Impact...Making a Difference

Mystery Trip to Wichita

Laura, Jason, our director; and Kristie.
Courtney, Jessica, Catherine, Joe is hiding, Jason, Bev’s hand.
Courtney and Hanna, Jason and Bev, Whitley.

Where in Wichita were we? Our first mystery stop was located on Douglas, in downtown Wichita. Wichita has made attempts to beautify downtown with 31 sculptures within a three block section of Douglas Ave. As we strolled along, we stopped at each cast bronze sculpture and modeled for several pictures.

Some of us knew about the cast bronze sculptures, yet most of us had no idea that an exhibition space between two city buildings even existed. This had been a vacant area which used to be the home of a Woolworth’s retail store in 1958, which developed into Foot Locker in 1974. The soda fountain was located in the same area as the bronze sculptures are currently positioned. This center sculpture, shown above, is a tribute to the soda fountain sit-ins of the 1960’s when people of color were denied services at restaurants. Polite, well-dressed students would remain quietly seated as they were refused service at the lunch counter. They sometimes sat for hours being taunted and threatened until a month later, the owner served them because he was losing too much money.
Sabor Latin Bar & Grill, located in Old Town Wichita, near the Warren, provided a cultural eating experience for all. Bev Manuszak made arrangements for the chef to serve a variety of Latin food so that we could sample several food selections from the menu. The chef, wearing a red shirt and quite handsome, came out to our tables to greet us. Starters included Queso with Sweet Corn; served with grilled flatbread (which was a favorite of many) and colored tortilla chips.

Tostones came in a unique black, cone-shaped container full of plantain chips with two dips, one on each side: chimichurri and avocado crema. Plantain chips were like very large bananas, sliced lengthwise, not as sweet, and baked dry like a chip.

The chef brought out several types of sandwiches: The Cuban contained pork, ham, swiss cheese, pickles and dijonaise on homemade Cuban bread; Turkey Club Torta with bacon, swiss cheese, avocado, and chipotle mayo. We sampled three types of Latin tacos; pork, fish and chicken. The feel of the place was colorful, happy, modern, with an open, yet cozy atmosphere. Try it, you will like it!

The Cowley Bus awaits to take us to the next destination

Daspletasaurus, a 30 ft. nearly complete skeleton discovered on the Montana/Canadian border.

Misty McLaughlin

A section of the Berlin Wall

The Museum of World Treasures included 10 real dinosaurs, museum of military history, Frontier and Old West Exhibit, Crown Jewels and swords of Royalty, Hall of American Presidents, two Egyptian Mummies, and Sports Hall of Fame. Someone from Cowley needs to donate their jersey.

Bev was also able to set up a visit to see an actual loft apartment located in Old Town.

WAY COOL!

Our mystery visit to Wichita ended with a historical accounting of the 1936 Nazi Olympics in Berlin, located at the Kansas Sports Hall of Fame in Old Town. The tour guide was a previous Impact student.
Time Management Skills

A major obstacle that can prevent you from practicing good time management skills is PROCRASTINATION. Procrastination is the constant pushing aside of tasks that need to be completed and is the archenemy of all students. If you feel procrastination knocking at your door, here are some ways to overcome getting pulled into its grasp:

1. Make the task meaningful. Ask yourself why the task is important to you and how it relates to your long-term goal. Since a college degree is four of five years away, we often lose sight of our goal. We forget the reason we decided to enroll in college in the first place. A reminder every so often is a good idea, especially when procrastination is about to attack.

2. Take the task apart. Often college assignments appear overwhelming. Breaking large assignments into manageable parts will help. Set dates to work on each of the pieces. Once you have started, the task will not seem so overwhelming.

3. Keep yourself organized. A lot of time can be saved by having the right materials with you when you are ready to work on a project.

4. Be positive. Avoid speaking negatively about the task and your ability to move toward completion. Be positive. Tell yourself, “I know that I can finish this work.”

5. Plan a reward. After the task is complete, do something for yourself that you would not normally do, and withhold the reward if the task remains incomplete.

6. Just do it—complete the task. The moment you find yourself procrastinating, complete the task; then, you will not have to think about it anymore.

Pursue Excellence—No Price Too High

A woman touring Europe cabled the following message to her husband: “Have found wonderful bracelet. Price seventy-five thousand dollars. May I buy it?” Her husband in America immediately responded with the message: “No, price too high.”

However, the telegraph operator missed the comma after the word “No.” To her delight, the woman received the message: “No price too high,” and she bought the bracelet.

Her husband was shocked when she returned home with her purchase, and he successfully sued the telegraph company.

From then on, telegraph operators spelled out punctuation instead of using symbols. Identify the critical parts of your job (comma) and make sure you can do them well (period).

Good Enough?

Is 99% good enough? Here are some possibilities if 99.9% (one mistake in a thousand) was good enough for one week in America:

- 165 planes would arrive at the wrong destination.
- 8,653 surgical procedures would be misperformed.
- 3,960 checks would be deducted from the wrong accounts.
- 79 babies would go home with the wrong parents.
- 4,109,750 pieces of mail would reach the wrong address.

Stop procrastination before it begins!

University Spotlight—K-State

K-State got its start in 1858, when Bluemont Central College was founded and 53 students enrolled. Five years later K-State became the first college in America to be officially designated a land-grant school. By 2004, K-State’s enrollment had grown to more than 23,000 from all 50 states and more than 90 countries. The main campus is located in Manhattan, Kansas. The “Little Apple,” with a population of 49,000, is a classic college town with a zoo, a mall, 21 parks, and a recreation trail that circles the city. The College of Technology and Aviation is located in Salina, home to the Smoky Hill River Festival. K-State is in the Big 12 Conference of collegiate athletics, NCAA Division 1. Club sports range from softball to water skiing. Over 250 undergraduate majors and options are available. Famous alumni include: Sam Brownback, U.S. Senator from Kansas; Pat Roberts, U.S. Senator from Kansas; Erin Brockovich, environmental activist whose story was featured in a recent movie starring Julia Roberts; Kirstie Alley, Emmy-winning actress; Rolando Blackman, NBA all-star; and Mitch Richmond, NBA all-star.

Hale Building and a gate entrance to KSU
We would love to hear from you! We are located Underground Room 101.

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Student Support Services TRIO Program is a federally funded grant program designed to help students graduate from Cowley College and transfer to a four-year university.