





The Newsletter of The Wood Honors College
at Shippensburg University

Volume 34 | Issue 4 | May 2019 | www.ship.edu/honors

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From The Editors

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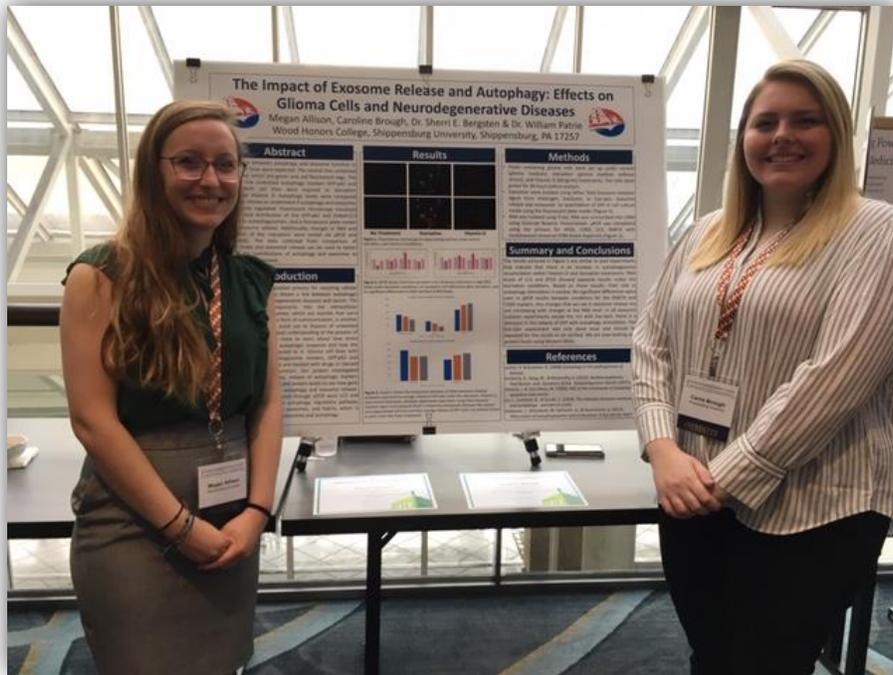
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Well, my senior year is fast approaching, and I can't really grasp the thought that my time at Shippensburg University is coming to an end. I've gone into a state of denial as all of my close friends—people who have become my family—get ready to graduate in just a few short days. I'm not sure what I'll do without my people next year, but I do know that they've made every second here at Ship worthwhile. While time appears to move at supersonic speed, take a second to step back and appreciate the people you've met and the memories you've made—or read what your Honors pals have been up to. Either way, it'll be worthwhile.

K.

Summer, summer, summer. It's finally here. Although I feel inclined to get sentimental and talk about all the wonderful and life-changing things I've encountered over the last year, I think that might send me over the edge. If it's cool with you, I'm just going to *relax*. And what better way is there to relax than listen to The Jonas Brothers' entire discography while reading the new issue of *Hours*? That's what I'm doing right now, and it feels glorious. TJB have a new album coming out on June 7! And that means it's going to be an amazing summer . . . for all of us. Enjoy the sunshine, folks.

L.



Megan Allison (left) and Carrie Brough (right) present their Honors capstone research at the poster session at the Northeast Regional Honors Conference in Baltimore, Maryland.

Research and Revelation in Charm City

By Megan Allison, Honors Senior

On Friday, April 12 and Saturday, April 13, Carrie Brough and I traveled to Baltimore, Maryland to present our Honors capstone research project, “The Impact of Exosome Release and Autophagy: Effects on Glioma Cells and Neurodegenerative Diseases,” at the 2019 Northeast Regional Honors Conference. The theme of the conference was “Generating Power: Impact. Influence. Endurance,” which was integrated throughout the presentations across all disciplines. Students from an array of majors across the region came to present their research projects through poster presentations, round-table talks, and oral presentations.

We arrived at the hotel in downtown Baltimore where the conference was being held and enjoyed a delicious dinner where we got to meet members of Bloomsburg’s Honors Program and receive inspiring advice from Maryland legislator and professor, Dr. Mary Washington, who was the keynote speaker. She discussed the power that everyone possesses and how it can be used to improve society and make a difference in the world. The night concluded with a talent show where many Honors students showed off their interesting talents, which included singing, sign language, and stand-up comedy. The next morning, we woke up bright and early to set up for the poster presentation. During the poster session, we discussed our project with students from many other colleges. I enjoyed this part of the conference greatly because it was rewarding to share our hard work and research with other students. It was especially fulfilling to talk with students not in the biology field and teach them something new. Carrie and I also had opportunities to discuss our research with other biology majors, even with some students completing similar research.

After the presentation, all of the conference attendees ate lunch together. During this lunch, the students and faculty discussed their takeaways from the day’s presentations and also shared information about each other’s programs. It was incredibly interesting hearing about the different opportunities students in other Honors Programs can experience, especially because I was only very familiar with Shippensburg’s program.

In addition to presenting research and connecting with other Honors students, Carrie and I also explored the city of Baltimore. We strolled down the harborside street and visited local shops, landmarks, and restaurants. It was so fun to be able to hang out with my research partner outside the lab and explore the city.

The 2019 Northeast Regional Honors Conference was an amazing and unique experience that allowed us to present our research and interact with other Honors students by learning about their research projects and programs, as well as giving us the opportunity to explore a new city. We want to thank the Wood Honors College for this once-in-a-lifetime experience and an overall fantastic weekend.



Thomas Fisher, who was assigned to be a delegate for the country of Argentina during the OAS conference, prepares to make deals that might one day change the world.

The Model OAS or (A Family of Indoor Trees)

By Thomas Fisher, Honors Junior

For some reason, I have always wanted to have a house with a tree or two growing through the center of the living room and up through the roof toward the sky. Maybe it is due to an unfulfilled childhood dream of having a treehouse or maybe it's caused by my love for nature. My recent trip to Washington, D.C. to participate in the Model Organization of American States (OAS) conference with the other students in Dr. Mark Sachleben's Model OAS class confirmed that sprawling indoor vegetation is possible among countless other things that may seem impossible at first.

The class took me into the heart of D.C. for what truly was the best experience to date of my collegiate career. For a week in April, I had the opportunity to spend each day working with students from around the Western Hemisphere to discuss possible solutions to some of the most pressing issues of our lifetimes. Global warming, drug trafficking, and the future of labor in a time of automation, we delegates took on the problems from the perspectives of our assigned member states. The week provided for a kind of collaboration that is unlike any other, the important combination of diverse ideas from diverse backgrounds into one seamless solution that would strengthen the relationships among our nations and move us in a direction toward a better tomorrow.

Of course, all of this work was part of a larger simulation. The conference was a teaching instrument designed to help us learn the ins and outs of the Organization of American States and the work it does to promote stability in the Western Hemisphere. The model allowed us to apply the skills and knowledge that we had attained in the classroom before traveling in a real-world setting. Through an impromptu Washington Nationals game in the rain and late nights out for food, we exchanged cultural experiences with students from backgrounds much different than our own. These experiences will stick with me for the rest of my life.

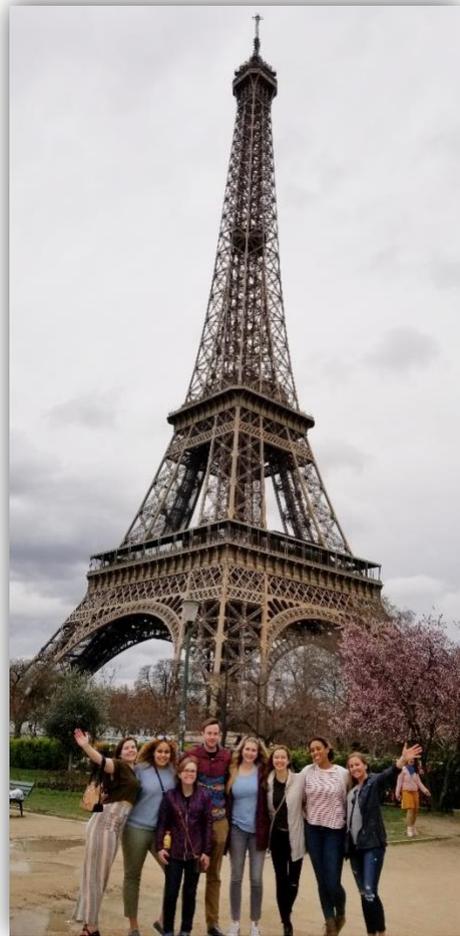
It might not be clear yet how any of this relates to an indoor tree. And in fact, if you feel that it is clear, you may just have a stronger imagination than most. One of the coolest aspects of the Model OAS conference was that many of the experiences took place at the OAS building in D.C. The building itself is home to many amazing architectural and design features, including beautiful marble floors and a hallway with all of the flags of the member states draped from the ceiling. But perhaps most interestingly, the OAS building features an indoor home to several trees and plants from around the Western Hemisphere (I promised I would get to the trees). This area is a representation of the ability to create a diverse yet unified whole through a commitment to working together—an exact representation of what the OAS hopes to accomplish. It was refreshing to be reminded that this can happen, even in the political and societal climate that exists today.

This course reinvigorated my faith in the fact that we students have the potential to improve our world through dialogue and cooperation. We have the power to solve the problems of today and tomorrow. The Model OAS course provided us with the skills necessary to do so and helped create bonds among the leaders of tomorrow that will make change possible. And lastly, with the right amount of sunlight to make photosynthesis happen, trees can be a viable indoor feature to any building or home.



In the picture above, Honors students on the Paris spring break trip stand in front of Notre Dame, just over a month before the fire that would destroy much of the historic building.

In the picture below, the group poses beneath the most iconic Paris landmark—the Eiffel Tower.



Springtime in Paris

By Dr. Blandine Mitaut, Honors Professor

From March 7-15, 2019, eight students enrolled in the HON 392 seminar on Franco-American relations spent their spring break in Paris with their professor, Dr. Blandine Mitaut.

Over the course of seven days in the French capital, the sixty miles that we walked, day and night, took us from the underbelly of the Metro and Les Halles to the heights of the Eiffel Tower, Montmartre, and the Arc de Triumph.

We did enjoy the occasional break, whether on the water (cruise on the Seine River and lunch on a barge on the Bassin de La Villette) or in the seclusion of gardens (Tuileries, Parc Monceau, and Luxembourg Gardens).

Our journey through time took us from the Gallo-Roman Arènes de Lutèce to the futuristic Cité des Sciences and allowed us to ponder the two-thousand-year span of scientific discoveries in between (Musée des Arts et Métiers).

We went from the hush of holy places (Notre Dame, Sainte Chapelle, Sacré Coeur, and Saint-Etienne-du-Mont) to the clamor of a jazz concert in homage to George Gershwin.

From feasts for the eyes (Louvre Museum, Orsay Museum, Centre Georges Pompidou, Cernuschi museum, and Victor Hugo's house) to gourmet indulgences (bistros, creperie, award-winning restaurants, and bakeries), all our appetites were fulfilled.

Our wanderings took us from the solemn government institutions of the Republic - Bourbon Palace (National Assembly), Elysée Palace (Presidential residence), Hôtel de Beauveau (Ministry of the Interior), Luxembourg Palace (French Senate) - to a light-hearted comedy show ("Oh My God She's Parisian") where we laughed very hard at the cross-cultural humor of an American-educated French lawyer turned comic.

From the long-standing architectural masterpieces and history - Hôtel de Soubise (National Archives), Hôtel de Sully (Centre des monuments nationaux), Place des Vosges, Pantheon, History of Immigration museum - to the ephemeral allure of luxury and fashion - Faubourg St. Honoré - we admired beauty in many forms.

Finally, we saw the global facets of the City of Lights, from its Asian quarter to "Little Africa" to American Paris, as we walked in the footsteps of the likes of Benjamin Franklin, Thomas Jefferson, the Lost Generation writers, James Baldwin, Miles Davis, and Josephine Baker, to name just a few.

The group met all challenges with a superb attitude, making sure that the Wood Honors College would be presenting its best face in all situations and interactions with the French. Many thanks to Isaac, Kendall, Olivia, Veronica, Grace, Alex, Taren, and Madison for being eager explorers, welcoming the cold and rain of March with a smile, and never letting sore feet get in the way of our *flâneries* among the Sphinx, the Winged Victory, and the Mona Lisa. And a special thank you to Toby for driving us to and from the airport!



Graduating senior Jordan Back smiles at the Honors Spring Banquet as he brandishes his Wood Honors College medallion and Spirit of Honors Award.

Going Forth and Giving Back

By Jordan Back, Honors Senior

When looking for a way to measure the impact of Honors on my undergraduate education and personal development, I'll admit that I'm at a loss. I look around . . . a scale won't do the job . . . a ruler is incapable . . . a mass spectrometer? That sounds cool, but I'm not sure that is the right tool for this purpose either. Anyway, what I am getting at is that it is immeasurable, unquantifiable, and, frankly, unbelievable how great of an impact that the Wood Honors College has had on my experience at Shippensburg University over the past four years. In the classroom and out, the Honors College has had the largest hand in the transformation that the freshman version of myself underwent.

It would be impossible for me to talk about Honors without mentioning my Honors classes. In the classroom, my knowledge was expanded, and my mind was opened in ways that I had not ever imagined. From exploring my curiosities in Dr. Senecal's history course, I was able to learn how I would be able to retain power if I were a female regent in the Late Middle Ages. From Dr. Harrow, I learned to convey the experiences of others through my own words in a way that demands that others listen. Dr. Cornelius' sociology course enlightened me as to how injustices are engrained in our daily lives and how we bear the responsibility to eradicate them. Altogether, my Honors education has gone far beyond giving me a base of knowledge to be an educated member of society. My Honors education taught me how to listen, question, learn, and then stand up and take action. My Honors education channeled my curiosities and translated them into a voice that will drive the conversation, not just observe it.

While I wouldn't change my classroom experience for the world, it seems that the Honors College supplied even more out-of-the-classroom experiences that fundamentally changed me as a person. Honors has carried me across the state, country, and globe. From traveling to national Honors conferences, developing foreign policy at the Model Organization of American States with individuals from the north, southeast, and west, all the way to examining economic development in the third world through conducting field research in Belize, Honors was the force that made it all possible. Being accepted to the Wood Honors College made my decision to attend Shippensburg University a decision to travel and take part in global experiences in ways that I thought would be impossible at this institution. These experiences molded my ideas and views of the world and resulted in a nuanced perspective on where I personally fit in to the larger picture.

As my final year of college comes to a close, I have begun to realize just how special my time with Honors has been. I will forever cherish the friendships that I have made and the experiences I have taken part in. I am tempted to become sentimental, but I realize that this milestone marks the achievement of what I set off to do so long ago. Now, as I don graduation regalia, I fully realize just how much Honors has given me. Ultimately, when I conclude this chapter with the symbolic throwing of my graduation cap, I will know that this is not the end, but rather the beginning of how I go forth and give back.



LUKE vs. the WORLD!

Brain on the Brain

By Luke Hershey, Honors Sophomore

Hey, guess what?! If you haven't heard, May is Mental Health Awareness Month. So here I am . . . doing my best to make you aware. This is extremely near and dear to my heart . . . er, my brain, I suppose.

I hope you'll allow me to be a little candid. I had my first panic attack when I was in sixth grade. I remember it like I dreamed it last night—it does feel kind of like a bad dream when I look back. I was sitting in the front of Mrs. Wolz's seventh period Pre-Algebra class, and as I started working through the warm-up equations for the day, I had the revelation that perhaps math is merely a human construct. And my in-the-midst-of-puberty brain went totally haywire. I was suddenly very aware of the fact that blood was coursing through my veins. In fact, that was the *only* thing I was certain of at that moment. To put it bluntly, I was convinced that I had literally died and then detached from my body like Casper the Ghost.

I managed to "re-enter reality" after I escaped to the bathroom and dunked my face in the sink. I felt normal again, but I was terrified. Unfortunately, that was only the beginning. I've died and come back to life probably a hundred times.

I let fear silence me . . . for over six years. (I didn't even know that what I was experiencing was panic and anxiety until I accidentally stumbled across a YouTube video about it in eighth grade.) I had panic attacks regularly—sometimes daily—from that fateful day in sixth grade to when I was a freshman in college. Last year, I finally went to a therapist, and I'm doing a lot, a lot, a lot better now. It'll never be gone, but at least I know how to manage. At least I have a support system.

Somehow, I convinced myself that I could deal with it on my own. I didn't want to burden my friends or my family with something that felt like such a "me" problem. I didn't want to go to a therapist because when I watched movies like *A Beautiful Mind* and *The Aviator*, my issues seemed so inconsequential. No, I wasn't seeing people that didn't exist or letting my fingernails grow to the length of a standard pencil—I told myself I was "just anxious."

For the love of all things bright and wonderful, please don't let these ideas infect you! I spent so many days not living my life to the fullest, and I don't want *anyone* to adopt my old ignorance and repeat my old mistakes.

I'd like to send you off on summer vacation with a simple message: *take care of yourself*. You probably shouldn't jump off a fifty-foot cliff into murky water or ride a longboard down the massive paved hill in your neighborhood. But beyond matters of the physical body, take care of your mind, too. Check in with yourself often, and honestly evaluate how you're feeling. Be aware of the signs and symptoms of common mental health conditions. Don't be afraid to talk to somebody. Seek help *before* things go too far. The betterment of your mental health is not something you have to tackle alone. Peace and love, forever and always!

For additional information, please check out this awesome website: <http://www.mentalhealthamerica.net/>

2018-2019 Honors Awards

As the May 2019 graduates prepare to walk across the stage, *.hnr*s wanted to highlight some of the accomplishments recognized at the Honors Spring Banquet on May 1.



Nicholas Bigham (center) was the recipient of the Outstanding Honors Capstone Project Award for his research, “Monte Carlo Simulation of Heavy Metal Ions in Aqueous Solution Using Lennard-Jones 12-6 Potential.” Megan Allison (left) and Caroline Brough (right) received honorable mention for their joint research, “The Impact of Exosome Release and Autophagy: Effects on Glioma Cells and Neurodegenerative Diseases.”

The recipients of the Spirit of Honors Award were (from left to right) Rachel Smith, Jordan Back, Olivia Turner, and Nicholas Bigham. The Spirit of Honors Award recognizes the graduating seniors who exemplify the Wood Honors College’s mission of scholarship, leadership, and service and who have made a lasting positive impact through their academic achievements and leadership in and service to the Honors College.



Thank you to all Honors graduates for your hard work and dedication to the Wood Honors College over the past four years. Best of luck in everything you do!