

Cowley
College

IMPACT Info

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Special points of interest:

- Be sure to plan to attend the IMPACT Awards Banquet on Wednesday, May 6 at 6:00 p.m. in the Brown Center Wright Room. Parents are welcome.
- As of April 2, there are only 48 days until 16 IMPACT students leave for Colorado Springs—May 20-23. Be sure to bring your \$100.00 deposit by April 30 in order to be able to go.
- Ten Tenors will be performing on Friday, May 8 at 7:30 P.M. IMPACT will provide tickets if you are interested.
- In order to receive the Supplemental Grant Aid, you must complete Personal Success Plan, attend an academic/cultural event, career preview/transfer visit, maintain a semester GPA of 2.0, complete 12 hours, have less than five unexcused absences, and attend all monthly meetings.

Wichita State Spotlight

Being located in the largest city in Kansas—the cultural, educational, health care, financial, and business hub of the state—has many advantages! Wichita State University is in a unique position among universities in the Kansas Regents' system because it is the only one located in a large metropolitan area. WSU is able to provide its students with the best opportunities for career-related experiences while they are still students! WSU boasts internships, assistantships, the largest cooperative education program in the state, community volunteerism, classroom guest speakers from the community who are experts and practitioners in their fields, and the largest number and diversity of part and full-time work experiences available. WSU graduates who have taken advantage of these career-

related opportunities will have both a degree and direct experience, giving them the "cutting edge" advantage they need when seeking employment. It's Wichita State's Advantage!

New Kansas community college transfers (with 48-66 transfer hours and a 2.500 or better grade point average), who started at WSU two years later, had a 55 percent graduation rate by June 30, 2005. Compare this rate to degree-seeking first-time full-time freshmen for the reporting cycle beginning Fall 1999 and ending June 30, 2005 (six years) was 37 percent.



Legend has it that the name "Shockers" first appeared in 1904 on a

poster advertising a football game between Wichita State—then Fairmount College—and the Chilocco Indians. The team's manager chose the name because many of the players earned money during the off season harvesting (or "shocking") wheat in the surrounding fields.

When it came time to bring the name to life, students created WuShock — a big, bad, muscle-bound bundle of wheat — whose name was derived from a period in time when the university was simply known as Wichita University or WU.

Over the years, WuShock (or Wu for short) has been kidnapped and kicked out of games, and even starred in a movie. Today you can still find him roaming the stands at athletic events and making special appearances on campus and throughout Wichita.

Schedule of Events

- ◆ April 4-8—CAAP testing. Graduating students must take this test in order to graduate.
- ◆ Sunday, April 12. EASTER.
- ◆ Tuesday, April 14 at 6:30 P.M. in the Wright Room. Globalization Forum and the Listening Project Film. Academic/Cultural credit.
- ◆ Friday, April 17. Transfer Visit to Wichita State University. Sign up prior to Tuesday, April 7. Bus will leave at 8:30 A.M. Be sure to register your visit online at <http://www.admissions.wichita.edu/campusvisit/visitrequest.asp>.
- ◆ Monday, April 20 at 7:30 P.M. in the Brown Theatre. *Don't Forget the Lyrics* game show.
- ◆ Tuesday, April 21 at 6:30 P.M. in the Wright Room. Cowley Honors and Awards Banquet.
- ◆ Thursday, April 23 at 7:30 P.M. in the Brown Center. Be sure to attend Mr. Cinderella. Two of our own IMPACT fellas are contestants. Robert Young and Manny DeLoera. Come cheer them on and you will also get Cultural Credit if you bring your ticket stub to our office.

April 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 CAAP
5	6	7	8	9 Open Mic Night	10	11
CAAP						
12 Easter	13	14 Globaliza- tion Forum	15	16	17 WSU Transfer Visit	18
19	20 Game Show	21 Cowley Honors and Awards Banquet	22	23 Cinderfella	24	25
26	27	28 Athletic Banquet	29	30		

We would love to hear from you!

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Your Underground Connection



Behind the Buzz

Low on energy? Grant Thomas wants you to think twice before getting your boost from a can. It's 8 P.M. on a school night, and you've had one of those days; a wake-up call at sunrise to study for a quiz, a full school day, a draining sports practice and an afternoon get-together with friends. Now you're beat and you've still got to study for tomorrow's chemistry test. But the second you sit down, you know you're minutes away from using your chemistry book as a pillow. A growing number of teens say they fight such exhaustion by downing an energy drink. But before you join them, make sure you understand the risks of getting your boost from a can. One

glance at the ingredients reveals that energy drinks aren't as harmless as they seem. A typical list contains copious amounts of

caffeine, the amount of sugar you would get from eating five bubblegum-filled lollipops,

guarana (a plant extract similar to caffeine), various amino acids and vitamins, and herbs and spice. While that might not sound alarming at first, consider this: While the average canned soda has around 35 milligrams of caffeine, most energy drinks contain between a whopping 160 mgs and 300 mgs. The U.S. Food and Drug Administration recommends no more than 68 mgs of caffeine in a single serving. So why is all this caffeine bad for you? For starters, it can make you so jittery



Ten cans of energy drinks

and wired that you have trouble concentrating. Chugging an energy drink is self-defeating because it can throw your study routine-not to mention your sleep schedule-

off track. The caffeine overload can also result in dehydration, elevated

heart rate and nausea, and - as anyone who's ever been on a serious caffeine buzz knows-the crash that follows leaves you feeling more spent than before you

took that first sip. Few of the sugar substitutes in energy drinks are healthy (except Stevia, a natural sugar substitute). And the excess sugar in these drinks can cause sleepiness and lead to obesity and diabetes. But the most troubling side effect is that the more caffeine you consume, the greater your chances of developing a physical and mental addiction. So next time you reach for an energy drink, weigh the risks against the short burst. Coffee and tea are healthier alternatives because of their lower caffeine and sugar content, but the healthiest way to get a boost doesn't come from a cup or a can. Regular exercise and short 30-minute power naps are the best ways to maintain a high-energy lifestyle-without dumping unhealthy additives into your body.

One-third of 12- to 24-year-olds say that they consume energy drinks regularly.

Source: The Journal of American College Health

FAST FACTS

According to a report by doctors at the University of California-Davis, caffeine consumption in excess of 400 mg may lead to: Nervousness, irritability, sleeplessness, increased urination (dehydration) abnormal heart rhythms (arrhythmia), decreased bone levels, and upset stomach.



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Cowley College

Making a Difference.

[http://www.cowley.edu/
academics/impact](http://www.cowley.edu/academics/impact)

Globalization Forum & The Listening Project Film

The Listening Project Film documents reporters who talked to everyday people in other countries about their attitude and feelings toward America. After watching this film, Cowley's foreign exchange students will be part of a forum in which you will participate in asking questions and taking into consideration questions such as, What role does the United States play in globalization?



IMPACT students will receive academic/cultural credit for attending. Be sure to bring us proof of your attendance.

This event takes place in the Wright Room on Tuesday, April 14 at 6:30 P.M.

E-cashier is now available

Cowley has made it easier to enroll in a payment plan online through a management company called nelnet, which was formerly FACTS. The advantages are the easy online enrollment, monthly payment plan, flexible payment options, and no interest. Payment methods include bank draft from checking or savings or a credit card/debit card. Payments are processed on the 5th of each month and will continue until the balance is paid in full. What is the cost to participate? It is FREE if paying balance in full, \$30 enrollment fee per semester for payment plan, and a \$25 returned payment fee if a payment is returned. There are three simple steps to enroll in the payment plan. Go to www.cowley.edu. Select Pay Online on the left side of the screen. Select Payment Plan or Full Pay Plan (Full Pay Plan if paying balance in full). Books cannot be included (no exceptions).

E-Cashier will be available on April 1, 2009 for the fall semester. You can choose the number of payments. A card has been published with all of this information that you can pick up from your IMPACT advisor.

Finance Your Education