McNair Summer Research Journal 2014

Herma Volpe-van Dijk
The College at Brockport, hvolpeva@brockport.edu

Follow this and additional works at: https://digitalcommons.brockport.edu/mcnair_journal

Part of the Education Commons

Repository Citation
https://digitalcommons.brockport.edu/mcnair_journal/12

This Book is brought to you for free and open access by the McNair Program at Digital Commons @Brockport. It has been accepted for inclusion in McNair Summer Research Journal by an authorized administrator of Digital Commons @Brockport. For more information, please contact digitalcommons@brockport.edu.
About TRiO Programs

TRiO refers to six programs funded by the Title IV of the Higher Education Act of 1965. The original TRiO Programs are Upward Bound, Talent Search, and Student Support Services. The name TRiO was retained even though more programs were added. The additional programs are Educational Opportunity Centers, the Ronald E. McNair Post-Baccalaureate Achievement Program, and a training program for TRiO staff. In general, TRiO programs are focused on providing educational opportunities to first-generation college students who come from low-income families and students with disabilities.

About Ronald E. McNair

Ronald Erwin McNair was born on October 21, 1950, in Lake City, South Carolina. He attended North Carolina Agricultural and Technical State University, where he graduated magna cum laude in 1971 with a Bachelor of Science in physics. He continued his education at the Massachusetts Institute of Technology, earning his PhD in 1976, and went on to become a recognized expert in the field of laser technology with the Hughes Laboratory. In 1978, McNair realized his dream of becoming an astronaut; selected from a pool of 10,000 applicants for the space shuttle program, McNair became the second African American to fly in space. After his death aboard the space shuttle Challenger in 1986, Congress approved funding for the Ronald E. McNair Post Baccalaureate Achievement Program, which is dedicated to the support and promotion of the high standards of achievement exemplified by McNair. Those who knew McNair characterized him as fearless, determined, and accustomed to applying all available resources to any problem he faced.

The Ronald E. McNair Post Baccalaureate Achievement Program at The College at Brockport, State University of New York

Designed for first-generation and low-income students as well as students from groups underrepresented at the doctoral level, the Ronald E. McNair Post Baccalaureate Achievement Program at The College at Brockport encourages talented students to pursue a doctoral degree. The program promotes graduate studies by providing participants with seminars and workshops germane to the pursuit of graduate education, a mentored summer research experience, and opportunities to present this research at professional conferences.

The Ronald E. McNair Summer Research Journal is a publication of the Ronald E. McNair Post Baccalaureate Achievement Program. The McNair Program is a grant funded by the United States Department of Education and is administered by the Research Foundation of the State University of New York, College at Brockport.
Introduction and Acknowledgements
Barbara J. Thompson

Abstracts:

4 Olusola Adeniran
"Diving" into Research

5 Daniela Bulos
An Exploration of Rape Myth Acceptance among College Students

6 Cassandra Dix
The Resounding Voice of Homeless Students

7 Darrel Flores
NCAA Athletic Department Employee Perceptions of Workplace Burnout, Commitment, and Emotional Intelligence

8 Rafael Gomez
Do People’s Current Emotional States Influence Their Memory Recall Based on the Deese-Roediger-McDermott Paradigm?

9 Terrel Harris
Creating a Safer Environment through Community Policing

10 Jessica A. James
How has DNA Identification and Forensic Science Changed Criminal Investigations Over Time?

11 Dre C. Johnson
Analysis of the Effects of White Supremacy Displayed by Mainstream America

12 Fanta Kaba
African Women and Their Contributions to African and Global Economies

13 Adramein Lopez
The Long Term Effects of the Ketogenic Diet when Paired with Resistance Training

14 N. Bryan Massey
Black Male Emotional Intelligence: An Exploration of Masculinity and Emotional Intelligence

15 Sonja Nelson
Police Discretion and Arrest Bias: A Systematic Review of the Literature on the Factors that Contribute to the Disproportionate Arrests of African American Males

16 Vanesa Quilts
Assault on Campus: Breaking Down the Barriers

17 Sarah Mae Richens
Adiposity and Anarchism: Examining and Exposing Fat Oppression in a Capitalist Society

18 Michelle Singh
FRAUD: Factors that Motivate People to Commit fraud

19 Jenna Ward
Sentenced to Debt
Dear Readers:

I am pleased to introduce you to the 19th volume of the Ronald E. McNair Summer Research Journal. This journal is a compilation of the work our scholars complete each summer as they learn to conduct research in their chosen field. Under the guidance of dedicated faculty members, McNair scholars design and implement projects that teach them the fundamentals of creating and using knowledge and provide them with their first taste of the graduate and professional world they are preparing to enter. The Summer Research Program takes our students beyond the average undergraduate experience, setting them apart from their peers as it elevates their education to a level not usually available to students pursuing a bachelor’s degree. I am sincerely grateful to the 40 faculty members who invest so much of themselves in moving our students forward. The expertise and encouragement they provide is critical to the success of our McNair scholars, not only during their undergraduate years, but most importantly when they enter the competitive world of graduate school. The fact that 261 of our 719 McNair alumni have successfully earned master’s degrees, 21 professional degrees and 40 doctoral degrees is a tribute to the quality of the work our mentors expect and elicit from their students. Those involved in nurturing our future professionals in this manner deserve to be highly recommended. I look forward to seeing our scholars enter the ranks of academia and continue the process of personally investing in future generations, passing on what they have received through the dedication of our mentors, program staff, and campus community.

Acknowledgements

The McNair staff would like to take this opportunity to thank Dr. John Halstead, Dr. Mary Ellen Zuckerman, Dr. Douglas M. Scheidt, and Dr. Michael Fox who have assisted in strengthening our program this past year. While the Office of Academic Affairs administers the program, the support base represents a university-wide commitment to achieving our program goals. The US Department of Education, other TRiO Programs, the Research Foundation and the entire institution collectively lend their efforts to the program’s success.
The Ronald E. McNair program requires its students to conduct a research project to better prepare them for graduate school. Although I am not a biological sciences major, my goal was to experience working in a physiology lab, to learn the scientific method firsthand, and to take on a challenge headfirst. The overall goal of the physiology lab was to better understand the processes regulating GI motility and more specifically the role of anoctamin 1.

The goal of this project was to learn to perform very routine tasks in the lab such as making E2, a solution for the fish embryo to survive and grow in; taking care of the fish colony by feeding dry food and live food 3 times a day on weekdays and twice daily on weekends; making sure ammonia levels did not get too high in the fish colony by replacing system water periodically; breeding and obtaining embryos for experimentation; injecting morpholinos into embryos to knock down the anoctamin 1 gene; using microscopes to capture images of fish throughout different stages of embryonic development; learning those stages of embryonic development; and finally performing molecular techniques such as polymerase chain reaction or PCR. Reading scientific papers as well as making mistakes contributed to the success of this research experience.

Much knowledge was gained from this experience research, such as: it is all about small steps that come together to form the bigger picture; feeding the developing larvae at the wrong time set the lab back about a week; solutions have to be consistent and accurate when being made; and ample energy must be given to the planning and scheduling of every experiment. For instance, GI transit assay was an experiment that had an extremely critical planning and time component. It took seven days to get the embryos to develop enough to perform the assay, and the assay could only be done on one specific day because it requires heavy focus to perform, and other days required intense attention to other tasks such as PCR. Also, the larva needed to be fed five days post fertilization to get them accustomed to eating, and the lab wanted to prevent that task from falling on the weekend. Although this made Thursday the best day to cross fish and retrieve embryos to be experimented on the following week, the lab made a big mistake before properly scheduling days and times the young animals were to be fed. Research is also like being on any team. Everyone has to be on the same page for the success of the lab.

Other knowledge gained include: working in a lab requires more team work than anticipated; communication is very important due to the splitting of assignments on the same project; reading scientific papers is essential for understanding the big picture. Doing the routine tasks of the lab and performing experiments helped to understand the process but didn’t help to break down the overall goal of the lab. Diving into research for the first time is very uncomfortable, extremely humbling, and super challenging, but can increase confidence in changing environments and new experiences.
Sexual assault is a serious problem and crime impacting one in four college women. Research has shown that one of the potential factors underlying the problem of sexual assault on a college campus is the general student body’s degree of acceptance of rape myths (Burt, 1980). Rape myths are commonly believed stereotypes and untruths about rape that serve to justify sexual aggression—primarily male sexual aggression toward females—and provide the propensity for perpetrators to deny culpability by blaming the victim for the assault (Burt, 1980; Lonsway & Fitzgerald, 1994). Acceptance of rape myths is harmful because they promote rape-supportive attitudes among peers, particularly male peers, and create an environment in which sexual aggression is condoned and even encouraged in some subcultures of students (Burt, 1980).

This quantitative study will be conducted at a four-year comprehensive public college. Data will be collected through the usage of the “Updated Illinois Rape Myth Acceptance Scale (IRMA)” (Payne, Lonsway, & Fitzgerald, 1999; McMahon & Farmer, 2011). IRMA is a web-based questionnaire, which measures rape myths acceptance attitudes. The higher scores indicate greater rejection of rape myths (Payne, Lonsway, & Fitzgerald, 1999; McMahon & Farmer, 2011). Analysis of the different levels of rape myth acceptance among college students will be based on grade status, gender, and reported alcohol consumption. This research is important because sexual assault on college campuses is a serious problem and has a negative impact on the college community.

The literature review has indicated the most commonly studied form of sexual assault is rape. Rape myth endorsement is one of the most consistent predictors of increased victim blaming and decreased defendant blame (e.g., Brinson, 1992; Finch & Munro, 2005; Frese, Moya, & Megias, 2004; Krahé, 1991; Sheldon & Parent, 2002; Sleath & Bull, 2012). Some researchers have proposed the idea that certain behaviors associated within all-male groups might encourage an increase of attitudes which support sexual aggression. Overall, the literature review indicates that males have a significantly higher rape myth acceptance rate than females.

The purpose of this research is to gain a better understanding of the prevailing norms and attitudes around sexual assault based on the level of rape myth acceptance among college students. Additionally, this study aims to examine the current state of rape myth acceptance and explore factors which may differentiate the level of acceptance versus non-acceptance of rape myths. The research findings will be utilized to offer suggestions for future research on rape myth attitudes and provide guidance for sexual violence prevention programs and Title IX compliance programs. It is our hope that this research will help minimize stereotyping and stigmas surrounding rape victims.
This research project focused on homeless children and youth who attend the Rochester City School District (RCSD). The question that motivated this particular research is as follows: “Do homeless children and youth have a voice when facing this specific transition in their life?” The information that follows explains certain regulatory acts that were implemented over time to better aid in education and enforce immediate enrollment for homeless students.

The first act passed was to help all students gain equal access to education; it was called the Elementary and Secondary Education Act (ESEA). This act passed in 1965 by President Lyndon B. Johnson and was intended to help end what was called the “War on Poverty.” Under the ESEA, which aims to shorten achievement gaps, there is a program called Title I which provides monies to school districts with a high percentage of low-income families. The purpose of this provision is to ensure that all children have a fair, equal and significant opportunity to obtain a high-quality education. The reauthorization of the ESEA today is known as the No Child Left Behind Act; under this act the McKinney-Vento Homeless Assistance Act was implemented. The McKinney-Vento Act has evolved over the past 20 years, yet one main function is to help reinforce immediate enrollment for homeless children and teenagers.

When determining a child/youth’s status, Elizabeth Reyes, the Rochester City School District homeless liaison, uses the McKinney-Vento Act’s definition of homelessness which is “Individuals who lack a fixed, regular and adequate nighttime residence” (“Part c 725,” 2004). Some examples are children and youth who are forced to live with friends or family members; staying in hotels, motels, trailer parks, or transitional shelters; abandoned in hospitals; awaiting foster care; living in cars; or sleeping in public spaces.

Reyes is the voice for these homeless youth and families with children. She makes the seemingly impossible possible by defusing all enrollment barriers. Reyes advocates for families and students, communicating with educational staff, shelter personnel and others who come into contact with students to help educate them about homelessness and the rights of homeless families with children and homeless youth. According to Reyes, on average there were about 1,800 homeless children in the City of Rochester in the 2013-14 school year. There were 600 youth (ages 15-21), 200 preschoolers, and 1,200 kindergarteners-8th graders (ages 5-14). These numbers, however, do not represent the families with children/youth who are not in attendance in Rochester City Schools.

Unfortunately, homelessness is a growing issue in the world today. This research is still a work in progress. The ultimate goal is to educate families, staff and others to help alleviate some of the common stressors that go along with the issue of homelessness. The City of Rochester should not be known for having the highest number of homeless students in upstate NY, but instead for a steadily increasing graduation rate.
The objective of this study is to determine National Collegiate Athletic Association (NCAA) Division I, II, and III athletic department employees’ perceptions of the following general categories in NCAA athletic departments: (a) emotional intelligence, (b) workplace commitment, and (c) burnout outcomes. The following respective subcategories make up the foundation of a questionnaire: (a) appraisal of emotions, optimism, utilization of emotions, social skills, and emotional exhaustion; (b) affective commitment, continuance commitment, and normative commitment; and (c) exhaustion and cynicism. This sport-related organizational management research is significant because it will help fill a void in the discipline of sport management. As stated by Opengart (2005) emotions must be acknowledged as existing, often as job requirements. The literature offers broad perspectives related to workplace burnout, commitment, and emotional intelligence along with the respective subcategories. Negative emotions like loneliness and fear were found to be associated with negative employment stresses (Patzelt, & Sheherd, 2011). Hope, optimism, and resilience were shown to generally relate to desirable workplace outcomes (Yousseff, & Luthans, 2007). Emotional exhaustion has proven to be a solid predictor of organizational commitment (Cropanzano, Rupp, & Byrne, 2003). Positive emotions were found to foster a positive evaluation of a new opportunity and negative emotions to foster a negative evaluation of a new opportunity (Grichnik, Smeja, & Welpe, 2011). The method under which the objective will be pursued is anonymous survey research. Developed by the researchers, the content of the questionnaire was based on seminal research studies in the broad area of organizational management, and feedback from five experts who held no less than 15 years of working experience in an NCAA athletic department. The questionnaire begins with a demographic section followed by a 7-point Likert scale ranging from strongly agree to strongly disagree, consisting of 49 total statements. Electronic mail will be used to send the questionnaire to a random sample of 300 athletic department employees accessed from the publicly accessible National Association of Collegiate Directors of Athletics’ (NACDA) National Directory of College Athletics. Descriptive statistics will be applied to the data to arrive at findings related to athletic department employees’ responses to the subcategories of the general categories related to workplace burnout, commitment, and emotional intelligence from the perspective of athletic department employees from Division I, II, and III NCAA athletic departments. Discussion will include findings-based recommendations for sport managers. Recommendations for future research related to the findings will conclude the study.
The Deese-Roediger-McDermott paradigm (Deese, Roediger, McDermott, 1990) is a commonly used memory technique in which participants study lists of closely related words (e.g. bed, pillow, sheet). After a short delay, they are asked to recall as many words as possible from the list. It is consistently found that participants often falsely recognize words which were not part of the previously learned lists but are strongly associated with these words (e.g. sleep).

The current study is designed to evaluate whether memory recall in the Deese-Roediger-McDermott paradigm is influenced by emotions. Specifically, participants will be asked to study two lists of words that are associated thematically, just like in the traditional paradigm. Each list will be presented orally by the researcher. Immediately following the presentation of the words, participants will be asked to attempt to recall as many words from the list as possible. They will be asked to write down the words they recall on a sheet of paper (order of the words does not matter). The presentation of the two lists will be counterbalanced in order so that half of the participants receive one list first and the other half receives the same list second. Unlike the traditional paradigm, the theme of each list will be associated with a positive academically themed emotion (success) or a negative academically themed emotion (failure). Before completing the recall task, participants will be asked to complete a short survey assessing their current emotional state. The survey will always be completed before the memory portion of the project. This survey is intended solely to assess the participants’ emotional state, not influence their emotional state.

It is expected that participants will experience memory errors for words that are strongly associated to the theme of the list but that are not actually on the list (e.g. success, failure) replicating the typical findings with the Deese-Roediger paradigm. It is also hypothesized that memory errors will be correlated with the current emotional state of the participant. More specifically, it is expected that participants who report feeling more positive emotions at the time they take the survey will be more likely to incorrectly recall words from the positive list. Those who report feeling more negative emotions at the time they take the survey will be more likely to incorrectly recall words from the negative list. The reason why I am interested in this study is because I want to work as a college administrator. I believe that having positive and negative emotion based on academic success is primarily built on different experiences from individuals with diverse backgrounds coming into a four-year institution. This research will allow me to see if emotions have an effect on recall and if they could possibly determine what a person remembers based on their current state of mind.
Community policing is a philosophy that is used to help build positive communications between police officers and the community. This research focuses on the extent community policing can help make a community safer and thus ultimately prevent crime. I conducted this research because it is important to improve communication and trust between the community and the police. Their duty is to serve and protect. I conducted my research through an intensive literary review of current research by Giblin, G. W. (2009), Merlo, M. A. (2012) and Staff, P. (2005) as well as interviews of retired and active police officers.

Community policing occurs when both parties are working together to achieve problem solving techniques. We wanted to discover the underlying problem as to why this philosophy of community policing is not working to its full potential and why people are sometimes still hesitant to approach the police. We discovered first of all that there is a problem with community policing in minority neighborhoods; people in poor neighborhoods do not benefit from this “serve and protect” philosophy because some officers are close-minded and often stigmatize residents based on their living conditions, not on the persons themselves. Although we found that community policing often does prevent crime and makes many communities a safer place, one of the main problems is that there is often a disconnect between the police and residents of minority neighborhoods. If we improve the trust factor between these two parties, there is no telling where this philosophy will go.

The literature review indicates that it is clear that community policing could benefit from some changes; one suggestion was to create start-up programs in which the officers meet and greet the members of the community. Researchers also suggest that having a high-level police presence such as captains, chiefs, or commissioners at all town and neighborhood meetings could improve community policing. This way the community will know they can hold someone accountable if there are certain issues that need a resolution. This will also give the community hope that they are being heard and are taken seriously. Another way to create a positive impact on a neighborhood is by holding community events that are hosted and conducted by the local police department. The more positive interactions with police officers, the more the community will trust and believe in them. A final suggestion in the literature review to improve community policing is to hold a police fair which explains all the functions and duties of the officers, and have community members meet the officers who are directly responsible for that particular neighborhood. These recommendations could help the community trust the police officers and create a more positive atmosphere around them. When the community and the police are both on the same page, community policing will prove to be successful in keeping neighborhoods safe.
Despite efforts being made in the use of eyewitness testimony and fingerprints, the analysis of DNA is considered the most reliable identification method in modern society. According to the Innocence Project, a national litigation clinic that is aimed at reformation of the modern criminal justice system, mistaken eyewitness identification is a factor in 73 percent of cases that would later be overturned by DNA in the US. Other causes that have proven to contribute to the injustices of wrongfully convicted persons are inaccurate forensic science (49%), false confessions (27%), and fraudulent statements delivered by informants (18%) (“The Innocence Project,” n.d.). A more recent study by Laura Spinney (2008) showed how line-ups, or identity parades, have generated possible conflict between science and law enforcement.

In 1992, Barry C. Scheck and his colleague Peter J. Neufeld established a non-profit, national litigation and public policy organization, in partnership with the Benjamin N. Cardozo School of Law at Yeshiva University, called the Innocence Project (“The Innocence Project,” n.d.). Based on scientific proof that demonstrates that innocent persons are being wrongfully convicted and punished in today's society, the Innocence Project has been vital in demonstrating that DNA testing is the “court of last resort” to wrongly convicted individuals. Furthermore, this national litigation clinic is dedicated to the restoration of the modern criminal justice system, in hopes of eradicating future injustice (“The Innocence Project,” n.d.). For example, in 1981, 22-year-old Jerry Miller was wrongfully convicted of the abduction, rape, and robbery of a woman in Chicago. In March 2007, semen found on the victim's clothing proved to not be linked to Mr. Miller, and a month later, not only was he exonerated by DNA evidence, but his conviction had become the 200th conviction reversed in the United States. Mr. Miller's case is one of many DNA exonerations involving mistaken identity or eyewitness error.

Since science is constantly changing and establishing more enhancements, employing the techniques is more sensitive, more prompt, more precise, more dependable, more efficient, and requires little to almost no labor. Forensic DNA techniques began to improve in the mid-1980s, along with developments in both science and technology (Kobilinsky, Liotti, & Oeser-Sweat, 2005, p. 289). With significant funding and financial assistance from federal and state legislatures, user-friendly and multi-functional, state of the art technologies in forensics have been established by the FBI and other agencies. With the development and enhancement of automation and robotic technologies, the future of solving crime in modern society by means of science and technology is very promising.
This research looks at the detriments of one of the largest systemic issues in our country. We dissected some of the causes for the disproportionate distribution of power in the United States of America. Through a succinct amount of research we found white supremacy as a key element in the shortcomings for people of color in the US.

White supremacy is a historically based, institutionally perpetuated system of exploitation and oppression of continents, nations, and people of color by systems created by white males to maintain and defend a system of wealth, power, and privilege. This systemic and institutional racism can be found in subliminal messages and one-sidedness shown throughout American culture. These messages and depictions help negatively condition people of color, thus causing a self-fulfilling prophecy, a sense of powerlessness, and vulnerability. We found a link between American history as well as American mass media and effects on not only people of color, but white people as well. We found that American films and other forms or American culture made people feel more negatively about people of color and more positively about white Americans. The purpose of this research is to dispel myths of inferiority about people of color and provide new information on the covert ways white supremacy is instilled into popular culture.

This research will therefore explore the impact white supremacy has on people of color. The study uses books, films, commercials, literature, shows, news, magazines, and other forms of communication to convey the point that a Euro-centric lens stereotypes and disproportionately misrepresents people of color. The study will examine peer reviewed articles from 1996-2014 using key words such as subliminal messages, white supremacy, American tradition, contemporary oppression, institutional racism, systemic racism, self-fulfilling prophecy, and socialization to convey the point that a Euro-centric lens taints the depictions of people of color.

These misrepresentations implanted by mainstream America socialize audiences. The study will discuss the societal effects, financial effects, and a solution to this overbearing issue of institutional racism. The study was conducted using a qualitative cross sectional review as well as a systematic literature review. This research is important because it provides us more information and gives a better understanding of the huge achievement gap between white Americans and non-white Americans. By conducting this research we can now begin to change American culture through rearrangement of the power paradigm as we know it and bridge the achievement gap strategically. We hope to accomplish that by putting together a culturally diverse committee to regulate American media, education, and policy.
African women are one of the fastest growing entrepreneurial groups but lack representation in international business. It is important to recognize the challenges these entrepreneurs have to overcome and the efforts they make towards both the continental economy of Africa and the global economy. This research focuses on those barriers African women pursuing entrepreneurship face, how they overcome these challenges, and how they ultimately contribute to the continental African and global economy.

A literature review was conducted on the programs and incentives instilled by various African countries and organizations to support and encourage entrepreneurship among African women. Notable organizations such as WOWe (Women of West Africa Entrepreneurship Conference) and African Development Bank Group are assisting with bringing awareness of female entrepreneurship to Africa. These organizations are continuously hosting events and programs to provide support to women in need. One of those programs is the African Women’s Economic Summit, a multi-day conference on financing business ventures based in South Africa and co-chaired by Mozambique’s first lady, Graça Machel.

This literature review also evaluated successful African women operating their own businesses as entrepreneurs. One of those women is Bethlehem Tilahun, the founder of SoleRebels, one of the most successful entrepreneurial business ventures by an African woman. She is listed by Forbes Magazine as one of the “20 Youngest Power African Women” in addition to being named the “African Businesswoman of the Year” by African Business Magazine. The idea of SoleRebels is focused on creating jobs for the local population. In 2004, with $10,000 and a few rubber car wheels, Tilahun began her own business, using recycled tires and members of her community to make shoes that now sell all over the world.

Each pair of shoes is sold for about $60 in more than 30 countries around the world, including Canada and the United States. In 2012, the company expanded and had about 100 employees. In a Forbes Magazine interview Tilahun estimated that her company will retain $20 million in revenue by 2016.

Another successful entrepreneur is Ory Okolloh, a Kenyan entrepreneur, activist, and lawyer. She is notable for her development of Ushahidi, a crowdsourcing website that allows global citizen journalists to report news of emergency events around the world; it was initially started to report the violence that erupted after the Kenyan presidential election in 2008. As a result of its popularity, Okolloh collaborated with Google Maps to identify safe areas for citizens in various countries during crises. The company’s current revenue is $300,000 and has the financial endowment of $1.8 million. Okolloh is now the Policy Manager of Africa for Google.

Although this research has answered many questions, it is not yet finished. African women are indeed contributing to the economies of their native countries, the continental economy of Africa and the global economy. From creating shoes to creating programs for global brands such as Google, African women in entrepreneurship are an upcoming group of women who successfully overcame the many social, political, and economic barriers present in many African nations.
The United States is on the verge of an obesity epidemic. More than one-third of US adults (34.9%) are obese. The estimated annual medical cost of obesity in the US was $147 billion in 2008 (CDC, 2008). Even though prior recommendations have been put into place by the US government for dietary and exercise habits, the upward trend for obesity continues to grow. The current recommendations are centered on carbohydrate consumption, low dietary fat and cardiovascular exercise for optimal health. We propose a different method of diet and exercise habits to cure obesity along with obesity related illnesses with dietary fat as the main source of calories consumed and resistance training for altering body composition. Although various studies have examined the short-term effects of the ketogenic diet (low carbohydrate, high fat) and resistance training separately for altering body composition, the long-term effects of the two combined are unknown. The aim of the study is to pair a low carbohydrate diet with exercise for 24 weeks and observe the effects on body weight, body composition and strength.

Methods: An untrained male, age 33, with a BMI of 33.6 will maintain a low carbohydrate diet (>50 grams daily) for 24 weeks while performing resistance exercise daily for 2+ hours. The information recorded for composition will consist of body weight, body percent, lean mass, fat mass, waist circumference. These measurements will be taken using an Omron electrical bio-impedance meter, tape measure and weekly photographs. The strength measurements will be recorded weekly using the barbell bench press (chest focus), barbell flat row (back focus), and barbell squat (leg focus) in a diary. Additionally fasting glucose, HDL/LDL ratio, and cholesterol will be monitored by a physician.

Results: Within 7 weeks there was a significant decrease in overall body weight (-37lbs). The reduction in total body fat mass and body fat percent (-12%) was significant. We can see a varying change in lean mass. Strength has increased across all 3 exercises in a steady upward trend. Carbohydrate restricted diets seem to improve overall body composition while positively effecting resistant training which both assist in benefits for metabolic health and other markers of cardiovascular health. Fasting glucose show no markers for diabetes or pre-diabetes falling in a range of 60-99 mg/dL (94) with impaired fasting glucose being 100-125mg/dL and diabetes >126 mg/dL. Cholesterol taken is below standard range (163) with < 200 being desirable. Triglycerides also fall below in a positive range (55) with <150 being the normal reference range. HDL was measured at 53 with <40 being low and >60 high. LDL preferred range of <100 is optimal which was measured at 99. The positive range for HDL/LDL cholesterol is 5.0 and below and this measured at 3.1.

Conclusions: We expect to see a continued downward trend in fat mass, fat percent reduction along with lean mass stabilizing. Lean mass loss should slowly decline and start to trend upwards as strength increases. Blood lipid profile and all markers for metabolic health should remain positive or improve.
This research involves a literature review of Black masculinity and communication patterns within the Afro-American community. This project was conducted to investigate why Afro-American males have a difficult time communicating their emotions toward one another. The initial question was to find out why Black men in urban culture couldn’t tell each other that they love one another. Through a literature review and future research, successful programs and resources can be developed to combat hegemonic masculinity, homophobia, and gender and racial policing, which ultimately may impact the beliefs surrounding Black manhood and efforts to decrease an ever-increasing culture of violence and disrespect.

Black males live with a code of unwritten “rules” that exist within the social sphere that encourage the suppression of male emotion in some form or another. It is socially unacceptable that two men show emotions of vulnerability; instead, they are taught to be aggressive and violent. According to Michael Kimmel’s Real Guys Top Ten list, it is “better to be mad than sad,” while Dr. Kimmel goes on to say “Don’t get mad, get even.” In fact, this may be the number one contributor to the violence in urban communities. Young men are taught to not express their emotions toward each other but instead be the first to inflict violence or “put the work in” when a friend has been shot or hurt.

The masculinity box that men are confined to is an ongoing threat to male behavior. A young man risks getting called a name or even beat up if he steps outside of that box; they are quickly corrected by their peers and other men who act as gender police. And in addition to gender policing, Afro-American males have to deal with racial policing. According to Richard Majors, Black men often portray a “Cool Pose” in which they emulate a hardened exterior. American society has not provided most Black males with legitimate channels or resources for developing a strong sense of masculinity, status, or respect. Therefore violence becomes their only symbolic control over others. Striving for masculinity presents a dilemma for Black males because it is often grounded in asking strategies that rest on denial and suppression of deep feelings.

Robert Brannon states that the first rule of masculinity is “No Sissy Stuff!” meaning no gay, weak, or effeminate behavior; and “Masculinity is the relentless repudiation of femininity.” According to the four basic rules of masculinity constructed by social psychologist Robert Brannon, a man is supposed to “Be a Steady Oak.” Whenever a man is described he is always compared to an inanimate, hard object: a steady oak, a pillar or a rock. This correlation is a further affirmation that men can/should not feel.

What is needed is additional research in effective youth-based programming, more resources for practitioners who desire to become culturally competent, and a reconstruction and reform of the education systems. The project also hopes to investigate how women play a part in the social construction of masculinity due to the fatherlessness epidemic.
The purpose of this research is to examine the correlation between police discretion and racial bias and the disproportionate number of arrests of African American males. There is an over-representation of African American males in the criminal justice system. Minorities have higher arrest rates in crimes such as drug arrests that often lead to sentencing and subsequent incarceration. However, African American males especially experience racial bias more than any other race or ethnicity. This research examines police discretion and racial bias as a possible explanation for the disparate numbers of minority arrest and incarceration, African American males in particular.

According to the NAACP, African Americans constitute 14% of the US population. Yet nearly 1 million of the total 2.3 million incarcerated populations is African American. African Americans represent 12% of monthly drug users, but comprise 32% of persons arrested for drug possession. African Americans are incarcerated at nearly six times the rate of whites. There are other factors that contribute to the disparate rates of arrests of African American males as well. The theme of this research is to argue the use of police discretion and bias as a major correlate that affects the racial disparity in the criminal justice system.

Police officers are allowed to use discretion when contemplating whether or not to make an arrest. They are usually the first contact a suspect has with the criminal justice system. They have the power to make and record arrests. They have a significant amount of power when deciding to use discretion when they deem necessary. Taking all this into consideration, could the application of police discretion account for the disparities that exist in our criminal justice system? For years there have been many racially biased headlines involving African American males and the police. The New York Police Department’s “stop-and-frisk” policy was an example of a racially biased policy. There are concerns that minority citizens receive unequal and unjustified treatment due to discretion and bias-based decision making.

A review of literature examined explanations for arrests as well as racial bias and discretion when making a decision to arrest. Many of the studies suggested there were social and economic factors that explained the disparate arrest rates. Some found there was no arrest bias, while others established a clear pattern of bias (a tendency to arrest African Americans).

Could police officers be more biased than they realize? I hope to establish through future research if bias influences the decision-making process when making arrests. Subsequently I hope to establish more complex patterns and trends.
College campuses have always had a unique culture that allows different levels of crime to flourish. Unfortunately, there is very little exposure or notice when a student is assaulted either on or off campus. For this ethnography, the research will focus on not only the relationship between the police force when concerning assault, but also the students’ reactions toward assault myths and assault on their own campus: The College at Brockport.

This research involves many different aspects of the spectrum of assault in civilian crime. Police involvement is not only a huge part of combating crime, but at times it unfortunately has also become ineffectual. This is significant because the prevalence of rape culture and ineffective policing makes campuses even more prone to crime.

This project is conducted by the use of mainly qualitative research that is evaluated through a feminist lens and examines relationships between the police and students. We expect to find a correlation between myths of assault, actual police effectiveness, and student reaction. This research project will include a survey of freshman students at The College at Brockport and their view on assault with a specific focus on myths about assault to which they may have been exposed. The survey will then be separated by the students’ year in the university.

To obtain significant and comparable data, we hope to interview as many first-year students as possible. The survey will include questions that will allow the freshmen to give us honest, extended feedback yet provide us with enough information to support our thesis/research question, which is that rape and assault myths correlate with opinions on policing and lack of knowledge on accurate statistics.

This research is a reaction to the profound cultural indifference that plagues not only campuses when concerning assault, but society as a whole. Universities are extremely prone because they have a larger risk of alcohol-involved incidents along with youth culture. The literature review of this project shows different viewpoints about why campus culture seems to be more toxic than positive. It was therefore important to approach this research from not only a feminist/sociological methodology, but also from a criminal justice lens. Both have culturally relevant standpoints that allow for varying perspectives which this project will attempt to combine to bring about pertinent conclusion.
This research looks at oppression and discrimination stemming from adiposity through an anarchist and queer theory perspective. There is a lack of research in anarchist texts based around fatness and oppression, yet many fat studies researchers have found that fatness is oppressive, discriminating, and often affects one’s socioeconomic status. Since capitalism benefits from oppression and exploitation of all kinds, this project looks at researchers in the fields of fat studies, contemporary anarchism and queer theories to attempt to fill the void of knowledge. Anarchism reaches for an equitable society, one that is built not on hierarchies of privilege and power, but of comradely respect. For those new to anarchist ideology, this vision may be hard to encompass and hold on to, due to the capitalist, white supremacist, patriarchal society that we live in today. Queer theory is seen as an all-inclusive space of acceptance to people who are seen as non-normative or those who challenge normativity. The need to look at fatness through a queer lens is not only to give fat people a voice but also to acknowledge their right to existence and to understand the lives, struggles and oppressions they face. We have seen both a historical and contemporary ‘othering’ of anyone who does not fit inside the constructed boxes made for us in a capitalist society. Therefore, when people do not fit inside that mold, they are merely an afterthought, never at the forefront of what society views as acceptable or even “normal.” An anti-capitalist queer perspective offers insight into how bodies are exploited, oppressed and labeled as abnormal while offering a space for difference that exposes capitalist society as thriving on a binary of bodies rather than accepting the wide spectrum of differences that encompass all bodies.

The contemporary anarchist perspective, as Olson (2009) states, is that we should attack all forms of oppression and not just a primary one, because all oppression will not simply disappear after capitalism is demolished. Therefore, looking at the ways in which capitalism constructs and exploits the body as means of consumption and production only gives room for those who are seen as able-bodied and fit inside the binary of bodily constructions. The literature review shows a need for an anti-capitalist perspective on fatness. Studies have been conducted showing that body size plays a large role in one’s socioeconomic status and life trajectory. In a capitalist society, fat folks are exploited, whether it is being forced to buy an extra travel ticket or being told that they must assimilate to the society expectation of what a body should look like.

Even though this project is very new and in the very beginning stages, it is our goal to work toward eventually breaking the stigma that exists around the fat body, and work toward a world that accepts and also welcomes differences of all kinds.
People commit fraud for many reasons and sometimes without acknowledging that what they are doing is wrong. The Fraud Triangle is a model for understanding the circumstances under which fraud takes place, and it originated from Donald Cressey’s hypothesis, “Trusted persons become trust violators when they conceive of themselves as having a financial problem which is non-shareable, are aware this problem can be secretly resolved by violation of the position of financial trust, and are able to apply to their own conduct in that situation verbalizations which enable them to adjust their conceptions of themselves as trusted persons with their conceptions of themselves as users of the entrusted funds or property.” (Smith, pg. 30) This model can be used to explain the factors that motivate people to commit occupational fraud. It consists of three components that can lead to fraudulent behavior: perceived unshared financial need, perceived opportunity, and rationalization.

This research seeks to understand why people commit fraud as well as the law practices, policies, protocols, and criminal justice implications of fraud. People commit fraud for various reasons, ranging from the need to pay off debts to embezzling or falsifying financial information for personal gain. This presentation is a literature review of several important theoretical approaches and studies dealing with fraud, including the Fraud Triangle and data available from the Association of Certified Fraud Examiners.

The Fraud Triangle is comprised of three factors that must be present at the same time in order for an ordinary person to commit fraud. There is pressure such that one feels motivated to commit the fraud in the first place. Typically, an individual has some kind of financial problem that he/she is unwilling to share with others and is unable to solve in an appropriate way. Next, there is opportunity, in which the individual believes the crime can be committed and that he/she can abuse his/her position of trust to solve a financial problem with a low perceived risk of getting caught. Lastly, there is rationalization, in which the individual convinces him or herself that what he/she is doing is okay. In most cases, the individuals are committing fraud for the first time and thus have no criminal background. As a result, they still believe they are honest, hardworking individuals who are just caught in unusual and bad circumstances. The fraudster must convince him/herself that the crime took place because, under the circumstances, his/her acts were acceptable and justifiable.

Our research will continue during the academic year with interviews of forensic accountants and law enforcement to explore if, when, and how people who commit fraud should be punished. There are so many reasons people commit fraud and there are different perspectives about the appropriate ways in which these cases should be handled. We plan to fully explore these issues.
Introduction: Student loan debt and debt in general are rising issues in the United States, with student loans rising past the $1 trillion mark at the end of 2011 (Evans, 2012). The student loan debt exceeded the national credit card debt in 2011 (CNBC, 2012). In 2012 the total national amount of student loan debt exceeded credit card, housing and auto loan (Brown & Caldwell, 2013). And just within the last decade, the average student loan debt has climbed nearly 63 percent (Kingkade, 2013). Graduates sometimes are over $30,000 in debt while having only a certain amount of time to start paying it off. Some individuals are so in debt that it is making buying a car and buying a house pretty much impossible (Kingkade, 2013). Incidences of individuals committing suicide to get out from under their student loan debt load are on the rise. In some cases these individuals become so depressed that they feel the only way out is suicide (Ehrenreich & Rivlin, 2012).

Method: This study will only be conducted utilizing a sampling pool of undergraduate students from United States colleges and universities. First, the Institutional Review Board at The College at Brockport will have to approve the research study and survey. The researchers will then contact the Alumni Board to identify various alumni associations; the purpose will be to have them post a link to the survey on their social media sites such as Twitter, Facebook and additional alumni websites. We will then send the survey to the alumni for each college and university and use those participants who returned the survey (convenience sampling). Socioeconomic status, we believe, will also make a difference on the severity of depression; if students are of a higher SES class they will have less depression, but if students are of a lower SES class their depression will be higher. With the help of the Beck depression inventory-II we will evaluate the symptoms and the severity of depression from which an individual suffers. We believe that the BDI-II will determine that a person from a low socioeconomic status with high student loan debt will score high for depression, which will result in hospitalization. We also believe that the BDI-II will determine that a person from a high socioeconomic status will score low, therefore not resulting in hospitalization.

Discussion: For the purpose of this pilot study the data will not be analyzed based on the type of college or university the participants attended. Future analysis will be conducted to determine if there are any statistically significant differences in student loan debtor depression scores based on the type of school participants attended. Future studies should also look into trying to use random sampling instead of convenient sampling for more qualitative results. Researchers should also compare undergraduate student loan debt and graduate student loan debt as well as other mental health problems related to paying off student loans such as anxiety.
TRiO Program Staff
(from left to right)

Barbara J. Thompson
Project Director
Herma Volpe-van Dijk
Associate Project Director
Melissa L. Browning
Academic Coordinator

Program Staff

Barbara J. Thompson
Project Director

Herma Volpe-van Dijk
Associate Project Director

Melissa L. Browning
Academic Coordinator

Serene R. Drakes
Office Assistant

Advisory Board

Betsy Balzano
Mark Chadsey
Helen Cheves
Denise Copelton
Carl Davila
Marcy Esler
Michael Fox
Joel Frater
James Georger
Barbara LeSavoy
Isabella Mark
Betty Mathewson-Garcia
Ken O’Brien
Karen Podsiadly
Adam Rich

Contributors

Herma Volpe-van Dijk
Executive Editor

Brian Robbins
Designer

Matt Yeoman
Photography