

The Honors Program Newsletter

VOL. 19, ISSUE 1

FROM THE HONORS OFFICE, HORTON HALL 104

SUMMER 2005

Honors Program welcomes freshmen at June 23 luncheon

BY JESSICA KROUT
HONORS SOPHOMORE

Incoming freshmen Honors students munched with their parents, university administrators, Honors faculty, and current Honors students at the orientation luncheon on June 23 in the Tuscarora Room.

Besides eating their fruit cup, chicken Caesar salad, and chocolate raspberry mousse cakes, students and parents heard from Dr. Kim Klein, Honors Program director and coordinator of the event; Dr. Jody Harpster, interim president; Erin Harmon, Honors senior and president of Honors Student Organization; and Lora Ruhl, Honors junior and chair of Freshmen Orientation Committee.

Harpster first congratulated the students on their admission to the Honors Program, then explained the importance of staying active in the program. By participating in activities such as the International Textbook Project, students are not only involved with activities on campus grounds, but also around the world. In addition, Harpster spoke on the governance of the Honors Program and students' opportunities to become officers or chairs.

As an officer, Harmon talked of her own personal experiences in the program—how her leadership and service in the program helped her to acquire her summer internship and what she learned from her experience of studying abroad in London. She also stressed the importance of friendships that students will

make with other Honors students. "Look around—these are the people who will become your best friends during the next four years," Harmon said.

Ruhl gave the freshmen an understanding of what's to come in their near future. As a key planner of freshmen orientation activities, Ruhl talked about the Academic Day book discussion as well as a scavenger hunt and picnic to take place the weekend before classes start.

To finish off, Klein made closing remarks to the 125 who attended. Afterwards, students and parents continued their university orientation.



The incoming freshmen who attended the June luncheon.

CALENDAR

August

26 - Academic Day/Freshmen Orientation Begins
10:30-11:45 a.m., Meet in front of Horton Hall

28 - Mentor-Mentee Picnic & Scavenger Hunt
4:30-6:30 p.m., Meet in front of Horton Hall

**30 - Freshmen Orientation Session and Dinner:
Honors Student Organization**
5:30-6:15 p.m., Century Café, Old Main

September

6 - Honors Fall Reception & General Meeting
3:30-4:30 p.m., Tuscarora Room
See old friends, meet new students, and learn essential Honors information for the 2005-2006 school year.

**13 - Freshmen Orientation Session and Dinner:
Undergraduate Research**
5:30-6:15 p.m., Horton Hall 127

29 Pizza with a Prof: Hosted by Dr. Kara Laskowski,
Speech Department
5:00-5:45 p.m., Dauphin Humanities Center 316

Honors freshmen orientation continues on Academic Day, August 26

Honors freshmen orientation will continue on Academic Day, August 26. Freshmen will meet in front of Horton Hall at 10:30 a.m. Lora Ruhl, chair of the Freshmen Orientation Committee, and upper-class Honors students will lead the Academic Day orientation. The program will include a meeting with the Honors staff and student leaders, a tour of the Honors office, and the Honors discussion sessions.

During the fall semester, Honors freshmen orientation will continue with a series of five panel presentations and dinners. The orientation sessions are designed to introduce students to the program's curricular and co-curricular activities. Honors students, faculty, and administrators will be among the presenters. All sessions will run on Tuesday afternoons from 5:30-6:15 p.m. The dates and session topics are:

August 30: Honors Student Organization
September 13: Undergraduate Research Opportunities
October 4: Honors Curriculum and Scheduling
October 18: Study Abroad Opportunities
November 1: Internship Opportunities

Orientation sessions will be held in the Century Café in Old Main and in Horton Hall 127. Check the Honors Program web site (<http://www.ship.edu/~honors>) for session locations.

A new "Lite" on the "Freshman 15"

BY STACIE WIGHT
HONORS SOPHOMORE

All graduating high school seniors and incoming college freshmen are aware of the nightmarish weight gain associated with the first semester of college. This so-called "Freshman 15" is primarily blamed on the high calorie cafeteria meal options. I share a completely different view. Sure the food on campus carries a few more calories and there is an unlimited surplus of cookies and Pepsi, but is that really where the weight comes from? Think about it. Here on campus you walk everywhere. You wake up in the morning and walk to three different buildings across campus for your classes, walk back to the dormitory, and then later walk to lunch and dinner. Walking monopolizes the day. That, my friend, is a lot more walking than I ever did during my high school career. Still want to blame the weight gain on food that you burn off over the course of the day? The real "Freshman 15" doesn't linger in Kriner or Reisner, but in the surrounding apartment complexes and the fraternity houses. Yes, at the heart of this weight-gain, beer-pong and power hours can be found. Beer and other various malted beverages are to blame for that saggy fifteen pounds you will be fighting with while bathing suit shopping. "Lite" beer packs in a whopping 100 plus calories per can. Within the recommended 2,000 calorie diet, a few beers would dominate about a quarter of that. These extra calories, in addition to all of the expected snacking at parties, pack on the unbearable and much dreaded "Freshman 15." Regardless of whether you chose a healthy alternative to a hamburger or pizza, it's the all night keggers and social functions that lead to that outlandish beer belly. Good luck fitting into your shorts from last summer, or your favorite mini dress. This weight, of course, is the hardest to lose. Maybe you should think about that girlish figure or that sweet six-pack you've adopted before you go wallow in another carbonated alcoholic beverage.

Topic Suggestions? Questions? Comments?
Contact Stacie at sw0992@ship.edu.

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Italy: the experience of a lifetime

BY NICOLE THIERWECHTER
HONORS JUNIOR

As a broad generalization, people understand the benefits of studying abroad—one learns more about another culture, more about him or herself, more about the world. All of these are tremendous benefits that apply to studying abroad anywhere. Aside from these, however, there are two main reasons why I am glad to have studied here in Italy. One thing that I particularly enjoyed about living in Italy was the language. The Italian language is very beautiful, but regardless of its beauty, I have simply appreciated the existence of a language barrier. I had never studied Italian before coming to Italy. I had always wanted to learn it, but never had the opportunity in school. Though the concept of a language barrier has a negative connotation, for me it was exciting. It was a daily challenge to have to think about how to communicate even in the most basic situations. It was also extremely humbling to realize how great the average Florentine's knowledge of foreign languages compares to that of the average American, even the average study abroad American student. Yet, studying Italian in a situation where it is actually applicable was extremely beneficial to both my knowledge of the language and to my appreciation of my own knowledge of English. Having to make an effort to think of just one way to say something really put into perspective my ability in English to express the same meaning in multiple ways. I have a much greater appreciation for the subtleties of my own native language as well as a much stronger desire to learn other languages.

The other aspect of living in Italy that I particularly liked was the different attitude toward work and life in general. In Italy, business hours are scheduled around the lifestyle of the people. Most stores close for a couple of hours for lunch and close by 7:00 for dinner. Though this seemed very inconvenient at first, I have really grown to appreciate this feeling that the person comes before the business here. I found it very valuable to experience such a different cultural mentality than that to which I had been accustomed. There are, of course, many other cultural differences and many alluring elements in Italian culture. The food and the wine, as well as the fashion, certainly live up to the hype. The art museums and cathedrals are breathtaking as is the landscape; traveling within Italy, I saw some of the most beautiful sights of my life. Looking back I have no regrets about my decision to study in Florence. It is a beautiful city, rich in art and history, yet still bustling, especially with students. Living in Italy has been the experience of a lifetime and I would recommend to anyone not to be frightened by the cultural differences and the language barrier, but to embrace the differences. The results of doing so repay the effort a hundredfold.



A view of the Ponte Vecchio in Florence, Italy.

Graduating seniors honored at annual spring banquet

BY JENNIFER MICHAEL

After putting extra labor into some of their classes, writing term papers and plowing through books while their friends relaxed, Honors students celebrated the hopeful success of their efforts at the annual Honors Program Spring Banquet on Monday, April 18, 2005. After dining with a little extra elegance ("Which fork do I use now?") in the Tuscarora Room, Honors students, faculty, and administrators were entertained by guest speaker, Dr. Mary Stewart, chair of the English department at Shippensburg University. After amusing the audience with student responses to an e-mail survey, Dr. Stewart encouraged students to write "life lists" of everything that they wanted to do during their lives. Dr. Stewart discussed her own "life list," and how she recently was able to cross visit the Great Barrier Reef off her own list!

Following Dr. Stewart's remarks, awards were presented to Honors faculty and students. Dr. Tony Ceddia, president of Shippensburg University, thanked the Honors staff for their efforts to strengthen the Honors Program during the past years. President Ceddia then presented the graduating seniors with their Honors graduation cords, while Dr. Klein answered the infamous question for each senior of "What are you going to do after graduation?" The outgoing Honors Student Organization officers were recognized, and the 2005-2006 Honors Student Organization officers were introduced: president Erin Harmon, vice-president Ryan Blackman, secretary Becky Kreider, and treasurer Lora Ruhl.

A series of awards were presented to students who had made special contributions to the Honors Program throughout the year: Stacie Wight received the "Domestic Goddess Award" for her efforts to keep the Honors Student Lounge tidy, Joel Folke earned the "Honorary Honors Student Award" for organizing

the "Step It Up" class for Excitement in Education, Becky Kreider received the "Monica Gellar Award" for her amazing organizational abilities, and Ryan Blackman was recognized with the "Stuntman Award" due to his accident-prone tendencies.

Honors faculty were also recognized at the banquet. President Ceddia and Dr. Jack Benhart were honored for their outstanding contributions to the program throughout their careers at Shippensburg, and Dr. Alison Dagnes was recognized for her efforts during 2005-2006.

Thanks to the spring banquet committee under the leadership of Denise Yarwood for the effort they put forth to pull off the banquet this year. We appreciate all of your hard work!



The graduating Honors seniors and administrators who attended the annual spring banquet are pictured above.

New Honors Alumni Organization formed

BY STEPHANIE RUSH
HONORS GRADUATE

Graduating seniors have a new opportunity to maintain their connection with the Honors Program by joining the Honors Alumni Organization. The organization's first project will be to create an alumni database. It will be beneficial for not only current students, but the alumni as well.

Current students will be able to seek out alumni who had the same major and/or minor, similar career fields or other common interests. The database will function as a virtual network, bridging current students with alumni.

Alumni will benefit from the database as well. They can maintain a relationship with the university as well as the Honors Program, are able to serve as an advisor to students with the same interests and goals, and can even use the database to contact old friends.

Participation in the program is entirely voluntary and alumni are needed for a number of different roles. We need people who work for companies that offer internships as well as people who can simply serve as resources for advice and answering questions. Graduate students are needed, too – current undergraduates may be looking into the same school and may want an inside scoop. Look for more information in the newsletter's next issue.

Honors classes visit D.C. monuments

BY JESSICA KROUT
HONORS SOPHOMORE

Dr. Christine Senecal's World History II Honors classes remembered the past on their journey to Washington, D.C. on Friday, April 15.

The students began by visiting the Lincoln, Vietnam, and World War II memorials under Senecal's guidance, and from there, were given free time to have lunch and explore other sites in the city.

Students were given an allotted time to view each monument, then Senecal followed up with a brief lecture of facts on the monument and a discussion of the artistic significance of each monument.

In particular, Senecal asked the students to compare the somberness depicted in the Vietnam War Memorial to the glory depicted in the World War II Memorial.

Some students went to the National Museum of Natural History, National Air and Space Museum and National Museum of American History among others.

Senecal's Honors World History II classes were not the only ones to visit Washington. Dr. Alison Dagnes's Honors U.S. Government and Politics also visited Washington, D.C. earlier in the month.

Tuesday, September 6

*The Honors Program
Fall Reception &
General Meeting*

*Tuscarora Room
3:30 – 4:30 p.m.*

The Fall Reception is designed to allow students to meet the new freshmen and catch up with their old friends. The biannual General Meeting will provide essential information on Honors activities for 2005-2006. All Honors students must attend the meeting to maintain good standing in the program.

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