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A photograph of a person sitting on a dark grey couch. They are wearing a white long-sleeved shirt and leopard print pants. A silver laptop is open on their lap, and their hands are on the keyboard. A red cushion is behind them. In the background, there are windows with blinds. A dark grey rectangular box is in the top left corner containing the magazine title.

T & C

TAN & CARDINAL MAGAZINE

Pursuing Passion and Purpose

**The Power of Asking:
Dan Steinberg's Secret**

**From Zoo Elephants to
the New York Giants**

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Tan & Cardinal is a student publication. One hundred percent of the production, editing and design is done by the students.

The first copy of Tan & Cardinal is free to the public. Each additional copy is \$3, and payment can be made at the office at 33 Collegeview Road, Westerville, OH 43081. Offenders will be prosecuted.



LETTER FROM THE EDITOR

I remember two things about my first year at Otterbein. I remember learning in orientation and my classes about the importance of getting internships and being involved on campus. I also remember how the communication department came around me to support my college journey, especially professor Dan Steinberg.

I took Dan's introduction to public relations class, and it solidified my choice to pursue a career in that field. He supplied me with yogurts in his office and proofed resumés and cover letters for me. He helped me get my first practicum, or "mini-internship," experience in the Otterbein marketing & communications office. He always told me I can do anything.

The joke among the magazine staffers is that we should call this issue the "Dan & Cardinal" magazine. When we started to see the intersections between Dan and several stories in this issue—from the interview with Ruth Bader Ginsburg's daughter on page 7 to his personal investment in getting students internships to his influence on writer Jacob Russell (page 25)—our adviser, Emma Henterly, asked, "Why aren't we doing a story on this guy?" We decided to do just that, and Dan & Cardinal was born.

This magazine isn't really all about Dan, although he is a pivotal professor on campus, helping students pursue their dreams. Instead, this semester's magazine focuses on careers and how you can get started preparing for your dream job while in college. From learning how

to land an internship on page 26 to the student entrepreneur on page 22, this issue features student stories and their pursuit of big career dreams. We also feature our Otterbein alumni who have made it big in our profile package of CEOs on page 16.

And that's right in line with Dan's ethos: inspiring students to be their best selves and succeed in their careers.

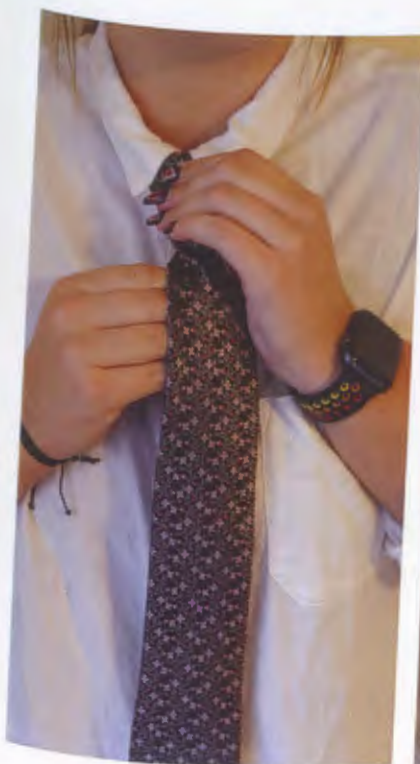
As an intern-aholic, I know the importance of these experiences. I've held three different internships and one practicum in three years, ranging from a mental health nonprofit to a public power company. I have learned it is critical to intersect both my passions and dislikes with my future career options, much like the students in the story on page 24 did.

I hope that you can relate to these stories and be encouraged in your career journey as you read this issue. I hope you can take both a little advice and a little hope from each story. Lastly, I hope these stories remind you that you can do anything you set your mind to doing.

JULIA GRIMM
EDITOR-IN-CHIEF

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Meet the Staff

Meet the quirky, talented and sometimes crazy team of seven behind the writing and design of this entire magazine.

Photos by Jordyn Mary '22

Julia Grimm



Editor-in-Chief

Graduation year: 2022

Public relations and journalism & media communication major

My T&C stands for: Thinker & Confident

Fun fact: I've been playing the harp since I was 13 and took four semesters of harp lessons while at Otterbein University.

Jordyn Mary



Art Director

Graduation year: 2022

Equine business management major and journalism & media communication minor

My T&C stands for: Tough & Creative

Fun fact: I play the flute and alto saxophone.

Jacob Russell



Graduation year: 2022

Public relations, journalism & media communication and health communication major

My T&C stands for: Tenacious & Charitable

Fun fact: I had to learn how to walk again after having surgery on both of my ankles in kindergarten.



Gwen
Hughes

Graduation Year: Fall 2021

Journalism & media communication major

My T&C stands for: Tantalizing & Cheeky

Fun fact: I've had more than six hair colors.



Amanda
Radke

Graduation Year: 2024

Public relations major

My T&C stands for: Thrifty & Candid

Fun fact: I can sing the ABCs backwards.



Natalie
Smith

Graduation Year: 2023

Public relations and health communication major

My T&C stands for: Trendy & Compassionate

Fun fact: I do my own acrylic nails.



Katie
Wegman

Graduation Year: 2022

Equine business management major, marketing and journalism & media communication minors

My T&C stands for: Talkative & Caring

Fun fact: I played rugby in high school, and my team won the state championship.



Left, Kurt Fortman, a fixture of Otterbein's men's golf team, hopes to have a financial planning career after Otterbein's MBA program. Right, Angelia Jackson is one of two "COVID redshirts" on the women's basketball team this season.

Returning Redshirts

Welcome to the era of the NCAA's eligibility blanket waiver for COVID-19.

By Jacob Russell '22 and Katie Wegman '22
Photos courtesy of Otterbein Athletics

On Oct. 28, 2020, the National Collegiate Athletic Association (NCAA) Division III Presidents Council issued a blanket eligibility waiver granting all 2020-2021 student-athletes an additional year of athletic eligibility. About 20 Cardinals, who are either enrolled in an Otterbein graduate program or taking a fifth year to finish their bachelor's degree, are competing this academic year under the waiver as of September 2021.

Expect that number to grow as student-athletes in spring sports who graduated in spring 2021 consider returning to school to compete. Fans are going to hear about this blanket waiver for years to come as the next three graduating classes decide the length of their collegiate athletics careers. Even current sophomores have a tough choice to make in a few years, but right now all Otterbein eyes are on those Cardinals who are taking their last athletic ride.

Kurt Fortman, a first-year MBA student who graduated with a bachelor's degree in finance in the spring, has returned to Otterbein for a sixth season on the men's golf team due to COVID-19's effect on two spring seasons. After having a full-time job offer rescinded in the spring and quitting two jobs that were not for him, Fortman wants a master's degree to direct his career to financial planning.

Because Fortman no longer lives on campus, the friendships and brotherhood around golf are vital, he says. "The biggest thing for me was the team," Fortman explains. "If I was not connected with them, I do not think I would have come back." The graduate student, who has been a top player on the team for the past three seasons, believes he can lead this year's tight-knit team to a conference title and national championship contention this season.

Angelia Jackson, who will be playing her fifth season for the women's

basketball team, also enrolled in graduate school for career direction. When deciding whether she should return to Otterbein, Jackson considered if getting her master's degree would be worth it. "With COVID's effect on the job market, I thought, 'Why not do the extra schooling now?'" says Jackson.

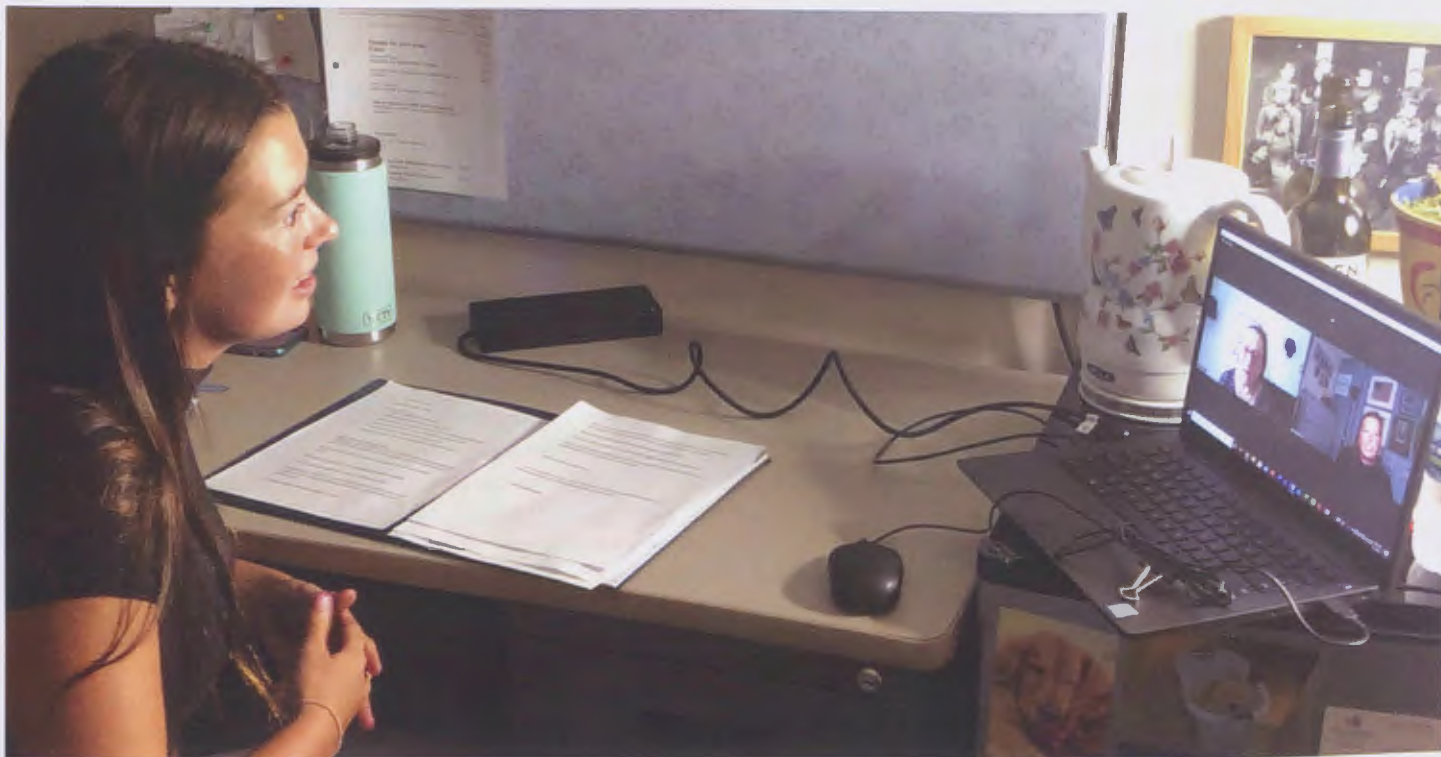
A spring 2021 business administration & management graduate, Jackson is learning in her MBA courses that she wants to go into IT or medical sales.

As she is learning about herself in the classroom, Jackson wants to teach her younger teammates to appreciate their college basketball careers. "I want them to realize they should never take a day for granted, because I almost lost [much of my college basketball days] for good. It was the worst feeling ever," Jackson says.

Lorenza Savini, an experienced runner for both the women's cross country and track teams, enrolled for an added semester to finish her biochemistry & molecular biology major with in-person labs. She hopes to attend veterinary school after spending a few years in the workforce.

With track season slated to start in January, Savini will only run cross country this year. Like Jackson, Savini wants to guide her young team. "I have a lot of experience from going to [the NCAA championships] freshman and sophomore years," Savini says. "I can use that experience to be a leader and help the younger runners when we go to big meets and nerves run high." While mentoring her inexperienced teammates, the fifth-year senior aims to qualify for the national race a third time.

These three have the opportunity to set a high bar for future "COVID redshirts" by succeeding in their final seasons.



Payton Kaufman during her virtual interview with Ruth Bader Ginsburg's daughter, Jane Ginsburg.

A Girl and Her Heroine

How one Otterbein student met the daughter of the notorious Ruth Bader Ginsburg

By Gwen Hughes '21

Photo courtesy of Dan Steinberg

In ninth grade, Payton Kaufman was shown a post of Ruth Bader Ginsburg, and her life became consumed with this Supreme Court justice and cultural icon. She devoured all the books and movies she could find about this small but powerful woman.

When Kaufman's love and admiration for Justice Ginsburg began, she knew little about any Supreme Court justices, let alone one of its most notorious and groundbreaking female justices.

"I have learned a lot from RBG, and I think most importantly the meaning of a strong woman," says Kaufman. "She was always fearless and steadfast in her beliefs, which I hope I have become more like as I learn more about her." Kaufman also says that Justice Ginsburg's ability to fight for her beliefs, especially gender equality, is an inspiration to her.

Years later, as a sophomore studying public relations at Otterbein, Kaufman's long-held admiration for Ginsburg advanced

to a new level when she got the incredible opportunity to interview her daughter, Columbia law professor, author and renowned intellectual property attorney Jane Ginsburg. Kaufman was extremely nervous to interview Ginsburg.

When asked why she agreed to the interview, Ginsburg said in an email, "I agreed to the Zoom call with Payton Kaufman because her professor wrote such a moving and persuasive appeal."

The email, written by Kaufman's communication professor Dan Steinberg (read his story on page 21), said, "I would love to see Payton strive to become an attorney and/or seek public office one day. I observe uncommon leadership skills in her, and I will work hard to help her set and achieve her goals." When requesting a Zoom meeting, the email said that the interview's purpose was "to excite and inspire [Kaufman] about a law career, and to answer a few questions about Justice Ginsburg."

In the interview, Kaufman was surprised by the uncanny physical resemblance between Jane Ginsburg and her mother. Ginsburg also evoked her mother's traits in conversation by promptly correcting Kaufman and answering her questions.

Speaking with Ginsburg and learning more about her mother's history, including facts not found in books or movies, was completely invaluable to Kaufman.

"She told me about a time when she was in high school, and the yearbook said her ambition was to see her mother on the Supreme Court," recalls Kaufman. "She said it was almost a joke at the time, but she knew it would happen someday."

Justice Ginsburg has influenced Kaufman's career choices as well. "I have had an interest in politics since high school, so I wouldn't be surprised if I ended up doing something within that field," says Kaufman. "After talking to Jane, I have begun to think more about the possibility of law school."



Left, the Tau Delta sorority at their centennial celebration. Right, the Sigma Delta Phi fraternity in the 2021 Otterbein Homecoming parade.

Greek Gives Back

By Amanda Radke '24

Fraternities and sororities have had a place on Otterbein's campus since 1911 and have maintained their position for over 100 years now. They are described as places to foster relationships on campus, develop leadership skills and volunteer within the Otterbein and Westerville communities.

Philanthropy is a term that gets thrown around a lot in Greek life. Over time, it has gained importance in fraternities and sororities across the country, including Otterbein's campus.

Most sororities and fraternities on campus are local chapters and not officially affiliated with their corresponding national organizations, so any requirements they have to meet are set by Otterbein leadership. The university requires campus

Greek organizations to host two large, member-attended service projects (one hour per project) and three smaller service projects (30 minutes per project). Many go above this requirement, while others choose to accept a fine instead.

Philanthropy is handled differently in sororities compared to fraternities at Otterbein. During rush, Theta Nu, Sigma Alpha Tau (Owls), Tau Delta and Tau Epsilon Mu (TEM) all mentioned their philanthropy to potential recruits.

"That's a huge part; that's what we focus the entirety of rushing on," says sophomore nursing major and TEM philanthropy chair Sydney Wolf.

Similarly, Theta Nu emphasizes service to its potential new members. "For our house

tours, actually one of our whole rooms is called 'the service room,'" says Emma Tucky, a senior biochemistry & molecular biology major and Theta Nu's philanthropy chair. "We just tell them what our service is, what we do as service, how important it is for the chapter and what your service requirements are for the chapter. Pretty much telling them everything about our philanthropy." In addition, most sororities try to serve a cause they believe in.

In 2015, Tau Delta became a gender-neutral sorority. That same year, its leaders also changed their philanthropy and began serving Equitas Health, a clinic that specifically helps those in the LGBTQ community receive the health care they need.

"We were like, 'Hey, this is something that

Get to know who they serve

ΑΣΦ

Alpha Sigma Phi has worked with Toys for Tots and Night to Shine in the past. They are looking to start a partnership with alcohol poisoning prevention organization Awake Alive.

ΛΓΕ

Lambda Gamma Epsilon (Kings) has started the Timothy Jesser Waterfront Cleanup Initiative, named for a former member, to clean up parks he enjoyed visiting.

EKT

Epsilon Kappa Tau's philanthropy is breast cancer awareness. They sell pink pancakes and ribbons in October to raise money for the Pink Ribbon Girls of Columbus.

ΖΦ

Zeta Phi works primarily with The Promise House, a resource center and food pantry for Otterbein students, by hosting food drives.



Sigma Alpha Tau (Owls) sisters give their time at the Ronald McDonald House Charities of Central Ohio.

fits with what we believe in,” says Tau Delta philanthropy chair Courtney Polcyn, a senior biochemistry & molecular biology and biology double major.

Many members choose to join because of how passionate they are for a specific philanthropy.

“I know me specifically, as well as other girls that I talk to, a big part of the reason [for joining Owls] was because of our philanthropy,” says senior mathematics major Autumn Hanshaw, who serves as the Owls philanthropy chair. “A lot of us have personal connections [at the philanthropy Owls serves]. Some of us have worked with them before. ... It’s a big part.”

Tucky also says philanthropy played a major role in which sorority she wanted to join. “Growing up, I’d always done a lot of volunteering stuff, so it just felt natural to join another club or an organization where volunteering and service was another foundational aspect,” says Tucky.

“In choosing which place I wanted to go to, I actually did take the philanthropies into consideration.”

Fraternities, on the other hand, seem to be more interested in leaving their mark on campus.

“For us it’s more reaching back out to the community, and maybe trying to improve our image or at least let people know that we are here, whether that’s with Westerville or people on campus,” says junior sports management major and Alpha Sigma Phi philanthropy chair Lonnie Kelly. “A lot of us are joining for the networking and to just be a part of a brotherhood, and by doing this, it shows that we’re serious about this, and we’re not just there to party.”

Sigma Delta Phi (Sphinx) leadership doesn’t mention their philanthropy to their recruits at all during the rushing process.

“We definitely tell potential new members we’re looking for guys who are very involved and integrated into this Otterbein community, because we want people to know you,” says Matthew Lanning, a junior communication studies and Spanish & Latin American studies double major and the Sphinx philanthropy chair. “We want people to know that you’re a Sphinxman. So we aren’t necessarily throwing the word ‘philanthropy’ in the conversation, but it is still that community service impact that we’re looking for.”

At the moment, Eta Phi Mu (Jonda) does not have a philanthropy chair or specific philanthropic initiatives.

“[Service] is something we are working on to get back into the fraternity. Years before, Jonda was not the same as we are

trying to make it right now,” says Blaise Facemyer, Jonda president and junior marketing major.

Some of the fraternities are making an effort to promote philanthropy.

Kelly explains that Alpha Sigma Phi tries to diversify its philanthropic efforts to give their members a taste of different service activities they might enjoy doing on their own time or later in life. Lanning says he aims to instill in Sphinx members an attitude that you should not give back because you must, but because you’re excited to and genuinely want to.

Tan & Cardinal was unable to reach Pi Beta Sigma, Phi Delta Theta, Kappa Phi Omega and Epsilon Kappa Tau for an interview.



Members of Sigma Delta Phi (Sphinx) volunteer at Otterbein’s community garden.

ΘΝ

Theta Nu works with the YWCA Columbus to support women in the Columbus area.

ΚΦΩ

Kappa Phi Omega focuses on mental health awareness by working with the National Suicide Prevention Lifeline.

ΣΑΤ

Sigma Alpha Tau (Owls) works with the Ronald McDonald House Charities of Central Ohio. They provide blankets, baked goods and meals for the families the charity serves.

ΣΔΦ

Sigma Delta Phi is continuing its long partnership with the Westerville Area Resource Ministry (WARM).

ΤΔ

Tau Delta works with Equitas Health in providing equitable health care to those in the LGBTQ community.

ΤΕΜ

Tau Epsilon Mu’s philanthropy is women’s care. They serve various local women’s shelters.

Tord Heskjad, Norway



Haruki Tada, Japan



Athletic Recruiting Around the World



Pablo Mesa, Colombia



Gabriel Attah, Ghana



Liam Heard, New Zealand

How international student-athletes end up representing the Cardinals

By Jacob Russell '22

Photos courtesy of Otterbein Athletics

In a move from England to Lexington, Kentucky, in 2006, Otterbein men's soccer head coach Jason Griffiths followed his dream of playing college soccer. Now he is making the same dream come true for three international students.

Griffiths became one of the top midfielders in the country as a Kentucky Wildcat before being drafted by Major League Soccer's New England Revolution in 2010. Unfortunately, his MLS career was limited to one season due to an injury. Yet, many countries do not have the opportunity to pursue an education while competing

in sports, so Griffiths is grateful that he was able to pursue both, even for a short time.

Since Griffiths' staff cannot afford to travel to trials held by agencies that connect aspiring international student-athletes and college coaches, the process of extending that opportunity as a head coach begins by "watching film and connecting with peers around the world" to identify players who will fit in his program, he says. Recruiting beyond the United States is beneficial, Griffiths says, because international players "bring a different

style and flair to the game” while contributing to a lively, multicultural locker room.

Junior midfielder and co-captain Liam Heard has made these contributions to the men’s soccer team as an international recruit from New Zealand. Heard’s journey to Otterbein started when his coach, who played soccer at Butler University in Indianapolis, reached out to Griffiths with film of his players. In watching that film, Griffiths and his staff loved Heard for his technique with both feet and high soccer IQ. The latter, a term for soccer tactical knowledge and situational awareness, is the signature of the European-style soccer both Heard and Griffiths played before coming to the United States. To adapt to the more physical American style of soccer, Heard has worked hard in the weight room and adopted a different mentality.

Off the field, Heard’s leadership, growth and caring approach to younger players has made Griffiths hope he can be his graduate assistant after earning a bachelor’s degree in sport management. Other international teammates say Heard has greatly helped them in their short time at Otterbein by always making himself available to them, just as Griffiths helped Heard with insight from his college soccer experience.

The other adaptation Heard has had to make in his time stateside is to the greater focus on self in American culture. Despite the culture difference, Heard credits all the kind people he has met here as unlike those “in stereotypical American movies.”

Tord Heskestad, a freshman forward from Norway majoring in environmental science, was recruited by Griffiths because his European soccer IQ and ability to hold the ball bring something different to the Cardinals’ athletic front line. Heskestad is confident in his mental toughness and Griffiths’ soccer ideology.

A Norwegian agency helped him connect with American coaches and choose the right school, which is a process that is becoming more popular in Norway. Heskestad wants to return home for graduate school and says he is wrapping his head around the education differences, most notably that Norwegian universities do not have general education requirements.

Heard began helping Heskestad adjust to college life from across the Atlantic by reaching out to him months before he arrived on campus, and the whole team immediately welcomed him into the fold. “The second day I was here, I was watching soccer games with the seniors and felt at home,” Heskestad says.

Griffiths’ college coach now works at IMC Academy, an elite athletic preparatory boarding school in Florida. A fruit of that connection is Pablo Mesa, a freshman defender majoring in business administration & management who filled the Cardinals’ need at center back after receiving positive reviews from his IMC coaches. His Colombian roots give him the technical skill seen in players from his home country and Brazil. Mesa said Otterbein is his first experience playing on turf but knows he can adapt.

Like almost every college freshman, Mesa says time management has been the hardest part of his transition. Although finding time for school, soccer, meals and sleep can be hard, he knows



As Otterbein’s men’s soccer head coach, Jason Griffiths (in green) held a 43-23-1 record entering the 2021 season.

not to go against what makes American college different. In fact, he enjoys opening his mind and interacting with more people in general education courses.

Heard has reminded him to keep working hard and not worry about mistakes. The support Mesa is receiving has made him confident in his decision to attend Otterbein. “When you know something is right, it is right,” Mesa says. “When I am here, I know I am in the right place.”

Men’s soccer is not the only Cardinals roster with international student-athletes. Haruki Tada, a sophomore baseball infielder from Japan studying sport management, is another IMC Academy product representing Otterbein. He chose Otterbein, without visiting campus due to COVID-19, from the options his IMC sports adviser presented to him because it was both an academic and athletic fit. Although Tada only knew the head coach, the baseball team took him in when he arrived on campus.

Japanese baseball differs from how America plays its pastime in that it focuses more on defense than hitting, has a stricter coach-player relationship, demands much more respect and often lacks the expression seen in American sports. “[Compared to being in Japanese baseball culture,] I feel more freedom here,” says Tada, “I feel more comfortable [speaking to coaches] in the U.S.”

Tada has a reason for his comfort, which is that Otterbein baseball head coach George Powell could not speak more highly of him. “How he makes everybody feel is incredible. It’s a total testament to his culture, who he is as a person, his family, everything he would ever associate with,” Powell says. “He is a special, special person.” The two hit it off when Powell visited Tada three times during the Cardinals’ 2020 spring break trip to Florida. Otterbein learned of Tada from a college roommate of

Powell who had a connection to IMC.

When the Japanese recruit did not respond to the coach on WhatsApp from May to August 2020 due to internet issues, Powell was unsure he would coach Tada until he received a message from the infielder saying he would be in Westerville the next day. Since then, Powell has praised Tada's versatility on the diamond as a switch hitter who is efficient, well-coached, can "do the little things" and lift the team with his understanding of American culture.

The coach has completed a Japanese lesson on the Duolingo app for more than 150 consecutive days and says he will sponsor Tada for dual citizenship. The language barrier is improving for Tada, who has benefited from his coach's Japanese study and use of gestures. While Powell is learning the Japanese language from the app, he has learned Japanese culture by watching Tada teach his teammates by example to be selfless, respectful and not blame others when things do not go their way. With his experience with Tada, the coach wants to travel to Japan and learn from the country's baseball culture.

Gabriel Atteh, a 25-year-old freshman from Ghana, is returning to school after five years to study computer science and compete on the men's tennis team. From ages 12 to 18, Atteh represented his

country in tournaments across Africa. When he first moved to the United States at age 20 in 2016, he played tennis for one season at New Mexico Military Institute, a military junior college.

The Olympic Indoor Tennis Club, where he has played since he arrived in Columbus in 2017, was Atteh's bridge to Otterbein. His coach there knows Otterbein tennis head coach Tyler Stephen. Now that Atteh is a Cardinal, he dreams of going undefeated this season and breaking records. To reach those goals, Atteh needs to use his experience from clinics in his return to matches. "He has seen a ton of different types of players over his years playing," says Stephen. "[With] every single type of game you play against, you are going to improve."

Off the courts, Atteh is being transformed by the experience of traveling to matches, meeting new people and being on a passionate team. Going back to college and organized tennis competition after a half-decade hiatus can be tough, but "[it] has helped me to be more focused on what I am doing and have to do to achieve the goals I have set for myself," Atteh says.

Like Griffiths' experience years ago at the University of Kentucky, the chance to continue a passion for sport while earning a degree is what international student-athletes are looking for when they come to the United States.



Japanese sophomore infielder Haruki Tada (left) and Otterbein baseball head coach George Powell (right) have formed a strong relationship on Fishbaugh Field.



Table for One?

Why dining solo can induce stress and how to combat it

By Amanda Radke '24

Photo by Amanda Rudolph '23

When you hear the word “loneliness,” one of the first things you may picture is someone sitting at a lunch table, eating in solitude. For much of our lives, society and media have proclaimed that eating alone is among the worst situations imaginable for a child, teen or young adult. But why is eating deemed such a social activity? Why eating instead of walking, exercising, studying or so many other activities?

Noam Schpancer, a psychology professor at Otterbein University, explains how evolutionarily and developmentally, humans have been used to eating in groups for a long time.

“I think if you look around the world and throughout history, most eating activity happens in groups, not solitary,” says Schpancer. “In part, it’s because getting food is a group activity. So if you’re going to hunt food, you’re going together, a bunch of hunters, and then they share game. And if you’re going to grow food or if you want to forage for food, then you’re going to forage [or] gather together in groups.”

Schpancer added that from a young age, humans are always with someone when they eat, whether it’s a baby and its parents, kids at the school lunch table or families at the dinner table.

“Anything that goes against our old habits...creates more stress,” says Schpancer.

“I have to imagine that [eating together] helps our digestion, because we’re relaxed, we’re having fun, conversing with each other, so that all relaxes us, which means our food would get digested better that way,” says Kathleen Ryan, director of counseling services at Otterbein University.

Both Schpancer and Ryan agree that humans value eating as times during the day that are carved out as social time, and that people don’t like when those bonds are taken away from them.


“Any situation that allows us some social contact tends to elevate us,” says Schpancer. “Generally, social connections are the best predictor of health and well-being in human beings, so the ability to nurture and maintain and celebrate our social connectedness, it’s very important for our health, mental and physical.”

It is common for people to skip meals or grab something to eat in their rooms rather than be seen eating alone in a public setting. For a lot of people, the Nest can be a source of daily stress and anxiety.

Ryan recommends acknowledging this anxiety in the moment and practicing calming exercises such as deep breathing, muscle tensing or stretching, and realizing that other people are dealing with the same struggle as you.


“It’s not so much eating alone as what we do in our head. And so, what happens when you get really self-conscious? We think, ‘Everybody’s looking at me. I don’t have any friends. Everybody knows it. Oh my gosh. What’s my problem? I’m a loser.’ I mean, we just go down that track so easily,” says Ryan.

Ryan encourages students to try to find people to eat with even though it can be hard to find the courage to ask someone. “I think what is really important for all of us to think about is being together,” says Ryan. “We are social people and that is when we are most likely able to be ourselves.”



Choosing your

Career Course



College is a time when students are bridging the gap between their education and career, but many students still have questions about what they should be doing in school to prepare for their future and what their careers might look like out of college. In this issue, Tan & Cardinal is answering some of those questions, from interviews with graduates in executive roles to helpful tips on landing an internship.

From College

How Otterbein sets students up for success.

Equine Enthusiast Now USEA CEO

By Natalie Smith '23

Photos courtesy of Rob Burk '00

Whether in California, Ohio or Maryland, Rob Burk '00 made certain his passion for equestrian sports was involved in his life. Burk's career in equine studies started in California, where he competed in hunter/jumpers, dressage, reining and eventing as a successful young rider.

Moving from California to Otterbein to study equine pre-veterinary and pre-graduate studies, Burk felt welcomed. "Even though I was kind of from a not very fancy part of California, farming type area, when I came to Otterbein, I felt kind of special," recalls Burk. "I was this 'California guy,' and I stuck out like a sore thumb."

Today, Burk looks back fondly on the experiences gained throughout his time at Otterbein. "Otterbein provided this really intellectually stimulating, friendly, relatively safe atmosphere for me to flourish, and also, it kind of brought me out of my shell a lot," says Burk.

In addition to great experiences, Burk says some values of the Otterbein curriculum still stick with him today: "Critical thinking for sure...expanding your world view to the extent that you are

able to handle just about anything that comes your way, especially, I think, a lot of the issues surrounding diversity, equity and inclusion these days," says Burk. "Otterbein really set me up for success in the future by broadening my mind and helping me to experience what others were going through, so developing a better sense of empathy."



Rob Burk '00

The next step in Burk's career after Otterbein was heading to Virginia Tech to gain a Master of Science degree in animal and poultry science. After a career working in state and federal government,

Burk had a stroke of luck when the United States Eventing Association (USEA) reached out to him because the current CEO was retiring.

The USEA works to further the sport of eventing by educating future and present riders and to make eventing a fun, safe and affordable experience. "Our association has about 13,000 members, so I am kind of a conduit for issues affecting our sport or the association. It's my job to solve the problems that are out there or enable the people who are the geniuses in that particular area to be able to solve the issues," says Burk.

Burk didn't immediately start as CEO, but he was able to accomplish a lot while the USEA tested him out in a different position. Along with a group of students, Burk was able to make a collegiate eventing league, something that had never been done before. There are now around 30 universities competing on average in the league. Burk also began overseeing the American Eventing Championships when he joined the USEA. Under Burk's guidance, it's now one of the largest equestrian events in the world, outpaced only by a few events in England.

Burk's advice to students striving to take up a leadership position in the future is to be yourself. "Experience as much as you possibly can. Beyond that, it's simple. Just work hard and listen before you speak."



From left: Burk with Otterbein coach Julia Spatt at the USEA American Eventing Championships; Burk with his two daughters; Burk being interviewed by Donna Brothers of NBC Sports.



to Corporate

Here are four Otterbein graduates who have found success in their careers.

Lifetime Resident Turned President of Westerville Area Chamber

By Natalie Smith '23

Photos courtesy of Janet Tressler-Davis '82

Janet Tressler-Davis '82 is not only a graduate from Otterbein University, but she embodies all the qualities of a Westerville "for lifer." A lifetime resident of the Westerville community, she went through the Westerville school system before coming to Otterbein. Since leaving Otterbein, she continues to be involved in the Westerville community as president of the Westerville Area Chamber.

"I have several relatives that have graduated from Otterbein. ...I am kind of a legacy there," says Tressler-Davis. Before she went to Otterbein, two of her aunts, her uncle, her sister and her father attended the university. Her son, Jason Davis, also graduated from Otterbein in 2014 with a degree in sport management.

While at Otterbein, Tressler-Davis was a double major in speech communication and business. She was a resident assistant in Garst and Hanby Halls during her sophomore and junior years, was on the cheer team and was the station manager for the Otterbein radio station, WOBN. In addition to this, Tressler-Davis was involved in Greek life and joined the chapter Sigma Alpha Tau (Owls). As an alumna, she was awarded the Otterbein University Alumni Community Service Award.

Tressler-Davis graduated from Otterbein in three and a half years but was able to walk with her class at graduation that May. "I look back on that, [and] would I have done that again?" recalls Tressler-Davis. "I think that you should kind of just really enjoy school, because once you get out you are always going to be working."



Janet Tressler-Davis '82

Tressler-Davis also completed the University of Notre Dame's U.S. Chamber Institute of Organizational Management program and is recognized as a Certified Chamber Executive. Her first job out of school was working in human resources for J.C. Penney Casualty Insurance, which is where she interned while attending Otterbein.

When the company was sold, she chose to stay in Westerville. Before heading to the Westerville Area Chamber, she worked as the assistant director of human resources at Nationwide Children's Hospital.

Tressler-Davis attributes skills learned at Otterbein to her communication professors, and in particular, James A. Grissinger. "There was a lot of spontaneous speaking," remembers Tressler-Davis. "He would just say 'Hey, here's a topic, now talk about it.' You had to make sure you had your presence, think about your thoughts and talk for two minutes about a particular topic he would assign you. I think at any job, you have to speak at some time...a lot of jobs involve public speaking."

She also sees lots of value in having an internship during college. (Read more about how to get an internship on page 26.) "I can tell you that since I've been in this position, which is 28 years, that I have had an intern about every semester or quarter...until this semester right now," says Tressler-Davis. "I really believe in giving them many experiences and helping them build their resumé and their portfolio for interviews."

The Westerville Area Chamber is a private, nonprofit corporation that seeks to improve businesses and build a stronger community for Westerville. "Every business is different. Every business has a different need. ...I've learned from them every day, but I also get challenged by finding out what they need," says Tressler-Davis. "That's what gives me energy every day."

From left: Tressler-Davis at an Otterbein basketball game; Tressler-Davis speaks at the Westerville Area Chamber 2020 annual meeting and awards.





From left: Visconti on one of her many trips; Visconti in front of the Sydney Opera House; Visconti skydiving.



From T&C Photographer to Five to Flow CEO

By Julia Grimm '22
Photos courtesy of Kate Visconti '97

She has traveled to 34 countries and 47 U.S. states. Her jobs have ranged from high school English teacher to customer relationship manager at Huntington Bank, from an adjunct professor to working with Fortune 100 companies in management consulting. Kate Visconti '97 is a woman of many talents, and her unexpected career journey has led to founding her own company, Five to Flow.

Visconti is a proud, two-time Otterbein graduate, completing her undergraduate degree in English and secondary education and earning an MBA. She's served on Otterbein's MBA and alumni councils, has been an Otterbein Alumni Leadership Award winner and even taught a class at her alma mater.

"Some people go to school, graduate, have anger that they're still paying student loans and then are begrudging about it," says Visconti. "But I just saw Otterbein as something that will always be a part of my life, and that when I need help with something, there's someone there who I know would take my call."

From being the photographer for Tan & Cardinal newspaper and the yearbook to Otterbein track and field team, Visconti's

Otterbein experiences taught her patience, collaboration, multiculturalism and how to meet deadlines, as well as opening doors to seeing the world.



Kate Visconti '97

Visconti also attributes her degree programs to success in her career. "The undergrad [experience] with the English major and the teaching, set a huge framework for how well I embrace this concept of change management, which is basically the business way of saying, 'I'm a comprehensive communicator and teacher,'" says Visconti.

Her work in management consulting with Bluewolf, Acumen Solutions and PwC New Zealand opened Visconti's eyes to how many employees were dissatisfied with their jobs and companies.

"I've listened to thousands, literally thousands of people tell me all their absolute horror stories about bad bosses, bad processes, bad technology, bad culture, mean colleagues, no resources," says Visconti. When she started feeling it from her own team and even herself, it was time for a change.

Just days before the world went into lockdown from COVID-19, Visconti announced her retirement. She was living in New Zealand at the time in one of the world's strictest lockdowns, but all that time at home gave her inspiration for her next venture – founding her own company.

Visconti's company, Five to Flow, works with companies to diagnose what business goals they need to work on in order to retain and engage their employees.

"I want to get back to the place where the actual purpose of your company or your organization or your university is to serve the people who work there and the customer," says Visconti. "And we've gotten so far away from that with greed and stock performance and all of this stuff that it's somewhat of an untraditional view. But at the end of the day, if you're treating your employees well, they'll treat your customers well."

One of Visconti's points of advice for students looking to climb the career ladder is to face your fears. By overcoming her fears, Visconti was able to leave a global company and a steady salary to follow her passion and run her own business.



Photos left and right: Dye loves traveling and hiking; center: Dye at the ribbon cutting for Columbus Speech & Hearing's Dublin office.

Making a Difference as Columbus Speech & Hearing's CEO

By Julia Grimm '22

Photos courtesy of James Dye '92

James Dye '92 wants to make a difference in the world. At first, he thought he could do that on an individual level as a clinical psychologist. After eight years, he realized it wasn't enough for him.

Dye graduated from Otterbein University with a degree in psychology. He played football, was part of Greek life, wrote for the English journal *Quiz & Quill* and met his wife at Otterbein. He then went on to complete his master's in social work at the University of Cincinnati.

Dye believes he was well prepared for his graduate program due to his Otterbein courses. "I really believe it was because of the quality of education that I received at Otterbein, I think, not only from the course material...but just the overall integrative studies approach of teaching you not necessarily a subject, but teaching you how to think," he says.

After realizing that his personality as a problem solver and his dream to make a difference didn't fit with his career as a clinical psychologist, Dye shifted to a business development role in the home health care and hospice industry. In this

role, Dye educated people on eligibility and access to these services. He later moved into management, including roles as regional vice president and senior director for the American Cancer Society.



James Dye '92

In 2017, Dye took on his current role as president and CEO at Columbus Speech & Hearing. He is in charge of a staff of about 65 people that helps provide services to roughly 8,000 clients each year. Their speech therapy program serves mostly children while their audiology clients are 75 percent adults.

"Statistically speaking, about 10 percent of children will experience a communication delay or disorder at some point during

their childhood," notes Dye, "and only about 50 percent of them actually received treatment for that disorder."

Hearing loss also has grim numbers, with half the U.S. population experiencing hearing loss around age 65 but only 30 percent actually ever use hearing aids, adds Dye.

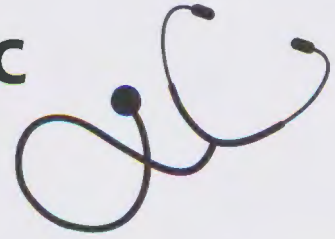
Dye's role in serving Columbus Speech & Hearing clients is to help with business operations, strategic vision and developing relationships with community partners.

Dye also has a personal connection to the audiology program at Columbus Speech & Hearing. He struggles with a disorder called tinnitus, a high-pitched ringing or noise in the ears. Dye has had this disorder since first grade but didn't realize it was treatable until he came to the nonprofit.

Dye's career advice to students is that they take advantage of Otterbein's connections with the business community. He also emphasizes the importance of getting real workplace experiences while in college. (Read the article on internships on page 26.)

"Just because you're getting a degree in one area, doesn't mean that's going to be the eventual path that you choose," says Dye, referring to his switch from psychologist to nonprofit CEO. "I think the more exposure you can get early in your career to what some of those other opportunities are, it's very beneficial."

Otterbein's Military Medic



By Amanda Radke '24



Joanne "JT" Davis, pictured on the far right, with her unit

Dropped in a parking lot in Japan, they were tasked with building a field hospital made of tents and shipping crate operating rooms. This was the reality of junior nursing major Joanne Theresa "JT" Davis and her medical unit during summer 2021 simulation training.

Davis enlisted in the Army Medical Corps in 2018 after her first year studying at Otterbein. She wasn't sure if college was the right fit and wanted to take a gap year. As a first-generation member of the military, Davis was inspired by military commercials encouraging her to serve her country.

Following her enlistment, Davis endured 12 weeks of basic training and completed the surgical tech program – typically a one-to-two-year training – in just six months. In order to graduate, she was required to assist with 120 surgeries, including those in specialties like ear, nose and throat; labor and delivery; and urology.

"They wanted us to not be specialized in one area, but to be able to do everything," says Davis about her training.

After her gap year, Davis returned to college, balancing military training while working toward her bachelor's degree in nursing with minors in nutrition and health communication.

Davis and her unit were sent to Japan for an annual training to gain a more realistic experience of what a military medical deployment would involve during conflict. Her unit had only 72 hours to create a fully functioning field hospital with electricity, running water and air conditioning. The team completed this task in 18.5 hours.

"During our Japan mission, I was incredibly impressed by SPC [Specialist] Davis," says 1st Lt. Jennifer Von Tress-Peretin, Davis'

superior. "This was her first overseas mission, and she embraced every challenge that came her way. I was most impressed by her ability to adapt to different surroundings and seamlessly blend into different cultural settings."

One of Davis' most striking memories of the challenges her team faced was setting up an operating room in a parking lot.

"We have tents, we have air conditioning and everything; we have to do running water," explains Davis. "We started in a parking lot and then set up this whole thing. The ORs actually look like storage containers, like big storage containers, so you would have no idea until you opened it up that it was even an operating room."

She notes that in a typical situation, surgeons are assigned one patient. During a war, a surgeon could be assigned up to two beds.

Davis and her team of just over 100 stayed in Japan for five weeks, conducting additional training and simulations of what it would be like to run a patient through the hospital.

Although for most of the five weeks the group was confined to their parking lot, they were allotted three days to explore Tokyo.

"The food was great. I loved it. My friends – I didn't personally – but they had horse sashimi, so like raw horse, and I was like, 'I might pass on this one,'" laughs Davis.

Davis isn't sure what exactly the future will hold, but she's interested in working as an OR nurse after her experience as a surgical tech. She also has three years left on her military contract, which means Davis may be doing more international traveling. Next year, she might get to go back to Japan for a similar simulation on a much larger scale or be sent somewhere new, like Honduras.





Clockwise from the left, Dan Steinberg gives a lecture; Otterbein students visit the White House press room on a trip Steinberg facilitated; Otterbein students visit the Columbus Blue Jackets' press room at Nationwide Arena

The Power of Asking: Dan Steinberg's Secret

By Jordyn Mary '22

Photos courtesy of Dan Steinberg

A seat at the Grammys, a tour of downtown Columbus' Nationwide Arena, a press conference at the White House or an interview with Ruth Bader Ginsburg's daughter: This is the power of Otterbein professor Dan Steinberg – he knows how to ask.

Steinberg has been a professor in Otterbein's communication department for 13 years, and he loves when students challenge him. Steinberg is a strong believer in higher education and the opportunities that can arise with making connections and simply reaching out. The way he sees it, the worst people can do is say no.

"I try to create opportunities that make students excited about learning, so I think it's crucial to get students out of the classroom," says Steinberg. "Otterbein does a great job of supporting experiential learning, and I do everything I can to provide such experiences."

Whether those experiences are large or small, Steinberg says he always gets excited when they spark an interest in learning even more.

By simply reaching out to people, Steinberg has helped students have unique and memorable interactions that most college students never dream of having.

He wrote a letter to the press secretary at the White House that enabled him to take students to a press conference in Washington D.C. – and has done it six other times since then.

He has taken students to see league sports games, but not as

spectators. In fact, Steinberg and his students see very little of the games that they attend. Instead, they focus on going behind the scenes to see all the details that make the event happen.

"I think that he wants to help students, and he wants to give them real world experience," says Ian Gillen, a senior public relations and journalism & media communication double major who accompanied Steinberg to a Columbus Blue Jackets media day. "And I think that's something that not a lot of professors make happen with students."

One year, Steinberg used his Otterbein connections to get himself and a group of students into the Grammys.

In one of his most recent adventures, Steinberg set up an interview for one of his students with Ruth Bader Ginsburg's daughter, Jane Ginsburg. (Find her story on page 7.) Using Google, Steinberg found out that Jane Ginsburg was a law professor at Columbia University. Her email wasn't listed, but that didn't deter Steinberg; he sent out several emails with variations of Jane Ginsburg's name. Finally, one of those emails didn't bounce, and he received a reply.

These unique opportunities give students the chance to engage with people they look up to in their desired professions or who make them eager to continue to learn and grow.

One of the biggest tips Steinberg has for creating a network like his is talking to people. Often, professionals have career advice for students who are still considering what they want to pursue. Reaching out to people can create a snowball effect and could lead to an internship, job or just a unique experience.



Every Frame Matters

An Otterbein communication student is building his own production company.

By Katie Wegman '22

Photos by Julia Grimm '22

Otterbein senior Ezekiel “Zeke” Hannon, a public relations major and sports communication and journalism & media communication minor, has always wanted to be an entrepreneur. As a creative person, the idea of being able to control his own work and vision is appealing. Until coming to Otterbein, Hannon wasn’t sure what type of business he wanted to start.

He began college in the public relations and journalism programs because he enjoys telling stories and writing. In one of his first journalism classes, Mike Moon, an assistant professor in Otterbein’s communication department, handed Hannon a camera and taught him how to use it. Ever since then, Hannon’s path has been clear.

“I like telling stories, and video gives me an open and creative way to tell stories with a camera,” says Hannon.

Hannon started with editing sports clips into hype videos that he posted on Instagram under his business name, Down and Out

Media. His account, @downandoutmedia, gained a following because of the popular and catchy music he put into his videos. Hannon is a self-proclaimed music lover and brings many musical styles to the editing table.

“One of my favorite parts of video editing is matching music to a video,” says Hannon. “You can’t use the same types of music for a sports hype video that you would for a wedding or commercial. I like to pick a song and build my video around that song instead of trying to match a song to a video after it’s been edited.”

With a following, Hannon started creating his own videos from scratch, starting on Otterbein’s campus. His account currently has over 500 followers, and some videos have over 1,000 views. One of his videos even caught the attention of professional basketball player Isaiah Thomas on Twitter.

Hannon has made hype videos for many athletic teams and

student organizations at Otterbein. These videos turned heads, and students began asking, “Who did that?” Hannon credits these original videos for creating various opportunities for him.

He has now made videos for the office of marketing & communications and the communication department at Otterbein. His more recent projects include making videos featuring the majors and minors at the inaugural Major and Minor Fair this fall. Hannon is also working on a social media campaign for the Office of Social Justice & Activism. He credits his wide array of experience to being confident in his abilities and not being afraid to reach out for jobs.

Even while making videos for Otterbein groups, Hannon still finds time to make videos for his own personal enjoyment. At the 2021 commencement, Hannon grabbed his camera and followed his friends who were graduating that day. It was a spontaneous decision, but Hannon knew it was something he wanted to capture. “I wanted to make something for my friends who were leaving,” he says.

This video is the one Hannon is most proud of to date, and his friends appreciate him capturing their memories on film. One, Harold Walston '21, was touched by the tribute. “Zeke’s video was detailed, professional and well put together in every way,” he says. “I was a little emotional seeing it the first time, because it wrapped up my Otterbein experience into just a few minutes. I was able to really see the overwhelming love, support and lessons I’ve received from the quiet and peaceful village. And it was all because of that video.”

Outside of Otterbein, Hannon has completed two internships with video production companies that he wants to model his business off of in the future. His first internship was with Laux Creative, a Westerville-based small business that creates many types of videos, including a wide array of content for Otterbein’s rival, Wittenberg University. Hannon also worked with Ohio HD Video, a large video production company with many facets, including a commercial division.

“With the commercial shoots there was always someone famous in the building, like John Cena and Peyton Manning,” says Hannon. Thanks to his intern experiences, Hannon feels confident to take the next steps in building his own business. He has started by branching out from Otterbein and is putting the finishing touches on a wedding video he shot for an Otterbein alum this year. He says this is his most difficult project to date.

Hannon’s short-term goals for Down and Out Media are to create a website with an online booking feature and cultivate an overall brand image for the company. In the future, Hannon would like to change the name of the company to Every Frame Media because, in his words, “Every frame is important.”

Currently, Hannon and a few of his friends are recording a fantasy football podcast, Below Average, in the communication building studio that he promotes on his Down and Out Media page. He hopes to inspire other people to create their own podcasts and eventually create a podcast network. Hannon’s goals for his company are to build a team that can create all types of content and continue to share stories through the lens of a camera.



THE INTERSECTION BETWEEN PASSIONS AND CAREER

By Gwen Hughes '21

East Asian history professor Deborah Solomon has been a mentor to Otterbein students for many years, but one experience in particular led to a change in the way she advises her students.

Hannah Benson '15 was a history major at Otterbein University who constantly talked about her interests in fashion and clothing throughout history. During a freshman course taught by Solomon, she asked if she could write a paper about flappers, iconic females of the 1920s known for their rakish style, instead of a typical research paper.

"Hannah was definitely, to me, kind of the most dramatic turning point," says Solomon. "She had two really distinctive things she was interested in; there was definitely a field that connected them, but I didn't know anything about it."

Solomon took Benson's two interests and found another professor on campus who could help figure out a way to mesh them together.

Rebecca White is a theatre and dance professor who teaches costume history, design, crafts and makeup at Otterbein University. Together, White, Solomon and Benson came up with a new minor in costume design. Before this conversation, neither Benson nor Solomon knew historical costume design was a common area of study.

"Dr. Solomon was so critical to how I got into where I went to graduate school," says Benson, "and so was Rebecca White."

White teaches the fashion history class that sparked Benson's interest in intersecting history and fashion. Benson was one of the only non-theatre majors taking that class, but it kickstarted her love and pursuit of mixing fashion and history.

"For students who want to take a risk and take something they're not comfortable with, you kind of just have to take the risk," Benson says. "Otterbein is such a close-knit school, it's pretty easy to get in contact with someone that can at least give you an idea of the best way to go about getting into something you're not sure about."



Professor Solomon instructs her HNRS 1046 class.



Hannah Benson '15 with her clothing designs at an exhibit.

Tyler Perry graduated in 2015 with a Bachelor of Arts in music. Perry had originally envisioned going into music education, but by his senior year, something no longer clicked with that major. After graduating with his music degree, Perry worked at the local music shop, Music & Arts, as a music teacher and then moved up to be a lesson coordinator. However, on the weekends, he worked with children who had developmental disabilities.

The combination of teaching music and working with children who have developmental disabilities led him down the path of music therapy.

"There are so many opportunities out there if you just continue looking for them," Perry says. "I would never have found this opportunity if the parts of my life didn't combine the way they did. So just keep looking for those unique jobs."

Solomon agrees with Perry on this intersection between different parts of your life. "I really do think that [the] combination, the things that you're genuinely excited about, and the things that you really are not interested in and will kind of naturally avoid if you can, that those are really important sort of clues to where you're going to be able to find the most satisfaction in a career and in a major and in a course of study," she says.

Bottom left photo by Amanda Radke '24; top right photo courtesy of Hannah Benson '15

HEALTH

SPORTS

Pursuing Passion and Purpose

How an elective (and the pandemic) changed my career goals

By Jacob Russell '22

Illustration by Jordyn Mary '22

The first decade of my life was defined by watching sports with my maternal grandfather almost every weekend until his passing. We both loved watching our hometown teams, the Cincinnati Reds, Cincinnati Bengals and more, but that love could not match his hatred for commercials. Sitting in his old recliner in the wood-paneled living room with a LaRosa's meat deluxe pizza on his TV tray table, immediately after cursing a Reds batter for swinging at a pitch in the dirt or a Bengals defender for missing a tackle, "Papaw" would lunge at the TV remote hoping to find another game to watch until our team was back on.

He taught me the value of passion, whether it be hating commercial advertisements or yelling at the TV with your grandson while watching your failing favorite sports teams. To honor him and all the other grandparent-grandchild sports fan pairs out there, I worked toward a career in sports communication for years. I entered my sophomore year of college fresh off an internship managing social media accounts, writing articles and broadcasting games for a summer collegiate baseball team, more determined than ever to pursue my childhood dream. I knew I spent that summer following my passions, which is what Papaw would have wanted me to do.

When I registered to take introduction to health communication in the spring of 2020, I had no idea my career goal was going to change. I chose the course to have Dan Steinberg as a professor (read his story on page 21), who was a major reason why I chose to attend Otterbein. I saw a poster about the health communication major on his office door. The poster featured a smartphone wearing a stethoscope and the phrase "Get a second opinion!" In the course, I received that "second opinion" on my career goal as I learned how communication can improve health outcomes.

At the same time, COVID-19 began threatening our public health system and confusing the public. The initial health communication around the virus, much of which downplayed its risk, did not help Americans understand our uncertainty and course of action.

Analyzing those failures in my health communication course allowed me to see an opportunity for a career I believe benefits society.

Once I realized I had found a new passion and could benefit society with my career, I no longer saw myself working in sports. I still understand the value of sports and their contribution to our culture, but the pandemic made the importance of health impossible for me to ignore. My research into health communication has made it clear to me that there will still be a lot of work to do in the field when COVID-19 no longer dominates the headlines. My interest in health is even stronger than my childhood love of sports. I am happy I discovered this avenue to use my communication skills for the greater good and look forward to relevant graduate study and career opportunities. I hope I can make Papaw proud wherever I end up after graduation.

I am confident there are other stories like mine, of college students changing their major and working professionals making a career change in their search for "what they want to do when they grow up." According to the U.S. Department of Education data from 2017, nearly 30 percent of undergraduate students change their major.

Students need to consider what is most important to them. Does their career need to be one they wanted as a kid, one they think will make a difference, one that will provide them with employment and financial stability, or does it need to be a mix of all three? Students need to look at their priorities but remember that priorities change.

When we all recognize it is normal to make changes in life based on passion, there will be no stigma around changing your major multiple times or having many careers. There should be no judgment around this topic because we are all in the same pursuit of passion and purpose. I encourage anyone considering a career goal change to speak with someone they know will want them to feel fulfilled. Although it can be scary to make a change, we all deserve a career and life that checks whatever boxes we need to be happy.



Erin McKenna '22 sprays an elephant with water as an intern at the Dallas Zoo.

FROM ZOO ELEPHANTS TO THE NEW YORK GIANTS

Why internships are important and how to get one

By Julia Grimm '22

It's hard to miss the internship conversation at Otterbein. From seniors ready for graduation to freshmen taking introductory courses, every student has probably heard at least one professor or adviser talk about the importance of internships.

Taylor Lowry, an academic and career adviser at Otterbein's Student Success & Career Development office (SSCD), sees internships as important because they help students develop career competencies employers are looking for, including critical thinking, leadership and teamwork.

Some of the Otterbein students who have had internships say these experiences helped them gain relevant work experience, build a compelling graduate school application and even helped them figure out what work they want to do in their future job.

While it might be easy to understand why internships are important, a few scrolls through Indeed and LinkedIn job postings may leave students overwhelmed and wondering how to get one.

To make the internship experience achievable, Lowry and some Otterbein students who are internship alumni chipped in to give some tips on how to snag that dream internship.

1. Start early

"So I am always in the camp that it's never too early," says Lowry about the optimal time to start thinking about internships, "[but] that doesn't have to be taking on a 10-week, 40-hour-a-week internship in your first semester."

She recommends informational interviews and job shadowing for first-year students, as well as getting involved in student organizations. By the second year, students should be exploring companies that interest them, while building relevant skills in the classroom and in student organizations. This lays the groundwork for students to take on an internship in their junior year.

2. It's never too late

If you're a senior who doesn't have internship or professional experience, Lowry says "that's when you come talk to us" at the SSCD. Often, the center's advisers can help students pull from other experiences like student organizations, volunteer work and summer jobs to fill out their resumé.

When her Sherwin-Williams internship was canceled due to the pandemic, Kiera Mulcahy '21 took an unconventional but



Sammer Hamed '21 stands on the field in MetLife Stadium as an athletic intern for the NFL's New York Giants.

available option for seniors without a lot of professional experience. Mulcahy, a systems engineering major, worked for Sam's Club as a supply chain intern after she graduated Otterbein. That internship just recently turned into a full-time job.

3. Build a "highlight reel"

Erin McKenna, a senior zoo & conservation science and biology double major, knows that a good resumé is key for students. For her resumé, McKenna will be including her experience as a summer intern at the Dallas Zoo, where she worked with elephants.

The SSCD is a great place for students to start when it comes to creating a resumé, which the office's staff call a "highlight reel." SSCD advisers can help students create cover letters in addition to resúmes.

McKenna used the SSCD when she was applying for internships, and they helped her a lot. "There's definitely a lot of resources available at Otterbein to help you, but you have to be willing to ask for help," says McKenna.

4. Network

Another resource available for students at Otterbein is the ability to network – and for one Otterbein student, this helped her land an internship with the Columbus Blue Jackets. Grace Weidenhamer, a junior public relations and health communication double major, was connected to the internship via her relationship with Otterbein professor Dan Steinberg. (Read his story on page 21.)

McKenna stresses the importance of networking with professors as part of her intern tips and tricks.

"Professors are such a huge resource that we can use, and they know so many people," says McKenna. "Especially at Otterbein,

since it's a smaller school, and I feel like we really have a close relationship with the professors that we have, and they're always willing to help."

5. Never give up

For students who don't land that dream internship, Sammer Hamed, a 2021 graduate who is now pursuing a master's degree in allied health at Otterbein, is an example of never giving up on your dreams.

Hamed didn't get his dream internship with the NFL the first summer he applied for it. With a second try, Hamed landed a \$1,000 scholarship and a summer internship with the New York Giants, where he got to work with world-class athletes. Having a gap year ended up being a blessing in disguise because it gave Hamed time to hone his athletic training skills with Otterbein's football team.

It took Mulcahy more than two tries to land her internship. "I probably applied to over 50 internships, and I only ever got responses – not even interviews – from two of them, I'd say," she says. "So just keep pushing. If there's anything that relatively interests you, just apply to it."

A word from the wise: internships can ultimately help determine whether that job is a good fit for a future career. "I think my biggest takeaway from it was realizing that this is somewhere I could see myself, and I can work with these people," says Mulcahy about her Sam's Club internship-turned-job. Mulcahy says interning with Sam's Club allowed her to "test-drive" the company as an employee before making a formal commitment.

To learn more about how to get an internship, sit down with a professor or adviser to discuss internship opportunities or visit the SSCD website at www.otterbein.edu/sscd.



Grace Weidenhamer '23 (right), an intern for the Columbus Blue Jackets of the NHL, attends the team's media day.



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Message



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Meet our students' furry (and not so furry) friends around campus!

By Katie Wegman '22



cats



dogs



birds



reptiles



other



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When Tofu, an abandoned kitten, was brought into the veterinary clinic where Aleema Garfinkel '24 works in California, she welcomed him with open arms. Now, Tofu enjoys his life as Garfinkel's emotional support animal. Tofu loves going for walks around campus in his bright blue harness, but if it's too sunny out, he walks with his eyes closed.



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Morgan Kenner '24 doesn't just have one unique pet; she has three. Her hermit crabs Todo, Larry and Ray are her energetic and personable pets. Each hermit crab has his own unique personality. Todo is the most outgoing and loves to meet new people. Larry is a momma's boy, but likes to spend time with Kenner's roommate. Ray is a very shy and small hermit crab who only likes to explore in the early morning or late at night. Hermit crabs are easy to care for and are very rewarding. Kenner likes to spend time letting them crawl around on her hand any time she needs a pick-me-up.



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Lincoln was a stray puppy running down the side of a highway in 2018 when Kenzie Bull '22 found him. According to the sheriff of the area, he had been wandering around for at least a few days. Bull couldn't leave this sweet puppy out on the highway, so she took him home, and the rest is history. Although Lincoln had a rough start, he's now thriving as a "campus-wide emotional support dog," as Bull likes to say. Lincoln is known for his size and unique brindle coloring. A DNA test revealed where he got his handsome coat: Lincoln is 50 percent St. Bernard, 25 percent English mastiff and 25 percent French mastiff.



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Harper is unique because she's not just a pet; she's a service dog. Harper is trained to do many tasks and perform alerts for her owner and handler, Serena Esqueda '22. Esqueda trains Harper herself and has had her since she was a puppy. Service dogs are allowed in public spaces by law, so you may see Harper in class.

Note: Service dogs are working animals, so if you spot Harper on campus, be sure to ask Esqueda before greeting her dog.



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otterbein student media

T&C Media is a student-run news organization serving the Otterbein University community that seeks to provide accurate and reliable coverage of events and issues affecting the campus community. Its branches include a website, magazine, live sports video team and radio station. T&C Media is not only an extracurricular activity, but also a service to the college community in general and student body in particular. All students are eligible to be involved in all aspects of production. Visit www.tandmedia.org to view student-written stories and for more information about each organization branch.

WOBN is the student-run radio station of T&C Media that broadcasts on 97.5 FM. WOBN broadcasts to the Otterbein and Westerville community and can be streamed live anywhere in the world from www.tandmedia.org. Students showcase a wide variety of music, from national stars to local artists, with general airplay focusing on modern alternative. WOBN is the exclusive radio home for Otterbein athletics. It broadcasts all football games, most men's and women's basketball and baseball games, and select lacrosse games.

