

# The Connection

Volume 2 Issue 2

Fall 2003

## Internship Opportunity at PSU Counseling Clinic

Three intern positions are available beginning Winter Term, 20 hrs /wk, working with individuals, couples and families.. You will receive 1 hr/wk of individual supervision and 1 hr of group supervision a week. Interested student should email Glenn Maynard at [maynarg@pdx.edu](mailto:maynarg@pdx.edu). A job description is available for further details through Glenn upon request.

**ACA Convention in Kansas City, March 31—April 4, 2004**

Please email Steve O'Sullivan or Jan Premo with any suggestions of new names for the newsletter. We are trying this title/name out for size in this issue, the previous name was the Facilitator, but open for any suggestions.

Email suggestions to [osullivansummit@yahoo.com](mailto:osullivansummit@yahoo.com)

## Welcome 2003 Cohort

On behalf of the 2001 and 2002 counseling students, Chi Sigma Iota wishes to welcome you into our very special group. Because you were selected out of many, many applicants you should feel honored and know that you were chosen because the program believed you capable of excellence in the profession as a master's level counselor.

CSI have developed some activities that we hope will provide you with some encouragement and connection with your peers in the program.

There will be an opportunity for you to connect with a mentor a student that has gone through at least one year of the program. We will be having a Coffee House that give an opportunity for you to ask questions about the program and seek direction or perspective. We also invite you to attend a cocktail part at Dr. Capuzzi's house to meet a nationally know speaker and author in the field professional counseling. Dr. Courtland Lee will be in Portland to present at a seminar on "Counseling Men". The seminar will be held at Portland State Univer-

sity. We are also planning some holiday events as well so watch for announcements.

Please feel free to contact any of the Chi Sigma Iota board members listed on the back page for any additional infor-



mation or direction that you might have. Also, carefully check out the activities that are

## Fundraiser & Seminar Sponsored by CSI to provide CEU's !

Part of Chi Sigma Iota's mission is to promote professional development in addition to recognizing academic and professional excellence. After speaking with a variety of counselors over the last several months, current members and Dr. Capuzzi thought that a workshop on grief and loss would be a very relevant and applicable topic for practicing professionals. Chi Sigma Iota is currently sponsoring a one-day, eight-hour workshop on The Many Facets of Grief and Loss presented by

Dr. David Capuzzi. The target audience is practicing counselors and others in the helping profession who would like to learn more about grief and loss and how to incorporate it into their daily practice. Since grief and loss can take many forms, Dr. Capuzzi's presentation will focus on the stages of grief, normal verses pathological mourning, signs of recovery, how to guide others through the healing process, and helpful responses for the bereaved. The workshop will

be held on Friday, November 21<sup>st</sup> from 8:30 am till 4:30 pm at Our Lady of the Lake Church in Lake Oswego. The cost is \$60 per person, almost half the average rate for a similar presentation. We will use the money raised to fund student scholarships in the counseling program, update furniture and equipment in the PSU clinic, and offset student travel expenses to professional conferences.

## Integrating Practice & Science with Client Advocacy



With this theme in mind the **American Counseling Association** puts on its' professional development opportunity for counselors (which includes students). The ACA Convention is a tremendous opportunity not only to meet your peers, but access state-of-the-art skills and knowledge. You'll have an opportunity to hear nationally recognized speakers and au-

thors such as William Glasser, Albert Ellis, Patricia Arrendondo, Jon Carlson and John Krumboltz.

The conference will be held in Topeka, Kansas which houses many sights of interest such as the internationally know Asian Art Museum, the City market which is an urban river market, the Negro Baseball League Museum and many fine dining options, and jazz clubs. There will be preconvention activities call Learning Institutes from March 31 to April 1. This will be a time when you will learn of the trends in professional counseling with practical knowledge, strategies and intervention techniques. There will be ACA Education Sessions from

April 2—4th which are 30—90 minute programs. The Annual Convention Exposition will run concurrently, which will house the latest resources available from more than 100 exhibitors.



Some of the pre-convention speakers will be our own David Capuzzi (The Many Facets of Grief), Robert E. Wubbolding, (Dealing with the Disillusioned, Disenchanted and Disruptive: Practical Reality Therapy), Barry Ginsberg (Brief Relationship Enhancement Couples Therapy), William

Cont. on page 10

# Know your faculty...



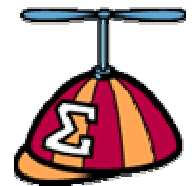
This CSI reporter has spent many hours and a great deal of time ferreting out unique information about the counseling faculty in the hopes of giving you a view of faculty that many do not see. I have constructed a life like quiz to help you all ramp up to the coming exams. The difference with my exam is that we are offering a reward that many of you will be unable to resist. The purpose for this is two fold. You new students can begin to know your new faculty and for those of us who have been in for at least a year this will give you added dimension to what you have already learned.

To enter the contest write you answers on a piece of paper (legibly please) with your

name, email and phone number and put it in the entry box on the fifth floor where your mail boxes are located. We will put all correct entries in a drawing for a gift certificate for a Subway sandwich. The drawing will be announced on the 14th of November. Good luck.

- ~~~~~
- A. Who drove a storage retrieval truck at Tektronix for almost two years?
  - B. Which faculty member was part of Jugglers for Peace, and taught 50% of the students in an alternative school to juggle?
  - C. What faculty member will not go whale watching with out-of-town guests "because the fish is bigger than the boat!"?
  - D. Since coming to PSU in 1997, I have ridden over 20,000 miles on my recumbent bike
  - E. E. who fishes for walleye in Minnesota?
  - F. Whose daughter recently got married to a native of a different country?
  - G. Who attended Ohio State University for graduate study?

H. Who attended school without a break from kindergarten to Ph.D. ?



Match the letter of the answer to faculty member:

1. Glenn Maynard \_\_\_\_\_
2. Lisa Wilson \_\_\_\_\_
3. David Capuzzi \_\_\_\_\_
4. Honoch Livneh \_\_\_\_\_
5. Liz Wolsey-George \_\_\_\_\_
6. Russ Miars \_\_\_\_\_
7. Susan Halverson \_\_\_\_\_
8. Rolla Lewis \_\_\_\_\_

## As we journey towards certification, the same question is always there . . . .



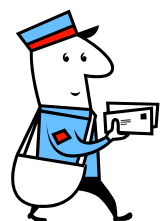
## Words from Mark Stauffer:

Recently, I attended the Oregon Counseling Association convention. A speaker at the conference stated something roughly close to this paraphrase, "I can not imagine walking into a Dr.'s office where membership certification from the American Medical Association is not hanging, or meeting a psychiatrist or psychologist that was not a member of the American Psychiatric Association or the American Psychological Association respectively." We have to be unified if we as professional counselor want to gain acceptance and recognition for our services as do other helping professionals. If you were a manager for a mental health provider and you were forced to hire or lay off workers,

would you chose the individual recognized by insurance providers or the one that wasn't. It is clear that neither competence nor adequate training is the issue here, but rather it is a matter of politics. Organizational membership is important and critical. Sometimes individual do not want to join organization because of membership dues or feelings that it does not help him/her in a specific way. Such reasoning is somewhat understandable when times are tough, however, we all loose more than dues-money in the long run when we do not band together. How much money do we loose when we are not compensated for our work because our organiza-

tions lack political pull due to the lack of support.

There are several organizations ion Oregon that represent counselors. Regardless, of which one you join, encourage (if not demand) that your group and its representative work in conjunction with the other counseling organization in the state. Our organizations, which ARE its members, are responsible if we as counselors are disempowered due to a lack of collaboration.



## THOUGHTS FROM DAVID CAPUZZI:

Hi Everyone,

Welcome to the beginning of the 2003-04 academic year. I, as well as all of the members of the Counselor Education faculty, hope the year is off to a positive and rewarding start.

I thought I would just share a few of my hopes and dreams for the coming year. First of all kudos to the leaders of our chapter of Chi Sigma Iota. They have a lot planned that will benefit the program and the students. Fund raisers to provide students with stipends to attend professional meetings, service projects for the graduate program, socials, and a mentorship program are just a few of the examples of what they have planned. I hope you will consider joining our Chi Sigma chapter if you do not already belong. The new members of the Counselor Education cohort will be eligible at the end of this quarter.

We are sponsoring two "distinguished Speakers in Counseling" this year. These are speakers who are from other parts of the country and are nationally known

for their publications, their expertise and their ability to present well before groups. Our first speaker will be here to teach a Con 507 course,



"Issues in Counseling Men" on the 24th and 25th of October. I am referring to Dr. Courtland Lee, a past president of the American Counseling Association, a former president of the Association for Multicultural Counseling and Development, a journal editor, a textbook author, a past president of Chi Sigma Iota, and contributor to our profession in

a variety of other ways. I hope all of you will register and attend since the next speaker will not be here until the end of March.

Speaking of March, I hope to see some of you at the national conference of the American Counseling Association this coming March in Kansas City. Go to the ACA website for dates and details.

Very soon I will be contacting you to enlist your assistance in our annual Counselor Education fund raising drive. We do this each year to create extra scholarships and to continue improving aspects of our graduate program. Last year, we raised money for three extra \$1000 scholarships and furnished two new clinic rooms used by our practicum students and their clients. Please look for my letter and e-mail.

There are many more events that will be occurring during the coming months—I will continue my messaging in future editions of the Newsletter.

Take care,

*David Capuzzi*

## Consolidate your loans now!

New legislation introduced by the banking and finance industry is currently on the table to be voted on by congress within the next two months. This is according to the information I received from a loan representative I spoke with at Educaid, (i.e., one of the new private lenders that students can select to disburse their subsidized and unsubsidized Stafford loans). If this legislation passes, which it more than likely will, you will not be able to take advantage of the current interest rate of 2-3% effective imme-

diately. This will more than likely raise your interest rate to 8.25% which is the maximum the government can currently charge by law. For example, if you have a 40,000.00 balance on your student loans, your payment will be about 190.00 monthly @3%. If the interest rate goes up to 8.25%, your monthly payment will be in the neighborhood of 500.00 per month, BIG DIFFERENCE! Do not hesitate to contact your lender to protect yourself. In the wake of the current economic crises we all face,

I am sure none of you want to miss out on one of the few "golden eggs" in your basket.

By Todd Meier

*The relationships and effort that you put into the time in the Counseling Education program here at PSU will return to you many fold in your professional career.*

*Prophecy of Premo*

# Chi Sigma Iota Board Planning for 2003-04

Meghan Campbell & Dan Blanchard



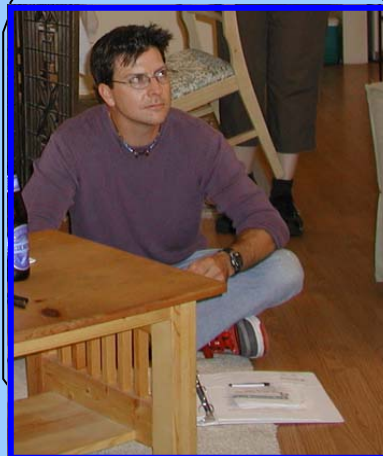
Steve O'Sullivan



Tracy Braden



Dan B., Alexa Memory & Debbie Lattimore



Todd Meiers



Kelly Polychronis

# ADVICE FROM THE "OLD TIMERS" ...



~Stretch each morning, during the day, and when you get home. Every morning and evening do something nice for yourself. Breathe deeply often. Smile always. - **Chi Baker, 2002**

~My \$0.02 worth is this: Pot luck study groups! Good milieu of grub, eclectic wines, a plethora of knowledge and a GREAT way to get to know and bond with your co-hort! It worked for the co-hort of 2001! - **Milana Robben, School track II, 2002**

~Find ways to distinguish between theories of the famous psychologists of the past. Many of them seemed to be saying the same thing. You should ask your professors for key features that will help you clearly see the unique differences that they need to pay particular attention to. Write out the names of the theorists, and write a sentence or two (as succinct as possible) that clearly hits on the 'axe they are grinding,'...keep it as simple and distinguishable from the other theorists as possible. **Todd M., 2002**

1) Go to the gym and workout, lockers are only \$5 a term. Save your money and your health.

2) Become a PSU Bookstore COOP member for \$1 and get 7-10% back on your books. For information, ask at the Bookstore front desk.

3) Great sites to find cheap books on the Web [www.allbookstores.com](http://www.allbookstores.com) and it lists all the big guys prices like Amazon and Alibris.

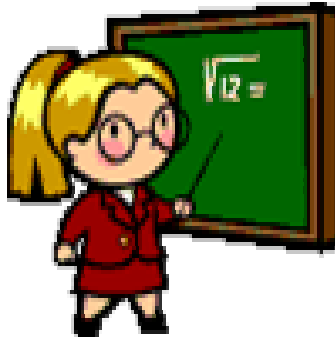
4) Get a mentor. - **Mark Stauffer, 2001**

~Sometimes the video tapes shown in class can be very disturbing. It can even trigger previous personal issues/ trauma. What I do sometimes, when the videos become overwhelming, is close my eyes and meditate on something more peaceful or joyful. You will not miss any academic value by closing your eyes for a few seconds. But it does help your mental and emotional well-being to recover from some unpleasant images or sounds.

Some people process information very slowly. Like me, it takes time for me to adjust to new experiences. When it becomes overwhelming, always give yourself a break. ... just relax. - **Maritess Mayer, 2002**

~Make sure you understand what classes you need for your track and make sure that there are no conflicts. Don't assume anything. Contact internship sites early--don't wait until the last minute! Use study groups, it really works. - **Tess Yveka, 2002**

~The advice I can give is to just jump in there..... the big thing is to focus, focus, focus. Even though our daily lives take us in different directions (throughout



each day), the need to focus on coursework and studies is imperative. Everyone has different study habits, but I found just to keep up with the readings (and to keep focused) it helped to read as much as time allowed early in the morning before going to work, and again at night after work/classes. Hope this will help someone. - **KL Howling, Graduate in 2003.**

Students need to keep significant others involved in their school (classes, homework, etc.) This keeps them a part of your college experience. Also it is important to take a break from school and do things that the other person likes. Its all about balance.—**Brendan Flynn 2002**

Be a sponge, stay open to new ideas and concepts, keep your notes and

reference material, do your own work and maintain balance in your life!!!! Have fun! This is SOOOO worth it!! - **Anonymous**

New students should network, network, and network. It is the key to professional development and may score you a date every now and then. - **Kelly Polychronis 2002**

Take the requirement for personal counseling very seriously! In fact if you can do more than that, it would be of benefit to you in the program. This program requires you to take a long, hard look at yourself which is just the beginning of your journey down the counselor path! - **Anonymous, 2002**

~Make sure you know about your own mailbox on the 5th floor.

-Know your professors names and backgrounds.

You should be thinking and planning your internship site early.

Take seminars at the library with Sara Beasley, this will help you in your research papers.

Be proactive about your education, no one is going to do it for you. Learn how to be a good advocate on your own behalf. - **Tracy Braden 2002**

Two thought immediately come to mind: **self-care and process.**

Regarding self-care. There is an excellent resource book, designed for women but a good read for men, too, particularly men entering counseling: *Women's Moods: What every woman must know about hormones, the brain, and emotional health.* It is written by an MD and an MS, RN, CS, and is a pleasant distraction from reading about theories. The self-care piece in the book follow the acronym NURSE: Nourishment and Needs, Understanding, Rest and Relaxation, Spirituality, and Exercise. It emphasizes a holistic approach to self-care. I have used it as a resource and recommended it to clients.

## Alumnae News

### CEU half price sale...

Come all and earn your continuing Ed. Credits while supporting the counseling department. Dr. Capuzzi has offered his time and extensive experience in instructing ongoing education classes for those needing to meet their CEU credits. Proceeds will go to directly fund CSI and the department in the wake of some of the worst economic times the school has seen in history. Obviously, there is no excuse for not signing up immediately!



It is vitally important to continue putting some time into making our voices heard in legislature. Please visit the ACA website <http://capwiz.com/counseling/home/> to review some "rules for effective advocacy." Power



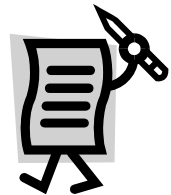
comes in numbers along with ongoing correspondence directed to our elected representatives. If each of us set aside just a few minutes to send a quick email to our elected officials as bills (e.g., senate bill 806) that effect us come up, we will be acting to support the ongoing professional integrity of our organization. Elected officials need to know the specific benefits that society gains through having counseling professionals who are rigorously trained in specialized fields. As the population increases, greater needs arise for professionals to specialize in the various disciplines (i.e., marriage & family, community, addictions, rehabilitation etc...) so that those with specific presenting issues can be matched with a professional who has accomplished exhaustive training specializing in that area. It is a 'no brainer' that elected officials should be able to see the in-

creased effectiveness of professionals who branch off into the various specialties in the mental health profession in the same way that traditional medicine continues to branch into its various sub-specialties as ongoing research accumulates. This represents the natural evolution of knowledge and it is time that we turn this perspective into a 'mantra' as we continue hammering our elected officials with ongoing correspondence.

Contact us at CSI if you have any questions.

Todd Meier

wtmeier@agora.rdrop.com



## MENTOR NEWS:

### Welcome incoming & returning Counselor Ed. Students!

Would you like to have a mentor? Or, for you returning students, would you like to be a mentor?

A Chi Sigma Iota mentor is a more experienced student or alumnus/a who serves as a role model, teacher, guide, and cheerleader. Mentors can help "show you the ropes" of the program. Mentoring can help you develop personal/ professional skills and network within the field.

We will match students with a person based on similar career interests and availability as much as possible. Each mentor-mentee relationship will be different. You will decide with your mentor what

will work best for each of you! Although mentors are not advisors, they can be a great resource to ask questions about classes, what to expect in practicum, good internship sites/places to avoid, professional organizations to join, studying for the comps/NCE, professional ethics, etc. The following website is a good resource about mentoring in general:

[www.mentors.ca/mentor.html](http://www.mentors.ca/mentor.html)\*

Interested? Please fill out the applica-



tion form and bring it to the Chi Sigma Iota Pizza Social on Monday, October 13<sup>th</sup> from 6-7pm in Ed. 414.

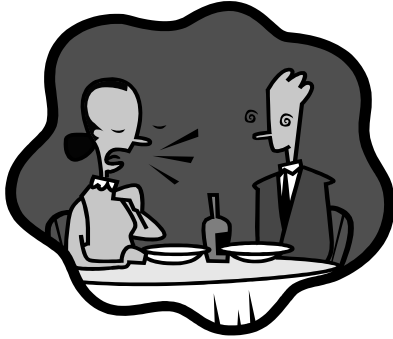
If you are unable to attend the event, please drop off the application form at the Counselor Ed. office (2<sup>nd</sup> fl. GSE) by October 13<sup>th</sup> or mail to: Graduate School of Education, PSU, P.O. Box 751, Portland, OR 97207-0751, Attn: COUN - Mentorship Program.

**You will receive your mentor's contact information via email.**

Contact Debby Lattimore or Alexa Memory if you have additional questions. Email information for CSI Board is on the back page.

**Advice cont....**

Regarding Process. After the flurry of applying to and acceptance into the Counselor Education Program, keep in mind that it is a process. Immerse yourselves in your work, and seek



support and guidance from faculty and peers. Together all of you have a wealth of experience and knowledge. If the class sizes are large, be assertive and make appointments. This will enrich your first-year experience.

Finally, get involved with your peers and professional organization to even the most basic degree. Professional development is ongoing and can be very natural—i.e., networking does not need to be artificial and dreaded. Have fun!! - **Betty Foufos—2003 Graduate.**

**Membership News**

As Membership Chair, throughout the year my primary role is to build CSI membership in all the cohorts and ensure current memberships are maintained. Through greater awareness of the benefits of CSI we have set a goal to increase membership which will in turn help CSI to develop and provide more support and services for the Counselor Education program.

My job is most active at the beginning of the year with the kick off of the membership drive. As many of you know, I recently sent out welcoming letters to the new cohort to inform them of CSI and the benefits the organization brings to the Counselor Education program. We met many of you, the 2003 cohort and ongoing cohorts at the Pizza Social, October 13th. We had a lot of very positive feedback and hope that it will result in new members and new ideas!

Alexa Memory, aamemory@yahoo.com



**CSI 2003– 2004**

A wonderful thing is in process: CSI at Portland State University.

We are about making this university, counseling community, and the department of education a place of excellence. We are about recognizing and promoting the best in students and faculty.

I am on my way out as co-president. I believe and am presently a witness to the fact that those who stepped up for our community are far surpassing what CSI-PSU has done in previous years.

CSI is a process. The truth is that our organization can disappear or be a real presence. Just as I am releasing my position, the current board will also have to entrust their positions to others as they graduate from our program. I hope you, the 2003 cohort, will surpass their accomplishments. It is up to you to continue this excellent way.

**Give the gift not yet given-  
Get Involved!**

Mark Stauffer, Co-President, CSI  
sosetsu@yahoo.com

**Websites to peruse**

**New websites to check out:**

National Library of Medicine.

<http://www.ncbi.nlm.nih.gov/entrez/query.fcgi>

SAMHSA's Mental Health Services Information Center.

<http://www.mentalhealth.org/>

Mental Health and Behavior Topics – Medline plus/NLM

<http://www.nlm.nih.gov/medlineplus/mentalhealthandbehavior.html>

Facts for Families. sponsored by the American Academy for Child and Adolescent Psychiatry.

<http://www.aacap.org/publications/factsfam/index.htm>

The Psychiatric Times –newsletter

like..CME Inc. sponsored

<http://www.psychiatrictimes.com/p030473.html>

The Geriatric Times: CME sponsored  
<http://www.geriatrictimes.com/>

Clinical psychopharmacology. The Virtual Hospital:

<http://www.vh.org/adult/provider/psychiatry/CPS/contents.html>

Pathophysiology of Drug Addiction

<http://www.nida.nih.gov/Diagnosis-Treatment/Diagnosis4.html>

*(Note the listing of the websites does not imply credibility or support, it is only for you to determine for yourself as to it's worth and appropriate use.)*

*" This section is for the benefit of sharing information between you and your peers. When you come across a web site that might be a resource that might benefit others in your profession or course of study, please email me and I will list it in this section.*

**premoj@pdx.edu**

*" The value of this section is totally dependent upon your contributions and willingness to share.*

# Bulletin Board

Anyone interested in developing a research proposal?

How about doing a workshop or conference at Portland State related to issues in the counseling profession, school counseling or rehabilitation?

I am interested in doing the above or something along those lines which would be beneficial to the program and/or my professional development. I would like to hook up with anyone else with similar interests and see what we could do to

*wow the world... .*

If you are interested email me and let's get started.

Premoj@pdx.edu

*This is space for you to request or suggest project activities, etc...*



## Fall 2003 School Calendar

October 13 Pizza Social

October 24 & 25 Seminar, Coun 507

*"Counseling Men,"* Courtland Lee.

November 11

**Veteran's Day** observed-University closed.

November 12

Pre-term registration for Winter Quarter begins

*Contact Steve, Mark or Tracy for calendar details.*

### ACA Conference cont...

Glasser (Choice Theory and Mental Health and Linda

H. Seligman (Career Counseling Challenges: Clients with Mental Disorders) as well as many others.

Some of the highlights and special events include: the American Red Cross Disaster Mental Health Services Training, First Timers and Mentors Lunch (a time when you will be welcomed by leaders in your profession learn about the convention and how to maximize the opportunities presented by the 2004 convention), ACA Opening Party (dancing, food and fun, meeting old



friends and making new and the ACA Comedy Club. There will be an ACA Book Shop, Author book signings, Resource Center, and Careers exhibit which will provide referral resources and introduce interested employers.

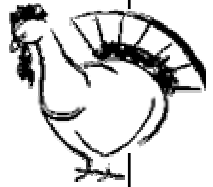
There will also be an ACA Cyber-cafe and C-Ahead Wellness Center which will offer attendees a wide range of helpful techniques for today's profession counselor. Topics such as meditation, stories and storytelling, yoga for renewal and relaxation and Dream Interpretation will be presented.

On April 3rd the ACA Keynote Panel honors Patricia Arredondo (Multicultural Counseling), Jon Carlson (Adlerian Therapy), Albert Ellis (Rational Emotive Behavior Therapy); William Glasser (Reality Therapy/Choice Theory); and John Krumboltz (Social Learning Theory). The panelist will present their views on the challenges and future direction for counseling profession in the next decade.

Housing and registration information can be found at: [ambassadorstechnology.com/aca04](http://ambassadorstechnology.com/aca04) for housing registration and [www.counseling.org](http://www.counseling.org) conference registration.

(tentative).

November 21 Grief and Loss Seminar



November 27-28 Thanksgiving holiday-University closed. Classes on Wednesday evening and Saturday meet as scheduled.



December 5 Fall Quarter classes end.

December 8-13 *Final exams*

December 15 Early Registration ACA Convention

December 22—January 4th Christmas Break

### RECOVERY

December 25, Holiday

January 1, 2004 Happy New Year

January 5th, first day of class...



## The team that's working for you...

### Chi Sigma Iota

**President-Mark Stauffer**, [sosetsu@yahoo.com](mailto:sosetsu@yahoo.com)

**President Elect-Steve O'Sullivan**, [osullivansummit@yahoo.com](mailto:osullivansummit@yahoo.com)

**Vice President-Tracy Braden**, [tbraden@pdx.edu](mailto:tbraden@pdx.edu)

**Treasurer/Development-Meghan Campbell**

**Secretary-Brenda Dau**, [juneaubird@yahoo.com](mailto:juneaubird@yahoo.com)

**Advocacy Chair-Kelly Polychronis**, [kellypoly@msn.com](mailto:kellypoly@msn.com)

**Alumni Membership Chair-Todd Meier**, [wtmeier@agora.rdrop.com](mailto:wtmeier@agora.rdrop.com)

**Membership Chair-Alexa Memory**, [aamemory@yahoo.com](mailto:aamemory@yahoo.com)

**Awards and Recognition Chair-Maritess Mayer**, [marijade@hotmail.com](mailto:marijade@hotmail.com)

**Newsletter Editor-Jan Premo**, [premoj@pdx.edu](mailto:premoj@pdx.edu)

**CEU Committee Chair-Brenda Dau**, [juneaubird@yahoo.com](mailto:juneaubird@yahoo.com)

**Mentorship Committee Chair-Debbie Lattimore**, [debby\\_lattimore@hotmail.com](mailto:debby_lattimore@hotmail.com)

**Supporters-Suzanne Simon**, [Suzanne\\_simon2000@yahoo.com](mailto:Suzanne_simon2000@yahoo.com) and **Kari Subotnick**, [ksubot@spiritone.com](mailto:ksubot@spiritone.com)

**Faculty Advisor-Dr. David Capuzzi**,