

HEOP/EXCELLENCE

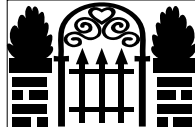
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Student Generated Newsletter

2006

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We would like this newsletter to be a helpful resource for our students in making sure that they are well informed. We try our very best to ensure that this newsletter works for you. However, if it does not, we must receive feedback from you to help us in the process. There is a suggestion box in the HEOP office where your comments and critiques are always welcome!!!



HEOP/EXCEL STAFF

Clemont Lynch

* Director

Diana Krenzer

* Secretary

Donna Dettman

* Coordination of Academic Services

Dawn Bruner

* Coordinator of Admissions

* Counseling and Student Services

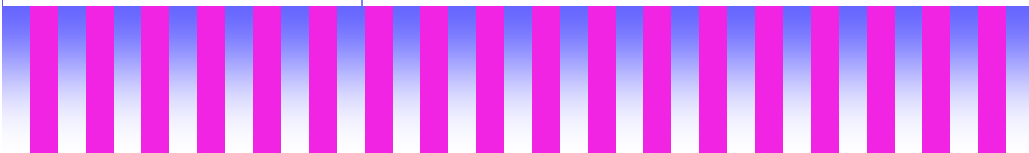
Newsletter Staff :

* Joshua Matsch,

Class of 2009

* Te'vonn McField,

Class of 2010



Summer Institute

Nazareth College gladly welcomed the newest group of HEOP/EXCEL students officially with the commencement of freshman orientation and then the beginning of day, August 28, 2006. These challenging five week Summer Institute and embarked on arguably the greatest journey that anyone will ever go through in life, college. Welcome HEOP/EXCEL class of 2010!



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Interview of HEOP student Sha-Tehl Mayo

Sha-Tehl or “Sasha” Mayo is an extremely talented enthusiastic individual. She has a vibrant personality, and she is also a member of the dance team. She is my fellow classmate and she successfully completed the Summer Institute.

T: How are you?

S: I am doing well so far...

T: When I say Summer Institute what do you think of?

S: When you say summer institute I think of hard work and new friends. It was a fun experience and it turned out to be better than I expected.

T: How would you describe your experience over the summer?

S: I would describe my experience as meaningful. I say this because I learned a lot this summer not only about college work, but about people as well. College is a different experience from anything I've ever known before and being in the summer program prepared me for what I'm facing now. My experience was nothing but amazing. I say that because I have no regrets and I am thankful for all my experiences this summer and all the good friends I've made, including you Tay (smiling).

T: (smiling) Thank you Sasha. Do you feel like the Summer Institute prepared you for regular classes?

S: The summer institute prepared me for regular classes because I feel that the classes I'm taking now are way easier than those in the summer program. The classes now feel like a breeze compared to the summer program. I am confident with my classes and I don't feel overwhelmed because of the summer program.

T: What is your major?

S: I am still undecided! I'm so clueless on what I want to do with my life. All I know is that I want to make a lot of

money doing something that I will enjoy. Now I'm thinking about Law, but I might change my mind tomorrow.

T: What are your best and worst memories of the Summer Institute?

S: My fondest memory of the summer program is the day before we were going home and everyone was having water fights and buggin' out. Then I got the bright idea to throw cake in your face. You then cornered me in the closet and threw a big container of melted ice cream all over me. I was dripping with ice cream. It was so funny. You and I thought it was funny, but Bri didn't because ice cream had gotten all over the bags that she had just packed to go home. She was so mad. That was a fun day for all of us until we had to get down on our hands and knees and clean up all the mess we left on the carpet in O'Connor. My worst memory is when we were put on a curfew for being late to breakfast or something like that.

T: What did you think of the counselors?

S: I thought the counselors were really cool. I still talk to them now and we are still good friends. We are equals now so it's all good. I felt that they did a good job by us and always made sure that we made the best of our situation.

T: What advice do you have for future HEOP/EXCEL students?

S: My advice for future HEOP/EXCEL students is to try and get on your counselors nerves so bad that they want to quit. Just rebel any chance you get. (laughing) I'm just playing. Seriously, have fun and stop complaining about being there and enjoy yourself. You'll see that it's not that bad.

Dean's List Recognitions

Janelle Mcallister

T: What does being on the Dean's list mean to you?

J: To me the Dean's list is an accomplishment that I have been working for, for the past two years. I just hope I am able to maintain it by working hard. I can only hope to improve. In order to reach my goals I must maintain a good grade point average, that is what keeps me going.

T: What advice do you have for students trying to get on the Dean's list?

J: For anyone trying to get on the Dean's list I suggest working hard. If you don't try you will never be able to achieve. The Dean's list is very attainable.

T: Do you feel like your Summer Institute experience was helpful?

J: Yes, it gave me a sneak peak on what college would be like, it also gave me a chance to make friends. The first couple of weeks when other freshman were experimenting with their social live, I already had one!

Janelle Mcallister and Evelyn Penido both received grade point averages of at least 3.5 and are now on the Dean's List!

Evelyn Penido

Evelyn Penido is a junior here at Nazareth college who has had a history of performing well academically. Evelyn came into Nazareth in 2003 and will graduate in 2007.

Evelyn is a psychology and education major. Outside of class Evelyn keeps busy. You may also see her around campus giving tours to prospective students and their families.

Have you ever wanted to study abroad? Evelyn (during her sophomore year) traveled all the way to Germany! She stayed there for approximately four months and had an amazing experience.

Studying abroad is a wonderful opportunity to meet new people and see places you hear about all the time. While in Germany Evelyn made many new friends. She also had the chance to visit several other places while staying in Germany. She visited the Czech Republic, England, Italy, and Poland.

Evelyn feels that her experience in Germany was worth while. She also recommends us to "find a program where you are comfortable, but are able to experience new things, and where you don't know what to expect."

Evelyn and Janelle are two perfect products of hard work and determination. Effective time management, and avoiding distractions are two things that will help you succeed. Stay focused!



Guest Speaker: Rodney McCoy Jr.

Aids Awareness Presentation "Beyond the Down Low: Confronting Stereotypes on Sex, Sexuality, & HIV"



Mr. McCoy, a well experienced health educator, dynamic motivational speaker, and HIV counselor, hosted a student lecture that brought to the surface many of the commonly held stereotypes regarding such topics as homosexuality, religious life, and widespread criticism. The event itself allowed for great student input and debate with Mr. McCoy on some of the differing viewpoints regarding these topics. One student, Shawanda Green, was able to draw many life altering ideas from the experience.

One of these truly noteworthy concepts was the judgment of a person's character based on his/her actions and personality, opposed to the predetermined judgments placed upon others by religious laws and societal values. Mr. McCoy also promotes that every person is an individual with his/her own unique views, fearless against the judgments that may be placed upon one's self for holding strong to those views. At a time when many new college students are experiencing independence for the first time in their lives, Mr. McCoy encourages responsible choices that should accompany this new freedom. HIV is reaching staggering numbers of epidemic proportions. This disease can abruptly bring one's life to the "stop in your tracks reality" where the new freedoms of college life can be heavily burdened by this life inhibiting disease. Mr. McCoy's advice for this problem was to make the conscious and informed decision to practice safe sex. Ultimately, Mr. McCoy put students face-to-face with the commonly unseen and unacknowledged realities that exist in our everyday lives.

Featured Photos

Bachelor Auction



Adeola Amusan



Paul Brown



Adeola Amusan

Mixers



Chanel, Queeta, Janelle



A lot of people



Shawanda Green, Jose Arocha, Lashea Hamilton

AROUND CAMPUS



Ruddy , Cyndy , Mohammed , Jose , Gloria , Mari, Adil



Leon, Mohammed, Gloria, Lorenzo, Ruddy, Queeta



Sonia , Zasmira , Elizabeth Doherty, Marangely



Mari, Adeola Amusan



Sol Nuniz, Ruddy Calderon

Fulbright Study Abroad Scholarship Program

The Fulbright Study Abroad Scholarship is and has been one of the most prestigious honors a Nazareth College student or staff member can receive. The mission of the program is to increase communication and interaction between the United States and the other countries of the world. It was established in 1946 and since then numerous Nazareth College students have received the award.

However, there has not been one recipient of the award who came to Nazareth College by way of the HEOP/EXCEL scholarship. This scholarship gives the awarded the

funds and the chance to study in places such as Egypt, France, Germany, Spain, and the list goes on. Traveling and studying in a place outside of the United States can be an insightful experience. As HEOP/EXCEL students we should strive to have a picture on the wall in the Smyth hallway with our information and credentials under the title Fulbright Scholars.

In order to be eligible for the Fulbright Scholarship you must be in good academic standing, especially in the classes that are relative to the

field of study you will be studying abroad in, and a United States citizen. Students must be willing to spend a year studying in a foreign country. Also you must choose the field of study you wish to pursue and submit a proposal.

Your application must be submitted by October of your senior year. In the application you must include your proposal, your curriculum vitae or a summary of your academic work history, and three letters of recommendation.

New York State HEOP Student Facts



- Graduation Rate: 58 % of entering HEOP freshmen graduate, exceeding that of the national graduation rate of 51.8 %
- * 82 % of those graduates go onto graduate programs at the masters and doctoral level or are employed locally, state and nation wide.



- Ethnic Diversity of HEOP: *New York State*: Hispanic: 44%, African-American: 34%, Caucasian: 11%, Asian: 10%, Native American: 1%
- * *Nazareth College*: African-American: 56%, Hispanic: 20%, Caucasian: 18%, Asian: 2%, Native Americans: 2%



- Economic Background: *New York State*: 74% come from families with incomes below 21,700 \$. 44% come from families with incomes below 13,700 \$.
- * *Nazareth College*: 78% come from families with incomes below 21,700 \$.



- Academic Background: 70% scored below 500 on the verbal SAT. 61% scored below 500 on the math SAT. **In college, 82 % earned GPA's above 2.0. 34% had GPA's above 3.0**



Sports Highlight

Basketball and Track



The students of Nazareth are heavily involved in on-campus activities. Students have active roles in clubs, organizations, mixers, performances, and sports. The HEOP/EXCEL program not only brings promising students to Nazareth, the program also brings highly competitive student athletes. Two of these athletes are **Leon Hill** who is a member of the basketball team and **Adeola Amusan** who is a member of the track team.

Leon Hill

T: How are you?

L: You know hanging in there...trying to stay above water.

T: Are you prepared for the upcoming season?

L: I think I'm ready...I've been practicing, waiting for the first game of the season.

T: What do you do to stay in shape?

L: What I do to stay in shape is run, lift, and keep my rotation of shots up.

T: How do you balance school and basketball?

L: Time management is very important with balancing school and basketball I just evenly distribute time frames to each focus.

T: What areas do you feel you need to improve upon on, on the basketball court?

L: I think I need to improve on my handling and my jimmy.

T: Do you have any advice for an aspiring basketball player?

L: Advice that I would give an aspiring basketball player is just stay up and hustle, and also not to let anyone strip you or your focus

T: In the past the team has showed great potential but never really made it as far as people would have hoped: do you feel like this year will change that?

L: You know I'm not one to fortune tell...I like to let things play themselves out and hope for the best.

T: Who do you look up to?

L: I look up to God!

T: What do you like to do in your free time?

L: In my free time I like to smack Greg Hyde around on the chess board. I enjoy our mental battles on the board, he is an alright opponent.

T: Is there anything you would like to say to the students of Nazareth?

L: Thank you Te'vonn for your time...shout out to the HEOP class of 08, 09, and 2010.

Adeola Amusan

T: Why do you run track?

A: Well, I run track because it seems like the only sport that I could've done or just been involved in without having rigorous hours of practice. Not to say that to do well in track, you don't have to practice...In sports such as basketball or soccer, one would already have to have the skill from playing the sport for an extensive time. In track, the only things you would have to do involves getting in shape, learning the form of running, then running. Track is something that I could jump into easily and catch up.

T: How do you stay in shape?

A: Exercise. Besides the running I do at practice, I try to run on my own. On top of that, I do lift weights daily. It is especially difficult to stay in shape with the food we get served, but that's another story.

T: What does track mean to you?

A: Track is a mental challenge for me. It is running all those miles continuously in a circle. It's mostly a mental thing anyway; looking around the track to see how much more you have to run as compared to what you did.

T: What is your major?

A: My major is Business Management although I studied Speech Pathology for a year.

T: Do you feel you are prepared for the upcoming season?

A: Definitely. I have been practicing so I expect to do very well.

T: What are your lifelong goals?

A: Success. I feel like that is everyone's goal. Success in life as far as financial, mental strength.

T: Did you really take your shirt off at the bachelor's auction? (Laughing)

A: (Laughing) I thought this was an interview for track...Wow (smiling)... I guess the only thing I can say is that it was for a good cause. It was for charity. So yes I did even though something like that is totally out of my character.

Clubs at Nazareth

Nazareth college has over 30 student clubs and organizations provided for by the Undergraduate association. These clubs encompass a wide spectrum of interests including athletic contests, intellectual debates, and new cultural interactions.

If you feel the need to compete on the athletic level there are a number of areas where you can satisfy this need. From intramural dodge-ball, rock climbing, and ultimate Frisbee, most competitive sports are represented.

Nazareth clubs can also be an educational experience. When joining a club, the only requirement is an interest. If debate and education are your interests, History club and Investment Club can provide

for you the atmosphere needed for these debates.

There is no lack in diversity among the clubs. International Club and all of the Language Clubs allow students to fully immerse themselves in another culture without stepping a foot off of the college campus.

However, if none of these existing clubs sparks your interest, many new clubs are emerging every semester. One of these newly emerging clubs is the Boxing Club. If any reader is interested in helping the development of the Boxing club, please contact Joshua Matsch at jmatsch4@naz.edu.

Also, if these new clubs do not fulfill your hobbies, it is possible to start a club of your own. Not only does the college benefit from the new club, its creator, the student, is able to use this highly recognized achievement on resumes. If there are any financial concerns, there are no need for them. This is because the college does much, if not all, of the funding for new clubs.

When the stresses and pressures of the college life are getting you down, these clubs can act as an outlet for your built up frustration and also provide some relaxing environments to alleviate your stresses.

To view a list of currently functioning clubs, visit "Student Activities" on the Nazareth home page.

Clubs and Organizations at Nazareth

- **Accounting Club**
- **Amnesty International**
- **Campus Ministry Council**
- **Italian Club**
- **Crew Team**
- **French Club**
- **History Club**
- **International Club**
- **Intramurals and Recreation**
- **Lambda Association**
- **Music Therapy Club**
- **Commuter Association**
- **Association of Social Work Students**
- **The National Association for Music Education**
- **Communications, Science, and Disorders Association**
- **Peer Health Educators/Student Athlete Mentors**
- **Speech, Hearing, and Language Organization**
- **The Psychology Club**
- **Residence Hall Council**
- **Rotaract Club**
- **Science Club**
- **WNAZ**
- * **CALEB**
- * **Art Club**
- * **Economics Club**
- * **English Club**
- * **The Gleaner**
- * **German Club**
- * **Math Club**
- * **Theatre League**
- * **Republican Club**
- * **Naz Naz Revolution**
- * **Naz Ultimate**
- * **Nursing Club**
- * **Inter-Ethnic Nazareth Coalition**
- * **Pre-Law club**
- * **Pre-Medical Club**
- * **The Sigillum**
- * **Ski and Snowboard Club**
- * **LASMA**
- * **Student Activities Council**
- * **Wilderness Club**
- * **Women's Studies Club**



Featured Piece

Our World by Shawanda Green



It saddens me to be growing up in a city where poverty is alive and well. It destroys me to see my black people killing themselves not only with guns and drugs but allowing themselves to be killed by AIDS as well. I drive around Rochester and it kills me to see sisters, mothers, daughters, sons and fathers strung out on drugs. To watch families be destroyed and watch young men grow-up in fatherless homes. To see the devil walk the streets and sell them this POISON is even more disturbing. To watch your best friend sell your uncle a bag of dope makes you want to call him a murderer, because together we are murdering one another. I sit and watch these young girls grow up in fatherless homes or even worse, become the protégée of their mothers. Mothers who spend more time walking the streets than they actually do in their own homes. We ask ourselves why teen-pregnancy is on the rise. Why wouldn't it be when these girls are searching for love and the comfort that they desire in their fathers in random men? They meet these men and they make love and feel loved. They have babies in order to feel everlasting love.

Where are all of our strong black people? Where are all of our black leaders? And not those who lead and become too successful to only leave and never look back! I WON'T LEAVE! I CAN'T LEAVE! I REFUSE TO LEAVE! Leave my people, my brothers and sisters behind, behind to die? To make nothing of themselves? How can we not offer to lend a hand because if we don't than who will? Don't wait for the next person get involved become your own person. Become a leader, become an educator, become an advocate better yet become an abolitionist because we are again in a time of slavery. It may not be the type of slavery we read about in our history books but we are still slaves. We as a people are suffering from a master called drugs, poverty and AIDS, because we are allowing these things to hold us back, to control our bodies and even end our lives. Don't go away to college to forget where we came from and not recognize those who are still there. Don't over look the brothers and sisters who did not get their degree, don't disregard the epidemic. Nor will a small donation make the pain and suffering go away. Get inside the problem and become the solution and infect as many people as possible on your way out, because we are the solution!

We are open for suggestions!

The student generated newsletter is truly student generated. At Nazareth College we want the voice of the students to be heard. Use the newsletter as your medium for expression. If there are things you wish to see in the newsletter there are several different ways you can let us know.

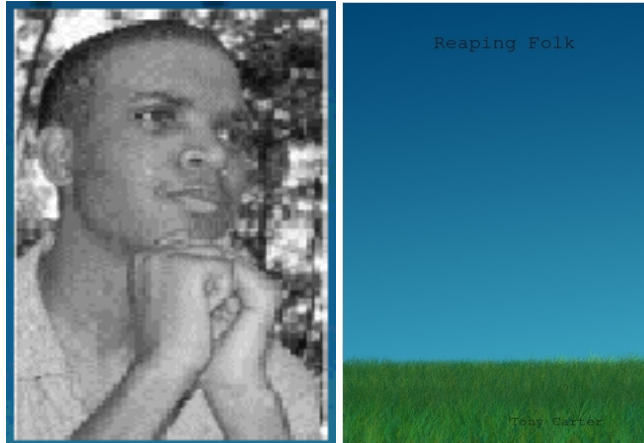
The first way we can be notified is by word of mouth. The two editors of the newsletter are full time students. The HEOP/EXCEL staff who also have a lot to do with the make-up of the newsletter are here on campus in the HEOP office in Smyth located on the first floor room 143.

Another way we can be reached is through email. Send any questions or comments or suggestions to tmcfiel@naz.edu, and/or jmatsch4@naz.edu. We love to hear what you have to say.

There are several sections in the newsletter that will be filled with the voice of the students. There is a prospective clubs section where current or future clubs can post information, and there is also a featured piece section where students can submit poems, essays, and art, or anything that they composed that they feel proud of. We look forward to your input!



Spotlight on Anthony Carter **“HEOP/ Excel Student and Publisher”**



When representing the motivation and drive of the HEOP students, few shine brighter than Anthony Carter. This year, Anthony is a senior here at Nazareth College and has recently completed one of his most prestigious accomplishments in terms of self motivation. Early this year, Anthony published his first book entitled “Reaping Folk.”

This publication was an important milestone in a lifelong passion that began when Anthony was in fourth grade. Anthony started his writing career through the use of theatrical plays. These dramatic plays evolved gradually until Anthony had created his own unique genre called “SARCE,”

This self-made genre is a combination of two distinctly different types of plays, farcical and satirical. The characters and themes in his plays have universal appeal to most. This is because every character in the drama wants to be someplace else, either mentally, physically or both. Many students would benefit from viewing this realistic portrayal of achievement because, lets face it, we have all been in a position where our goals seem to narrowly escape our grasp no matter how hard we try.

The characters in these plays are also appealing in their dialect and manner. This is because the characters are designed to express the thoughts that every person thinks but is too afraid to voice verbally. In this aspect, Anthony exposes the readers to an intensely realistic and serious side of life that is commonly avoided. Some inspirational writers to Anthony’s dark comedies include Aristophanes, Savastano, Daring, Ives, Sondheim, and Simon, Vogel. These writers are not as well known as Shakespeare, however, they have had a profound impact on the genre of dark comedies.

I encourage all students to find a copy of the Reaping Folk and to see the kind of work HEOP students can accomplish when given a chance. If Reaping Folk sparked your interest, you will be pleased to know that Anthony is releasing another book this spring.

“Learn to love to read”

HEOP/EXCEL

Mission Statement

The HEOP program embraces equal access to higher education and since the late 1960's has supported educational opportunity for persons who have been academically, economically and historically disadvantaged. You must be a resident of New York State in order to apply.

Excel is a program that identifies students from underrepresented groups in the college that meet HEOP academic criteria but do not qualify for HEOP economically or historically. This program is special to the college's diversity goals and commitment to its own historical traditions of nurturing and giving community support.

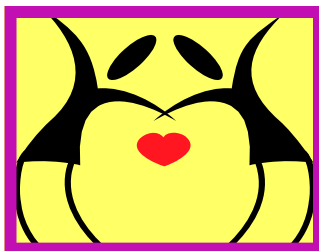
HEOP at Nazareth was established in 1967 and since then has graduated over 360 students in a varied number of degree programs. These graduates are now employed in industry, corporate, small business, education and state and federal jobs across New York State and the nation. They are taxpayers, homemakers and community leaders. Instate students are eligible to apply. In 2005/2006, 51 students were enrolled. In 2005/2006, 51 students are enrolled.

Excel at Nazareth was established in 1996 and affords the opportunity of Higher Education to those students from underrepresented groups who do not qualify for HEOP economically, but who need the academic support mechanisms to be successful as an undergraduate student at Nazareth College. Nineteen students (two are from out of state) were enrolled in 2005/2006. Currently, twenty students are enrolled for 2006/2007.

Nazareth College along with the New York State Education Department (SED) continue to provide funds for structured supportive services, including a summer institute, tutoring, and counseling each summer and academic year.

Our mission is clear and simple: Provide access to Higher Education for disadvantaged students who have the potential to be successful at the college level.

Clemont Lynch, Director



Nazareth College: The Heart of Excellence