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CState Fire Service students develop mental and physical skills

By Melissa Ann Coleman

Sept. 4, 2010

Cincinnati State provides many interesting career paths to choose from, including a pathway for students whose dream is to become a fire fighter.

According to the College's web site, the Fire Service Technology Program prepares students for entry-level jobs such as Fire Fighter or Emergency Medical Technician.

Students enter the Fire Service Technology at Cincinnati State from many different backgrounds.

Jonathan Joecke, who works for a private ambulance service, said, "Coming out of the military, I was looking for a school program that was going to give me an opportunity to earn an associate's degree and a pathway to a bachelor's in Fire Science."

"I knew for a long time I wanted to go in to Fire Service, but I really didn't know how to go about it," said Fire Science student Tony Robertson.

"I did some research and I found the program at Cincinnati State," Robertson continued. "You get a degree, you get hands-on experiences, and you get instructors that have a wealth of knowledge you can't find anywhere else."

Fire Service Program Chair Phil Vossmeier said, "Some students come to the program because their dads and grandfathers are firefighters and others just want to help people; it's in their blood." In addition to classroom and hands-on exercises the students also experience life at a firehouse through internships.



Vossmeier said the interns work side by side with the professional firefighters. Intern duties include cleaning the fire trucks and the firehouse. Interns also make emergency medical runs and fire runs.

"What [interns] cannot do is enter a live fire or do anything hazardous to their health," Vossmeier said.

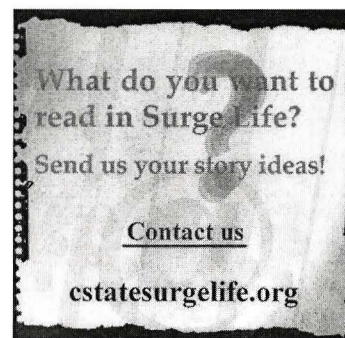
Cincinnati State Fire Service instructor Steve Marks, who is also the Little Miami Fire and Rescue Captain, said students who enter the Fire Service program must be prepared both physical and mentally.

"For many jobs we do, you need to be in optimal physical shape and mentally prepared for what you will see and do," Marks said.

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Surge soccer teams set goals for 2010

By Nick Novy, Marketing Intern, Cincinnati State Athletics
Sept. 4, 2010

Cincinnati State men's and women's soccer programs have high hopes for 2010. The Surge men's team finished 2009 ranked fourteenth in the nation. Head Coach Mike Combs welcomes back 14 athletes, including First Team All Conference players Cody Clark, Austin Morgan, Grant Kercher, and Dylan Hoop.

After a solid off-season of recruiting, Combs believes this year the Surge men can reach the national finals.

"From top to bottom, this is one of the deepest teams I have coached," said Combs. "With the chemistry and success that our returning players have built from last year and the talent from our nine freshmen, we can throw a number of different looks at opponents and substitute late in games with players who would normally start on other teams."

Combs' new look includes running a 3-4-3 formation, which no other team in the OCCAC implements. The Surge hope the new formula will be enough to beat rival Schoolcraft College (Michigan), the team that ended the Surge season in 2009 and is often matched against Cincinnati State in the Region XII finals.

Although the Surge men have captured the conference championship in five of the last seven years, they have not been able to beat Schoolcraft in postseason play.

"We want to win the conference again, without a doubt," Surge goalie Austin Morgan said. "Lakeland, Owens, and other teams in our conference are tough but I think all of us are looking forward to the match up with Schoolcraft. We are looking forward to playing them again in the regional tournament this year."

The Lady Surge also view Schoolcraft as the barrier that must be crossed to make a national tournament appearance. Despite an injury-filled 2009 season, including two ACL tears in the first week of practice, Head Coach Wil Cagle's team was able to battle back and finish with a winning record.

"Last year was tough from the get go," Cagle said. "We ended up having to play girls at positions they wouldn't normally play due to the lack of bodies. I was proud of these girls for battling through all the obstacles they faced."

The Lady Surge hope to return to their 2008 form, when they finished 10-2-1.

"We want to start off the year strong and get our confidence up," second year player Amanda Seaburn said. "We all want to be there at the end, most likely playing Schoolcraft, and earning a spot in Nationals."

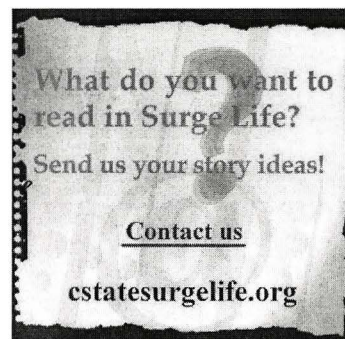
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Eight reasons why students should support Cincinnati State athletics

By Nick Novy, Marketing Intern, Cincinnati State Athletics
Sept. 4, 2010

Cincinnati State competes at the intercollegiate level in basketball, soccer, and golf. Why should you support Cincinnati State Surge athletics? Check out these reasons:

1. High Skill Level

A majority of Cincinnati State athletes go on to play at four-year schools. Last year, Cincinnati State produced eight student athletes who went on to Division I programs.

Past athletes of distinction include Major League Soccer professional Omar Cummings, former UC Bearcat John Williamson, and James Millen, Cincinnati State's Male Athlete of the Year for 2010, who will play for James Madison University in the 2010-2011 year.

2. Interaction with Peers and Faculty

When you attend a Surge athletic contest, you have an opportunity to build strong relationships with fellow students and faculty members.

"Coming to the games last year, I was introduced to a lot of new faces who I now consider to be my good friends," said former Cincinnati State student Jeff Kelly.

Faculty members Julie McLaughlin and Joyce Rimlinger, who are academic advisors for Surge athletes, are fixtures at all of the Surge home basketball games.

"We love to see what our kids do on the court," said McLaughlin. "Each game is a chance for students and faculty to come out and be a part of the Cincinnati State community, and enjoy some good basketball while they are there."

3. High Profile Staff

The coaching staff includes a former UC Bearcat, a Hall of Famer, and a PGA Professional.

- Head men's basketball coach Andre Tate was a key contributor on Bob Huggins' Bearcat teams of the early 90s as they made trips to the Final Four and the Elite Eight in the NCAA basketball tournament.
- Head women's basketball coach and Athletic Director Theresa Check is a key figure in women's basketball at the college level and is a member of the NAIA Hall of Fame. Before coming to Cincinnati State, Check served as head women's basketball coach and Director of Athletics at Central State University in Wilberforce, Ohio.
- Gold coach Scott Webb has been with Cincinnati State for 14 seasons, the longest tenure of any coach in the program. During this time, he has served as a Southern Ohio representative to the Professional Golfers' Association.

4. Free Admission for Students



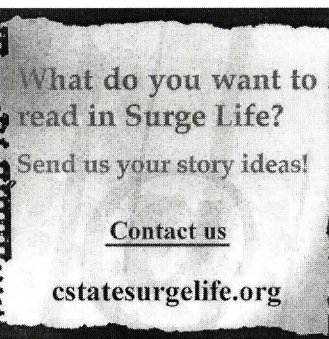
The Surge mascot helped the men's basketball team achieve national runner-up status.

Photographer: Robert White

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Tech Tips: Using Wi-Fi and Laptops on Campus

By Roger Hodge

Sept. 4, 2010

According to EDUCASE, a research company focused on technology development on college campuses, over 70 percent of college students in the U.S. own a laptop. Chances are you or a friend has a laptop for on-campus use.

However, you might not know some of the tips that will allow you to use your laptop more effectively on Cincinnati State's campus.

Getting connected

First, you should know where to get connected to the free wireless internet (Wi-Fi) on campus.

You can get a strong signal for Cincinnati State Wi-Fi in almost all of the ATLC building, and also in the Main building areas near the Library (first floor) and the Conference Center (third floor).

Getting help

If you are not sure how to get connected to the internet, or are having trouble getting a Wi-Fi signal on your laptop, there is help available online or by phone. on campus or on the web if you have access to one of the many computers around the ATLC building.

To find help online, head to the College's web portal at <http://mycstate.cincinnati.state.edu>, and look for the "Ask IT" section. (You don't have to log in to see this section.) If you click on the "submit a question" link you'll see frequently-asked questions or you can submit your own question.

You can also contact the Information Technology Services Help Desk from an on-campus phone at extension 1234 or from off campus at 513-569-1234.

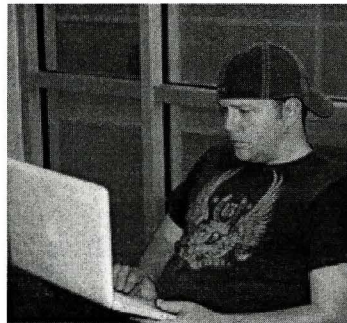
The Help Desk is staffed from 7:00 a.m. to 11:00 p.m. Monday through Thursday, 7:00 a.m. to 7 p.m. Friday, and 7:00 a.m. to 2:30 p.m. Saturday.

If you call at other times you'll get voice mail and you can leave a message.

Getting access to software

Once you are connected to the internet on your laptop, you have access to most of the software that is on computers in open labs, including the Microsoft Office suite. The software is available through the Virtual Lab resource.

To access the Virtual Lab, you must go to mycstate.cincinnati.state.edu, and log in to your Cincinnati State student account. Then look for the Virtual Lab link in the Tools Module of the Students tab. This module should appear on the upper left side of your screen after you log in.



Ryan Heitkamp takes advantage of College wi-fi while working on assignments.

Photographer: Ayesha Nurredin

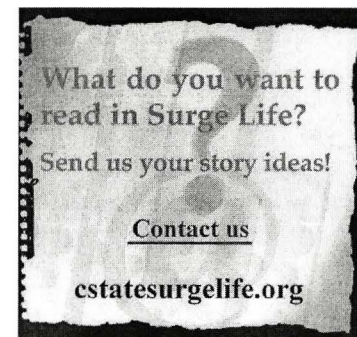
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Tech Talk: The I.T. Services Help Desk

By Roger Hodge

Sept. 4, 2010

Almost all Cincinnati State students, no matter what their major, must rely on computer technology—even if it's just an occasional visit to an open lab to use Microsoft Office software.

For those who need assistance with tech-related problems, Cincinnati State provides the Information Technology Services Help Desk. Help is available by phone, by email, and in person in the Open Lab in ATLC rooms 316 and 317.

According to Patty Edwards, the I.T. Help Desk manager, in the past year (July 2009 to June 2010) the Help Desk logged 20,259 phone calls, which averages out to about 400 calls per week from students as well as College faculty and staff members.

Edwards said the most frequently-asked questions are related to login information and password resetting. "How to" questions are also common, such as, "Where do I go to find my registration statement?"

To answer questions, the Help Desk has four full-time professionals.

"We have two lab technicians, as well as two lead lab technicians who have quite a bit of seniority in the job," Edwards said.

In addition to the four full-time employees, the Help Desk also employs about six co-op students every term. One co-op is assigned to the Open Lab on the ATLC third floor.

"We typically try to hire students going for the PC Support or Network Administration degree," Edwards said.

During each term, the ATLC open lab is available from 8:00 a.m. to 10:00 p.m. Monday through Thursday, 8:00 a.m. to 7:00 p.m. Friday, and 8:00 a.m. to 2:00 p.m. Saturday. A staff representative is on site from 8:30 a.m. to 5:00 p.m. during the week.

Additionally, the phone line staff is on duty from 7:00 a.m. to 11:00 p.m. Monday through Thursday, 7:00 a.m. to 7:00 p.m. on Friday, and 7:00 a.m. to 2:30 p.m. on Saturday.

The Help Desk phone extension is 1234 from on-campus phones (in classrooms and labs) and from other phones the number is 513-569-1234.

Students also can seek help by sending email to itshelpdesk@cincinnatiastate.edu. Edwards said the Help Desk staff typically responds to overnight email as soon as they open each morning.

Edwards said plans are being developed to extend Help Desk coverage but extended support probably will not be available before late Fall term.



Patty Edwards is the Manager for the Information Technology Services Help Desk.

Photographer: Ayesha Nureddin

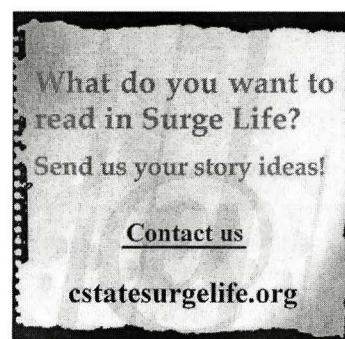
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Surviving and Thriving at Cincinnati State

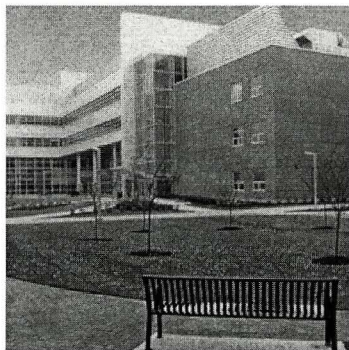
By Dan Rosenthal

Sept. 4, 2010



For some students, college provides a challenge and a source of anxiety. Others breeze by, doing well in every class with seemingly little effort. And many find themselves somewhere in between.

It's possible to get good grades, work a full time job and still have a social life. I've done it, and you can, too. The recommendations that follow have helped me succeed; please consider how they could apply to you.



My first recommendation may seem obvious, but some still don't follow it: go to class. And don't just sit there; make sure you show up on time and participate by asking at least one question in every class. Consider sitting in the front row, too, and pay attention and take notes.

Then, maintain that standard in every class.

By the way, it's easier to pay attention and work hard when you want to learn the subject matter, so make sure your major is something you actually care about. Meet with your advisor regularly for planning, advice, and help. And if your plan isn't working the way you thought it would, talk to your advisor or make an appointment with one of Cincinnati's State's counselors.

If your program has room for electives—or even if it doesn't—consider taking advantage of the wide range of interesting courses Cincinnati State offers. Take photography, journalism, computer skills, baking, or whatever interests you.

If possible, don't study at home. Family and friends can provide an unnecessary distraction. Find a quiet place where you can focus and get work done. Also, make sure you study well in advance of deadlines and spread your work out over multiple days.

Don't procrastinate too much when you have to write papers. Do your research early and write an outline. Take advantage of the College's Writing Center, too.

College is an excellent opportunity to network. Talk with your classmates, your instructors, and your advisor. Make friends with a professor. And I don't mean suck up; but take every opportunity to learn from instructors, inside and outside of class.

People are always on the go at Cincinnati State, but in your daily interactions, be nice and try to make friends. You never know when someone could teach you something vital.

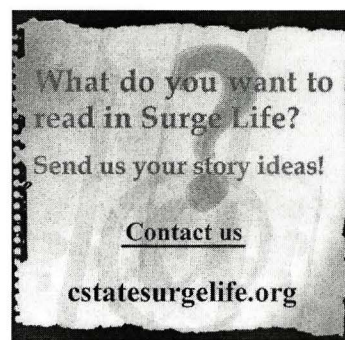
Join a Cincinnati State organization, club, or team, and be an active participant, or run for an officer's position. This involvement can help you earn scholarships, and you'll meet interesting people.

Don't forget to take care of yourself. Regular physical activity like running or walking, along with a good diet and plenty of sleep, will help your brain function at its peak while

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Letters to Surge Life: Advice for New Students

Sept. 4, 2010



Students starting or returning to college need many things to be successful. Here's my advice:

- Have some ideas about what you want to achieve.
 - Get your finances situated.
 - Finish your D.E. classes early, to make time for the classes required for your degree.
- If you have too much going on you might feel bad, so don't take on more than you can handle.

-- Daniel Leight

If you are a new college student, I can give the knowledge I have gathered in my current quest. Rule number one is that you have to have the desire and the will to learn. Without the fire within, and clear goals, your dreams will become despair.

Preparation is a must, and time management is a sword that will cut responsibilities, relationships, and leisure into manageable events.

Your mind must be soft like a sponge to soak up instruction, yet hard like a helmet to retain every vital piece of information that will build the foundation for your future.

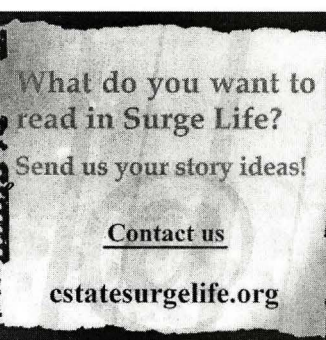
At times, the path you have chosen will seem almost impossible, but setting long term and short term goals will provide a vision of the finished version of your stairway to success.

-- Christopher Perkins

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