



Written and edited for and by the students of  
**TIFFIN UNIVERSITY**  
since 1933



155 MIAMI STREET • TIFFIN, OHIO 44883

ALWAYS ONLINE AT TUSTENAC.COM

NOVEMBER 4, 2016

## President Schumacher to prioritize diversity at TU

*“It’s an initiative to, at the end of the day, celebrate our uniqueness.”*

by SCOTT WILLIAMS  
Staff writer

With a new president comes many changes, and the biggest question regarding Tiffin University’s new president is what new era comes with her.

On June 8, Dr. Lillian Schumacher took over as Tiffin University’s sixth president after five months as interim president, and the era she hopes to bring forth is one of a welcoming and diversity-accepting community.

“It’s a chance to make our university better than it already is,” she said.

In order to achieve such a community, President Schumacher has worked with her colleagues to develop a diversity initiative, which works toward graduating students from the institution with a set of skills designed around what she calls “global readiness,” a development of self-awareness that changes the way one thinks in order to be aware of and curb his or her biases.

President Schumacher’s diversity initiative is, in essence, a set of plans to create an atmosphere on TU’s campus that excludes no one and involves everyone. She said that every higher education institution should embrace diversity and that it is shameful if they do not. Here at TU, around 40 percent of the students identify with one or more characteristics that establish someone as diverse — nationality, race, gender, sexuality, disability.

The topic of diversity can be very broad, but she gives the analogy that we each have a set of glasses, and while yours may be red, somebody else’s may be blue, and it is important to try on the other person’s glasses to understand what it means to embrace diversity and uniqueness.

Some measurable goals of the initiative are to remodel the curriculum in general education courses

to include diversity and global readiness skills, to have at least 70 percent of faculty and staff using these ideas in their courses and embracing them, and to have at least 70 percent of students participating in embracing uniqueness in some way.

The overarching goal is to prioritize acceptance and to model the way that universities should approach diversity, but Schumacher and her team realize that this is something that cannot be forced.

One colleague that she brought onto her initiative team has studied similar efforts at other institutions and found that most of them fail because they are too forceful. In order to prevent this, an evolving ripple effect has been designed to achieve their goals in a more organic fashion.

It all starts with an educational process through workshops given to executives, faculty, and staff. From there, the idea is to keep broadening the circle — first to the students, then the community, and ultimately the companies that hire TU graduates. Once the circle has reached a person, and they have received the initiative’s skills, such as learning to understand and embrace the different ways we view the world, it is up to that person to live by those values.

The inspiration to start such an initiative came from a myriad of reasons. For one, President Schumacher said that she feels embarrassed by the national attitude toward diversity, sparked by a disgust of current events and the presidential debates. This led her to the realization that there is a serious lack of appreciation for humanity today: “I’ve just seen example after example, and even situations on our campus where our students don’t treat each other very well, and I don’t like it. I’m not very tolerant of that behavior at all.”

Though current national affairs and campus attitudes may have cat-



photo courtesy of LISA WILLIAMS

*Tiffin University’s first female president, Dr. Lillian Schumacher, hopes to bring diversity to the forefront of students’ education.*

alyzed the decision to start the initiative, diversity has been a life-long passion of President Schumacher’s. Though she was born in America, both of her parents are immigrants, making her 100 percent Syrian. She states that her parents purposefully did not teach her to speak Arabic in order to help her to fit in; and she believes a statement on our country’s dynamic can be found in the fact that her parents felt the need to make that conscious decision not to impose part of their original culture on their daughter from fear of her being ostracized.

Then at the age of 13, she and her family moved to Saudi Arabia, where she felt oppressed and restrained because she did not understand the Muslim culture.

“I grew up in a world where I saw that women were treated very differently than men, and it just really resonated with me,” she said. “I actually learned why these differences occurred, and over the years from that initial experience... remembering that and understanding that feeling is something that really made me develop passion around this.”

If the student population here at TU were to take just one thing away from her diversity initiative, President Schumacher hopes for students to graduate with a tool kit of global-readiness that would help them to treat people better than the way

they do today, in a way that shows respect, understanding, and consideration.

She said that every single person has biases and that being able to accept people’s uniqueness and diversity starts with self-awareness, including herself.

“I have to be aware of what my biases are, and I have to be willing to really address those,” she said. “And if I can do that... [if] I can then be so willing to get to know a different person and learn from that, then I’m changed. I will have a different mindset. It’s a mindset, and you can’t fake it.”

### Inauguration information

*President Schumacher’s inauguration takes place on Friday, Nov. 11 at 10 a.m. in the Heminger Center.*

*“This is an event you don’t want to miss because it’s really going to highlight our whole theme for celebrating cultural uniqueness,” President Schumacher said.*

*The theme of the day will, of course, be diversity. She encourages everyone to dress in a way that represents their culture so that there will be a visual representation of how different we all are while still sharing the commonality of being here at Tiffin University.*

# Take control of stress before it takes control of you

by BRANDON UTLEY  
Staff writer

Stress. Let's be honest here: nobody likes it, nobody wants it, but everyone has it and may not know how to get rid of it. Read on for some of my methods that you may find helpful.

"Stress is the typical overwhelmed feeling when essential needs are put in duress," said Colleen Lloyd, one of the area coordinators for residence life who has a bachelor's degree in forensic psychology and profession experience with mental health patients. We're in college, so problems are everywhere and ignoring that persistent feeling seems as difficult as sitting through a five-hour calculus course.

Before you are anywhere near prepared to handle stress, you have to know what causes it. According to every college student's residential doctor WebMD, stress is caused by multiple factors.

These include but are not limited to:

**Emotions:** A wide range of emotions and emotional trauma can lead to increased stress levels. These include depression, guilt, and low self-esteem. You are in college, so you are going to start experiencing a whole new array of emotions. You just have to find a way to sort through them and focus on what is important.

**Relationships:** This is a big one and does not just apply to romantic partners. Feeling as if your friends have excluded you can cause an

increase in stress. Finding a group of friends that you feel 100 percent comfortable with is insanely difficult, but once you do, you will never want to be away from them. Consider checking out a student group on campus to meet new people.

**Family:** Being away from home, missing your family, or wishing they would stop calling you every day can take a toll. Even though you are so far away, your family will never stop stressing you out. Make sure you take time to call them every once in a while. It will make them happy and may even push them to stop bothering you constantly.

**Money:** Being broke is not fun, that's all I'm saying. But you can avoid breaking the bank by avoiding impulse buys. It may seem perfectly fine to buy a Keurig at 3 a.m. because you wanted hot chocolate until you don't have money to buy anything else.

**Work:** Being broke may not be fun, but neither is trying to work while in school. You can end up falling behind on your schoolwork, and that will no doubt stress you out. Do not be afraid to ask your boss to lessen your hours. Having money is great, but it is not worth putting your physical and mental health or your grades in jeopardy.

To help you manage stress, here are some tips you may find helpful:

**Take a time-out:** Always make sure you are taking time for yourself. Schedule times throughout your week when you have no responsibilities other than working on your well-being. Whether this time

is spent watching Netflix, taking a nap, or reading, it is necessary to have an hour or so to worry about nothing but yourself.

**Eat healthy:** You may not like it, but it has been proven that eating healthy can help reduce stress. Limit the amount of fast food you eat, and try to replace foods high in fats and sugars with healthier options. It can be difficult to find tasty, healthy options at an affordable price, but it's not impossible. Kroger and Walmart both have options that can serve as healthier alternatives to famous college cuisine like ramen noodles, Easy Mac, and pizza rolls.

**Exercise:** It is often difficult to find time to exercise, but it can be very beneficial to your mental health. Lloyd said that "exercising and listening to music can increase serotonin levels, which leads to relaxation, so taking time for self-care is a necessity."

Exercise gives you a reason to get away for a while. Take time to focus on nothing but your exercises. Whether you're out for a run or lifting weights at the gym, good physical health can boost your self-esteem and allow you to let off some steam. Students have access to the Hanson Fitness Center and are able to get a YMCA membership at a discounted price of fifty dollars per year.

**Get organized:** Once you find a form of organization that works for you, you will find your life less stressful. Lloyd suggests making a to-do list to handle your stress, stating, "even if the first thing listed is

'write to-do list' it can be something simply to cross off and get things rolling."

Also, use a planner to keep track of assignments and other commitments, or keep an electronic calendar to remember important dates and meetings, or even download an app that sends you a reminder for important deadlines. Whatever method you choose, make sure it caters best to your individual schedule and workload.

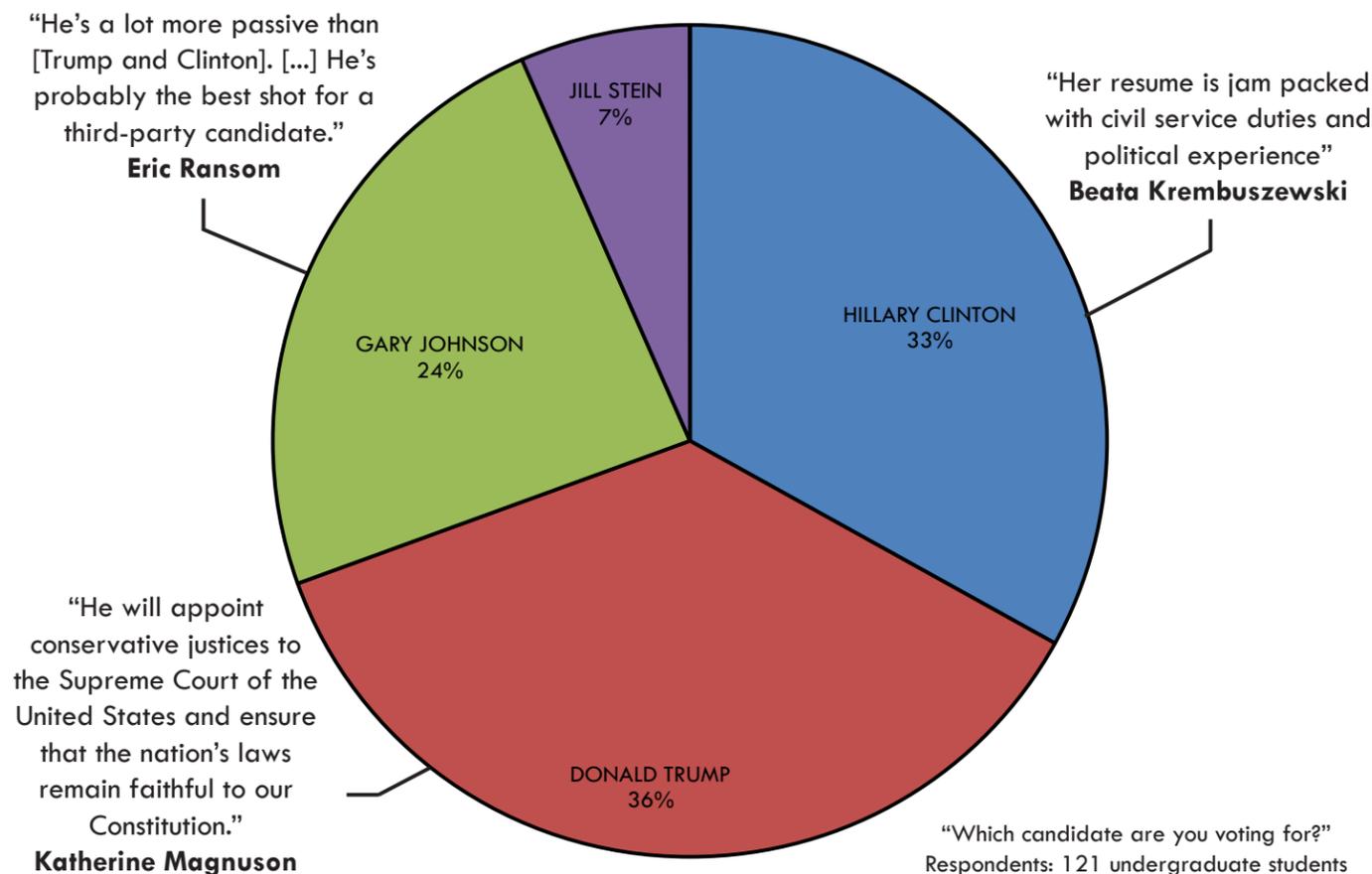
**Get involved:** Getting involved on campus is a great way to reduce stress, just don't get too involved. Joining a sports team, club, or organization allows you to get away from your responsibilities for an extended period of time. These activities give you a chance to meet new people and a reason to get out of your room and focus on something else. There are plenty of groups on campus that cater to all students. So join the Pokémon club, go out for intramural sports, run for a student government office, or join us here at *The Tystenac*.

**Talk to someone:** Sometimes all you need is to vent. Talking to someone about your problems gives you the opportunity to express feelings you may have had bottled up inside. Talk to your friends; they will always be there for you and may benefit from venting as well. You could also go to your resident assistant, head resident, or community adviser. These individuals are hired to live in the university housing to help students in need.

*continued on page 4*

## Trump takes narrow lead in TU poll

Clinton takes last-minute jump to second place  
Johnson support on campus well above national polls



The  
**TYSTENAC**  
STAFF

**Editor**  
Nick Buchanan

**Assistant editor**  
Jessica Hollan

**Staff writers**  
Kaitlyn Boehler  
Stan Ciapala  
Amanda Runion  
Lucas Thompson  
Brandon Utley  
Pajah Williams  
Scott Williams

**Adviser**  
Dr. Colleen Vallo

# TU's Performing Arts Lab closer to reality

by KAITLYN BOEHLER  
Staff writer

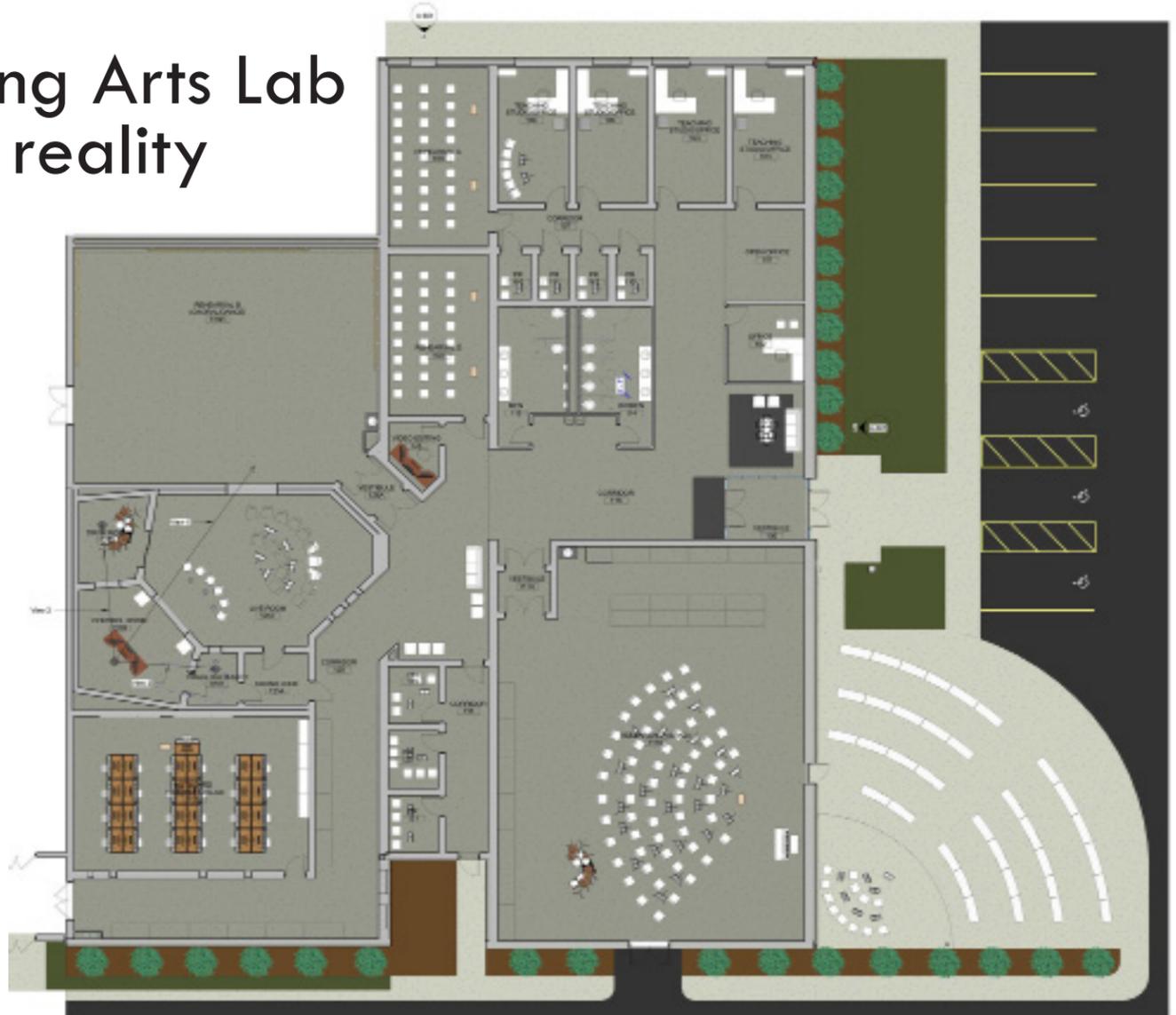
Construction on the university's new Performing Arts Lab (PAL) is set to begin January 2017, paving the way for the expansion of the university's growing arts program.

"The Tiffin University music majors and performing arts ensembles do not have enough space to meet the growing program needs and demands," said Ali Rees, director of prospect research at Tiffin University.

The arts program has grown tremendously since 1995 when it started with one choir of a few singers and has outgrown its current space in Hayes Center for the Arts. Currently, the program has over 20 diverse performing arts ensembles that include vocal, instrumental, dance, theater, and concert production teams. One hundred and seventy-five students, nearly 20 percent of on-campus students, participate in these extracurricular art programs.

An anonymous donor has agreed to match contributions dollar-for-dollar up to \$4 million. The donation goes to the university general fund; however, the university's first priority is completing the lab.

Located in the repurposed Pettibone warehouse behind the welcome center, the lab will include: a large band room; a choir room and dance studio; a professional quality



submitted by ALI REES

A graphic rendering shows how the space within the Performing Arts Lab will be divided.

ty recording studio; a music production and keyboard lab; music classrooms; practice rooms; offices; and teaching rooms. The university hopes to finish construction by the end of 2017.

The lab will also serve Tiffin's community by offering a children's choir, ProMusic Camp, and the ProMusic Festival. There are over 385 area children and Tiffin University students who participate in the arts programs.

"The PAL will provide essential

space needed to support the many community outreach programs and concerts that the music department offers," Rees said. "The facility will integrate academic pursuits with essential professional and personal 21st century skills."

Tiffin University also offers a professional music degree, which has the fastest-growing enrollment of any degree offering.

Ruby Santiago, a sophomore at Tiffin University minoring in music, is excited to improve her skills

by using the PAL. "The Arts Lab will enhance my ability to work in a more productive manner," she said. "It will allow me to use my abilities, resources and lessons that I have learned from the department."

Santiago is excited for the completion of the lab and for the future of the music department. "I am overly ecstatic for what is to come for the department in the next year, and I am glad that I will be around to watch all these much-needed and beautiful changes unfold."

## As holidays approach, consider giving the gift of life

by AMANDA RUNION  
Staff writer

Blood. It is an integral part of anyone's well-being, but the need for it is constant. Every two seconds, someone in the United States needs blood. Want to help? Here's your chance.

Donating blood is a simple and safe process. Most people make it through a quick overall health check and are able to give blood and leave within the hour. Many factors go into the process and when the potential donor passes the health check, the rest of the process runs smoothly, with snacks supplied at the end (a.k.a. the best part). Any information given to American Red Cross is confidential.

When blood drives are available on campus they are usually advertised through mass emails which gives you the chance to plan around your class or work schedule to help.

Blood drives are happening around Tiffin, yet the donations are sparse. An estimated 38 percent of the U.S. population is eligible to donate, yet less than 10 percent actually give each year.

What are some of the most common excuses for not giving blood? "Never thought about it" and "I don't like needles."

With the holidays coming up, what better way to give? Giving someone the chance to live longer and feel healthy again not only helps the receiver but also can give you the satisfaction of truly helping someone.

Moreover, one donation can help multiple people.

While donating, you are more than welcome to bring a book, listen to some music, play on your phone, and take some photos. Whatever you do, just make time to give blood. Someone's life depends on it.

If you are interested, here is a list of upcoming donation locations in and around Tiffin through the end of December.

**Tuesday, November 22, 2016, 7:30 a.m. – 1:30 p.m.**  
Lakota High School  
5200 County Road 13, Kansas, Ohio 44841

**Wednesday, November 23, 2016, noon – 6:00 p.m.**  
Seneca Fairgrounds  
126 Hopewell Ave., Tiffin, Ohio 44883

**Saturday, November 26, 2016, 8:00 a.m. – 1:00 p.m.**  
The Journey  
2531 S. State Route 100, Tiffin, Ohio 44883

**Monday, December 5, 2016, noon – 6:00 p.m.**  
Tiffin Moose Lodge  
1146 N. State Route 53, Tiffin, Ohio 44883

**Tuesday, December 6, 2016, 12:30 p.m. – 5:30 p.m.**  
Meadowbrook Park  
5430 W. State Route 18, Bascom, Ohio 44809

**Wednesday, December 14, 2016, noon – 6:00 p.m.**  
National Machinery  
161 Greenfield St., Tiffin, Ohio 44883

## “TU, what’s good?” on high fashion

by A TYSTENANGEL  
Advice-giving angel

**(Lobster) Shirtless asks:** *Where can I buy a nice lobster shirt for my workplace? I’m an intern and I believe what will motivate me to go above and beyond at my job is a nice lobster button down shirt. Any suggestions?*

Dear Shirtless,

Let me start by telling you that I’m the master of ugly printed shirts.

A few weeks before my own internship started this summer, I was told that the office environment was business casual... and I realized that I had one button-down shirt that I wore to a funeral and a pair of khakis that were two sizes too big. That was a problem.

In response, I spent a day with my friend, buying the ugliest shirts we could find in fast-fashion stores and the clearance boxes that Express throws out in the mall hallway for us poor people to dig through like animals. I purchased shirts with every design you could think of: flowers, paper airplanes, pelicans, more flowers, diamonds... and as your luck may have it, lobsters.

Now, I bought my lobster-emblazoned shirt from Kohl’s, the motherland of moms with “can I speak to the manager?” haircuts who will kill (literally) for 30 percent off an inflated price. But that was a few months ago, and it was already on the clearance rack then. So that may be a false lead, especially since the summer season is over and most stores have switched their stock from ugly casual button-downs to ugly sweaters (another one of my fashion passions, might I add).

You might want to check eBay or clearance racks at Kohl’s. You never know; there might be one still there!

I will offer you a word of advice, though: That lobster shirt can do either great or terrible things for you.

When I wore it to my internship, where I sat behind a computer for the good part of 10 hours a day, it really did help me achieve greater things. There’s a special power in a gaudy print. I was happier and more productive, hands down. And people loved it – and all of my other prints! I was all but expected to wear ugly prints every day. (I spiced it up with a few solid colors to keep my co-workers on their toes, of course.)

However, when I wore the blessed lobster shirt to wait tables, the results were not so great. You see, the establishment at which I serve does not include lobster on its menu, and a snotty customer was quick to point out that I should have worn a hamburger shirt instead.

I felt chastised and betrayed. After my co-workers at the internship site had given me such high marks for that shirt and I felt like a hyper-productive member of society in it, this incident made the “wop-wop-wop-wop-waaaaaaah” noise from *The Price is Right* ring through my head. My lobster shirt had failed me. I was more outwardly devastated than Kim Kardashian was when she lost her earring in the ocean.

So don’t let that happen to you. Respect the powers of your new lobster shirt and wear it with caution for optimal results.

Best of luck on your search!  
A Tystenangel

## Get blessed, not stressed

*continued from page 2*

If these tips do not seem to be helping, there are resources on campus you can use. The counselors in the Seneca House are there to help you whenever you need it. They are trained professionals whose main purpose is to make sure you are in the best mental state possible.

Your professors can also be great resources, so get to know them. You may find them very helpful in times of need and might even enjoy getting to know them, which can make classes a bit easier for you.

You can even go chat with an area

coordinator, such as Lloyd. Each one of them has a couch in his or her office and would love to have you come sit, relax and chat. They know what they are talking about and are wonderful resources to have. Remember, they are the ones keeping your RAs sane.

When you notice that you are getting stressed, do not just let it happen. Everyone handles stress differently so take time, relax, and work on finding a method that works for you and your schedule. College can be stressful, but it can also make for the best years of your life.\*

## The five stages of minority consciousness

by PAJAH WILLIAMS  
Staff writer

The process of coming to terms with one’s minority status tends to look a lot like the five stages of grief: denial, anger, bargaining, depression, and acceptance. The first of these is denial.

**Denial:** The effects of racism, sexism, and homophobia are both pervasive and systemic. Rather than allowing oneself to be a victim of hegemony, it is easy to internalize hatred and turn against one’s own minority group.

Internalized racism, misogyny, and homophobia are defense mechanisms that people use to protect their own egos. Most people value inclusion. They do not want to be excluded from the benefits that the in-group offers, and if they perceive their minority status as a hindrance, they become frustrated with their identities and often dissociate from their respective groups in order to be accepted.

Take Caitlyn Jenner, for example. Jenner famously underwent a male-to-female gender reassignment surgery and became an icon for the LGBTQ community in 2015. When she came out publically, Jenner pleaded for people to accept her sexual identity. Months later, however, Jenner received backlash for comments that she made on Ellen. The former Olympic gold medalist claimed that she values traditional relationships between men and women and is reluctant to accept marriage equality.

Jenner’s contradictory condemnation of homosexuality is akin to a black person saying, “I’m not like those stereotypical black people” or a closeted gay man declaring, “Being gay is disgusting. I could ‘never’ be that way.” Mentalities like these allow members of a minority group to distance and distinguish themselves. It is an act of denial.

**Anger:** As the masking effects of denial die down, reality sets in, and anger takes its place. Anger may be directed internally or at the rules of society that bar a person from opportunities or expression.

Externalized anger is ever-present in the African American community today in light of recent events involving wrongful killings and police brutality. Bolstering anger toward law enforcement has generated disrespect and fear of authority among black people -- especially young people. The recurrences of injustice have steered conversations about race in America away from offering solutions to being more

cynical about the future. While anger is a natural and even healthy response to injustice, when it elevates to a point of relentlessness and cynicism, it does not yield progress.

**Bargaining:** As it relates to grieving one’s minority status, the stage of bargaining is similar to denial in that it involves assimilation. Unlike denial, however, people in the bargaining stage may not necessarily distance themselves from their minority group entirely. Rather, they compromise their values, customs, and culture in the face of the public while retaining these virtues in their private lives.

An early 20th century psychoanalyst, Joan Riviere, describes femininity as a masquerade, because social rules and expectations determine how a woman should act in order to be accepted in society. An “ideal” woman should be docile, beautiful, nurturing, well-mannered, and to a certain extent, domestic. Women who openly defy these rules often face condemnation.

For instance, a woman who is assertive is likely to be judged more harshly than a man who is equally assertive, because men are expected to take command while women are expected to be more reserved. As a result, some women avoid being bold or confrontational, even if it is within their nature.

**Depression:** There is no sorrow like the tears of the oppressed. There is no pain like the suffocating anesthesia of hegemony. It can be exhausting trying to find balance between assimilation and preservation of one’s culture. Many minority groups are vulnerable to hate crimes and discrimination. They also face stereotypes in the media and in their daily interactions. All of these things weigh down on a person’s sense of self and on their outlook of the world.

**Acceptance:** Alas, acceptance. In spite of all the negativity surrounding it, being a member of a marginalized minority can still be an enriching experience. One way that people are able to embrace their identities is by bonding with others who share similar struggles and experiences. There is strength in solidarity, and there is so much to learn from being under-privileged: lessons about the value of equality and the necessity of treating humans like they are human. When minorities and their allies stand together to speak out about injustices and misconceptions that others may have about their groups, they are able to promote positive change.

\*Tips for coping with stress come from the Anxiety and Depression Association of America