at Kent State—is working on prototypes.

“This technology offers the potential to create very large touchscreens that would be cheaper to make and fabricate,” says West. “And eventually we hope to be creating the substrates that will make flexible displays possible.”

So someday when you drop your mobile device, its display won't crack. ⚡



## What's a liquid crystal?

It's a substance that behaves something like a liquid and something like a solid. Examples can be found in nature—in fact, the soapy slime on the bottom of your soap dish is a liquid crystal, not much different from the material in a laptop screen.

In a liquid, the molecules slosh around randomly, with no fixed position. In a solid, the molecules are rigidly attached to each other. A crystal is a solid that has an ordered structure, but in a liquid crystal, as in an ordinary liquid, the positions of the molecules aren't orderly.

What makes a liquid crystal different from ordinary liquids is the shape of its molecules; they're long and thin. Even if the molecules' positions are random, their orientations can be aligned with one another in a regular pattern—and that's what creates the ordered structure of a liquid crystal.

[WWW.COLORADO.EDU/PHYSICS](http://WWW.COLORADO.EDU/PHYSICS)



# Fashion *Forward*

Seven ways World War I transformed women's roles—and wardrobes

The popular PBS series *Downton Abbey* and the recent 100th anniversary of the start of World War I have sparked people's interest in the fashions of the era. While fashion trends may be perceived as trivial and transient, “dramatic changes in women's fashions during World War I reflect the profound social and cultural shifts that resulted from the war effort,” says Kent State University Museum curator/assistant professor Sara Hume. An exhibit she curated at the museum—*The Great War: Women and Fashion in a World at War, 1912–1922*—uses propaganda posters and pieces from the museum's collection to explore the transformation of American women's roles and dress during World War I (1914–1918) and its immediate aftermath.

The war—which resulted in the death of approximately 10 million soldiers, most of them young men—expanded women's opportunities to participate in politics, society and the workforce. As women gained influence and took on traditional male roles, including farming, factory work and military service, they made great strides toward equality. Soon after the war's end, women in the United States, Canada and several European countries gained the right to vote. While many of women's inroads into the workforce were reversed once the war ended, the fundamental changes in women's fashion endured.

The Great War was a transitional period for society, and the changing silhouettes in women's fashions from the 1900s to the 1920s reflect that in-between time, notes Hume. “The transition is awkward; the proportions are a bit off, and the trimmings hang funny,” she says. “The ‘teens’ were an adolescent, gangly period.”

The following selection of items from the exhibit (which runs through July 5, 2015) highlights several key influences that transformed how women dress—and continue to be factors in fashion today.



**For every fighter a woman worker**

Adolph Treidler  
American, circa 1918  
Color lithograph poster

War Posters Collection, University of Minnesota Libraries,  
Minneapolis, Minnesota

*Adapted from the exhibit catalog, The Great War: Women and Fashion in a World at War, 1912–1922, by Sara Hume, and a related lecture. Photographs by Joanne Arnett and Vanessa Port. Visit [www.kent.edu/museum](http://www.kent.edu/museum) for more information.*

## 1 Military style

The United States felt the war's impact well before the country entered combat in 1917. Prior to the war, fashion styles originated in Paris; but as transatlantic communication and export grew more difficult, the New York fashion industry developed greater autonomy. Many of women's new occupations required them to wear uniforms, and military designs and drab colors influenced civilian fashions. The trench coat, introduced in this period, became a classic that continues to this day.

Women's sportswear also drew inspiration from nautical styles: Middy blouses worn as a part of women's gym suits were almost identical to those worn by sailors in the Navy. Elements such as sailor collars became popular not just for athletic wear, but for fashionable dresses and blouses.



**Olive wool coat with fur trim**  
American, circa 1915

Wool, beaver fur

Gift of Mr. and Mrs. Stanley Gottlieb



**Black wool suit**  
American, circa 1916

Wool twill, plastic buttons

Gift of Dr. and Mrs. Raymond R. Myers

## 2 Men's tailoring

As women entered the workforce and joined the fight for women's suffrage, they adapted some of men's tailoring techniques and styles; throughout the 1910s women's clothing increasingly featured tailored suits. From 1912 to 1914 suits were feminine with an emphasis on the slim figure; however, in the second half of the decade, the silhouette became wider and deemphasized the waist.



**Every girl pulling for victory: Victory Girls**

Edward Penfield  
American, 1918  
Color lithograph poster

War Posters Collection, University of Minnesota Libraries,  
Minneapolis, Minnesota



### 3 Athletic activity

Physical education for women was introduced in the mid-1800s, influenced by educational philosophies brought to America by European immigrants. Women at Smith College began playing basketball in 1892, the year after it was invented; because it was played indoors, they were permitted to wear bloomers instead of the skirts they wore for outdoor sports. Untucked middy blouses, adopted around 1910 for use in women's gym suits and basketball uniforms, created the straight, waistless silhouette that dominated women's fashion through the 1920s.



**Navy blue and white swimsuit**  
American, circa 1919  
Cotton knit

Gift of the Martha McCaskey Selhorst Collection



**Basketball uniform**  
American, 1914  
Wool

Gift of Laurie Johnson in memory of Jordye Dean

The more relaxed attitude towards gender-specific clothing, combined with the more active lifestyles of women, introduced what we think of today as sportswear. Swimming became an athletic activity rather than simply a leisure pursuit. Bathing costumes for women evolved from cumbersome layers—which included bloomers, overdress, cap, stockings and shoes—to more streamlined suits that actually enabled women to swim.

### 4 Abandonment of corsetry

As women began to shape their bodies through exercise, many young women who had grown up with less restrictive clothing never adopted the corset. Although American women continued to wear corsets throughout the war years, the War Industries Board asked them to give up purchasing new corsets so that steel could be used in the war effort. Elastic panels gradually replaced the heavy steel boning, and the corsets of the early 1920s weren't as long or stiff as their predecessors.

To achieve the slim, columnar styles fashionable between 1910 and 1914, women wore corsets that extended well down the thighs and sought to maintain a smooth, tubular shape rather than to cinch in the waist. By the early 1920s, the fashionable silhouette had broadened and clothing was sized to fit more loosely.



**Corset of cotton eyelet**  
American, 1914  
Cotton

Gift of Warnaco Inc.

### 5 Ease of movement

Fashions on the eve of war were long and slim. Skirts reached the floor and, in their most extreme, tapered towards the ankle in a "hobble." As the decade progressed, skirts became shorter to allow more freedom of movement. In seeming defiance of expected restrictions on clothing, skirts also became very full in a style known as the war crinoline, which emerged in the spring of 1915 as an effort to bolster the fashion industry.

By 1918 skirts had narrowed once again, hemlines fell to below the calf, and the overall silhouette became more cylindrical, with a looser fit. In the 1920s dresses became simple tubes that could be pulled on over the head.



**Brown tulle and velvet evening dress with silver lace**  
American, ca. 1916  
Chiffon, velvet, net

Silverman/Rodgers Collection



**Purple velvet and chiffon dress**  
American, 1918  
Silk velvet, chiffon

Transferred from the Allen Memorial Art Museum, Oberlin College, Oberlin, Ohio  
Gift of Marion Heusner Crossen, Oberlin College, Class of 1917, 1957

Fashion plate from  
*L'art et la mode*, January 1916

Illustration by Soulié, the war crinoline 1916

### 6 High hats

As the silhouettes for women's fashion became increasing tubular, headwear became dynamic and oversized. The exaggeratedly wide brims of hats in the first decade of the 1900s fell out of favor during the course of the 1910s, but the decreased width was offset by increased height. Bows and feathers shooting upward from the crown balanced out asymmetrical, angular brims.

By the early 1920s the pompadour hairstyles popular at the turn of the century had deflated, and women began to bob their hair. As women's hairstyles became shorter, hats were designed to fit closer to the head.



**Black velvet hat with wing-like bow**  
American, mid 1910s  
Velvet, artificial flowers

Gift of Mr. and Mrs. Stanley Gottlieb

### 7 Shoes, not boots

For the first two decades of the 20th century, boots were the predominant footwear. As skirts started to rise after 1914 and the formal rules of attire relaxed, women began to wear the shorter styles with shoes and flesh-toned silk stockings, not high-button boots. In particular, lace-up oxford-style shoes replaced boots for daywear. Evening shoes continued to be pumps that were often quite plain. ⚡



**Black leather oxfords**  
Label: Vitality Shoes  
American, 1920s  
Leather

Gift of Dick and Isabel Kertscher



Stress is a fact of life, but you can learn to manage it and even come out on top.

She started walking every day and found time to get in some steps during her lunch break and right after work. “I’ve always enjoyed walking, and getting back to it on a regular schedule reminded me of how good it feels,” says Spicer. “It’s important for my peace of mind and stress relief.”

The cost isn't just monetary. Scientists are discovering that the cascade of effects caused by stress is harming our bodies and minds. You may think illness is to blame for your headache, insomnia or stomach upset, but stress may be the cause, and its symptoms can affect your body, mood and

“For most of these patients, this will be their last and best chance to stay off medication,” Fresco says. “Although nearly half of all adults in the United States have high blood pressure, only one in three patients can successfully control their high blood pressure with conventional treatment, including lifestyle modifications and, if needed, medication.”



Stress neutrality

So what is stress and what makes it so overwhelming that it can affect our health and quality of life? Web MD puts stress in simple terms: it’s what you feel when you have to handle more than you are used to. Your body responds as though you are in danger. It releases a surge of hormones that speed up your heart, make you breathe faster and give you a burst of energy.

Most people view stress as an unpleasant threat, synonymous with distress. However, stress can be helpful and good when it motivates people to accomplish more. So any definition of stress should also include good stress, or what is called *eustress*. According to the American Institute of Stress, increased stress results in increased productivity—up to a point, after which things go rapidly downhill (see graph at right). We need to be aware of the warning signs that stress overload is starting to push us over the hump, but those signs differ for each of us and can be so subtle we might miss them.

“We don’t all perceive stress in the same way,” says clinical counselor Susan Fee, who has given presentations on emotional resiliency to Kent State employees. “What stresses one person may not stress another, so we have to be careful not to judge other people’s stress. Stress itself is neutral; it’s not positive or negative until it gets to a certain point or becomes chronic.”

Some people are more vulnerable to stress than others, because we try to avoid it rather than learn how to manage it, Fee says. We can build emotional muscle, just like we build physical muscle, by pushing a bit past our comfort zone and then recovering—similar to doing just one more pushup when we think we can’t do another.

“Whether you perceive an event as stressful or not depends on how you explain that event to yourself,” says Fee. “There are different ways to express stress; some people act out and others isolate. But the healthy way is to change our thinking and reframe our experience, which makes our emotions more manageable. Even if we feel overwhelmed, there is a moment between how we feel and how we behave—and in that moment we have choices to make.”

Stress can have positive or negative consequences, but it depends on how we handle it, says Kent State professor and environmental/exercise physiologist Ellen Glickman, Ph.D. “People eat to reduce their stress; people drink to reduce their stress,” she says. “As a nation, we are getting more and more

Human Function Curve



AMERICAN INSTITUTE OF STRESS, ADAPTED FROM NIXON, P: PRACTITIONER 1979

Increased stress results in increased productivity—up to a point, after which things go rapidly downhill.

unhealthy. We have high rates of obesity, high blood pressure and the risk factors for heart disease are adding up.”

Glickman offers her perfect solution—exercise. “Aerobic exercise, putting large muscle mass through a range of motion for a prolonged period of time (or moving 5–10,000 steps per day), helps reduce stress,” she says. “Hormones are released that help you feel better about yourself. Data also shows that people who move this amount sleep better and feel less depressed.”

In 2013, Glickman teamed up with Kent State’s Division of Human Resources to create an exercise program for faculty and staff that motivates people who previously led a sedentary lifestyle to exercise regularly. Participants are asked to exercise at the university’s MAC Center Annex three times a week for one hour, and they receive testing and support from trained exercise physiologists in the School of Health Sciences.

“We’ve seen positive results—an increase in aerobic fitness, a decrease in body fat,” Glickman says. “Participants have better flexibility and balance and less depression and anxiety.”

**Early intervention**

What if there was a way to stop stress from making people gain weight before they hit adulthood? Kent State researcher Amy Sato, Ph.D., an assistant professor in the Department of Psychological Sciences, is examining just that in her study of stress in low-income adolescents recruited from the greater Akron area. What she learns from the two-year study could be used in developing interventions to stop a pattern of obesity that carries over into adulthood.

Sato’s study, funded by a \$150,000 grant from the National Institutes of Health, looks at how stress-induced or emotional eating among low-income teens contributes to early obesity and eventually a life of disease. Low-income children face unique stressors, Sato says, because they may live in neighborhoods where it is unsafe to go outside or in families where food and money are scarce.

“What we will be looking at in this study is do obese, low-income children show more stress responses than healthy 12–17 year-olds?,” she says. “Do their bodies make more cortisol, which is one factor related to obesity risk? And do obese kids tend to eat more in response to stress?”

As a clinical pediatric psychologist who has taught stress management techniques to teens, Sato found that many of them eat in response to stress without even realizing it. “We can help make them aware of this—to see the connection between eating and stress,” she says. “This study is motivating because there are so many long-term effects of obesity. There is a lot of benefit to understanding what happens in childhood.”

**Work-life balance**

As an antidote to stress and its related health issues, eight years ago Kent State’s human resources division developed a wellness program for staff and faculty that offers a variety of educational and fitness activities to help employees combat stress, learn about nutrition and lead a more active lifestyle.

Among the offerings are a walking program, educational webinars, Lunch and Learn programs about health topics, depression awareness, Weight Watchers at Work and faculty- and staff-specific programming at the Student Recreation and Wellness Center—including massage, the most popular service.

“Our goal is to help people with their work-life balance,” says Kim Hauge, human resources communications and project manager. “If they can have wellness options available at work, it doesn’t jeopardize their time with family.”

Kathy Spicer has taken advantage of many of the services offered at Kent State. “Whether it’s Weight Watchers, the employee exercise program or even being able to get your mammogram on campus, a university this size has so much to offer,” she says. “Kent State has a wealth of resources for health and wellness, and it’s been wonderful to have them available.”

Spicer keeps her weight off by walking around campus, planning ahead so she always has healthy meals in the freezer, and staying in touch with friends who share similar health and wellness goals. And when it comes to stress management, she’s learned to let some things go—and leave room for serendipity.

When she decided she needed a break from hosting the holiday meal for her large extended family this past season, she found it freeing not to have that responsibility. “I wasn’t up late every night baking 120 dozen cookies to send home with family like my mother used to do,” she says. “I didn’t bake a single cookie.”

Then one of her coworkers brought each person in her unit a small plate of holiday cookies. “Several were the same varieties my mom had always baked,” Spicer says. “It looked like my family traditions on a plate—only I didn’t have to make them. I was so touched and really enjoyed them.

“I used to be a perfectionist, but I’m learning that there’s more to life than worrying about every last darn detail. As time goes on, I’m getting more and more in touch with that.”

CONTINUED ►

Common effects of stress ...		
... On your body	... On your mood	... On your behavior
<ul style="list-style-type: none"><li>• Headache</li><li>• Muscle tension or pain</li><li>• Chest pain</li><li>• Fatigue</li><li>• Change in sex drive</li><li>• Stomach upset</li><li>• Sleep problems</li></ul>	<ul style="list-style-type: none"><li>• Anxiety</li><li>• Restlessness</li><li>• Lack of motivation/focus</li><li>• Irritability or anger</li><li>• Sadness or depression</li></ul>	<ul style="list-style-type: none"><li>• Overeating/undereating</li><li>• Angry outbursts</li><li>• Drug or alcohol abuse</li><li>• Tobacco use</li><li>• Social withdrawal</li></ul>

MAYO CLINIC

Being able to recognize common stress symptoms can give you a jump on managing them.



# 12 TIPS

## for Managing Stress

1

### Take the long view.

Envision the entire narrative of your life as a painted panorama on a wide canvas. “Today’s stressor is just one small part of the picture,” says David Fresco, Ph.D., a professor in the Department of Psychological Sciences at Kent State University. “When we have perspective, our canvas has plenty of room for our signature successes and epic failures.”

2

### Own your part.

Upset by a high credit card bill? Facing the behavior that caused it can help you regain control—and not do the same thing again. “Own whatever part you have brought to a situation,” says Fresco, who notes that honest self-assessment is a key to managing stress. “Acknowledging responsibility means taking control, and that can be soothing.”

3

### Check email less often.

Dealing with your email inbox and other people’s agendas can be a major source of stress and interruption. In a 2014 study, researchers from the University of British Columbia found that people who checked email less frequently during the day, thereby limiting interruptions and task switching, experienced reduced stress and a greater sense of well-being. Unless you’re in a profession that requires constant updates or availability, set some limits and let coworkers know when they can expect a response.

4

### Get up and move.

Prolonged sitting contributes to stress—and a 2012 study, published in the *British Medical Journal*’s online journal *BMJ Open*, shows that sitting for more than three hours a day can subtract two years from your life. So stand while in a meeting, talking on the phone or taking a coffee break. Use the stairs instead of the elevator. And walk over to talk with a coworker instead of sending an email.

5

### Disconnect from your phone.

People who are constantly connected to their cell phones feel more uptight, stressed and anxious during free time than those who use their phones less often, says Andrew Lepp, Ph.D., an associate professor in the College of Education, Health and Human Services at Kent State University. He was one of three researchers in a recent study that examined how different cell phone users experience daily leisure. “The high-frequency users may not have the leisure skills necessary to fill their time with rewarding activities,” Lepp says. “The ever-present smartphone may provide an easy, but less satisfying and more stressful, means of filling their time.”



6

### Breathe deeply.

Breathing from your belly stimulates your vagus nerve, a long cranial nerve that extends from your brain to your abdomen, which calms your stress response. “It engages the parasympathetic nervous system, which acts as a brake when the flight or fight response is activated,” says Fresco.

When feeling stressed, inhale slowly through your nose and expand your diaphragm as your abdomen fills with air. Exhale, sucking your belly button to your spine to push your diaphragm up so you release your full breath. Repeat this slowly to regulate your breathing and help you relax.



7

### Reach out to friends.

Your social network can help you cope with stressful situations. Kathy Spicer, Kent State’s outreach program manager, says a Facebook group that initially formed around a weight-loss challenge has become a lasting source of support for her. “It’s amazing the bond that we have formed,” she says. “People post things about challenges they’re having at work or with their children—and the group rallies around. We’re committed to one another’s well-being.”

8

### Don’t overreact.

If you feel like a failure, you’re less likely to change your behavior. “Stress can cause people to ascribe greater meaning to a setback than it merits,” says psychological sciences professor David Fresco, Ph.D. “Seeing a new stressor in this way can be demoralizing and may prevent you from taking effective actions that can resolve or lessen the impact of a stressful situation.”

9

### Get enough sleep.

Aim for seven to eight hours a night, at least four nights a week. Sleep helps keep your immune system functioning, decreases stress-hormone levels and can improve mood and concentration.

Avoid viewing backlit screens an hour or two before bedtime. Researchers from Brigham and Women’s Hospital reported that people who read a book on a glowing screen took longer to fall asleep and felt less alert the next morning, compared with when they read a printed book.



10

### Nurture yourself.

Caring for yourself makes you better able to care for others. In a 2013 study, Barbara Drew, Ph.D., R.N., associate professor in the College of Nursing, evaluated the effect that self-care practices such as yoga, aromatherapy, Reiki and mindful breathing had on accelerated nursing students from Kent State and two other local nursing programs. “Students who participated in the once-a-week self-care module were better able to manage their experience of stress,” says Drew.



11

### Write a letter of gratitude.

Steven Toepfer, Ph.D., associate professor in the School of Lifespan Development and Educational Sciences at Kent State University at Salem, researched the close connection between gratitude and well-being in a 2011 study. He and his team found that over the course of three weeks, students who spent about 20 minutes a week writing a letter of gratitude (not just a thank-you note) to a specific person experienced significant gains in happiness and life satisfaction and a decrease in depressive symptoms. “You don’t even have to mail the letters,” Toepfer says. “The process is about reflecting, in a conscious way, on what you are grateful for.”

12

### Have some chocolate.

Yes, it’s a good idea to eat more whole grains, fruits and vegetables and limit sugar, white flour, alcohol and caffeine. But you can still enjoy an ounce of dark chocolate a few times a week! Studies show that minimally processed dark chocolate contains high levels of plant nutrients called flavonoids, powerful antioxidants that can help lower blood pressure, improve blood flow to the brain and heart and make blood platelets able to clot. ⚡

Susan Pappas Menassa contributed to this story.





# A River Runs Through It

by Justin Glanville

A small group of kayakers sponsored by Kent State University calls attention to the Cuyahoga River as a shared regional asset for education, recreation and sustainability.

My kayak's bow splashes quietly through the river, my knuckles skimming the surface with each paddle. The water feels warmer than I expected. It doesn't smell bad, either, just a mild mix of mud and ripe, midsummer leaves. Yet this is the infamous Cuyahoga River, once so polluted it caught fire repeatedly. Its last blaze, in 1969, drew so much attention it resulted in a number of water pollution control agencies and agreements, including the federal Clean Water Act of 1972.

A few yards ahead, a great blue heron launches itself into flight. "You think that's the same one we're seeing over and over?" I ask. David Jurca, associate director of the Cleveland Urban Design Collaborative and organizer of the trip, nods. "It's probably mad we keep scaring it off."

There are seven of us on the Cuyahoga on a Friday in July. It's the first day of the first-ever Crooked River Commute, a two-day voyage from Kent to Cleveland sponsored by the Cleveland Urban Design Collaborative, a satellite urban design center of Kent State University, located in downtown Cleveland. This small group, including faculty and staff from the College of Architecture and Environmental Design, want to promote the Cuyahoga River as the ecological heart of Northeast Ohio—and, despite its history, a viable place to have outdoor fun.

On a map, the Cuyahoga doesn't make much sense. It runs for 85 miles but drains into Lake Erie only 15 miles further north of its headwaters in Geauga County. This inefficiency is why the Native Americans called the river *Cuyahoga*—thought to mean "crooked" in the Iroquoian group of languages. It's also the reason they could use the river to reach both Lake Erie and the Ohio River, via a portage over to the Little Cuyahoga and then the Tuscarawas.

To understand how the river ended up looking like this, you have to go back about 20,000 years, to the time of the glaciers. The Cuyahoga got its crazy U-shape from a glacial meltwater combining with more ancient river valleys. A lot of drama accompanies the two rammed-together sections. At Cuyahoga Falls, there's a waterfall and Class IV (expert-level) rapids dropping some 280 feet.

The river's turn also marks a big shift in water quality. Before reaching the metro Akron area, the Cuyahoga teems with fish and smells of fresh green things. After Akron, things

get murkier. Akron still releases about 2 billion gallons of combined untreated sewage and stormwater into the river each year, mostly during big storm events when the region's stormwater and wastewater lines mix.

In any case, the Cuyahoga's course and characteristics differ from section to section and day to day. First, there are the varying use patterns along the river. The upper Cuyahoga flows through mostly rural Geauga County. Once the river hits Kent, though, industrialization and urbanization intensify. By the time the river outflows into Lake Erie, some 55 miles later, it looks less like a natural watercourse and more like a cog in an awe-inspiring industrial machine.

Then there are the whims of weather and nature. For our trip, the water is particularly low—flowing at about 280 cubic feet per second (cfs) at our put-in point in downtown Kent. The river can run 1,000 cfs or higher during wet periods.

This means the water quality is likely better than normal, as storms lead to sewer overflows. But it also means our kayak bottoms often skim the riverbed, slowing our progress. In other places, water flowing along ordinarily gentle bends in the river moves faster, more unpredictably, more dangerously.

A hush falls over our little party of kayakers as we paddle through a twisty part of the river somewhere north of Brecksville. It's the second morning of our trip after an overnight stay at a primitive campsite in Cuyahoga Valley National Park. We'd portaged around Brecksville Dam, a low-level dam that's one of the main obstacles to an unobstructed paddle down the river.

Chris Maurer, an architect and adjunct instructor in the College of Architecture and Environmental Design, has slowed his pace. He's the most experienced kayaker among us and our unofficial leader and scout. "Hold up," he calls.

We all know what that means: Trickiness ahead. We slow down, hearing the telltale riffing sound of swift-moving water somewhere in the near distance.

Chris dips his paddle to the right and rudders into the bend. As we get closer, we see a fallen sycamore tree angled across one corner of the bend so that the current rushes straight toward it. Chris enters the rapid, maneuvering his bow away from the tree's trunk, but the current's too strong. The water slams his kayak straight into the tree, pinning it against the trunk and dumping Chris into the churning water.



Entering the almost six-mile federal shipping channel through Cleveland, the river's current slows and huge smokestacks, freighters and slanted jackknife bridges loom on the horizon.

Aging bulkheads are being replaced with more sustainable methods, creating habitat for larval fish.

The new Scranton Flats Park restores some 3,000 feet of natural shoreline to the river just south of Tower City. It also features a section of the Towpath Trail that will eventually connect downtown Cleveland to the Cuyahoga Valley National Park and beyond.

COURTESY CUDC



## The Cuyahoga River is the **ecological heart** of Northeast Ohio—and, despite its history, **a viable place** to have **outdoor fun**.

We tense. “Chris!” someone calls.

He’s still under—for what feels like an eternity.

Finally, Chris’s head reappears, a few yards upriver from his still-pinned kayak. The rest of us step into the river, only a few feet deep here, and drag our boats onto a rocky shoal to portage around the rapid. Then we return to Chris, who fights the current to get back to his boat, still plastered against the tree. We try forming a human chain, holding hand to hand, to pull the boat free. It doesn’t work: The current feels like it has the force of a dozen fire hoses.

Chris hoists himself to stand on top of the boat. He clings to some tree branches and pushes down with his feet, trying to force the kayak into the water below. There’s a jolt, and the kayak disappears for a moment, then bobs up—it’s free. He lets go of the branches and leaps into the river to retrieve his boat.

A minute later, we’re paddling north again. The mood is celebratory: We’ve escaped the situation with ourselves and boats intact, all of us thanking Chris for taking the fall. The Cuyahoga’s worst dangers are no longer its toxicity, but the sheer force and treachery of moving water.

**T**he water quality of the river has improved markedly since that 1969 fire. Even in heavily industrialized portions of the river through Akron and Cleveland, fish and insect species have returned. Long gone are the oil slicks, floating debris and unidentifiable sludge that fed so many blazes in the first half of the 20th century. Partly because of community support for these improvements, the Cuyahoga was one of 14 rivers that President Clinton designated as an American Heritage River in 1998.

The almost six-mile federal shipping channel through Cleveland remains a biological dead zone, unable to support much life because of its physical form. To allow huge freighters to pass upriver from Lake Erie to such operations as the ArcelorMittal Cleveland steel plant, the channel is dredged to a depth of 27 feet, its banks held in place by steel or concrete bulkheads. These rigid barriers eliminate the kinds of habitats that help newborn fish migrate to Lake Erie.

Community leaders are exploring more natural treatments to replace the aging bulkheads, many of which were installed over 50 years ago. “Green bulkheads”—sustainable shoreline



COURTESY CUDC

management techniques that maintain the river’s shoreline for navigation while also welcoming fish—seem promising.

Entering the shipping channel near Harvard Road, we are awed by the soaring warehouses and century-old foundries of the ArcelorMittal Cleveland steel plant. Up to this point, a few low bridges and houses had been the only visible signs of civilization on the banks above. Now, we’re in a land of industrial giants—smokestacks, freighters, bridges.

The trees are gone, but the banks above the bulkheads remain rife with plant species, some a welcome sight and some not. Fellow kayaker Charles Frederick, interim director of Kent State University’s new graduate landscape architecture program based at the Cleveland Urban Design Collaborative, points out an invasive loosestrife, but also a native hibiscus dripping an opulent burgundy blossom.

A freighter, the *Buffalo*, looms alongside us, a horizontal skyscraper. It’s parked at an unloading dock, its motors rumbling. Above, a giant metal claw rattles forward along an overhead track from one of the steel plant’s buildings.

These sights remind us of the ingenuity that made Cleveland boom, and the carelessness that almost caused it to implode. They both inspire and serve as a warning.

We paddle toward the river’s artificial mouth, dug a century ago to create a more direct route for ships to Lake Erie, and we power across to the small beach at Wendy Park,

our final stopping point after two days and 55 miles. I can smell hot dogs and french fries from the food trucks at the weekend’s Burning River Festival, which celebrates the region’s environmental progress. Still, there’s something primal about disembarking on the sand, dragging our boats behind us.

Stepping out of the river, I feel changed in ways I can’t describe without sounding a little dumb.

“I feel like an alien,” I say. “Like, from a spaceship.”

Everyone grins, seeming to know exactly what I mean.

The following week, I feel re-energized. Part of it, I’m sure, was the intensity of the physical experience, the sense of accomplishment. But I also feel a new connection with where I live, with what Northeast Ohio was and is and could be. I’m reminded of the research that shows how exposure to nature calms us, makes us friendlier and more open. And I realize that’s the potential for all of us who live along the Cuyahoga.

Instead of altering nature, as we’ve done for centuries, we now have a chance to be altered by it. ⚡

*Adapted from a post that first appeared on the Cleveland Urban Design Collaborative blog for August 4, 2014. Justin Glanville is a writer based in Cleveland ([www.justinglanville.com](http://www.justinglanville.com)) and the author of New to Cleveland: A Guide to (re)Discovering the City.*

*Learn about the 2015 commute and ways you can support it at [www.crookedrivercommute.org](http://www.crookedrivercommute.org). For more information visit [www.cudc.kent.edu](http://www.cudc.kent.edu) and [www.kent.edu/caed](http://www.kent.edu/caed).*

More than two centuries ago, Kent and Cleveland were settled along the banks of the Cuyahoga River, their economic growth largely dependent on the river’s power for mills and its connection to the Great Lakes for shipping.

Today the river serves as a visual reminder of the connection between Kent State University’s Kent Campus and its satellite center, the Cleveland Urban Design Collaborative located in downtown Cleveland.

Organizers plan to continue the Crooked River Commute every summer to highlight how the river’s access and environmental conditions can be improved.



# Moments in Time

by Phil Soencksen '89  
Photos courtesy of  
Special Collections and Archives

President Beverly Warren gives visitors to the presidential residence a glimpse of Kent State University's 105-year history through a dozen photos displayed chronologically on a wall in the reception area of her new home. The images, culled from the Kent State University's digital photo archive, mark historical milestones, significant events and scenes of campus life. Here's a selection so you can see the way we were.

**Winter, 1916:** Clinton S. Van Deusen—first head of manual training, on Kent State's faculty from 1913 to 1943 and namesake of Van Deusen Hall—parks in front of Kent Hall. Horse-drawn vehicles were commonly seen in Kent in the early decades of the 20th century, when paved roads were new (and few) and country roads were impassable by automobiles in bad weather.



**Late 1940s:** First-year students receive their "dinks." The blue and gold felt skullcaps were part of a light-hearted tradition on the Kent Campus from the 1940s to 1968. If requested by an upper division man or woman, all "frosh" under the age of 21 were to "dink" by lifting the cap by its top button and dipping under it.



**Fall, 1930:** Kent State's first Homecoming queen and king, Mary Donze and James Noble Holm, take the field. Holm returned to Kent State in 1939, and he was a professor of speech here until his retirement in 1973.



**Spring, 1935:** The Campus Day May Queen and her court pose in front of the Administration Building (now Cartwright Hall) and Kent Hall. "Campus Day" started in 1914 as "Extension Day" when President McGilvrey invited Kent State's extension students to visit campus for a celebration of spring.



**Circa 1950s-1960s:** Ralph Dexter, professor of biology releases a chimney swift on the roof of one of the university's buildings. Dexter, a world authority on the chimney swift, taught at Kent State for 45 years, from 1937 to 1982.

The swift, *Chaetura pelagica*, had colonized in the chimneys and airshafts of the university for many years. According to minutes from a meeting of the Board of Trustees, it was included in the new university seal in 1964 because it was such a distinctive part of campus and because it spends most of its life airborne—an apt symbol for leadership.



**August 5, 1995:** Dean Kahler, one of the students wounded at Kent State on May 4, 1970, was interviewed by ABC TV's *Day One*, near the Pagoda outside Taylor Hall.

The Pagoda, an architecture student project completed shortly before the shootings, has become an iconic backdrop in photos because of the events associated with it.



**June 18, 2012:** The Kent State Golden Flashes baseball team, under coach Scott Stricklin, beat the Florida Gators at the College World Series in Omaha, Nebraska. Although the team was eliminated from the series a few days later, the season—which included winning 21 consecutive games—earned the Golden Flashes their fourth consecutive MAC tournament title and brought Kent State baseball to the College World Series for the very first time.

**Mid 1940s:** After World War II, the education benefits listed in the Servicemen's Readjustment Act of 1944, known informally as the G.I. Bill, opened the doors of America's colleges and universities to millions of men and women for whom a college education would have been impossible otherwise.

More than 10,000 WW II veterans studied at Kent State under the bill. This post-war enrollment boom resulted in a housing shortage at the university, and Kent residents helped by offering spare rooms to the returning veterans. ⚡





# Arts Advocate

by Ashley Katona '06, M.Ed. '12 Lauren Kotmel '11 is engaging and attracting Cleveland's next generation of arts participants and patrons.

Four years ago, a leader at the Cleveland Museum of Art asked Lauren Kotmel '11, who was working in the museum's marketing department at the time, to join nine other museum and community leaders in spearheading the museum's first young professionals group.

"The Cleveland Museum of Art is one of the nation's premier cultural institutions, and it was time for a young professional group to emerge that reflected that," says Kotmel, who helped cofound Column & Stripe: The Young Friends of the Cleveland Museum of Art and currently serves on its board. "We started the group as a way to bridge the old with

the new and bring together the next generation of artists, arts consumers, leaders and philanthropists. It offers innovative programming to members such as behind-the-scenes curator tours, visits to local galleries and networking with accomplished arts professionals in our community."

Studies show that millennials (usually defined as the generation born in the 1980s or 1990s) are more likely to become involved with organizations by spreading the word, fundraising or volunteering than by donating money. Younger people may not be able to give much now, but organizations are building relationships with them for the long run.

"Northeast Ohio is jam-packed with free and low-cost opportunities for young people who don't have extra money to spend," says Kotmel. "Local organizations understand that we are the next generation of people who are going to steward them into the future. I've heard people say that millennials are unmotivated, but that's not true. We care about the world we're going to live in 20 years from now."

In addition to Column & Stripe, Kotmel serves on the board of Brite Winter Music Festival, Cleveland's free annual outdoor music and art festival held in February. "Brite Winter celebrates winter rather than tolerates it," says Kotmel. "This year's festival features 63 bands and 12 visual artists in the Ohio City neighborhood. We expect nearly 25,000 people will attend."

She's also on the selection committee for the Cleveland International Film Festival, as well as on the benefit committee for SPACES Art Gallery, a contemporary art venue dedicated to artists who explore and experiment.

"Every year, I bring 25 Chi Omega volunteers from Kent State to volunteer at the benefit," says Kotmel, who is the philanthropy advisor for the women's fraternity. "While I was a student at Kent State, Chi Omega instilled me with a lifelong philanthropic spirit. Volunteering gives your life purpose."

Along the way, Kotmel has picked up several awards recognizing her commitment to community service, including a 2014 Northeast Ohio Top 25 under 35 Movers & Shakers Award from the Cleveland Professional 20/30 Club, as well as the 2014 Outstanding New Professional Award from Kent State University.

**"Inspiring my generation is all about championing inventive ideas,"** says Kotmel.

"Once people feel safe and comfortable experiencing the arts, it evokes a natural chain of curiosity." She loves taking her friends to 78th Street Studios, a multistory warehouse in Cleveland that features art galleries, artist studios, design showrooms and other creative spaces. It hosts a public event once a month with live music, food and pop-up vendors.

"Sometimes I've had to drag friends there; but nine times out of ten, they're grateful I brought them," Kotmel says. "Art isn't just something you look at on a wall. It can be any medium you use to express yourself—a light display, a live band, an interactive photo installation. Art makes your soul grow, and when words fail, art can speak."

Supporting the arts is just one element of Kotmel's full-time job as development and community relations specialist for Downtown Cleveland Alliance, where she works with donors and foundations to help steward initiatives that make Cleveland a compelling place to be. She works on everything from homeless assistance to restoring buildings to fundraising for programs like Sparx City Hop, an annual event that gives participants free trolley rides around Cleveland's core districts to connect them with galleries, artist studios, restaurants, markets and retail shops. "Arts and culture help transform communities and restore neighborhoods," says Kotmel. "They are an essential part of any vibrant city."

Kotmel, who majored in English at Kent State, discovered her passion for development and the arts when she participated in the Washington Program in National Issues and spent a semester as an intern in the Office of Public Affairs at the Smithsonian Institution, which oversees programming across its 19 museums and galleries and the National Zoological Park.

**"That internship opened my eyes to sustainable careers in the liberal arts,"**

Kotmel says. "It also helped me land positions at the Cleveland Museum of Art, the Rock and Roll Hall of Fame and Museum, and now Downtown Cleveland Alliance."

Her experience with the Washington Program also spurred her to obtain a Master of Arts in nonprofit and arts organization management from John Carroll University.

While a graduate student, Kotmel did audience testing and research for the Cleveland Museum of Art's multimillion-dollar education initiative, Gallery One, located on the museum's first floor. Visitors can interact with a 40-foot-wide touch screen that shows all 3,000 images on display in the museum's collection, and they can transfer their favorites to an iPad app and create a personalized tour that can be shared with others.

"During the research phase it was fascinating to put the same image in front of five people and get completely different responses," she says. "Everyone sees the world differently."

Kotmel hopes to keep energizing her world with ingenuity and spirit. "Cleveland is a world-class city with unlimited potential," she says. "It's also immensely fulfilling to help people find their passions and give back to their community." ⚡

*See Kotmel's tips on starting an art collection at [www.kent.edu/magazine/Kotmel](http://www.kent.edu/magazine/Kotmel). She was photographed at 78th Street Studios in HEDGE Gallery, run by gallery director Hilary Gent '03.*





MELISSA OLSON

Brenda Oros Smith '84

Artist, metalsmith, designer, teacher  
Atlanta, Georgia

In 2009 Brenda Oros Smith '84 was diagnosed with a 99 percent–blocked left carotid artery. After a successful surgery, she moved forward with plans for a jewelry-making business. “The recession wasn’t the best time to start, but I wasn’t going to wait,” she says.

Smith—a former creative director with experience in advertising—turned her talents to designing with fine gemstones, a passion she discovered after taking classes in silver and goldsmithing.

Her jewelry designs have won awards, and her high-end pieces have been worn by celebrities and exhibited at the Smithsonian. She also sells custom-made pieces through her website at [www.BrendaSmithJewelry.com](http://www.BrendaSmithJewelry.com).

We asked her how to design a stellar second act.

Smith's Four Peaks Amethyst ring, acquired by the Smithsonian Institution for its national gem collection, features an amethyst mined from the Four Peaks range in Arizona.



JOHN PARRISH

6 Encore Career Tips

- 1. **Follow your passion.** What do you enjoy and value? When does time seem to stand still for you?
- 2. **Find your people.** Take classes and join organizations; get some mentors.
- 3. **Focus on your strengths** and what matters most to you.
- 4. **Press through doubts.** If things don’t work out at first, give them time.
- 5. **Pursue creative satisfaction** and purpose ahead of success and profits.
- 6. **Remember life is short.** Spend more time doing what you enjoy. ⚡

Class Notes

☀️ The little sunburst denotes an Alumni Association member.

**44**  
☀️ **Martin Gordon, MD**, St. Louis, Mo., created a new mobile app, “Plants4cures,” only available on iPad, which enables healthcare workers and others to find herbal remedies for medical conditions and ailments. A gastroenterologist, Gordon was a clinical professor of medicine at Yale School of Medicine. He is now CEO of Medical Films LLC.

**66**  
**Susan (Niederpruem) Fitzpatrick**, South Burlington, Vt., sold the online website, SchoolSpring.com to national competitor Netchemia of Kansas City in February 2014. SchoolSpring.com, which she designed, developed and co-owned with her husband, **James Fitzpatrick '67**, helps school districts hire educators, and helps teachers find jobs. The site garnered more than 16 million visits in 2013.

**69**  
☀️ **Douglas Burns**, Fort Mill, S.C., a principal with Peterson Associates announced that his firm joined forces with national planning, architecture and interior design firm KSQ Architects, which specializes in higher education, K–12 schools and multifamily design. The Charlotte office will be known as KSQ/Peterson.

**H. Ritchey Hollenbaugh, JD**, Columbus, Ohio, is listed in the 2015 edition of *Best Lawyers in America*. Hollenbaugh, an attorney with Carlike Patchen & Murphy LLP, was named for Commercial Litigation, Criminal Defense: White Collar and Ethics and Professional Responsibility Law and has been listed in *Best Lawyers* since 2012.

**70**  
**Darlene Clark Hine, MA, PhD '75**, Chicago, Ill., was named a 2013 National Humanities Medal Winner. Hine is a Board of Trustees Professor of African-American Studies and Professor of History at Northwestern University. Her scholarship in African-American history, especially on African-American women, has made her a leader in the humanities in the United States and around the world.

**71**  
☀️ **Lafayette Tolliver**, Toledo, Ohio, exhibited a selection of photographs at the Uumbaji Gallery in October 2014. Tolliver worked as a photographer for the *Chestnut Burr* and the *Daily Kent Stater*. The exhibit, titled *Coming of Age at Kent 1967–71: A pictorial of black student life*, included 24 images from his collection, which he donated to Special Collections and Archives at Kent State University in 2014.

**72**  
**Todd Raskin**, Chagrin Falls, Ohio, is named for Civil Rights law in the 2015 edition of *Best Lawyers in America*. Raskin, an attorney with Mazanec, Raskin, Raskin & Ryder Co. LPA, has

consistently appeared on the list and also was selected as 2013 “Lawyer of The Year” by *Best Lawyers* for Civil Rights law in Cleveland.

**73**  
☀️ **Ruth (Potisuk) Ludwick, MSN '81, PhD '93**, Kent, Ohio, was inducted as a fellow of the American Academy of Nursing in October 2014. Ludwick was recognized for her leadership related to standards for the nursing care of the aging population and the preparation of nurses here and internationally.

**77**  
**Douglas Bailey, MBA**, Panama City Beach, Fla., joined Digital Guardian by Verdasys, the leading provider of advanced security software for companies dealing with internal and external threats to their data. As chief strategy officer, Bailey is responsible for business strategy and go-to-market planning.

☀️ **Larry Griffin**, Wadsworth, Ohio, retired after a 35-year career with the Akron Area YMCA. He also joined Lighthouse Counsel as a senior consultant and will work with nonprofits to increase mission awareness and philanthropic support.

**78**  
**Roberta (Young) Brofman**, Cleveland, Ohio, joined the Visiting Nurse Association of Ohio as the chief strategy officer, charged with the management and implementation of its strategic plan, as well as oversight of clinical and operational programs.

**79**  
☀️ **Wayne Dawson**, Cleveland, Ohio, co-anchor of Fox 8's *News in the Morning*, was awarded the Chuck Heaton Award by the Press Club of Cleveland's Cleveland Journalism Hall of Fame in November 2014.

**80**  
**Angelique Walker-Smith**, Indianapolis, Ind., serves as national (senior) associate for African-American church engagement at Bread for the World, a Washington, D.C.–based collective Christian voice that urges our nation's political leaders to end hunger in our country and worldwide.

**82**  
☀️ **Lawrence Matika, MBA, DBA '88**, Barrington, R.I., was appointed to the Advisory Council to Veterans' Affairs by the Governor of Rhode Island. Matika is a U.S. Army veteran of the Vietnam War.

**84**  
☀️ **Glenn Peterson**, Vermilion, Ohio, retired in May 2013 from the Ohio State Highway Patrol after 30 years, five posts, and two promotions. He has been Vermilion High School Athletic Booster President for five years, referees high school football and umpires high school baseball games.

**86**  
**James Wible**, Painesville, Ohio, was promoted to director of attraction development at PGAV Destinations, a St. Louis–based firm that is a global leader in the planning and design of unique destinations such as Sea World,

Busch Gardens and Universal Studios. Wible will focus on design leadership, mentoring designers and sculpting PGAV's overall design processes.

**87**  
**Kimberly Taylor**, Cleveland Heights, Ohio, received a doctor of education degree with a major in leadership studies from Ashland University in May 2014. Her dissertation, “My Brother's Keeper,” is a qualitative study of the African-American male learner in the public school setting. She is the principal of Caledonia Elementary School in East Cleveland.

**92**  
**Mary Jane Santos, MLS**, Delaware, Ohio, was recognized as 2014 Librarian of the Year by the Ohio Library Council. As director of the Delaware County District Library, Santos developed partnerships with schools, other libraries, higher education institutions, law enforcement and businesses that strengthen the library's importance in the community.

**94**  
**Richard Fabritius**, Smyrna, Ga., was elected for a fifth term to the General Council board of directors for Phi Delta Theta International Fraternity. Fabritius will serve a two-year term as general council president of the board.

**99**  
**Scott Kraynak**, Grand Canyon, Ariz., wrote, “As a park ranger at the Grand Canyon, I have built an environmental education center; given presentations at Taiwan's national parks and was President Obama's guide to the canyon. The book I co-authored with my brother, *Animal Crackers*, was admitted into New York Comic Con in October. It's a children's book for adults, showing what it would look like if wildlife treated people like people treat animals.”

☀️ **Charles Nieman, PhD**, Wexford, Pa., accepted a position as director of international initiatives at Shepherd University in Shepherdstown, West Virginia.

**Susan Skoczen**, Fairport Harbor, Ohio, a jewelry maker and assistant professor of fine arts at Indiana University Kokomo, received the Pamela Morris Thomford Award for Excellence in Metals in the Best of 2014 Ohio Designer Craftsmen's show at the Ohio Craft Museum, Columbus.

**Robert Slaby**, Mobile, Ala., was appointed as the 2014–2015 president of the Alabama Society of CPAs Mobile Chapter. He is a manager with Wilkins Miller Hieronymus LLC, an accounting and advisory firm with offices in Mobile and Fairhope, Alabama.

**03**  
**Derek Conrad**, Tuscarawas, Ohio, passed the exam administered by the American Institute of Certified Public Accountants. He is a staff accountant

for Rea & Associates Inc., a regional CPA and consulting firm and is on the firm's government services team.

**04**  
**Katy (Watts) Klettlinger, MLIS '06**, Crestline, Ohio, joined the State Library of Ohio as library consultant within the department of library programs and development. She will help libraries with space planning, digitization and strategic planning.

☀️ **Sara Sampson, MLIS**, Columbus, Ohio, was appointed assistant dean for information services, law library director and senior lecturer at Ohio State University Moritz College of Law.

**05**  
**Julie Mujic, MA, PhD '12**, Milford, Conn., was among 28 full-time professors chosen from across the United States to attend a 2014 conference in Chicago titled, “The Creation of the Modern American City: Chicago from 1830 to 1910,” which was hosted by the Council of Independent Colleges. Mujic, a history professor at Sacred Heart University in Fairfield, Connecticut, teaches U.S. history survey courses and upper-level electives focusing on 19th-century U.S. history.

**David Rubens**, Akron, Ohio, joined The University of Akron Wayne College as director of athletics. He previously worked there as assistant men's basketball coach for several years.

**07**  
**Joshua Berns**, Galena, Ohio, joined the Ohio-based law firm of Weston Hurd LLP, Columbus office, as an associate. He will focus his practice on commercial, civil and general litigation, as well as insurance coverage and insurance defense matters.

**Sarah Lund-Goldstein, MLIS '09**, Kent, Ohio, started an archives consulting firm in Kent called Institutionalized: Archives and Records Management Specialists. The company focuses on corporate and organizational history. It also works on general digitization needs and oral histories/testimonials. Follow @CorpArchivists on Twitter.

**08**  
**Sarah Burris, MFA, MLIS '13**, Panama City, Fla., works at the information desk in the Bay County Public Library in Panama City, Florida.

**09**  
**Sasha Griffin, MLIS**, Decorah, Iowa, is university archivist and a special collections librarian at Denison University.

**10**  
**Amanda Kelley**, Dunmore, Pa., wrote, “I work as a beat reporter covering the Pocono Mountain region of Pennsylvania for WNEP-TV. I also will be marrying alumnus Ken Brown in June 2015. We met at Kent State University in 2006.”

**11**  
**Antoinette Comer**, Beaver Falls, Pa., starred in the production of *Dreamgirls* at Portland Center Stage, Portland's largest theater company and one of the largest regional theaters in the United States. Comer has also performed with the national tour of *Mamma Mia!* (Lisa), as well as in *Dreamgirls*, *Hairspray* and *The Jungle Book*.

**Stephen Cox, MLIS**, Cincinnati, Ohio, wrote, “I accepted a position as program coordinator at Mount St. Joseph University. I will maintain a federally funded database designed to track the success of STEM students as they interview for internships, co-ops and post-graduation employment.”

**Ryan Shackelford**, Ravenna, Ohio, is the director of emergency management for Portage County. The Portage County Emergency Management Agency assists local jurisdictions in managing responses to both natural (tornado, flood, blizzard) and technological (HAZMAT or nuclear) disasters.

**Ana Sigler**, Tallmadge, Ohio, serves with the Peace Corps in Togo. She participated in a bike tour to train local women on proper nutrition. Sigler has also worked with six villages to assess their needs and, based on the results, is developing an educational garden.

**12**  
**Bridgette Billingslea, MLIS, MS '13**, Cleveland, Ohio, was promoted to patient access supervisor at the University Hospitals of Cleveland. She supervises 10 clinical and administrative staff members at four outpatient ambulatory medical centers throughout Northeast Ohio.

**Brittany Kinney, MSA '13**, Copley, Ohio, was promoted to senior staff accountant with Walthall CPAs, a leading regional CPA and business advisory firm.

**13**  
**Dale Dunford**, Ravenna, Ohio, joined the commercial diving team at EnviroScience Inc. in Stow, Ohio. Dunford served four years in the Marine Corps and was awarded the Purple Heart in 2007. For EnviroScience, he travels across the country to aid in train derailments (and other disaster relief), restoration projects and mussel surveys.

**Jasen Sokol, MA**, Avon Lake, Ohio, rappelled 22 stories off the PNC Center in downtown Akron in an event called Over the Edge to raise awareness and support for Hattie Larlham, a nonprofit organization that provides services to children and adults with developmental disabilities. Sokol is the host of the *Jasen Sokol Show* on 1590 WAKR Akron.



COURTESY CORNING MUSEUM OF GLASS

⬆️ Eric Meek, MFA '03 (Painted Post, New York), who manages the hot glass programs at the Corning Museum of Glass in upstate New York, designed and created the glass trophy for major NASCAR races held at Watkins Glen International. His design gives a nod to both the racetrack and the Finger Lakes region. When viewed from the top, the blue core reveals the outline of the racetrack; from the side it looks like a waterfall. View a video about the trophy's creation at <http://tinyurl.com/MeekTrophy>.

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Write to Kent State University Alumni Association, Williamson Alumni Center, P.O. Box 5190, Kent, Ohio 44242-0001.

Please limit your notes to 75 words or less and include your class year, city, state and degree(s). Notes may be edited for length or clarity and published as space allows.





COURTESY JEFF SMITH

### Jeff Smith '99

Director of Government Affairs and General Counsel at Professional Independent Agents Association of Ohio Columbus, Ohio

Running 26.2 miles is a challenge, but in October Jeff Smith '99 completed his quest to run a marathon in all 50 states by finishing the 2014 Newport Marathon in Rhode Island.

After his brother, Nic Smith '01, was diagnosed with lymphoma and a law school professor died from leukemia, Smith raised money for the Leukemia and Lymphoma Society by running the 2003 San Diego Marathon in their honor. Since then, he has logged more than 1,336 miles in every state, plus Washington, D.C.

Smith has become one of an elite group of runners who can run a marathon in under three hours (his best time is 2:59:53).

We asked him what it takes to make the most of multiple marathons.

## Maximize a Marathon:

- **Pick a training plan** at least 18 weeks prior to the race.
- **Join a running group** and visit your local running specialty store for advice, proper shoes and clothes.
- **Don't miss a practice run** unless you are injured.
- **Scale back your mileage** two weeks before the race begins. Get extra rest, maintain a healthy diet and decide on a race strategy.
- **Start slow** and stick to your race plan. Don't head out too fast and hit "the wall."
- **Smile and enjoy** the experience. Embrace the moment late in the race when you realize you are going to finish.
- **Rest, refuel and celebrate** with family and friends afterwards! ⚡

## Losses

☀️ *The little sunburst denotes an Alumni Association member.*

**Marion Shank '39**, Medina, Ohio, 2011  
**Nathan Rickoff '48**, Pensacola, Fla., 2012

**Leonard Houx '49**, Tulsa, Okla., 2012

**Robert Carney '49**, Reno, Nev., 2011

**Clarence Ott '49**, High Point, N.C., 2014

**Gordon Reichwein '49**, Cleveland, Ohio, 2013

**Dorothy Hackney '50**, Buffalo, N.Y., 2012

**Neil Davis '51, MA '56**, Lakewood, Ohio, 2012

**Richard Lieser '51**, Canton, Ohio, 2014

☀️ **Charles Taylor '51**, Goshen, Ind., 2014

**John Yohe, MEd '51**, Kent, Ohio, 2014

**Nickschinski Nickols '52**, Rocky River, Ohio, 2009

**Marita Bricker, MA '53**, West Palm Beach, Fla., 2014

**Richard Wright '53**, Columbus, Ohio, 2012

**Marvin Dronzek '54**, East Greenwich, R.I., 2014

**Robert Palmquist '55**, North Fort Myers, Fla., 2012

**Gladys Harland '56**, Massillon, Ohio, 2012

**John Rottenborn '56**, Salem, Ohio, 2014

**James Styles '56**, Natick, Mass., 2009

**Eric Widen '56**, Marietta, Ga., 2011

**John Heaps '57**, Black Mountain, N.C., 2014

**Larry Mahaffey '58**, Woodland Hills, Calif., 2011

**David Van Dusen '58**, Akron, Ohio, 2014

☀️ **Dick Bazley '59**, Brevard, N.C., 2009

**Richard Irvin '59**, American Canyon, Calif., 2014

**Americo Betori '60**, Chardon, Ohio, 2013

**George Morris, MEd '60**, Brunswick, Ohio, 2011

☀️ **Chuck Rodgers '60**, Owego, N.Y., 2014

**Bob Burley '61**, Canton, Ohio, 2014

**Judith (Suty) Stewart '61**, Woodland Hills, Calif., 2012

☀️ **James Duncan '62**, Brookhaven, Miss., 2014

☀️ **Bruce Collins '63**, Cape Canaveral, Fla., 2014

**Marie (Smith) Buchman '64**, Champlin, Minn., 2012

☀️ **Sherill (Barkalow) Zuccherro, MA '65**, Oceanside, Calif., 2014

**Karen Erwin, MEd '66**, North Canton, Ohio, 2012

**Sharyn Glock '66**, Canal Fulton, Ohio, 2013

**Edward Musbach '66**, Carlsbad, Calif., 2013

**Art Rundle, MEd '66**, Columbia Station, Ohio, 2014

**Shari (Bissler) Brady '67**, Marion, Ohio, 2011

**Lawrence Lane '67**, Saint Marys, Ohio, 2014

**Margery Watson, MEd '67**, Clifton Park, N.Y., 2013

**Ronald Lampman '68**, Moultrie, Ga., 2012

**Robert Nemunaitis '68**, Chesterland, Ohio, 2013

**Karen (Watkins) Johnson '69**, Eastlake, Ohio, 2012

**Miriam Keys '69**, East Liverpool, Ohio, 2014

**Richard Carlton '70**, BSE '74, Renton, Wash., 2014

**Kathleen Cotman '70**, Euclid, Ohio, 2014

☀️ **Carole (Teminsky) Barbato '71, MA '75, PhD '94**, Youngstown, Ohio, 2014

**Dennis Bydash '71**, Brecksville, Ohio, 2013

☀️ **James Hillibish '71**, Canton, Ohio, 2014

☀️ **Mike Dragomier '72, MA '94**, Canton, Ohio, 2014

**Lois (Miltner) Hyatt '72**, Elyria, Ohio, 2013

**Donald Miller '72**, Seattle, Wash., 2011

**David Sampson '72**, Chillicothe, Ohio, 2013

**Thomas Daniels '73**, Richmond, Ohio, 2013

**William Fischer '73**, Lake Worth, Fla., 2011

**Clifford Peach '73**, Rogersville, Tenn., 2012

**Richard Rufener '73, MEd '78**, Ravenna, Ohio, 2014

**Rick Miller '74**, Barberton, Ohio, 2012

**John Cahill '76**, Geneva, Ill., 2013

**Laura (Sapatka) Putnat '77**, Mentor, Ohio, 2014

**Stanley Lukianowicz '79**, Painesville, Ohio, 2014

**Marty Martinek, MEd '81**, Youngstown, Ohio, 2012

**Greg Christakis '83**, Abingdon, Md., 2012

**Harry Decker '83**, North Ridgeville, Ohio, 2012

**Terri Hardesty '84**, Akron, Ohio, 2013

**Leo Karatjas '86**, Canton, Ohio, 2011

**Janet Toedtman, MLS '86**, Dayton, Ohio, 2010

**Linda Nelis '87**, Peoria, Ariz., 2011

**Margot Terry '87**, Fairfax Station, Va., 2011

**Joan (Wagner) Brucker MLS '90**, Yellow Springs, Ohio, 2009

**Pamela Buzzard '90**, East Pittsburgh, Pa., 2012

**Louis Dobos, MLS '92**, Stow, Ohio, 2013

**Shirley (Boyd) Yeager '95**, Lisbon, Ohio, 2012

**Marsha Phillips '01**, Salem, Ohio, 2011

**Elizabeth Gonos '14**, Kent, Ohio, 2014

**Emeriti**  
**Elmer Bjerregaard '56**, Professor Emeritus of Architecture and Environmental Design, Aurora, Ohio, 2014

**Alice Darr**, Professor Emerita of Counseling, Kent, Ohio, 2014

## Life Members

Diego Airaldi, Rocky River, Ohio  
Carol Alex, Warren, Ohio  
Carrie Alinn, Westlake, Ohio  
Gwynda Allen, Cleveland, Ohio  
Catherine Anderson, Warren, Ohio  
Jeffrey Anglemyer, South Bend, Ind.  
Caralynn Arena, Aliquippa, Pa.  
Leroy Arrington III, Windermere, Fla.  
Charles Aukerman, Wadsworth, Ohio  
Kevin Aurand, Norton, Ohio  
Andrea Babjack, Copley, Ohio  
John Babjack, Copley, Ohio  
Kavitha Bagavandoss, Canton, Ohio  
Ann Ballinger, Chesterton, Ind.  
Mary Ann Bamberger, North Fort Myers, Fla.  
Rebecca Barbarino, Cleveland, Ohio  
Ronald Barbarino, Cleveland, Ohio  
Jeff Bayer, New York, N.Y.  
Andrew Bazar, Amherst, Ohio  
Patricia Bazar, Amherst, Ohio  
Anna Beagle, Warren, Ohio  
Lauren Bechtol, Bryan, Ohio  
Richard Benz, Painesville, Ohio  
Jenna Bica, Lima, Ohio  
Matthew Bica, Lima, Ohio  
Stacey Bierfeldt, Westlake, Ohio  
Steven Bierfeldt, Westlake, Ohio  
Melanie Blumberg, Canfield, Ohio  
James Boex, Hudson, Ohio  
Helen Boswell, Lawrenceville, Ga.  
Bruce Boyle, Columbia, S.C.  
Joan Boyle, Columbia, S.C.  
Christopher Bray, Naples, Fla.  
Karl Bright, Powell, Ohio  
Kristina Bright, Powell, Ohio  
John Brooks, Barberton, Ohio  
Robert Brown, White Oak, Pa.  
George Brundage, Canfield, Ohio  
Barbara Brunt, Akron, Ohio  
Linda Bryan, Cleveland, Ohio  
Gene Budd, Hudson, Ohio  
Darrin Caldwell, Kent, Ohio  
Jennifer Caldwell, Kent, Ohio  
Laraine Canzonetta, Novelty, Ohio  
D. Larry Carmichael, Las Cruces, N.M.  
Patricia Cellone, Pittsburgh, Pa.  
Randy Cellone, Pittsburgh, Pa.  
Judith Cerveny-Young, Youngstown, Ohio  
Trudy Christ, New York, N.Y.  
Jennifer Cickeli, Warren, Ohio  
Thomas Clapper, Kent, Ohio  
Thomas Cole, Harrison, N.Y.  
Alex Colucci, Kent, Ohio

Thomas Cooke, Washington, D.C.  
Melissa Cooney, Woodstock, Ill.  
Debra Costa, Stow, Ohio  
Mark Cunningham, Harrisburg, N.C.  
Martelia Cunningham, Harrisburg, N.C.  
Diana Dalrymple, Massillon, Ohio  
Debie Davidson, Canton, Ohio  
Laura Davis, Kent, Ohio  
Roslyn De Gregorio, North Canton, Ohio  
Wanda Dean, Mansfield, Ohio  
Michelle Dejoy, Painesville, Ohio  
Rose DeNunzio, Richardson, Texas  
Matthew DeWees, Hudson, Ohio  
Teresa Dickson, Marion, Ohio  
Ronald Dilley, Kent, Ohio  
Patricia Dipiero, North Fort Myers, Fla.  
Patricia Divoky, Cleveland, Ohio  
Margaret Doheny, Strongsville, Ohio  
Patrick Doheny, Strongsville, Ohio  
Michael Dolezal, Cleveland, Ohio  
Sarah Dolezal, Cleveland, Ohio  
Christianna Elridge, Mason, Ohio  
Alexander Evans, Hubbard, Ohio  
Debra Evans, Hubbard, Ohio  
Suzanne Falk, Las Vegas, N.V.  
William Feaster, West Hollywood, Calif.  
Sharon Fineman, White Plains, N.Y.  
Kelly Julian Fleming, Vienna, W.V.  
Suzanne Fleming, Youngstown, Ohio  
Porsha Frazier, West Chester, Ohio  
D. Maris Freeman-Khairallah, Scottsdale, Ariz.  
Jonathan Fry, Westerville, Ohio  
Bard Fulton, Cleveland, Ohio  
Robert Gage, Chevy Chase, Md.  
Gerald Gates, Yorba Linda, Calif.  
Evan Gildenblatt, Washington, D.C.  
Thomas Giovannoli, Ravenna, Ohio  
Victoria Giovannoli, Ravenna, Ohio  
James Glasgow Ph.D., North Canton, Ohio  
Robert Glenn, Worthington, Ohio  
Linda Gogan, Aurora, Ohio  
Eleanor Golden, Indianapolis, Ind.  
James Golden, Indianapolis, Ind.  
Terry Goldstein, Hollidaysburg, Pa.  
Angelite Gould, Columbus, Ohio  
Janice Granieri, Cleveland, Ohio  
Douglas Greene, Richmond, Va.  
Heather Griesbach, Streetsboro, Ohio

Michael Griffith, North Port, Fla.  
Kimberly Gross, Lake Milton, Ohio  
Joanne Guerra, Cleveland, Ohio  
Michael Guerra, Cleveland, Ohio  
Makita Gulley, Akron, Ohio  
Kenneth Haber, Lakewood, Ohio  
Kevin Hackett, Naperville, Ill.  
Stephanie Hackett, Naperville, Ill.  
Brian Haggerty, Buffalo, N.Y.  
John Hall, Brandon, Miss.  
Janice Hamilton, Canton, Ohio  
Patricia Handlovitch, Coraopolis, Pa.  
William Hanna, Athens, Ala.  
Albert Hanson, Tucson, Ariz.  
Jack Haridakis, Akron, Ohio  
Margaret Harmon, Cuyahoga Falls, Ohio  
Paul Haynes III, Kent, Ohio  
Mary Ann Hays, Malvern, Ohio  
T. Darryl Hickey, Colorado Springs, Co.  
James Hickman, University Place, Wash.  
Dennis Higgins, Poulsbo, Wash.  
Patricia Himmelreich, Copley, Ohio  
Sanford Hinkes, Homestead, Fla.  
Thomas Hodanovac, Wheaton, Ill.  
Thomas Hohenshil, Clayton, N.C.  
Peter Holway, Greensburg, Pa.  
Nancy Horak, Stevenson Ranch, Calif.  
Bruce Hudec, Euclid, Ohio  
Harvey Hunt, Mableton, Ga.  
Thelma Hunt, Mableton, Ga.  
Eileen Iacano, Solon, Ohio  
Christine Ischy, Pataskala, Ohio  
Robert Jackson Jr., Canton, Ohio  
Kenneth Jamison, Los Angeles, Calif.  
David Jaspers, Aiken, S.C.  
Margaret Jerich, Urbana, Ill.  
Bruce Johnson, Saint Cloud, Fla.  
Renee Johnson-Chappell, Canton, Ohio  
David Jones, Canfield, Ohio  
James Jones, Damascus, Ohio  
Jordan Jones, Kent, Ohio  
Dana Joyce, Steubenville, Ohio  
Sandra Kays, Seminole, Fla.  
Barbara Keener, Kent, Ohio  
Catherine Keener, Loveland, Ohio  
Randall Keller, Akron, Ohio  
Kathleen Kilduff, Hopkinton, Mass.  
Timothy Kilduff, Hopkinton, Mass.  
Donna King, Phoenix, Ariz.  
Guy King III, Phoenix, Ariz.  
John Kirchhofer, Westerville, Ohio  
Raymond Klinc, Solon, Ohio  
Chelsea Knowles, Kent, Ohio  
Heidi Koepl, Perrysburg, Ohio  
Scott Koepl, Perrysburg, Ohio

Kevin Kopan, Canton, Ohio  
Judith Kosiba, Minerva, Ohio  
Lawrence Kosiba, Minerva, Ohio  
Jody Kovolyan, Kent, Ohio  
Leslie Kraus, Punta Gorda, Fla.  
Robert Kreiner, Pittsboro, N.C.  
Philip Kuceyeski, Perrysburg, Ohio  
Terry Kuehne, Bryan, Ohio  
Lauren Kuntzman, Paris, Ohio  
Cynthia Landis, Woodstock, Ga.  
Micki Lavis, Canal Fulton, Ohio  
James Lawrence, Cuyahoga Falls, Ohio  
Lori Lawrence, Cuyahoga Falls, Ohio  
William Lee, Monona, Wisc.  
James Loveless, Tallmadge, Ohio  
Karyn Loveless, Tallmadge, Ohio  
Susan Lowther, Kent, Ohio  
Jonathan Lyons, Maumee, Ohio  
James Mack, Erie, Pa.  
Mark Majer, Bay Village, Ohio  
Lucille Marino, Canfield, Ohio  
Janice Mark, Kent, Ohio  
Lisa Mascellino, Akron, Ohio  
Janet Matthews, Sarasota, Fla.  
Kellie Mayle, Rocky River, Ohio  
Janice McCabe, Lowell, Mass.  
Sandra McGee, Las Vegas, N.V.  
Shirley McNair-Robinson, Cleveland, Ohio  
Pat McParland, Newbury, Ohio  
Jani Wanner McWilliams, Cleveland, Ohio  
Cynthia Medina, Macedonia, Ohio  
Kimberly Medley, Oxford, Ohio  
John Mercer, East Liverpool, Ohio  
Gary Merryman, Bloomington, Ohio  
Karen Metcalf, Cleveland, Ohio  
Margie Metcalf, Wadsworth, Ohio  
Joseph Milczewski, Stow, Ohio  
Sandra Milczewski, Stow, Ohio  
Angela Miller, Lafayette, Ind.  
Sandra Miller, Murfreesboro, Tenn.  
Edwin Mills Jr., Willoughby, Ohio  
Robert Minno, Akron, Ohio  
Joseph Moravec, Cincinnati, Ohio  
Linda Moravec, Cincinnati, Ohio  
Eva Morrow, Warren, Ohio  
Amalia Munteanu, New York, N.Y.  
Charlotte Murphy, Warren, Ohio  
Peter Murphy, Westlake, Ohio  
Jeri Natter, Lancaster, Wisc.  
Miriam Neal, Mentor, Ohio  
Theresa Nixon, Hopkinton, Ohio  
Robin Norton, Ravenna, Ohio  
Reginald Novak, Aurora, Ohio  
Ryan Oleksiak, Avon Lake, Ohio  
George Olsen, New York, N.Y.  
Elizabeth Owens, Olmsted Township, Ohio  
Jacqueline Owens, Olmsted Falls, Ohio

Lynda Ozan, Edmond, Okla.  
Dianne Palmer, Derwood, Md.  
David Parravani, Kokomo, Ind.  
Amanda Patton, Akron, Ohio  
Jeramy Patton, Akron, Ohio  
Valerie Patton, Santa Monica, Calif.  
Bradley Pees, Boynton Beach, Fla.  
Arnold Peet, Geneva, Ohio  
Kip Petroff, Dallas, Texas  
Martin Phillips III, Wickliffe, Ohio  
Susan Pierson, Cuyahoga Falls, Ohio  
Gary Placek, Twinsburg, Ohio  
Jean Polack, Kent, Ohio  
Joseph Polack, Kent, Ohio  
Gregory Pozzi, Locust Grove, Va.  
Debra Pyer, Aiken, S.C.  
Dixie Quinn, Ellicott City, Md.  
Janet Rader, Kent, Ohio  
Joseph Raia, Pompano Beach, Fla.  
Beverly Reed, Stow, Ohio  
Susan Reid, Newark, Ohio  
Ryan Richards, Ashtabula, Ohio  
Sharon Richardson, Warren, Ohio  
Barbara Roduner, Port Charlotte, Fla.  
Larry Roduner, Port Charlotte, Fla.  
Linda Rogers, Fredericksburg, Va.  
John Rome, Willoughby, Ohio  
Lois Rose, Copley, Ohio  
Stanley Rose, Copley, Ohio  
Jennifer Ross, Stow, Ohio  
Olivia Ryan, Beaver Falls, Pa.  
Nancy Ryland, Copley, Ohio  
James Sampson, North Bloomfield, Ohio  
Paul Santell, East Rutherford, N.J.  
Edward Santucci, Monument, Co.  
Greta Sarna, Youngstown, Ohio  
Rita Schneider, Canton, Ohio  
Taylor Schnur, Butler, Pa.  
Jeremy Schwartz, Warren, Ohio  
Michele Schwartz, Warren, Ohio  
Kathleen Seith, Edgerton, Wisc.  
R. Drew Sellers, Chagrin Falls, Ohio  
Subashchandra Shah, Winston Salem, N.C.  
Laurel Shamakian, Streetsboro, Ohio  
Robert Shamakian, Streetsboro, Ohio  
Blanche Sheinkopf, Satellite Beach, Fla.  
Charles Shepherd, Utica, Ohio  
Linda Shepherd, Utica, Ohio  
Duane Shie, Sterling, Va.  
Kevin Shuman, Akron, Ohio  
Sandra Simmons, Columbus, Ohio  
Elizabeth Sinclair, Silver Lake, Ohio

Charles Smith, Celina, Ohio  
Linda Smith, Lakeside Marblehead, Ohio  
Thomas Smith, Dallas, Texas  
Nicholas Solar Jr., Atlanta, Ga.  
Joseph Sonderman II, Columbus, Ohio  
Timothy Spaeth, Springboro, Ohio  
Thomas Speck, Glen Burnie, Md.  
Virgene Steffen, Dalton, Ohio  
Lori Stephens, Burbank, Ohio  
Daniel Szuhay, Maineville, Ohio  
Janice Szuhay, Maineville, Ohio  
Edward Tang, Philadelphia, Pa.  
Jennifer Thames, Cuyahoga Falls, Ohio  
Andrea Thom, Lake Park, Ga.  
Patricia Thomas, Conneaut, Ohio  
Todd Thomford, Englewood, Co.  
Alba Tolini, Milford, Mich.  
Charles Ulrich, Boulder City, N.V.  
Wendy Umberger, Broadview Heights, Ohio  
Merry Vargo, Woodsfield, Ohio  
Dmitry Voloschenko, Seattle, Wash.  
Peggy Wall, Nevada City, Calif.  
David Wallace, Canton, Ohio  
Terry Walton, Uniontown, Ohio  
Ann Waters, Kent, Ohio  
Ralph Wearsch, Huntersville, N.C.  
Jacquelyn Weber, Nehalem, Ore.  
Laurel Webster, Madison, Ohio  
Stephen Weigand, Saint Louis, Mo.  
Carol Weintraub, Akron, Ohio  
David Weldy, Monclova, Ohio  
Joy Wesoloski, Broadview Heights, Ohio  
Matthew Wesoloski, Broadview Heights, Ohio  
Diane West, Tallmadge, Ohio  
Nicolas Wheeler, Westerville, Ohio  
Martin Wick Jr., Medford, N.J.  
Bernett Williams, Fairlawn, Ohio  
Philmore Williams, Alexandria, Va.  
Sonya Williams, Akron, Ohio  
Maryann Willoughby, Kent, Ohio  
William Willoughby, Kent, Ohio  
David Wilson, Oak Park, Ill.  
David Winner, Wooster, Ohio  
Deborah Witte, Pittsburgh, Pa.  
Glenn Wittman, Chicago, Ill.  
Lisa Wolfe, Youngstown, Ohio  
Scott Woodard, Chardon, Ohio  
Tarnie Woods, Markham, Ill.  
Ruth Zagar, Louisville, Ky.  
Linda Zager, Bloomington, Ind.  
Karen Zak, Willoughby Hills, Ohio  
Michele Zeldner-Wachstein, Collingswood, N.J.  
Eric Zupsansky, Brookpark, Ohio  
Jason Zygiado, North Royalton, Ohio



# Old School



ALL PHOTOS THIS PAGE LAFAYETTE TOLLIVER '71



## Coming of Age

Lafayette Tolliver '71 still has the 35mm SLR Canon camera he used to take photos for the *Daily Kent Stater* and the *Chestnut Burr* in the late 60s and early 70s. Seldom without his camera, the photojournalism major documented black student life at Kent State just a few years after the Civil Rights Act of 1964. “There weren’t a lot of us here, maybe 300 or less,” says Tolliver, now a civil rights lawyer in Toledo, Ohio. “I wanted to establish a visual footprint to show that we were here and that we made a difference.”

His photographs—more than 1,000 negatives and nearly 100 prints—capture a cross-section of events, individuals and pivotal moments at the height of the Black Campus Movement at Kent State. The Department of Special Collections and Archives acquired Tolliver’s photos in January 2014 and mounted an exhibit of selected images, *Coming of Age at Kent, 1967–1971: A pictorial of black student life*, in Ritchie Hall last October.

“It’s part of our department’s outreach efforts to expand records pertaining to historically underrepresented communities at Kent State,” says university archivist Lae’l Hughes-Watkins, M.L.I.S. ’10, who initially contacted Tolliver. “The Tolliver collection is an important asset for researchers interested in visual representations of black student life at Kent State University.” ⚡

If you have correspondence, diaries, photographs, newsletters, publications or a story to tell of this time period, contact Lae’l Hughes-Watkins at 330-672-1639 or lhughes@kent.edu.



BOB CHRISTY '95

Kent State College diploma, 1934  
Blue flocked cover  
8 x 10 in.

When integrated social studies major Elijah Baker '16 tweeted a photo of his great-grandmother's 1934 diploma from Kent State College, we asked for a closer look.

“I had no idea any of my relatives had gone to Kent State,” says Baker, whose grandmother recently found the diploma and gave it to him. “I learned my great-grandmother was a teacher, and I’m training to be one. What stands out to me, though, are the signatures.”

The diploma is signed by J.O. Engleman, the third president of Kent State College (1928 to 1938) and Engleman Hall’s namesake, and C.W. Seiberling, president of the board of trustees and vice president of The Goodyear Tire & Rubber Company, which he founded with his brother F.A. Seiberling in 1898. The company made Akron the “Rubber Capital of the World” and financed F.A.’s family estate, Stan Hywet Hall, Akron’s first and largest National Historic Landmark.

As for his piece of history, Baker plans to keep it. “When I get my diploma, I’ll put it next to this one,” he says. “That would be cool.” ⚡





## Put Down Your Phone

Kent State researchers have found that heavy cell phone use lessens enjoyment of leisure time and leaves high-frequency users more uptight, stressed and anxious than those who use their phones less often. So disconnect from technology to better enjoy your daily leisure activities.

*See page 12 for more on how to manage stress.*