

Technically Speaking

FALL 2014 ISSUE V

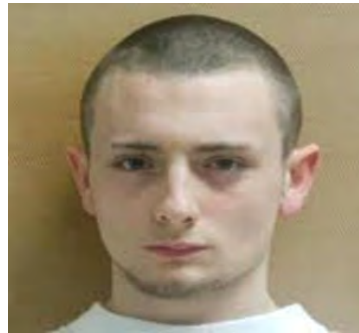
For Students, By Students

DECEMBER / JANUARY

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Auto Thief Found a Stone's Throw from Campus

By: Brent Patterson, Danielle Bryant, and Shivani Amin



A 19-year-old man was arrested at the Ardmore Landing apartments directly across from Forsyth Tech on the corner of Silas Creek Parkway and Miller St. on October 16 after police received an anonymous tip that he was there with a stolen vehicle.

Samuel Lee Misenheimer, 19, of Winston-Salem was wanted for outstanding warrants in connection with a series of vehicle break-

ins and thefts.

The Winston-Salem Police Department responded with about a half dozen patrol cars at the scene. "He had gotten away from us several times before," said Lt. Elwood Craven of the WSPD. "We wanted to make sure we got him without incident."

With 15,000 vehicles parking at Forsyth Tech every year, students can feel at ease knowing that Misenheimer, who has been arrested several times for auto theft, is now off the streets.

Forsyth Tech Campus Police are sworn officers who have the power to arrest anyone found breaking the

law on campus. "We stay out on campus patrolling from 6 AM to 11 PM," said Campus Police Chief Renarde Earl.

"Everyone should lock their doors and roll their windows up," said Earl. "It doesn't stop theft from happening completely, but it does reduce the chances."

Police say that Misenheimer surrendered and is currently being held in the Forsyth County Jail.



"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

—Thomas Edison

Disclaimer:
The opinions expressed in this newsletter are not necessarily those of Forsyth Tech or of the students of Forsyth Tech.



*Last day of fall semester classes:
December 17, 2014

*First day to use financial aid/third party in the book store:
January 5, 2015

*Due date for payment for spring semester classes: 7:00PM on
January 6, 2015

*First day of spring semester classes:
January 7, 2015

Student Government Association



JOIN STUDENT GOVERNMENT

Membership Application Available on Techlink

YOU MAY QUALIFY FOR SGA IF YOU:

- Have at least a 2.5 GPA
- Have at least 3 hours per week to volunteer
- Are able to meet bi-monthly on Wednesdays at 3pm

TO APPLY TO SGA:

- Complete an application
- Complete the Availability Worksheet
- Submit a one-page personal statement
- Get 3 faculty/staff references

To learn more, visit Techlink: "Student Government" under the Student Life tab.

From the Desk of the Editor

Hello Forsyth Tech students, faculty, and staff! I hope everyone had a pleasant break and is energized for the remainder of this semester.

We are quickly coming to the end of the fall semester and will be beginning the spring semester shortly after the new year.

If you are graduating from Forsyth Tech in December, then I congratulate you and wish you the best of luck wherever you go from here. If you are going to be staying with us for another semester, then I also wish you success and hope you continue to read *Technically Speaking*.

Feel free to email *Technically Speaking* at technicallyspeaking.forsythtech.edu.

Alexis



Alexis Cover

Student Activities & Upcoming Events

American Red Cross Blood Drive

By: Allison Clampitt



High school and college students are some of the most committed people for donating most of the nation's blood supply, according to the Red Cross website. Forsyth Tech recently held a blood drive with a goal of collecting 35 pints of blood.

"Twenty-five percent of the

nation's blood supply is collected through schools," says Patrick Antrim, who is in charge of Donor Resource Development in the region. "The Red Cross has relied on schools and the help of their students to donate blood for the last ten years."

There are 15.7 million blood and platelet donations collected annually, and a total of 30 million blood transfusions are done nationally each year, according to the Red Cross website.

Kierra Scott, 20, second-year student at Forsyth Tech, says, "I donate because there are people that are losing blood

and need it, and as a citizen it's my job to donate and I hope someone would do the same for me."

Emilio Castro, 17, Early College student, says, "Knowing that I can save up to three lives by donating one time is incredible."

If you were unable to donate on campus, go to www.redcrossblod.org, find the donate blood search bar, enter your area code, and you'll be able to find more blood drives in your area. You must be at least 16 years old, weigh a minimum of 110 pounds, and be in good health to donate.

MLK Celebration

Where: Oak Grove Auditorium

When:
January 21, 2015

The guest speaker is James "JR" Gorham, and there will be a reception following the presentation.



Student Leadership Team

There will be a Student Leadership Team retreat planning meeting on January 9, 2015.

Keep an eye out for more information about meetings for the Student Leadership Team and the events they are hosting.

Faculty Spotlight

“PPD Heroes” tells the stories that inspire Beach2Battleship

By: Jonathan Spiers

Article courtesy PortCityDaily.com, Wilmington, N.C.



Chris Samia, right, stands with fellow PPD Heroes Mary Kreis, Tim Fortuna, Meg Roberts and Laura Hull during an event to kick off Saturday’s PPD Beach2Battleship Triathlon. Photo by Jonathan Spiers.

When Chris Samia was a student at UNCW, the psoriasis he’d suffered since he was diagnosed in middle school had progressed to a point of being completely unbearable. The skin condition, an autoimmune disease, had created patches that covered about 25 percent of his body, making it painful to exercise, even to wear clothes. He used lotions all the time, tried a variety of treatments, but nothing worked, he said.

Eventually, he gave up trying. He weighed over 300 pounds. He tried exercise, but the redness and irritation on his skin hurt too much. His skin would crack and bleed.

Then Samia heard an ad for a clinical trial for a pill he would end up taking twice a day. His skin cleared significantly, and he found his psori-

asis more manageable than it had ever been before.

Ten years later, at 30 years old, Samia says his psoriasis now covers only 4 percent of his body, allowing him to become more active and enjoy life better. He has lost over 100 pounds and become a triathlete, participating in last year’s bicycle portion of PPD’s annual Beach2Battleship Triathlon.

This year, he’s taking on the full three-part race, which winds through Wilmington this Saturday. And he credits it all to the clinical trial that he said changed his life where nothing else could.

“It really impeded my ability to become healthy,” Samia said of the condition, which he was diagnosed with when he was in the 7th grade.

“After about six months, I saw significant clearing of my skin, and it’s allowed me the ability to lose a significant amount of weight. And it’s given me the ability to lead a healthier lifestyle,” Samia said, “which gives me the opportunity to do a race such as the Beach2Battleship.”

Samia’s story is one of many being told this weekend, as the Wilmington headquartered PPD—Pharmaceutical Product Development LLC—hosts the seventh annual triathlon, which is bringing more than 2,000 athletes to compete in a 140-mile race that in-

cludes a 2.4-mile swim, a 112-mile bike ride and a 26.2-mile run.

The goal of the event is to raise awareness of and promote participation in clinical trials, which Samia and his fellow “PPD Heroes”—this year’s class of featured success-story speakers—credit with saving their lives.

The day before the race, they told their stories at a kickoff event that drew a boisterous crowd of community supporters and PPD employees, many of them taking part in Saturday’s race.

Fighting back tears, and letting them flow at times, the speakers said how innovative medicines that resulted from such trials helped them overcome cancers, survive a near-fatal coronary artery blockage and treat diabetes, among other medical challenges.



Samia said he was telling his story in hopes of preventing other psoriasis sufferers from having to go through what he did: wearing long-sleeved

Continued on Page 10

Constitution Day

A Celebration of History

By: Shivani Amin



are available to students. “They have games, veterans, a club fair, and food. They have a lot prepared this year. It’s bigger than last year’s celebration for Constitution Day. They have good food and a lot more people are coming,” said Saul Armengol, 17, a senior at the Early College of Forsyth.

The Constitution was signed on September 17, 1787. This signing was the first step to defining the powers of government and the rights of people.

This year’s annual Constitution Day, sponsored by Student Government, was held in September at Forsyth Tech to celebrate the 227th anniversary of the signing of the Constitution and to showcase resources that

There were several representatives from the North Carolina Old State Chapter of DAR (Daughters of American Revolution) at the celebration.

“We are the North Old State Chapter of DAR, sending people information to make them aware of the signing of the Constitution 227 years ago.

We support veteran’s causes and focus on education and history preservation,” said Dawn Hughes, 42, first Vice Regent of DAR.

Another role of DAR is the naturalization of immigrants. “On the 4th of July, the DAR does the naturalization for immigrants,” said Lisa Franse, 24, a sophomore at Forsyth Tech, who learned more about DAR at the event.



Gaming & Activities

Retro Gaming



Recently, video games have taken a leap forward into a world of gaming never thought possible. Old heroes like Mario, Sonic, and Pac-Man are the most popular and iconic game characters in the world. It is evident that even in this modern age of gaming, the previous generations are still running strong.

This strength is due to several factors. Indie games inspired by themes from retro games have seen huge success. Some people can't afford the newer games being released currently. Older games are cheap-

By: Nick Collins, Gage Gagner, and Bryce Wishon

er, some as low as five dollars on Amazon.

Besides the fact that older games are significantly cheaper, they also feel more like games. Newer games are progressively heading in a more cinematic direction. Regardless of how good these interactive movies look, they seem to lack the substance and attention to detail in the gameplay itself.

Gamers saw the result of relying too heavily on graphics in the release of Final Fantasy XIII, which was so boring it earned the nickname "Final Hallway" because of the extremely linear environments and uninteresting gameplay. Because of all the hype behind FFXIII,

Square Enix, one of the biggest RPG (Role Playing Game) developers in the world, generated a huge stream of revenue. A sequel, FFXIII-2, was made in order to capitalize on the game. FFXIII-2 barely broke even in sales, so Square Enix released a statement about ceasing production of Final Fantasy games in the future.

To make a nutshell comparison, modern games are similar to eating at a five-star restaurant. The food looks amazing, but it covers about a quarter of your plate at an extremely high cost. Some people would rather go to the diner down the street and eat a full meal.

Importance of Involvement in Extra Curricular Activities



Students who are involved in extra-curricular activities in college are more likely to achieve a higher education, according to Nces.ed.gov.

Nces.ed.gov says that two-thirds of participants in student activities are expected to complete a bachelor's degree while half of nonparticipants are expected to.

There are several options for students to stay active outside of their classes. Forsyth Tech offers clubs

and organizations; intramural sports; Alpha Mu Beta, a service fraternity that focuses mainly on the campus and community service; and Student Government Council, which offers students a chance to develop leadership skills.

"Quality involvement is more important than the quantity of organizations you can list on your application," says College Admissions Counselor Carolyn Z. Lawrence.

Admission officers look for art activities, volunteer work, activities in a student's field of study, governance and military, and public speaking.

These options are important to have for students who want to transfer to

By: Danielle Bryant

a four-year school. Forsyth Tech student April Rodriguez is a member of Phi Theta Kappa Honor Society.

"It is a gateway for scholarships. It benefits students because it gives recognition for doing well," she said.

For those interested in joining a club or getting more involved at Forsyth Tech, contact Jomo Legins, the coordinator of Forsyth Tech's recreational programs, at jlegins@forsythtech.edu



Concussions and Football: A Deadly Mix!

By: Shivani Amin



head against that of a fellow football player.

James Hammarback, an Anatomy Instructor at Forsyth Tech, explained the effect of head injuries on the brain. "Frontal lobes of the brain are associated with memory function, and injury on the front of the head can result in losing memory," said Hammarback.

According to an article by New York Times on May 21, 2014, Patrick Bellgowan, a brain researcher studying the hippocampus of the brain, discovered that football players have a smaller hippocampus than males who do not play football, as much as 16 percent smaller.

According to About.com, the hippocampus is a part of the brain associated with memory function and emotional perception.

For a football player with at least one confirmed concussion, the hippocampus was about 25 percent smaller than that of normal males. This damage affects cognitive abilities of the brain.

Lorenzo Davila, 16, an Early College of Forsyth student, is a big football fan and thinks coaches have a huge responsibility preventing concussions. "I think the coaches should be held responsible for the brain damage in football players because football players should be trained better by their coaches in tackling to avoid head to head collisions in football," said Davila.

"I had a concussion as a freshman in high school, and I couldn't remember who I was for five minutes," said Gage Gagner, 18, a Forsyth Tech student from Vermont pursuing an Associate's degree in Science. "It's a risk I took, so I don't blame anyone for my injuries."

Gagner has played football since childhood and had his first concussion when he hit the front of his

Take a Break and Play a Sport

Whether you are an athlete or just a person wanting some time away from work and school, Forsyth Tech offers a variety of intramural sports each school year that give students the opportunity to get some exercise and have a great time with other students.

"Students have the ability to build teams with other students they have never met before, leading to team building strategies and conflict resolution experiences," says Forsyth Tech recreational facilitator Jomo Legins.

"Intramural allows students the opportunity to compete on a college level and actually participate on a team without having to be great at that sport."

The sporting programs available at Forsyth Tech are volleyball, golf, basketball, bowling, and flag football. Each of these leagues is co-ed and open to students of all skill levels, whether beginner or highly experienced.

Denard Smoot, 20, future transfer student, says that he has played flag football with Forsyth Tech. "Once I found out that they have football here, I said I would do it," he says. "It is a fun thing."

Keenon Martin, 21, transfer student, says that he also played basketball last year at Forsyth Tech thanks to another classmate's invitation.

"I played basketball all through high school at Parkland," he says. "I had a friend who wanted me to

By: Bryce Wishon

play with him in the intramural league, so I did, and I liked it."

The West Campus gymnasium is home to volleyball, basketball, and flag football while Creekside Lanes is the home location for bowlers. Golf is usually held at multiple courses, and there are flyers around Forsyth Tech that show the event dates and locations.

For more information on these intramural leagues, visit forsythtech.edu and click the "Services for Students" tab on the top of the home page. You will then see "Campus Life" on the left, and once you click that you will see "Intramural Sports." You may also contact Jomo Legins at 336-734-7637, or jlegins@forsythtech.edu.

Fall Fest

Leaf Your Troubles Behind at Forsyth Tech

By: Danielle Bryant



The Forsyth Tech Student Government Association recently held a Fall Festival in the Oak Grove parking lot, and students were given the opportunity to sign up for clubs, learn more about the school, and have fellowship with other students.

Clubs and programs had tables set up with information as students walked around enjoying modern music, inflatable

games, and free food.

“My favorite thing about the Fall Festival is the music and the atmosphere,” says Forsyth Tech student Shymeka Green, 21. “I enjoy the services available to me and being able to learn what the school offers for us.”

Some of the events and programs were the Passionately Pink Walk, the Anime Club, Minority Male Mentoring Program, the Human Services Club, Phi Theta Kappa, Sigma Theta Kappa, and the Journalism Club.

“We try to recruit people to volunteer and get involved in the school. We put posters around the school for information, and we discuss changes around the school in our meetings,” said Chase Whitson, 19, Forsyth Tech student and SGA volunteer.

At the Passionately Pink Walk table, students were encouraged to sign up to walk for Breast Cancer Awareness. “We encourage people to sign up, and we give prizes to those who complete the walk just to say thank you,” says Terri Chandler, staff assistant of the Shugart Women’s Center.

“I like the music and the ability to meet new people, but I don’t use the services and information tables provided,” said Wytasha Spease, 21, Forsyth Tech student.

Human Services Club member Shania Dalton encourages students to get involved in some way at Forsyth Tech. “Our club helps with the Salvation Army, we help students stay involved, we constantly try and help others, and it’s a very rewarding thing to do,” said Dalton.



Fall Fest 2014



Entertainment

Movies

December Releases:

The Pyramid (Action)

Top Five (Comedy)

Dying of the Light (Drama)

Into the Woods (Fantasy)

January Releases:

Blackhat (Thriller)

Paddington (Adventure)

The Boy Next Door (Suspense)

Strange Magic (Musical)

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	4		3		2		9	
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		8	6		3	5		
3								4
		6	7		9	2		
9								2
	8		9		1		6	
	1		4	3	6		5	

Continued from page 4

clothes, even in the summer, to hide its effects, even though they made his condition even more painful; gaining weight from inactivity, giving up hope.

“It affected every aspect of my life,” Samia said in an interview this week, “from what clothes I wore—T-shirts in the pool to cover up the skin, not wearing shorts, wearing jeans during the summer. It’s something that’s always going to be a part of my life. It’s an autoimmune disease, and my body thinks that skin cells need to be repaired and so they just overgrow, which creates the white, scaly patches on my body.”

“Clinical trials are important because it shows the progression from a drug in its first stages to a final product,” he said, “and it’s because of people that do clinical trials that the drugs that people love and that they use to help their lives out got to

market. And if more people are willing to participate in drug trials, then the better the results for those drugs later on.”

Now an instructor at a community college in the Triad, Samia also provides professional development training in far-away places such as Abu Dhabi. Back in Wilmington for the race, he said he looks forward to seeing the city again as an athlete, not an overweight student trying to hide his symptoms.

“Last year was actually nerve-racking, because it was my longest race that I’d ever done and I was on the relay team. I didn’t really know what to expect,” he said. “The entire day was just full of activity, and going from actually starting at the beach and then winding up downtown and being able to travel through the town was probably the most exciting bit for me.”

“I love Wilmington, and it’s really interesting for me to experience Wilmington in an athletic way, because when I was there at UNCW, I wasn’t athletic at all,” he said. “It’s definitely a new way to view Wilmington, coming there as an athlete and coming there to participate in an event like this, rather than what it was like for me in college when I wasn’t as active and I was extremely overweight.”

“It’s a good way to view the town,” he said.

Jonathan Spiers is a reporter for Port City Daily.



Chris Samia has worked at Forsyth Tech since the fall of 2009. He teaches English and hosts workshops for Student Activities. He has also worked as Technical Advisor for Technically Speaking and acted as an advisor for the Journalism Club.

Technically Speaking & QEP

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Have Your Voice Heard!

Are you interested in contributing to *Technically Speaking*?
Do you have a suggestion or an idea that might improve
Technically Speaking?

Or would you just like to get involved with the Journalism Club?
Contact us at technicallyspeaking@forsythtech.edu

Get Involved with Forsyth Tech's QEP!

As you wander around campus, you probably see signs regarding Forsyth Tech's QEP. What is a QEP anyway? QEP stands for Quality Enhancement Plan, a program designed to improve an aspect of education; Forsyth Tech has chosen Information Literacy as our QEP. Watch for upcoming seminars throughout the year to learn more!



Help Save The Planet: Recycle!

Thanks for reading *Technically Speaking*, but give a hoot and don't pollute. Share it with a friend or put it in the recycle bin.




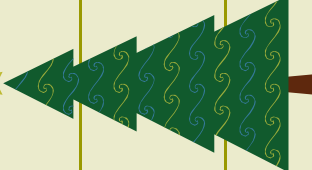
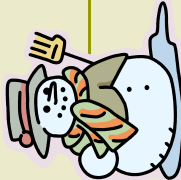


**Recycle bins can be located in
and
around campus buildings!**

Did You Know?

Babe Ruth hit his first professional home run on March 7, 1914, in Fayetteville, North Carolina



December/January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 	December 1 SGA Meeting	2	3	4	5 Angel Tree Donations Due	6 
7	8 Journalism Club Meeting	9 3 on 3 Basketball Tournament	10 Angel Tree Pickup	11 Angel Tree Pickup	12	13
14 International Children's Day	15	16	17 Last Day of Fall Semester Classes	18 No Classes	19 No Classes	20
21	22 No Classes	23 No Classes	24 Winter Holiday No Classes	25 Winter Holiday No Classes	26 Winter Holiday No Classes	27 National Fruitcake Day
28 	29 Winter Holiday No Classes	30 Winter Holiday No Classes	31 Winter Holiday No Classes	January 1 New Years Day- College Closed	2 No Classes	3
4	5 No Classes	6 No Classes	7 Spring Semester Classes Begin	8	9 SLT Retreat Planning Meeting	10
11	12 SGA Meeting	13	14	15	16 Ambassador Meeting	17
18 	19 College Closed	20	21 MLK Celebration Speaker: James "JR" Gorham	22	23	24 
25	26 SGA Meeting	27 Basketball Begins	28	29 Basketball	30	31