

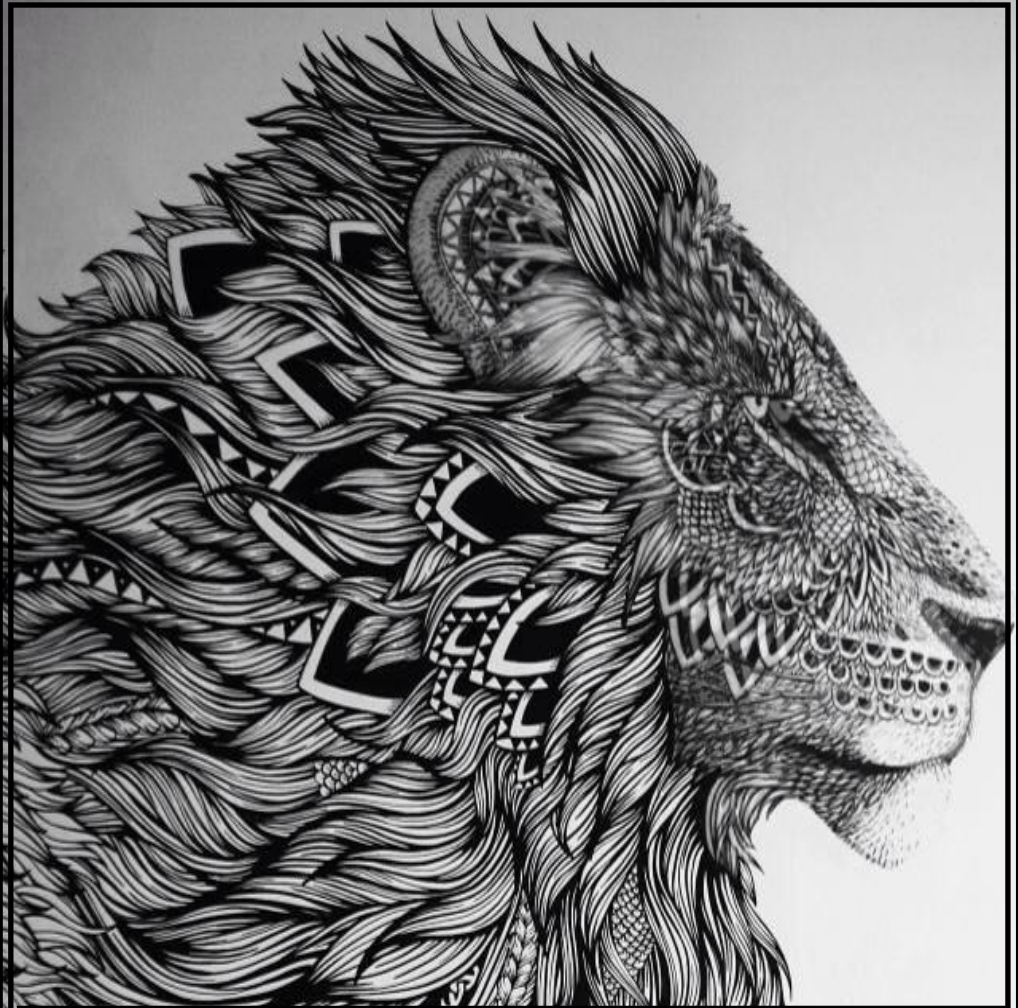
Volume 23 Issue 1

May 2013

# Greatness

A CONSORTIUM OF NEW VOICES

# Kalliope



If you want to achieve  
greatness stop asking for  
permission.

Art by Steven Chima

## From the Guest Editor Fernando Zapata

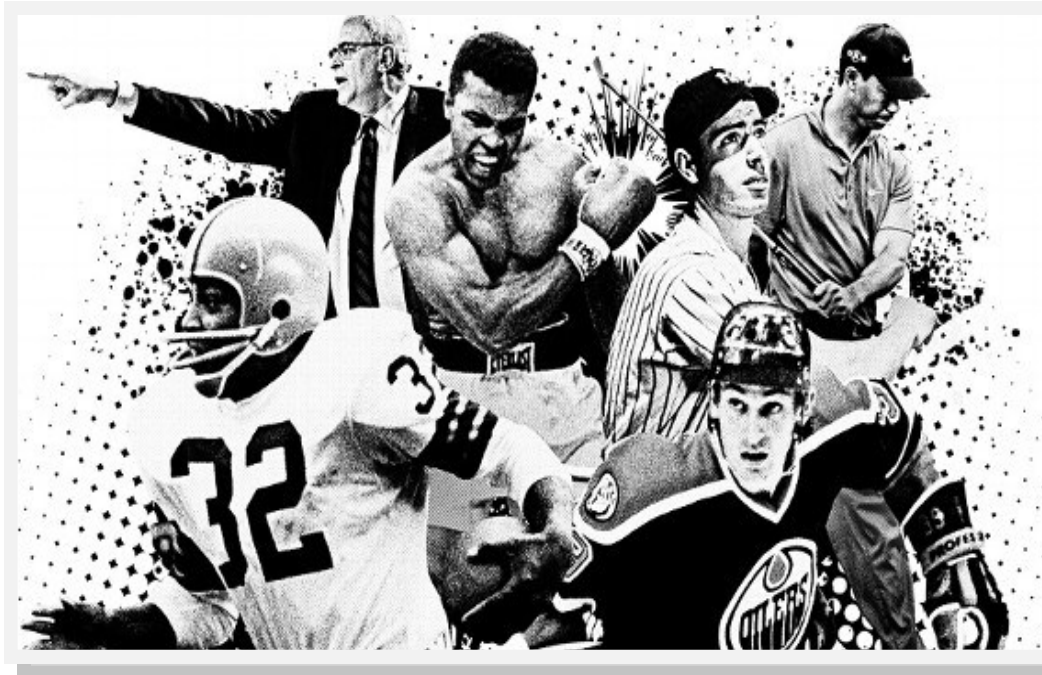
William Shakespeare said, “Some are born great, some achieve greatness, and some have greatness thrust upon them.”

The theme of May’s issue for *Kalliope* is greatness. Originally I chose the theme to get a variety of interpretations on such a common concept, for the idea of greatness is not objective. Personally, I believe

that greatness is within me at all times. Like a potential that needs to be unlocked, greatness is what you make of every situation. Greatness is that moment when you’re running and your conscience is telling you, “stop, just slow down and walk,” but you push through the pain and finish strong. Greatness is the feeling you get when you see everyone at school

making fun of a kid for his “gay” haircut, so you approach that kid and befriend him. It’s the feeling you get when he says, “Hey, thanks for being cool,” and you know exactly what he means. Greatness is most obviously recognizable when society at large or your peers notice your efforts. You dribble up the court, look up at the shot clock, and effortlessly drain the winning shot. Greatness. You’re driving home after a long day at work but you stop to help a person who has a flat tire. Greatness. You save animals from certain slaughter or you help their orphans. Greatness. You plant a forest, nurture a child, write a book, or provide solace to someone who is grieving. All these things are acts of greatness.

I truly believe that each and every single person has greatness within. Don’t wait to show it. The world needs your great gifts now.

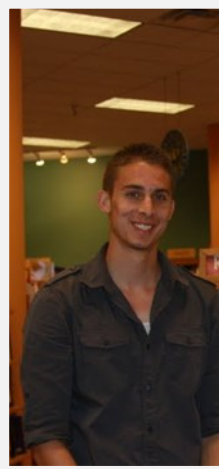


## Interns’ Bios



**Ken Showers** is a senior at Arizona State University, majoring in English Literature. Last semester as part of his course work he wrote and edited articles for *Kalliope*. This semester he joins us as an intern. In his spare time he researches and writes speculative fiction. His interests range from

science, to fantasy, horror, and more. He currently lives at the Arizona State Polytechnic Campus in Mesa, AZ. Very rarely he can be seen doing work.



**Fernando Zapata Garcia** is a Communication major at Arizona State University, working on a writing certificate. He is a huge sports fan and strives to reach his personal and professional goals. One day he hopes to become a sports writer. Since he has sports in his blood he says he will keep working on his skills until he reaches the pinnacle of the profession in which he wants to work. He feels interning is a great way to do that.



# Peace is the Ultimate Expression of Greatness

Sarah Anand Anma



Imperfection is perfect, as it is what humanity is: messiness and all.

What would happen if each of us had the courage to step into our greatness? Instead of individual heroes, we would be a whole planet of beings who champion one another and protect our home, Mother Earth.

Warring and violence are big and boastful acts, overcompensating for smallness of mind and heart.

It takes a brave heart to allow for one's greatness, and since it is scary, it makes one especially vulnerable to ridicule or even violence. Gandhi, Jesus, and Martin Luther King, Jr. are but a few examples of those

**I**t is actually un-humble to that we are. When we deny our w  
 make yourself less than you own greatness, we are denying our h  
 truly are. birthright, stifling the pure gifts of boldly spoke of love and equality  
 BE-ing that have been bestowed and were struck down by fear-  
 induced violence.  
 It is conceited in that it is an u p o n u s . Peace is the ultimate expression of  
 "excessive appreciation" one's own Greatness. It is the unification of  
 missteps or shortcomings. Thinking we are less-than-great is the head, heart, and spirit within  
 dishonest. Yes, we are not perfect, that spills a golden light of love  
 yet, that doesn't disqualify one onto every life that we touch  
 from the possibility of being our creating a ripple effect of goodness.  
 divine purpose, to live, love and m a x i m u m s e l f . Shall we step in that direction  
 grow into the magnificent creatures together?

“What would happen if each of us had the courage to step into our greatness?”

# Love, Life, and Elephants: Dame Daphne Sheldrick

## Shavawn M. Berry

**D**r. Daphne Sheldrick— Dame Daphne — has lived in Kenya in the Tsavo East National Park, a game reserve that exists to protect African elephants, since the 1950s. During her six decades on the African continent, she's made a name for herself through her work with orphaned elephants.

The David Sheldrick Wildlife Trust — named for Dame Sheldrick's late husband — works to protect and preserve the elephant and rhino populations in Kenya from the increasing danger of poaching for their ivory and horns. Poaching is currently threatening African and Asian elephants' very survival and will likely cause extinction in the next twenty years if the world does not work to stop it. Currently elephants are being slaughtered in a number of countries to the extent that elephants in those areas may be extinct before the end of *this year*. For rhinos, the situation is equally dire.

Elephants are extremely intelligent and sensitive animals. They are instinctively connected to their families and have a unique

of the decimation elephants experience has to do with humanity's encroachment on their habitat (as well as the demand for elephant tusks). Elephants need thousands of acres (approximately 8 thousand acres for a herd) to feed and move about. The reserve that



Dame Daphne is in charge of is that size.

Dame Daphne's work involves nursing and caring for the

one orphan exclusively because the elephants will attach to that person in the same way they do other elephants. Dr. Sheldrick lost one of her earliest orphans because she had to leave for a while and a baby she'd cared for exclusively died because it had bonded only with her and refused to eat while she was away. After she lost that baby, she changed the way the organization handled the young elephants in order to make sure that they would feel bonded to more than one caretaker.

Individuals who are interested in assisting the trust financially can choose a particular orphan and sponsor him or her for \$50 per year. The babies are given African names that correspond to the area of Kenya from which they were rescued. Each sponsor receives updates on a monthly basis, so they know how their elephant is doing. They are also provided with other correspondence, watercolor portraits of their baby, and a certificate acknowledging their connection the wildlife trust's work.

Dame Daphne loves elephants. She believes in their

Elephants are extremely intelligent and sensitive animals. They are instinctively connected to their families and have a unique and complicated way of communicating with each other.

and complicated way of communicating with each other. They mourn when a member of their herd dies. Many baby elephants die of a broken heart when their mothers are killed. They refuse to leave her body and, as a result, die of starvation. Most

young elephants that are brought to her. She currently houses 60 orphans. Her wildlife trust and donations from individuals worldwide assist her in her work. Each baby requires a caretaker who sleeps next to him or her every night. No caretaker stays with just

majesty and beauty and has made protecting them and serving them her life's work. Her autobiography, **Love, Life, and Elephants—An African Love Story**, was released in the US in May of 2012. Conservationists like Dr. Sheldrick demonstrate greatness in action.



## The Power of One Shawawn M. Berry

In 1979, when Jadav Payeng was just sixteen-years-old, a sandbar near his home in Brahmaputra in Jorhat, Assam (India) flooded. After the storm passed, he found hundreds of dead snakes rotting in the soil. The sight inspired him to plant trees on the spot where they died.

Slowly, tree by tree, year after year, he planted bamboo and other species of trees to create what is now known as Mulai woods. He brought in ants to improve the soil and he saw ground cover and animals start to return. His forest is now a safe haven for elephants, tigers, rhinos, and birds.

In thirty years' worth of effort he has single-handedly reforested a 1,360 acre area. Payeng did this simply because he wanted to. In doing so, he demonstrates the power (and greatness) of one person.

*"The best time to plant a tree was 20 years ago. The second best time is now." ~ Chinese Proverb*



## Just Say No to Ivory

Yao Ming — the NBA basketball player — recently started a media campaign to curb the market for ivory in China. He aims to educate the population regarding the devastating effect of ivory production on elephant populations in hopes that doing so will curb the market for items made from ivory.

The fact of the matter is, ivory should be banned worldwide due to the decimation of the wild elephant.

**The demand for ivory in Chinese carving factories kills over 20,000 elephants annually.**

At that rate, there will be no elephants left in the wild within a decade. Rhinos are slaughtered for their horns. In Asia the horns are ground up and used medicinally. Using the powder from the horn of a rhino is said to be an aphrodisiac. There is no scientific proof of its efficacy, and even if there was, how is killing off the wild population of rhinos to the point of extinction justified? It isn't. It is devastating to both human and

animals populations. **Anyone purchasing ivory or rhino by-products has blood on their hands.**

Imagine the world without these animals. The very thought of losing these majestic creatures should shame us into actively working on conservation.

To help elephants and rhinos and to stop poaching contact <http://www.savetheelephants.org/> or <http://www.iworry.org/>

# No Matter What, They Persevered

## Rebecca Tappendorf

**H**istory. Even the slightest mention of the word can initiate a cacophony of sighs, moans, groans among many of us. For some, history is about a lot of dead people whose actions have no bearing on our lives. Right?

Not exactly.

While I agree that the rote memorization of names, dates, places, and facts is, frankly, quite boring, I believe that we can learn much from the lives of those who have gone before us. The human aspect of history can prove to be a fruitful study, and by looking into the triumphs and failures and heroism of our forebearers, we can better understand what qualities enable us to achieve success and greatness in our own lives.



### JOHN PAUL JONES

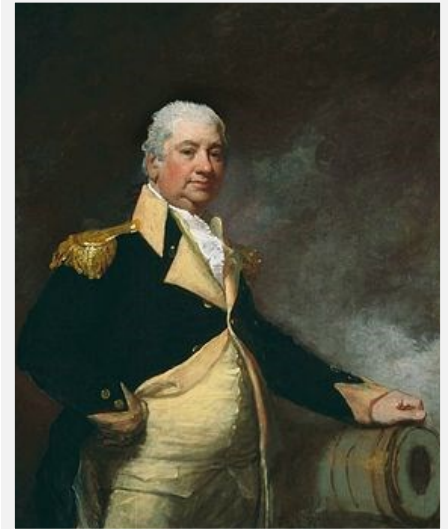
John Paul Jones, a Scottish-born American naval captain during the American War for Independence, joined the Continental Navy in 1775, after the war broke out. He destroyed some British vessels, captured others, and carried out daring raids on Great Britain's shore. On

September 23, 1779, Jones was aboard the *Bonhomme Richard* off the coast of Britain when two British warships sailed up: the *Serapis*—which, with its 44 guns, outnumbered the *Bonhomme Richard*—and the *Countess of Scarborough*, a smaller ship. Although all odds seemed against him, Jones entered the fight. During the bloody battle, which lasted for over three and a half hours, the British cannons relentlessly ripped gaping holes in the sides of the American ship. The Americans suffered a defeat near the beginning of the battle, as two of their best cannons exploded, killing several men. At one point, when the *Bonhomme Richard* was sinking and on fire, an American officer, thinking Jones was dead, offered to surrender. When the British captain answered back and demanded surrender, Jones rose up and uttered his famous declaration: “I have not yet begun to fight!” Through sheer grit and determination, Jones continued to pound the British ships for several more hours. The British eventually surrendered. Jones and his crew boarded the *Serapis* and watched as their battered vessel slowly sank beneath the waves. Jones' intense resolve compelled him to keep fighting even when it seemed hopeless. Jones' perseverance resulted in the first great American victory at sea and played an important role in the war effort.

### HENRY KNOX

In 1775, George Washington tried to siege and capture the British-occupied city of Boston on numerous occasions but failed. At the end of that year, he decided to break the standoff and sent Henry Knox to Fort Ticonderoga to retrieve British cannons left there.

Earlier that year, Ethan Allen and his Green Mountain Boys had captured the British fort and burned it to the ground. Knox and his men were commissioned to round up farmers near the fort and dig the cannons out of the ashes, send the artillery down the river to



Boston. Knox, who weighed 300 pounds, seemed an unlikely candidate for such an ambitious project, since his only knowledge of artillery came from books he had read. However, he gladly accepted the job, which proved to be very difficult. It was the middle of winter, and things definitely didn't go according to plan. Knox recovered 59 pieces of artillery, but when he loaded them on barges to float them down the river, the heavier ones sank. Undeterred, Knox recovered the cannons from the icy river and piled them on horse and oxen-drawn sleds, for a 300-mile trek across the mountains. When some of the animals died, Knox got into the harness himself and pulled some of the cannons—and animals—over the mountain summits. Knox and his men returned in late January



1776, and Washington used the artillery they recovered to force the British out of Boston. Knox could have easily given up. He had plenty of plausible excuses but he refused to quit and played a significant role in the War for Independence.

### HARRIET TUBMAN

Harriet Tubman was born a slave in Maryland in 1820 and experienced whippings from a young age. As a teen, Tubman suffered a severe blow to her head at the hand of an overseer. This injury left her with headaches, sleeping spells, and seizures for the rest of her life. At the age of twenty-five, Harriet married a free African American man, but five years later, afraid of being sold south, she escaped to Philadelphia, where she met members of the Underground Railroad. From 1850 to 1860, she risked her life time and time again to rescue family members and other slaves, “conducting” hundreds of former slaves to freedom along the Underground Railroad. During one of her expeditions leading former slaves to safety in Canada, Tubman developed severe problems with her teeth—problems that should have stopped

in her tracks. However, she refused to let it get in the way of her mission, so she simply pulled them



out herself. Tubman exemplified perseverance in her life and expected the same of the slaves she conducted to slavery: she threatened to shoot anyone who turned back. Needless to say, she had no deserters. At the outbreak of the Civil War, Tubman served as a nurse, spy, and soldier. In fact, she became the first woman in U.S. military history to lead a military raid, guiding Colonel Montgomery to destroy Confederate stockpiles and liberate about 750 slaves. After the war, Harriet remained active as

a humanitarian, suffragist, and civil rights activist. She accomplished great things because she never gave up and never let setbacks and obstacles keep her from doing what she determined to do.

Samuel Johnson once said, “Great works are performed not by strength, but by perseverance.” This was true of Jones, Knox, and Tubman, and it has been true of many others throughout history and even in our own day.

I believe that everyone who exhibits greatness has had to persevere through struggles, difficulties, setbacks, and failures to reach his or her goals. Although many of us may never achieve fame and riches, we all have the capacity to do great things if we exhibit firmness, resolve, and determination. If, as Winston Churchill said, we “never, never, never, never give up.”

People who are truly great don’t succumb to their surroundings; they overcome anything in their way. They don’t surrender to setbacks; they conquer challenges. They don’t fear failure; they embrace errors as a way to learn and grow.

“Never, never, never, never give up.”

~ Sir Winston Churchill

## The Friday Milkman Michelle Johnson

When I think of greatness I do not think of athletes, although I acknowledge the level of skill and the dedication they must have in order to compete. I do not think of public workers like police and fire fighters, though I want them there when I need help and I value their bravery. I also do not think of celebrities whose discipline in entertainment is remarkable, and even praiseworthy.



even though the work can be monotonous. They walk through the two narrow old-fashioned grocery store shelves in the food bank pulling off loaves of bread, cereal, and canned goods for the next patron in line. These individuals are not often recognized or praised, and they are not paid, but still they find the work rewarding. In fact, they even do their work in the hot Arizona summers with only a swamp cooler to cool the dry air.

When I think of greatness I think of people like the Friday milkman. Each week, he donates eight to ten gallons of milk and carries them back to the walk-in refrigerator at the food bank where I volunteer my time. No one has asked him to do this; he simply does this because he wants to. I have not had the privilege of meeting him, but his generosity is

been giving anonymously to people for years now. And he is not the only one.

There are also the morning and afternoon shift leaders. Every week these people volunteer their time to the food bank every single day. They command a relatively small group of co-volunteers who

Our food bank runs on the time and monetary donations of mostly private individuals who want to help others. Some of those individuals have very little to give, but they give what they have. When I imagine what greatness is, I realize it is people like these folks, assembling and distributing food to our patrons. It is simple kindness and caring for those less fortunate.

When I imagine what greatness is, I realize it is people like these folks, assembling and distributing food to our patrons. It is simple kindness and caring for those less fortunate.

legendary at the food bank. The Friday Milkman doesn't take a receipt so that he can deduct his donations on his taxes. Because I serve on the board of directors for this food bank, I know he has never even received a note of thanks. Why? Because we don't know his name. The Friday Milkman has

unload the day's donations off of the truck each morning and stock the shelves. Then, in the afternoon, they pull food from those shelves to fill grocery carts for our patrons, the hungry.

I am inspired by their dedication. What makes them more inspiring to me is their enthusiasm,

Most great actions come from invisible individuals who act from a sense of faith or morality or decency. There is no fanfare for them. They contribute to society in small and large ways because it is the right thing to do.

To me, that is what makes them great.



## King of Kings Kenneth Showers

The poem begins, “I met a traveler from an antique land.” Legacy is a powerful instinct in the human heart. It leads us to do a great many things, such as having children, and doing our best to leave them with a better world. It also drives us to great feats and endeavors. Certainly we have as a species both **c r e a t e d** and accomplished great and good things, and yet, how many people are actually remembered for them?



**Nobody knows the identity of the man from Tiananmen Square, but what he did there was an act of greatness that resonates with us, even today.** We remember the names of pharaohs, and a few of their royal architects, but what of their scribes, or the slaves who built the pyramids?

“My name is Ozymandias, King of Kings.” Of all the poems I have read in my life, Shelley's poem remains my favorite, a hell of a feat considering how much I hate the other romantic poets. It is because the poem is about legacy, and what time does to all things. It is because the things we perceive as greatness are highly individualistic. The world's greatest athlete, might be just *some person who plays sports*, to someone else. There is a common theme in literature where the writers deemed the greatest of

their time are summarily forgotten, and the works we remember today were barely recognized at the time they were written. So it is with all notions of greatness. Perspective and opinions change.

As a country we recognize that Abraham Lincoln was a great man, and outstanding president whose oration we still have recorded. However, if the Civil War had been lost, how might things have been different? Or of Hitler? It's a terrifying thought, but history is written by the victors and we use that history to instruct the next generation.

“Look on my works, ye mighty, and despair!” While we strive for greatness, we also challenge our descendants to do better. In essence, we strive to destroy our own legacy. It is a contradictory thing. On the one hand the greatness of those who come after will be remembered; however, our deeds will be forgotten. Nobody remembers the

people who come in second place. The challenge is important though. If nobody ever tries to beat your high-score at say, Donkey Kong, then your victory wouldn't mean much. So, our descendants failure to overcome the challenges we set for them are both their own downfall and our own validation.

Good and bad, the one problem we can't solve about greatness is the legacy it grants us. Time truly is the fire in which we burn, and the same goes for our deeds. Truth becomes history, history into rumor, rumor into legends, and legend is often forgotten. Our stone, our steel, and our resolve eventually fade into dust and blow away on the wind. Ozymandias was a great king whose folly was carved in stone. The poem is a reminder that nothing great lasts forever. It is ephemeral like our lives.

And even if we could find a way to preserve greatness forever, who would be left to remember it?

# Seeking Perfection In Humanity

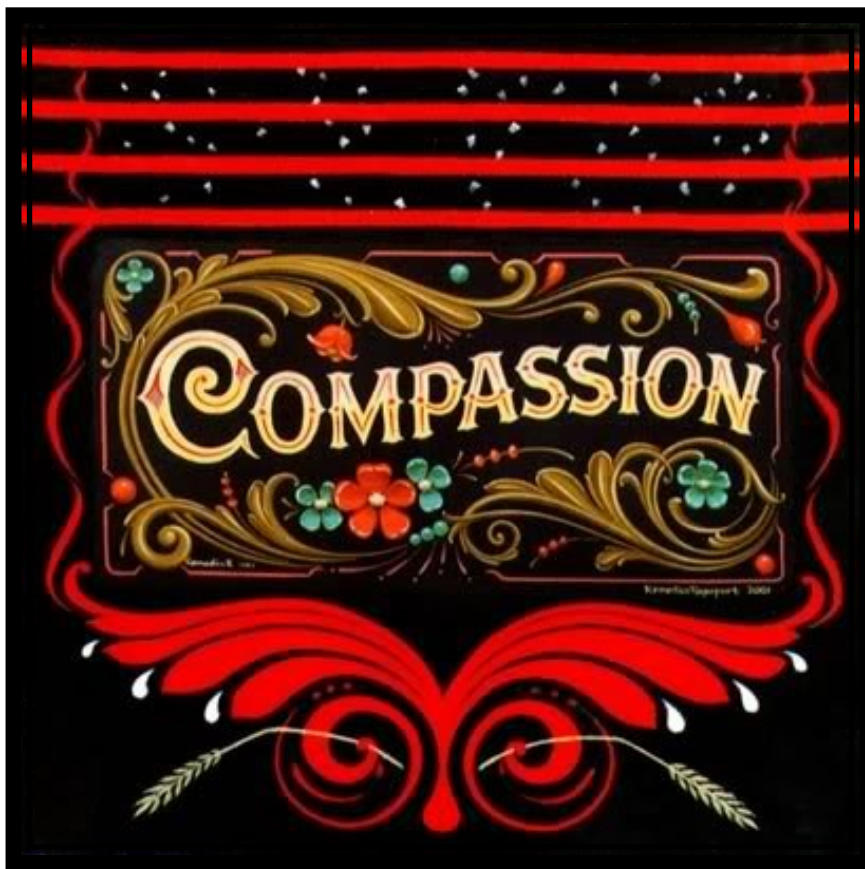
## Amanda Stoneman

Adam Smith, a moral philosopher, once said, "To feel much for others and little for ourselves; to restrain our selfishness and exercise our benevolent affections, constitute the perfection of human nature." Compassion, feelings of empathy for other people's suffering, is a great human characteristic. People's genuine desire to alleviate the pain of others truly does make the world go round.

Compassion at the simplest level involves caring for our family and friends. Taylor Herber, 11, acted bravely and shaved his head bald for his best friend, Ian O'Gorman. Ian underwent surgery, and doctors removed an orange-sized tumor on his intestine—Non-Hodgkins lymphoma. Chemotherapy meant baldness before his teenage years and the stigma of sickness. Taylor believed the experience would be less traumatizing for Ian if he were not alone. Bald became the new trend. Soon a group of fifth-grade boys eagerly lined up to have their heads shaved, calling themselves the Bald Eagles. Erik Holzhauser, Ian's friend, said, "We shaved our heads because we didn't want him to feel left out." The Bald Eagles truly embodied what it means to be compassionate. Ian was incredibly grateful, saying, "I was really

amazed that they would do something like this for me."

Helping a friend or family member in need is simple, but what about showing compassion towards strangers? Thomas Chappell, 56, extends his compassion to a customer in his



cab. After driving her to multiple doctors' appointments, Thomas discovered his passenger had a kidney disease with no compatible donors. Thomas' rearview mirror magnified her pain each visit and he was determined to see if he was a match. It turned out that he was a perfect match. Thomas planned to donate his kidney, mentioning that, "Just seeing how sick she was every time I saw her, I knew I had to do it." Thomas had no doubts; he was just being compassionate.

A seven year old, the youngest of the bunch, took compassion to another level by spreading her kindness to multiple strangers around the world. Isabelle Redford's passion for drawing motivated her to use her artistic abilities to raise money for orphans. After

hearing a heartbreaking story about twin girls who lost their mother during childbirth in Haiti, Isabella was eager to help. She handmade cards and started collecting quarters at garage sales as if she was managing a lemonade stand. Her sales soared, raising more than \$10,000. Isabella used the money she raised to help build a home for six orphans and a mother in Tiatayn, Haiti. In honor of the young girl's compassion, the

family named the home Isabella Redford's House of Hope. Isabella didn't stop with one house; she raised enough money for another house in Malawi, Africa. "I really want to do this all over the world where they really need it," she said.

Each of these individuals was able to put the needs of others before their own, exhibiting a nearly perfect human sensibility. Their courage, kindness, love and compassion are necessities that are vital to the survival of humanity.



# The Mystique Of Messi

## Shane Chergosky

Just about every community holds athletes in high regard. Whether it be an Olympic runner representing an entire nation or simply the star quarterback of a local high school football team, these athletes represent perseverance, discipline, and the desire to accomplish great things even when all hope seems lost. They are inspirational embodiments of greatness, setting examples for younger generations. However, “With great power comes great responsibility.” Yes,

that quote comes from the pages of a Spider-man comic, but I still feel it is relevant to the life of a professional athlete.

Many athletes have overcome obstacles while climbing the ladder of success, but along the way, a certain level of integrity is lost. Just about every week, you hear about a pro-athlete being involved in some sort of scandal. While they are only human, the contents of their character is something to consider when celebrating them at a high level. When considering the notion of true greatness, I found myself at a loss. I wondered if there was a great athlete out there who has done great things and yet maintained a positive image.

Fortunately, after a brief conversation with a friend, and a little research, I felt I found an athlete who is both. For me, that athlete is Argentine footballer, Lionel Messi.

Messi, known as “the Flea” on the field, embodies a level of athletic greatness that is uncommon. Starting at the age of



five, Lionel played primarily for the local club of his native Rosario and led the team to numerous wins throughout his young life. But at age 11, Lionel was diagnosed with a growth hormone deficiency and was at risk of not becoming the star player he dreamed he'd be. Luckily, his talents were recognized by FC Barcelona, the team he would later become famous with, and was given financial aid for his deficiency. Years passed and Messi grew famous not only for his goal scoring abilities, but for his work in the global charity community.

On March 11<sup>th</sup>, 2010, Messi was named a Goodwill Ambassador for the United Nations International Children's Emergency Fund (UNICEF). The foundation noted that Messi's work would be focused on children's rights and to “highlight the challenges faced by vulnerable children” (unicef.org). The UNICEF name is displayed on the jerseys of FC Barcelona in response to Messi receiving this honor.

Lionel Messi has also established his own charity aptly

titled “The Leo Messi Foundation” in which Messi personally participates having visited Haiti after its 2010 earthquake and opening various community centers for children. Even at the young age of 25, Lionel Messi has proved that greatness can be forged even in youth. His athletic ability, records, and numerous awards, is only comparable to his active role with his charity and UNICEF. Messi spreads goodwill in the name of children's rights throughout the world. On top of all this, Messi is now a father of a baby boy, and supports his girlfriend, Antonella.

I am neither much of a sports fan, (nor a particularly athletic person), but I do feel it is important to recognize when an individual of such success is immensely generous. Messi does outreach to not only his own community, but to the world as well. He's a role model in the best sense of the word. Messi's story truly shows that even with the spoils of being an international celebrity, a great man can find a balance between power and responsibility.

## Samson's Strength Victoria Winters

The doctor and my parents were quietly talking beyond the curtain as I held my little brother's white, needle-pricked hand. My eyes were dry. I'd gotten to the point where I couldn't even cry. In that moment I had with him, finally, I needed him to promise he wouldn't land in the hospital again. I knew my demands were unrealistic, but he had to promise me. I needed to know. I needed him to understand the knot in my stomach was a knot I carried not only for me, but for our brothers and sisters, and our Mom and Dad as well. His giant, tired eyes filled with tears and he said, "I promise, Vicky."

Now eleven-years-old, I realize that Samson is the strongest person our family. That first terrible night at the hospital, he barely survived what we came to find out was a diagnosis of Type 1 Diabetes. He was nine. Nine. Type 1 cannot be treated with diet or exercise. It is genetic, and there is no specific known cause or cure. Imagine being a kid his age. It is 12:30 am; those brownies your Mom made today sound really good all of a sudden. Maybe you decide to just go out to the kitchen and have one or two. Wait, 2 brownies means you will need to take an insulin shot. You will need a shot... in the middle of the night. Except, one shot's not enough anymore. Samson needs sometimes 6, 7, 8 shots a day, and he'll need this for the rest of his life.

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In school, at home, during sports, Samson is the kid who notices when someone's feeling down. He's the first person to say, "What's wrong?" and the last person to leave your side. This

characteristic is very genuine. He puts his entire heart into the act of loving someone.

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The year that Samson got sick, his best friend Michael was rejected by his peers due to some bad behavior at school. Samson was harassed, time and time again



for his

choice to remain friends with him. What no one at school knew (even Samson) is that Michael came from a broken home. Michael, his two older brothers, and their mother suffered through years of abuse from their father, a man who eventually abandoned them. Their mother struggled to hold onto her job and all of this affected Michael's performance at school. In fact, most of his disruptive behavior stemmed from his pain. Samson cared about Michael and remained his friend, despite the difficulties. You see, Samson's ability to love is greater than any I have ever known.

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The night I got the call that he was being ambulated to

Phoenix Children's Hospital, is also the night that I needed to remember how to find the inner strength that my kid brother seems to come by naturally.

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A year after his diagnosis we interviewed with a journalist at the *Daily Courier Newspaper*, and Samson retells his story. He's being profiled to explain why he will be walking in our local *Step Out: Walk to Stop Diabetes*. At the end of the interview he tells the reporter, "Oh, I was just wondering, when you tell my story in the paper, can you mention my very best friend Michael, too? He would really like that."

I tear up, flashing back to that night I held his hand in the hospital when doctors told him he would have to take multiple shots a day for the rest of his life. I remember how his face crumpled as he sobbed and his frail body shook.

After all that, he's still so big-hearted he wants to make sure that the reporter mentions Michael.

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I was home this past weekend and Samson hugged me for what felt too long and too hard. In March, he marked two years with Diabetes. He wore the *How to Train Your Dragon* pajamas I bought him when he was in the hospital, even though they no longer fit him. I realized he wore them out of love for me.

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Because of Samson's strength, he is the greatest person I know. I firmly believe that it is not *what* you go through in life that determines how great you are, but rather *how* you are able to handle the things you go through.



## Go Big Or Go Home

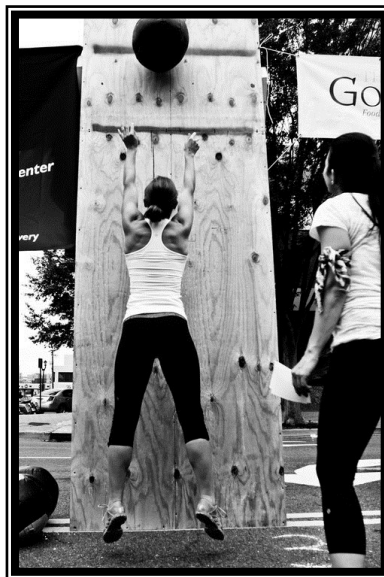
### Chriselle Asuma-Irion

One night I had a dream where I was outside of my body, staring at two different versions of myself. One was asleep, mouth slightly open with what looked like a bird's nest on top of her head. The other stood stoically in front of me, only recognizable because she and I had the same exact scar on our right arm. This person stared intently at me, not saying a word, ethereal in stature and so powerful in the way she held herself that I was dumbfounded at the possibility that we could be the same person. As I reached out to touch her, I was suddenly pulled away from my dream, back to my blob of a body that had no motivation to get out from under the nice toasty covers. Lazy as I was, that image of myself still burned fresh in my memory, compelling me to take a look at myself and ask, "When did I become so mediocre?"

It's never easy hitting a plateau, especially at the young age of twenty, where I'm supposed to have an abundance of energy and the motivation to take on the world. But alas, I had neither and had resorted to schlepping around with no purpose other than going through the motions of what I felt I was *expected* to do.

What is it exactly that prevents us from being great? It's hard to say, considering we all have our vices. But the one thing we all have in common is that, the majority of the time, our problems is self-induced. As Oscar Wilde mildly put it, "We are each our own devil, and we make this world our hell." Though it may seem dismal, our good friend Mr. Wilde merely describes the inherent self-berating nature of human beings -- nothing is holding us back from

greatness but ourselves. If humans have the ability to create their own hell, then they're more than capable of creating their own heaven.



Ironically, my dream woke me up and made me realize that I wasn't reaching my full potential. It showed me the person I was at the time and the person I could become. Despite my new-found existentialist motivation, I still struggled to break free from the mold of my daily routine.

How does a person stop living in mediocrity and start living in greatness? It's a question of purpose and passion, one that I answer by doing something that I love.

All humans have the inherent ability to be whatever they aspire to be. It's a matter finding something to strive for and wanting it badly enough to persevere through challenges to reach it. Nothing worthwhile ever came easy. It takes that extra rep, the extra mile, the additional hours of studying, the many sleepless nights of putting in extra work, and most importantly, the ability to push

through and learn from failure. These are the qualities that make a person extraordinary.

Many times, I've found that my fear of failure prevents me from doing things that could potentially benefit me in some way. This fear plagues many of us and prevents us from achieving personal growth. To live an extraordinary life, we should aim to expand our horizons in spite of the risk. When we were children, our parents would measure our growth by marking our height on the wall. It wasn't until we saw the markings that we noticed how much we had grown. Though older now, and our physical growth has probably stopped, we can still grow our lives. Our minds and the opportunities for us to succeed can still expand exponentially. And though it may not seem like we're making great strides now, if we take the steps to work towards our goals, we can measure our improvements hour by hour and day by day.

There are certain days when my body hates me. My hands are blistered, and I'm so sore that I can barely walk. I force myself to keep track of my nutrition, when what I really want to do is devour a cheeseburger and a milkshake. I still get intimidated when I raise the weight on my lifts. Sometimes I cringe when I walk into the gym.

But all it takes are those first few reps to remind me of why I make the effort in the first place. I'm becoming the version of myself that was almost unrecognizable to me just a few months ago. I may not be great now, but *I will be*. And I know the same can be said for anyone who puts in the effort in all aspects of his or her life. After all, if you're not going big, then you might as well go home.

## An Unexpected Hero

Elyse Hertfelder

The hero's journey is a concept used often in literature and film. It starts off with the call toward the quest that will change the hero's life dramatically, their denial to accept what they must do, the push that inevitably leads them past the limits of their known life, and then to the danger that awaits them in the world of the unknown. Through these trials, the hero is able to enlighten himself and become the person he was destined to be. This is where Peter Jackson's adaptation of *The Lord of the Rings: The Fellowship of the Ring* begins, with the initiation of the quest Frodo must undertake: the destruction of the One Ring to defeat the Dark Lord, Sauron. This impressive task is entrusted to a halfling, a hobbit who dwells in the Shire with the rest of his kin. Greatness is hardly the word that would describe him, yet every assumption is cast away with Frodo's continuous perseverance, and his resilience toward the pull of the One Ring of Power.

As the story opens, a visitor journeys to the Shire for a birthday party. Gandalf the Grey enters Hobbiton through the winding paths of grass and rock strewn roads while the dwellers of this green valley full of wild flowers and hobbit holes do what they do best: farm and eat. The birthday party for Bilbo Baggins ensues, leaving the hobbits to celebrate a character of fortune, fame, and most controversial of all, adventure (during which, he stumbled upon the ring). When Uncle Bilbo has passed the One Ring of Power to Frodo, he takes it upon himself to journey toward Mordor and destroy it. Of course he has doubts and fears, after all how can he, a halfling who is no bigger than a



child, make a difference in the world? Frodo's bravery begins to emerge however, and in turn, his selfless offering leads him toward his own greatness. Frodo ventures in to the gloomy world of grown men and darkness with his faithful companions Sam, Pippin, Merry, and the One Ring, close to him.

Enter Aragorn, the brave, rugged, and mysterious Ranger of the North. He quickly shows his strength and experience in battle with the forces of evil. With his help, the five companions find themselves in the dominion of the Elves, whereby they enter Rivendell.

The Council of Elrond begins, and as the members of the council argue with at each other, it is Frodo that steps up to offer his life in exchange for the safety of Middle Earth. Gandalf recognizes the selflessness that's in Frodo's heart, and so agrees to accompany him as long as the ring remains his burden. Both Aragorn and Legolas know the dangers, yet their hearts remain true, and they are agree to put themselves in danger in place of others. That is how they reveal their greatness.

Gimli bravely offers his axe in the support of Frodo, and then Boromir agrees to give his sword in

the protection of Frodo. Finally, the hobbits offer their help to accompany this rag-tag fellowship on their journey towards Mount Doom. This ultimate sacrifice is what defines each character's strength. They defeat their own fear. From that point on, the expedition is defined by more than the challenges the Fellowship must overcome, but by each members' ability to honor their allegiance toward Frodo.

Gandalf is the first member of the Fellowship to fall, yet they know they must continue their journey. It is upon leaving the hospitality that Galadriel that the Fellowship begins to break. Boromir attacks Frodo, trying to take the ring from him, when they are set upon by the enemy. This act of betrayal does not define Boromir as a dishonorable man, nor does it affect his actions later.

This moment, when the Fellowship is supposed to be at its weakest point, is where their true greatness is revealed. Boromir realizes his mistake in trying to take the ring and gives his life trying to protect the hobbits. Pippin and Merry sacrifice their safety for Frodo, Sam fights for the right to accompany Frodo to Mordor, while Legolas, Gimli, and Aragorn run to aid Merry and Pippin. Gimli says it himself, "The Fellowship has failed." Aragorn looks at his two companions with purpose, stating with the hard assurance that they must stay true to each other. This hero's journey doesn't just apply to Frodo, but to the Fellowship as a whole. This is what defines all nine members of the Fellowship: greatness is not shown by extraordinary deeds. Instead, it is revealed by the honor and love they show one other.



# The Thrill of Victory; The Agony of Defeat

## Gregg Freauff

For any football fan, the Super Bowl can be bittersweet. If your team is not in the game, allegiances to other teams based on conference and division have to be taken into account. For most people, it is impossible to root for a division rival. In my case, the San Francisco 49ers, a team that won the right to represent the NFC in the 2013 Super Bowl is such a team. The beauty of football, however, is that even though my team is not in the Super Bowl this year, I will watch the game hoping the 49ers lose. The game should be enjoyable, but it will never compare to the year my team made it to the big game.

In 2008 I got to experience the thrill of the Arizona Cardinals playing in the Super Bowl. My living room was decorated in red and white flags and blankets, all bearing the scowling Cardinal logo. Every guest was wearing a red Cardinal jersey and hat; my face was painted red and black and I had on my lucky Cardinal wrist bands. A half-eaten buffet of nachos, hotdogs and chips covered the coffee table in the middle of the room. And all eyes were on the TV in the corner, where the Cardinals were driving the ball down the field. Suddenly, Kurt Warner threw

a quick pass to Larry Fitzgerald. Fitz cut down the middle of the field and went untouched into the end zone. The Cardinals had taken the lead in the Super Bowl. As soon as Fitz caught the ball, the living

room was screaming and running through every room in the house with my dogs trailing at my heels barking. When I got back to the living room the war paint on my face was streaked from sweat and tears and I wondered: "How the hell did we get here?"

The Cardinals are one of the original teams in the NFL, but they never seemed to be wanted by a city. The club started in Chicago in 1898, moved to St. Louis in 1960 and ended up in Arizona in 1988. They were the only professional football team that shared a stadium with a college team, the Arizona State Sun Devils, because they could not get funding for their own stadium until 2006. They have only three winning seasons since moving to Arizona in 1988 and change coaches more often than some people change underwear. For me, the hardships of Cardinal fandom made the road to the Super Bowl even more meaningful.

There was just over two minutes left in the Super Bowl when the Cardinals scored and the initial euphoria of taking the lead was starting to wear off. The realization that the Steelers had time to score again and could take back the lead sat over the living room like a dense, black and yellow fog. Then, tension



## The Thrill of Victory/Freauff/continued

was palpable and my wife had to leave the room because the communal stress was causing her stomach to hurt. I was glued to the TV with everyone else, and once the Steelers started their drive, all other sounds faded and the movements on the TV appeared to slow down. I was stuck to my chair, hoping the Steelers would fumble or something, anything to keep the Cardinals in the lead. An entire season hung in the balance of the two fateful minutes.

The Cardinals were not expected to do much in 2008. They had a new coach and an old quarterback. Despite this, the season was good for the Cardinals; not spectacular, but good. They went 9-7 and won a weak division which gave them home field advantage for the first game. I went to that game and the atmosphere of the crowd was electric. There were no expectations, just an exuberance that Phoenix was going to be treated to a home playoff game. The mood was loose and jovial. Most of the fans were there for the Cardinals, which is a rare occurrence given their history, and nobody had ever seen this team at home in the playoffs. And then they won. The feeling of solidarity within the building was palpable, but there was still not a thought that they were going to the playoffs.

Then the Cardinals went on the road and beat the Carolina Panthers in dominating fashion. Suddenly, NFL analysts were talking about a Cinderella story. There was only game between the Cardinals and the Super Bowl, against the Eagles. And the game

was in Phoenix. There were a few Philadelphia Eagles fans at the game, but the majority of people at the game were still Arizona Cardinal Fans. The excitement knowing that a win would propel the Cardinals into the Super Bowl was unreal. The crowd was relaxed,



just like our team. No one thought the Cardinals would ever be in this situation. Then they won.

In the next two weeks leading up to the Super Bowl the coverage for the game was immense. I never thought I would hear so much information or talk about my team. It was exciting. Celebrities admitted to being longtime fans and the bandwagon was quickly filling up with fans of other teams who wanted to see the Steelers lose. The Cardinals were heavy underdogs and all I could think was “don’t get embarrassed”. I know this seems to be a strange thought for a fan, but I had never been here before and losing was a

prevalent part of my psyche.

The Steelers were eating up huge chunks of yards and the Cardinals defense seemed to be a step too slow on every play. The Steelers completed a pass to the back of the end zone that appeared to be out, but the referees called the play a touchdown. The Cardinals challenged the call and the review seemed to take forever as the announcers discussed if both of the receivers feet landed in bounds. The TV kept replaying the catch from multiple angles and all I could do was stare at the TV and wait. I knew that the whole season rested on this call.

The referees returned and confirmed that the receiver did catch the ball in bounds and the touchdown counted. The Cardinals tried to rally in the last few seconds of the game, but their dreams of Super Bowl victory disappeared when they fumbled the ball on the last play of the game. I hit my knees and watched the clock tick slowly to zero knowing they might never get back to the Super Bowl again in my lifetime.

It’s been five years since the Cardinals’ moment in the spotlight. A team that was not expected to produce from a city with no expectations almost pulled off one of the biggest sports stories ever. And I was there for the whole ride. With time to heal and reflect on the season, I realize that the team gave me a moment of celebration that I will never forget.

It was the greatest feeling ever.

As a Cardinals’ fan, what more could I ask for?

A team that was not expected to produce [...] almost pulled off one of the biggest sports stories ever. And I was there for the whole ride.



## The Ripple Effect

Ceirra Smith

Inspiring individuals have passion for what they do. They seek communal achievements in addition to setting personal goals, and their actions reflect that of a person who is dedicated to their cause even when there are no cameras present. Great people do remarkable things because they know it's the right thing to do. Sure, celebrities such as Oprah Winfrey, Brad Pitt and Madonna are famous for their selfless work, but there's something inspiring about hearing how regular people make a difference within their communities.

Giving of yourself to benefit someone else, especially a complete stranger, is admirable. Yet the majority of the general public only has

admiration for talented athletes like George Herman "Babe" Ruth, Tiger Woods, Tom Brady or LeBron James. These men represent the ultimate image of greatness in their respected fields. But just as they log the man hours to perfect their craft, millions of men and women make just as many sacrifices to benefit their respective communities. Such men and women are in the shadows, showing the world how to love and respect everyone, even individuals society has cast out. Admirable people have hearts of service. Drastic improvements

**YOU ARE BEAUTIFUL NO MATTER YOUR...**  
SEXUAL ORIENTATION  
MENTAL STATUS  
RELIGIOUS AFFILIATIONS  
LET NO SOUL TELL YOU OTHERWISE  
POLITICAL VIEWS  
BODY TYPE  
GENDER  
SKIN COLOR

occur in seemingly hopeless situations because every day people like Leo Brown have passion to improve their community for future generations. When others give up or ignore the negative situations around them, these selfless individuals choose to take action.

### Pastor Leo C. Brown

Growing up in Seattle, Washington, I witnessed Leo C. Brown Jr., pastor of the True Vine Community Church located in Tacoma, Washington, serve his

community in any way he could. He gave cars away and helped build houses for families who were homeless. Nearly a decade later, 83-year-old Pastor Brown has not stopped giving back to his community. With the help of God, he founded and operates prison and youth ministries. He's done this for the past 40 years. The McNeil Island and Purdy Prison Ministries spends nearly two hours at the prisons every Sunday—to encourage inmates who feel disheartened or hopeless because of their incarceration. Pastor Brown, alongside six ministers, and seven missionaries take time to counsel and listen to each inmate, in the hopes that they will turn their lives around. But the pastor doesn't stop there. He works

with youths from dozens of churches around the Puget Sound area to increase their awareness of Christian values, real world responsibilities, physical fitness, and community service.

The youth program, Operation Longthrust, provides more than 250 children, ages six to sixteen, each year with a week-long outdoor experience on Orcas Island. Operation Longthrust thrives on assisting at-risk youth and low to mid-income families whose parents are not able to send

## Smith/The Ripple Effect

their children to a summer camp. Isolation on the island helps kids open their minds to new people, experiences, and adventures. Pastor Brown founded the program because too many young people are ridiculed for their mistakes and are not receiving the help they need to better their lives.

Pastor Brown is a true example of greatness.

### Emily-Anne Rigal

Improving something is tough, especially when you don't know where to start. But Emily-Anne Rigal, a student at Columbia University changed her outlook on life. After being bullied in school, Rigal established the WeStopHate organization to stop any and all hate and to reach out to youths in different parts of the country. Because we live in such a negative world, Rigal chooses to help raise self-esteem in her clients. Rigal encourages teens in her community to love who they are as individuals. The organization has a Twitter account and Facebook page with a combined total of 24,000 followers/likes.

The site also has an anti-bullying program complete with blogs, WeStopHate apparel, accessories, and posters which can be purchased for as little as \$5.00. Ms. Rigal is a firm believer in defeating hate with positive



actions. WeStopHate recently shot a public service announcement for Bully Button. In the video, WeStopHate team members talk about adding a Bully Button to accompany the "Like" button on Facebook in order to acknowledge and prevent cyber bullying. With the Bully Button, Facebook users will be able to tag a comment/post as cyber bullying. Her actions have sparked change all over the United States. She speaks at conferences and school gatherings in the New York area, challenging teens to embrace their differences and to encourage others.

It's amazing what can be accomplished if we're dedicated to making it happen. Pastor Brown

and Ms. Rigal made positive changes in their communities because they took action.

Being active in your community gives you an opportunity to impact a stranger's life in a positive way. Pastor Brown and Emily-Anne Rigal are great individuals because they inspire others to take action.

In the end, if all we care about is ourselves, how well have we lived? We should always ask ourselves what can we do to make a difference. One small act, one life changed, ripples out to all others. We may not think we can change the world, but that should not deter us from trying.

One small act, one life changed, ripples out to all others. We may not think we can change the world, but that should not deter us from trying.



## Happiness is an Inside Job

Maureen Reilly

**E**ver since I was a child, my father told me, "Above all else, be happy. With happiness comes success." Growing up with this thought in mind, I've come to realize one thing: happiness truly is an inside job. In order to have it, you must become whole in every aspect of your life.

By bettering yourself mentally, physically, emotionally, and spiritually, a sense of fulfillment is sure to follow. It is easy to find happiness in each of these elements of life. Whether it's falling in love, graduating college, going for a long run to clear your mind, or having real faith that you can achieve anything. Happiness comes as a part of the process of life.

Becoming happy and achieving greatness begins with mental and physical health. Having a healthy lifestyle gives you the energy to achieve much more on a daily basis. This leaves you feeling accomplished and satisfied. Though it may not seem easy at first, anything is possible if you set your mind to it.

Along with being healthy, focusing on mental strength, and pushing yourself to constantly improve your mind will bring forth fulfillment. Read lots of books.



other night, I caught a glimpse of the sky above me. It was dotted with stars. Back home in Chicago, pollution and ambient light block out most of the stars. Understandably, the sight left me speechless. Gratitude. We often forget, but appreciation for life is a cornerstone of happiness.

Having faith in something also increases happiness. The simple act of believing has extraordinary effects. Have faith in something. Have faith in yourself, your craft, or your plans! Whatever you choose, realize that believing in something great pushes you to become more than you thought possible.

Many times, we think that in order to achieve greatness, we must complete some sort of feat that separates us from the rest of society. Though this is one way to achieve greatness, everyone can be great in their own small way. By challenging yourself and improving your life on a daily basis, you are embracing greatness. Through the simple act of appreciating your life or taking better care of yourself, happiness will not only be unavoidable, it will be contagious.

In fact, whether you realize it or not, your light illuminates all others.

Learn how to play that instrument you always wanted to play. Make a point of learning something new everyday. You will be amazed how much better you feel.

**Make sure to fall in love with as many things as possible.**

Find beauty in the little things in life. Doing so makes you realize how wonderful life really is. As I was walking home the

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# Sacrificing For Others

## Brian Holleran

Lionel Messi is widely thought of as one of the greatest soccer players of his generation. At only 25 years old, he may yet become one of the greatest players in all of history. In 2012, Lionel set a new record for most goals scored in a calendar year, a record that had stood since 1972. As his career continues to flourish, one might wonder how he got to where he is today. Not surprisingly, he never would have made it this far without the support of his parents and the sacrifices they made.



At the age of 8, Lionel was recruited to join a local youth organization. He quickly showed his skill in the sport and was attracting a lot of interest from clubs worldwide. However, he was much smaller than others his age and he was eventually diagnosed with a hormone deficiency that restricted his growth. This was a costly expense for his parents. Luckily FC Barcelona offered to pay for the treatments if Lionel would participate in their youth academy. Excited to help their son both medically and athletically, his

achieve greatness.

The sport of soccer, with multiple levels of youth academies, seems to be a sport that requires great sacrifices of its players no matter which country you're in. For example, take the story of Ben Lederman from Los Angeles. Ben was only 11-years-old when he was offered a spot in a two-year training program at FC Barcelona's Youth Academy. However, he had no income and no

schools allowed volunteer coaches, which is all my Dad's busy schedule allowed him to be. As I grew older, my dad paid for me to attend expensive, out-of-state summer camps in order to improve my skill and expose me to the eyes of recruiters. While in high school, he even took things a step further. Though he was scheduled to work every other Friday, the night my school played their football games, he made sure he was there for every game. Sometimes he had to trade shifts with a coworker and in return for his one Friday night shift, pick up two of theirs. At each game he recorded every play I made so I could watch myself later and look for areas where I could improve. This helped my development as an

way of supporting himself in a foreign country. Luckily his parents realized that this was an important step on his journey towards greatness. They made the move to Spain and Ben became the first American to wear the jersey of FC Barcelona.

Ben's parents remind me a lot of my own. My parents sacrificed their time



Sacrifice is giving up something good for something better.

parents gave up everything and moved the family from Argentina to Spain when Lionel was only 13-years-old. His parents were willing to do anything to help their son

and money in order to help coach my team, or attend my games. During my youth, I played football for private schools so my dad could be an assistant coach. Private

athlete; however, it really took away from my Dad's ability to sit back and simply enjoy my game.

Though becoming a great athlete was not in my future, my



father did his best to support my goals no matter what he had to sacrifice.

Athletes who do not have the support of their parents sometimes need outside help.

Michael Oher is currently a starting offensive tackle for the Baltimore Ravens, an NFL team who just this past season won the Super Bowl. Before his professional success, however, he went through a lot of hardships. His mother was a drug addict and his father was in and out of prison until he was murdered when Michael was in high school. After living with many

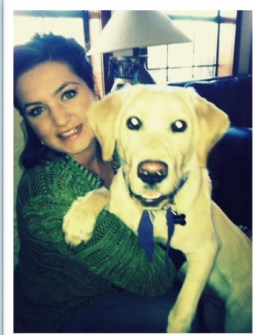
different foster families, Michael was adopted by Leigh Anne and Sean Tuohy. By then, Michael was a star athlete in football, basketball, and track, but had a cumulative GPA of 0.76. The Tuohys hired a private tutor and Michael enrolled in online classes that allowed him to replace previous failing grades. With their support and love, he eventually graduated with a 2.52 GPA and was able to play football on a scholarship for the University of Mississippi.

Athletes have to make many hard decisions on their path to greatness. Whether they have a

family to support, or they just dream of seeing their name on a billboard, each individual must sacrifice something along the way. Many people are willing to make sacrifices in order to make themselves better, but what about giving something up for others? In order to be great, athletes not only make their own sacrifices, but require their families and friends to do the same. Those sacrifices are often quite significant.

However, if the world of sports teaches us anything, it's that making a sacrifice for your child's dream, is *always* worth it.

## Contributors' Bios

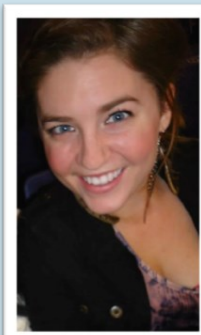


**Victoria Winters** is currently Pre-Law and an English Literature Major here at ASU as a Junior. She was born in New York and was raised with her five younger

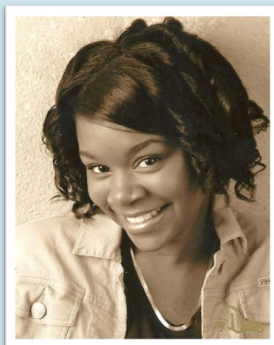
siblings in Prescott, Arizona. The love of her life is her pup Bruno who is her precious yellow Labrador. She enjoys camping, reading, gardening when she has spare time, and coffee time every morning.

A sophomore studying English Literature at ASU,

**Elyse Hertfelder's** interests in reading and writing has brought her to become a bibliophile of epic proportions. J. R. R. Tolkien, Shakespeare, and Jane Austen are



writers that inspire her. Her love of all that is literary fuels her hope to become an author and book editor one day.

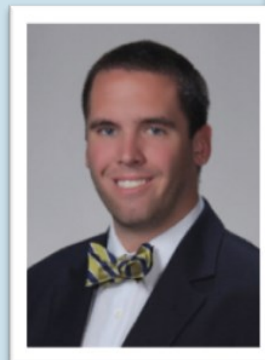


**Ceirra Smith** is a junior at Arizona State University studying English Literature, thus she always has her nose in a book. Last week it

was *Thirteen Reasons Why* by Jay Asher and this week it is *Gone Girl* by Gillian Flynn. Aside from reading, she enjoys ballroom dancing, biking and swimming. Ceirra is an active member in her community, feeding the homeless with her church and volunteering at Kodiak Produce every two weeks.

**Gregg Freauff** is new to the writing scene. He was born in Germany and moved to southern Arizona when he was four. He has travelled throughout the United States, Europe and South America. Besides writing, he enjoys

watching sports and hanging out with his wife, Rebecca, and their four dogs Dexter, Daisy, Odie and Bobo.



**Brian Holleran** is a fourth year

student at Arizona State University. He loves to read, focusing mainly on self-published authors in his favorite genres: fantasy and science fiction. Brian is one of six children born to his parents, Michael and Sherry. One day he hopes to become an accomplished wizard and save the world from evil, just like his close friend Gandalf.

# Contributors' Bios



**Sarah Anand Anna**, Intuitive Relationship Coach and founder of Art of Relationship uses a proven process to optimize all relationships, especially in one's love life. Whether you are a Single

person, frustrated by your current results or in a loving relationship that yearns for deeper and more meaningful connection, Sarah's compassionate and effective step-by-step approach will get you the results you crave. To get your free CD, "How to Attract and Grow the Love of Your Life," and receive weekly tips and tools visit <http://www.artofrelationship.net>.

**Sara Calton** is a sophomore at Arizona State University, majoring in English Literature. Following graduation, she hopes to move to New York City to be a book editor. Sara spends her time reading, writing, hanging out with friends and family, and dreaming about graduating and moving to New York City.



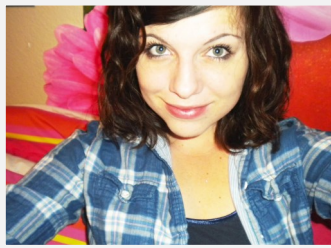
**Rebecca Tappendorf** is a junior at ASU, double-majoring in Music (Piano) and English (Linguistics), with a minor in Spanish and a certificate in Writing. She loves to write and plans to go into editing. In her free time, she enjoys playing piano and flute, spending time with family and friends, visiting and hiking in our National Parks.



**Michelle Johnson** will be graduating in the Spring of 2013 with a bachelor's degree in English Literature and a Writing Certificate. She is the mother of five children with whom she loves to

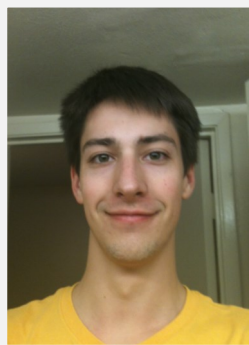
hike, read, cook, and hang out. Post graduation she is interested in pursuing a degree in law.

**Amanda Stoneman** is currently pursuing a B.A. in English (Creative Writing) and a professional writing certificate at Arizona State University. Amanda's writing has been



published in MASK (Mother's Awareness on School-Aged Kids) the magazine. During her free time, Amanda enjoys writing short stories and reading novels by her favorite author, Tana French.

**Shane Chergosky** originally from Edina, Minnesota, has lived in Arizona since 2010. A former opinion columnist for Arizona State's *State Press*, Shane is studying English literature with a minor in communication, while pursuing a certificate in professional writing. On the side, he is focusing on his talents as a poet and enjoys the works of Stuart Dybek, Steven Hernandez, and Christopher Buckley. He spends his free time writing, playing drums, and attending concerts.



**Chriselle Asuma-Irion** is a junior studying communication at ASU. She has been published in Sheknows.com, an online magazine dedicated women's



lifestyle and entertainment. Aside from spending time with her family and friends, her favorite hobby is participating in CrossFit. Her dream career would be to own a community based CrossFit magazine.

**Maureen "Mo" Reilly** is a junior at Arizona State University majoring in English Literature and minoring in Media Analysis. A long way from home in Illinois, Mo has lived in Arizona for about a year now. Following graduation next spring, she plans to move back to Chicago, attend graduate school, and someday pursue a career

in editing or teaching. Besides reading and schoolwork, Mo enjoys spending time with family and friends, golfing, and enjoying life.

**Shavawn M. Berry, Managing Editor** is also a writer and a poet. Her work has been published in *Poet Lore*, *The Cancer Poetry Project*, *Ebsco Poetry database*, *Westview*, *California Quarterly*, *Synapse*, *Poetry Seattle*, *Blue Mountain Arts*, *North Atlantic Review*, and *Concho River Review*. She teaches writing and editing fulltime at Arizona State University. Her blog, [Falling Into Wonderland](http://fallingintowonderland.com), has thousands of readers throughout the world. *Kalliope* has been, and continues to be, a labor of love for her.





# Change Your Focus; Change Your Reality

## Sara Calton

**K**eeping Up with the slowly turning into mush as we *Kardashians*, *The* hear about the newest addition to *Bachelor*, *The Real* the Kardashian show dynasty, yet

*Housewives* (of every city in the country), *Here Comes Honey Boo-Boo*, and *Duck Dynasty*—these are the queens and kings of reality TV. Every day, previews and billboards, radio ads and newspaper headlines remind me of the glorious entertainment escape that is reality television. Instead of remembering my drab, dull life, I push aside my homework and electricity bill and spend another fabulous half an hour watching Kim and Khloe fight. Again. I watch avidly as the new Bachelor sends yet another sobbing

woman home, one who is absolutely sure she will never find love because the Bachelor was “the one.” Uh-huh.

We all do it. We all watch the marathons of *Teen Mom* or *Toddlers in Tiaras* because there is “nothing else on TV” and all our “books are all the way across the house” in our cave-like rooms. We sit there, pretending like we hate it, complaining about the show’s stupidity under our breath, and yet, we vapidly watch another episode. We laugh, we cry; we love them, even as we pretend we don’t.

What is it about these so-called reality shows that fascinate, yet disgust us? We feel our brains

we tune in at that precise time just to find out why Kourtney and Kim are indeed “taking Miami.” We can’t help ourselves—I know I can’t.

But the obsession is more than just the show itself. We buy their products, read magazine articles giving us the blow-by-blow of their lives, and follow them on Twitter. We put these reality stars on a pedestal. They are the faces of America. Sort of. (Not really, but we buy the hype.) For while we spend our time consumed with wanting to know them and to be like them, all the while overlooking the real greatness that surrounds us everyday.

There’s the Hispanic family in my neighborhood who began to sell tacos from their home every Friday night. They had so much success they just opened up their own restaurant called Backyard Tacos. It’s packed every single night. There’s the man I know who quit the law firm he worked for in New York, moved across the country, and started his own firm because he didn’t agree with the way his former firm practiced law. He is hiring new associates now because he has so many cases. There’s also my childhood piano teacher who decided to go back to school following her husband’s

death, and is now teaching music at a local college. She has more piano students than she can handle.

These are the men and women who should be praised: the ones who have started with little to nothing, and still ended up with a successful restaurant, store, or company. They didn’t gain their success from sex tapes or as the result of their famous parents. They gained it from intelligence and determination.

So snap out of your reality TV addiction, and focus on the real greatness that surrounds you every day.

*That’s* something worth watching.



## The Greatest Fernando Zapata

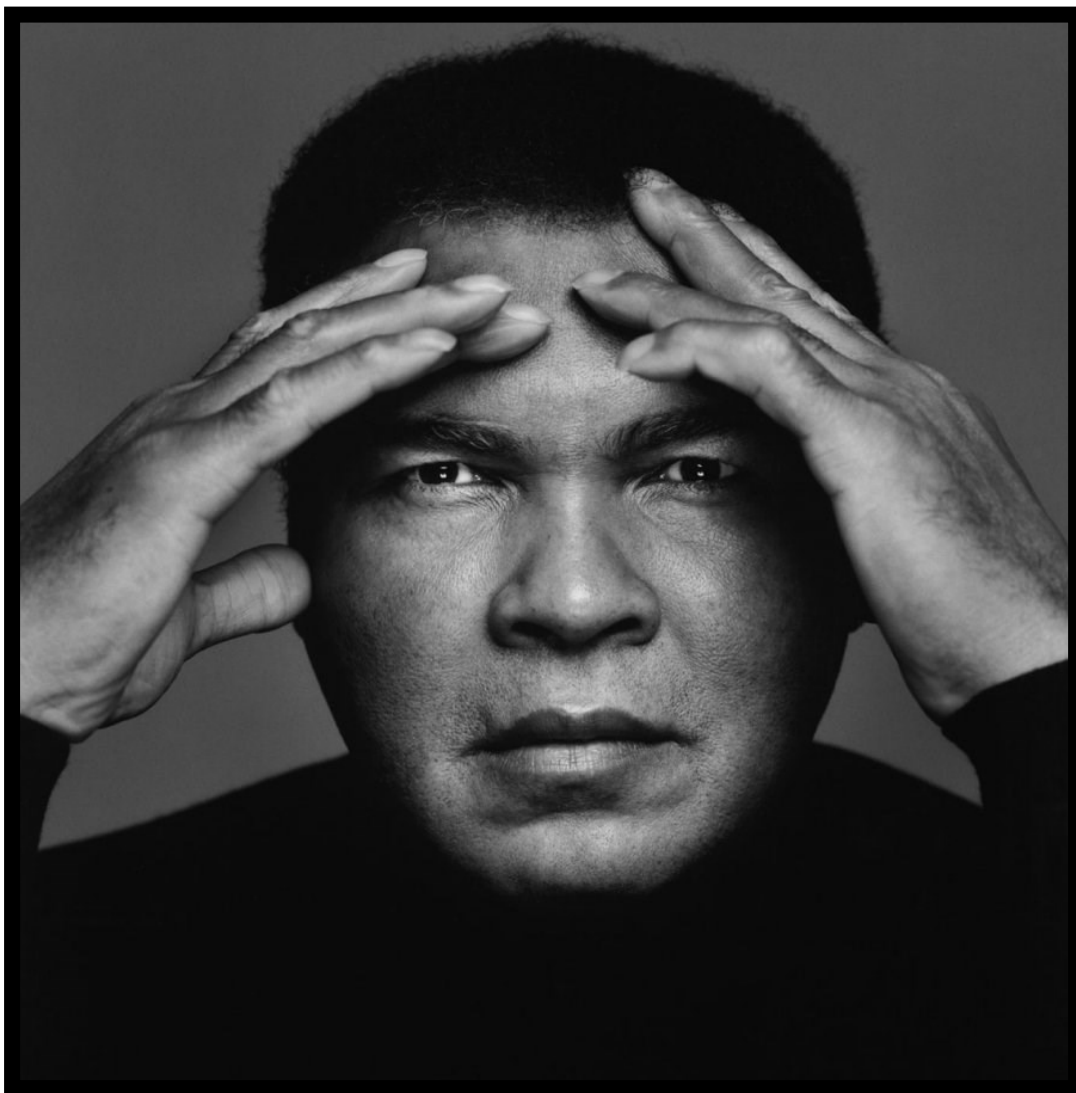
I know what greatness is. Greatness is and always has been a huge part of my life. Greatness has the potential to bring happiness or bring the constant feeling of failure. Can you be great without an audience's recognition? Is someone great without the comparison to someone who is less than great?

Sports is the type of industry that is run on greatness and has billion dollars invested in venues for the sole purpose on getting people in the doors. The reason they visit these venues is in order to possibly witness greatness.

### The Greatest

Muhammad Ali is an iconic figure to this day, even though most of his fights happened decades ago. Ali was a prize fighter and had some of the most popular fights in boxing history. Although a boxer, Ali was also well known for his life outside the ring. I admire Ali not just for his boxing brilliance, but also for his focus on his life outside the ring. In highlighting some of Ali's key moments we can define greatness and easily see what it takes to reveal one's greatness athletically.

Ali was born Cassius Marcellus Clay, Jr. on January 17<sup>th</sup> 1942. At the age of 12, young Cassius discovered his talent for boxing as a reaction to his bicycle



being stolen. He wanted to beat up the kid who stole his bike. Instead of crying about it, or sitting by and letting it happen, he dealt with it in an aggressive way. Although violence is usually not the answer, young Cassius decided to go out and solve his problem, to take fate by the hand. A mindset like this could be seen as a foreshadow of his future greatness. Cassius was born in Louisville, Kentucky. Segregation made it difficult to receive fair treatment in the South. Still, he went on to win the golden gloves award in 1959. He won the Olympic gold medal in boxing the

following year.

It is true that a lot of athletes come up in their respected sport with high potential and hype, but never really pan out at the professional level. Cassius grew up during a highly racist time and still dominated the sport of boxing. Clay turned pro in 1960 and remained king of the sport of boxing throughout that decade. He won his first heavyweight championship belt against Sonny Liston. Ali went into that fight an underdog, but walked away a winner.

At the time, Ali was just as well known for his speeches as he



# Kalliope: Beautiful Voiced

## The Greatest/Zapata

was for his boxing. He often came up with nicknames and wrote little rhyming songs about his opponents; in this case, Liston was “ugly, old bear.”

Ali speaks his mind and stands up for what he believes in. After his championship fight in 1964, he announced that he had become a Black Muslim. Greatness always stands out. At a time where racism posed a threat to his everyday life, he announced publicly that he planned to convert. He did not care what others thought of him, only what he truly believed. The choice to convert to

stopping him by way of total knockout.

The Ali/Foreman championship fight took place in Africa. Ali called the fight, “The Rumble In The Jungle.” Arguably, it is Ali’s most famous bout. The fight got global attention due to its serious implications. It was Ali’s comeback. Did this once dominate fighter still have it after his long layover?

This was a dangerous situation for Ali as Foreman could do some serious damage. Again, Ali was told he was *this*, and no longer *that*. Did he listen? No. Instead, his greatness came through.



“The man who has no imagination, has no wings.” ~ Muhammad Ali

Islam led Cassius to change his legal name to Muhammad Ali. This is the name by which we still know him today.

Ali was tested when Uncle Sam knocked on his door regarding the draft in the late 1960s. At the time the United States was engaged in the Vietnam War and they wanted Ali to fight. However, due to his religious beliefs, he refused. He stood up for what he thought was fair saying, “I ain’t got no quarrel with those Vietcong.” As a result, Ali was stripped of his championship belt and sentenced to 5 years in prison.

After being banned from the sport of boxing for the majority of his prime, Ali was reinstated to clash with heavyweight champion, George Foreman. Going into this fight Ali was a huge underdog. In his 30s, he found himself facing a young and powerful Foreman, who seemingly had the power to knock anyone out. Foreman fought Ali’s rival, Smokin Joe Frasier, and knocked him down 8 times in 3 rounds, ultimately

When he entered that ring, he showed the world what standing up for what you believe in and never giving in can do. He implemented what he called his “Rope a Dope” technique to wear down his opponent. He finally put Foreman down with a total knockout in the 8<sup>th</sup> round to regain his world heavyweight championship.

I don’t commemorate Ali solely for his boxing career, although he was a great boxer. I admire the greatness he inspires in himself and others. It is true that Ali is one of the greatest athletes of all time, but he was even greater as a person. He showed his fans that he stood for what he believed in and wasn’t afraid to show it. Ali was known for trash talk but he never spoke out in a malicious manner. He had fun psyching out his opponents with his little ditties, realizing that much of the fight is won on that level. If you believe you can win, you can.

Ali remains, to this day, one of the greatest athletes to ever live.

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### Managing Editor

Shavawn M. Berry

### Guest Editor

Fernando Zapata

### Writers/Editors

Shavawn M. Berry  
Kenneth Showers  
Fernando Zapata

### Contributors

Sarah Anand Anna  
Chriselle Asuma-  
Irion  
Sara Calton  
Shane Chergofsky  
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Elyse Hertfelder  
Brian Holleran  
Michelle Johnson  
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