

The Honors Chronicle

Volume 20, Issue 5

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April 2007

Undergrads display their research April 5

By Jess Krout, Honors junior

A recipe for quality research:

1. Hand-pick a research advisor who's willing to work with you through ripe and sour times. The advisor should mix well with your personality.
2. Add a thesis that will help your project to rise above typical research standards.
3. Blend with one or more Honors students—those individuals who will spice up the project with their intellectual and intuitive abilities.
4. Let your research stew until you're ready to sift through your statistical data.
5. Share with all of Shippensburg University about the most delicious research you

ever made... at the undergraduate research exhibition.

So maybe research isn't quite that easy. Much of it is trial and error and pouring over books for hours on end. However, many students would agree it's worth the opportunity to delve into topics relating to their majors, go to research conferences with travel expenses paid and the ability to impress future employers or graduate school admissions.

Honors students displayed their year's worth of research at the undergraduate research fair, held April 5, in the Anthony F. Ceddia Union Building Multi-Purpose Room.

Senior and history major Mark Lehman looked at differences

between reformation and revolution movements. By the end of his research, Lehman hoped to apply the definitions he found to China's current state.

After reading about the topic since August, Lehman realized that there were at least 10 different definitions of a revolution.

"It just kept expanding with more definitions," Lehman said, "and then you get into social revolutions or political revolutions. They just keep reinventing the wheel basically. It's just overtly complicated."

Now near the end of his research, Lehman has concluded it is up to China to determine

See **RESEARCH**

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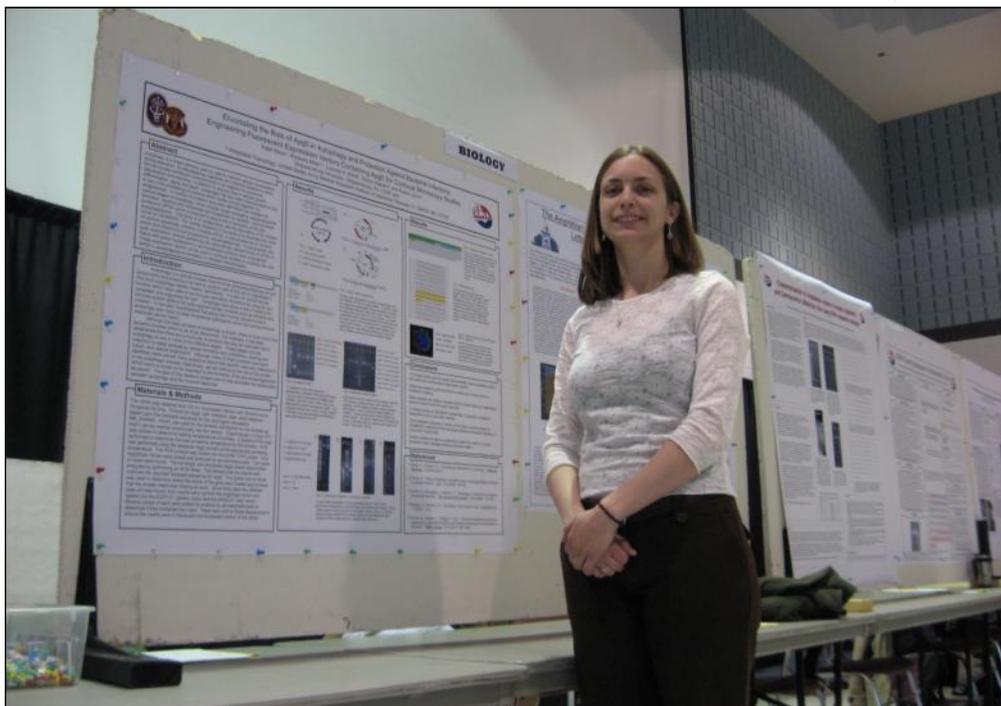


Photo by Jess Krout

Honors junior and psychology major Emily Jones explains her project on perceptions.

December Honors graduate Katie Mayo presents her research on cell autophagy.

Photo by Jess Krout



Calendar

April

20-21 - Relay for Life

6:00 p.m.-6:00 a.m., Recreation fields behind Mowrey Hall and Seavers Apartments
Please contact Megan Veazey at mv7192@ship.edu for further information.

24 - Spring Banquet

6:00 p.m., Tuscarora Room
The graduating seniors will be honored, the Spirit of Honors award will be presented, and HSO officers for 2007-2008 will be announced.

May

1 - Participation forms due

Please submit your forms to Sharon Poe in the Honors Program office, Horton Hall 104.

SideNotes

By Stacie Wight

"Is Eating Healthy at McDonald's Too Good to Be True?"

McDonald's has always been known for its classic hamburger and America's favorite french fries, but lately, with the rise of diet-conscious individuals, McDonald's has been branching out from Big Macs to Premium Salads.



Do not be fooled by the deceptively tasty Asian Salad, Caesar Salad, or even the Fruit and Walnut Salad.

These "healthy" meal options are not so healthy at all.

Eating the Caesar Salad with Crispy Chicken is about on par with eating 10 Chicken Nuggets. Both contain over 40 percent of your recommended daily sodium intake as well as an astounding 300-plus calories and over 20 percent of your recommended fats. These numbers would not be considered so high if the servings were not so small.

I was surprised to find that while not all of McDonald's salads were this scary, many were just as bad for you as eating a burger and fries. The biggest surprise of all was that McDon-

ald's even found a way to ruin a healthy Fruit and Walnut Salad snack pack.

About half an apple and ten grapes paired with yogurt and walnuts make up McDonald's Fruit & Walnut Salad. Despite the small serving, this "healthy" snack packs in a whopping 210 calories (70 of which are from fat) and 60 percent of your daily value of sodium.

Where are these surprising numbers coming from? Well, this "healthy" snack comes with yogurt, that is not low in sugar and does not taste all that low in fat, and walnuts coated in sugar. Instead of producing a snack pack with fruit and nuts (not coated in sugar, but naturally prepared) paired with a low fat and low sugar yogurt, McDonald's opted for an unhealthy version. There is no way that this snack will a) fill you up or replace a meal b) help you lose weight and c) stay on track with a healthy diet. Despite McDonald's recent "efforts" (if you can call them that), they still remain one of the most unhealthy food chains. Instead of hitting the drive thru at McDonalds, get a sandwich on wheat at Sheetz with an apple and juice. Your body will thank you ten years from now.

An Uncommon Conversation with Nadine Strossen

By Cadie Brumm, Honors freshman

Nadine Strossen, volunteer president of the American Civil Liberties Union, law professor at the New York Law School, and advocate of women's rights, visited campus on Wednesday, March 28, and took part in an Uncommon Conversation with Honors students.

The discussion centered mostly around her specialty, constitutional law. Conversations regarding government involvement in religious holidays, the ability for government to suspend rights, and law in general arose throughout the meeting, to which Strossen voiced her opinions, while allowing everyone's input as well.

Later in the evening, Strossen lectured in Memorial Auditorium on "Current Challenges to Women's Civil Liberties."

After her lecture, Strossen autographed copies of her book, *Defending Pornography: Free Speech, Sex, and the Fight for Women's Rights*.

Strossen is the first woman to lead the ACLU since the founding of the organization.



Speak Out!



By Naomi Creason, Honors senior

"I don't think it's MySpace or Facebook. I think it's people making bad choices."



Anthony Comegna
Freshman

Do you think MySpace and Facebook have too much personal information?

"It depends on what you put on it. I only put my school e-mail, and you don't need to make it public."



Katie Putz
Freshman

"It only (has too much information) if you put too much on there yourself."



Sarah Mousetis
Freshman

"I think it's easy to forget it's on the Internet. It is kind of stupid, though, when they put their phone number on it for everyone to see."



Kelly Overholzer
Freshman

"You can control what you put on it. I don't think people try hard enough to not put information on it."



Breann Kunkle
Junior

Undergraduate Research, Study Abroad, and Internship Opportunities

RESEARCH, cont'd

whether it is in a state of reformation or revolution.

Not all research comes to a definitive conclusion, however.

For Honors alumnus Katie Mayo, who graduated in December, her biology research is still continuing.

“We’re trying to visualize the function of a certain gene that deals with a process called autophagy,” Mayo said.

Autophagy, explained Mayo, is a biological process when a cell undergoes starvation and begins to eat itself.

Mayo and research partner Kim Miller worked on the project in the fall semester to determine if autophagy could help to protect against bacterial infections.

They teamed up to work with the U.S. Army Medical Research Institute of Infectious Diseases, in Frederick, Md., so that they could use their confocal microscope, a tool necessary for the research that SU could not provide.

The research is ongoing, according to Mayo.

Junior and psychology major Emily Jones may decide to continue her research again next year, making slight changes to enhance the results.

Jones displayed her experiment at her exhibit, where students and faculty could sit in front of a typical laptop.

On the laptop screen, they saw a flash of letters, numbers and symbols. Afterward, the test asked the participant which letter they saw of four letters listed.

Jones found that the letter “D” was most commonly identified and detected over all of the other letters.

Jones also tested to see if there was an unconscious perception between contrast reversal—a dark font color with a white background and a white font color with a dark background. Both were recognized as easy as the other, according to Jones.

While Jones used a simple concept of letter recognition for her research, sophomore and art ma-



Photo by Jess Krout

Honors sophomore Riley Cameron stands next to the “man” he engineered using air pressure, electrical wiring, and pneumatic cylinders programmed to a computer chip.

ior Riley Cameron displayed perhaps the largest research project of the fair.

At first glance, Cameron’s project looked like a man sleeping on a bed. When Cameron pressed a button, the man shook violently under bed sheets.

Cameron’s man was not alive; rather, he was controlled by air pressure, electrical wiring and pneumatic cylinders all programmed to a computer chip.

Cameron used metal framework to build the “joints” of the man, wrapped with packing foam and duct tape to give him a more realistic body.

“I basically wanted it to look just like a person,” Cameron said.

The man is still a “work in progress” for Cameron, who says he would like to add more lighting

and other special effects.

Cameron hopes to have it finished by October, when he can feature it in the haunted house he owns and operates. It is also to be displayed in SU’s Kauffman Gallery.

Other Honors students who worked on undergraduate research this year, include:

- Natasha Alligood-Percoco
- Matthew Baile
- Danielle Geller and Michael Manis
- Scott Jones
- Paul Rutledge
- Nicole Thierwechter
- Derek Wolfe

**RELAY
FOR LIFE**



When: April 20 and 21, 6 p.m. to 6 a.m.
Where: Recreation fields behind Mowrey Hall and Seavers apartments
Contact Megan Veazey at mv7192@ship.edu for further information.

Honors students show off their reading skills at local elementary school

Students volunteered to read at Nancy Grayson Elementary School.

By Jenn Bly, Honors junior

What is better than a cup of coffee to jump-start a sleepy college student's day?

The answer? A class full of kindergartners!

On April 3 and 4, the Honors service committee had its first project of the semester — reading to elementary kids.

Armed with books and special visitor passes, a group of brave Honors students entered the local Nancy Grayson Elementary School library.

As the reading commenced, kindergartners crowded around on beanbags spread

throughout the library.

Soon, in dynamic voices, meatballs fell from the sky, trains raced up hills, and objects began to materialize from magic purple crayons.

The elementary students listened with wide-eyes and watched as the colorful illustrations followed unique storylines.

The kids seemed to enjoy having college students read to them, and everyone was sad when reading time was over.

Thanks to all the Honors students who participated and dared to share a special story with eager listeners.

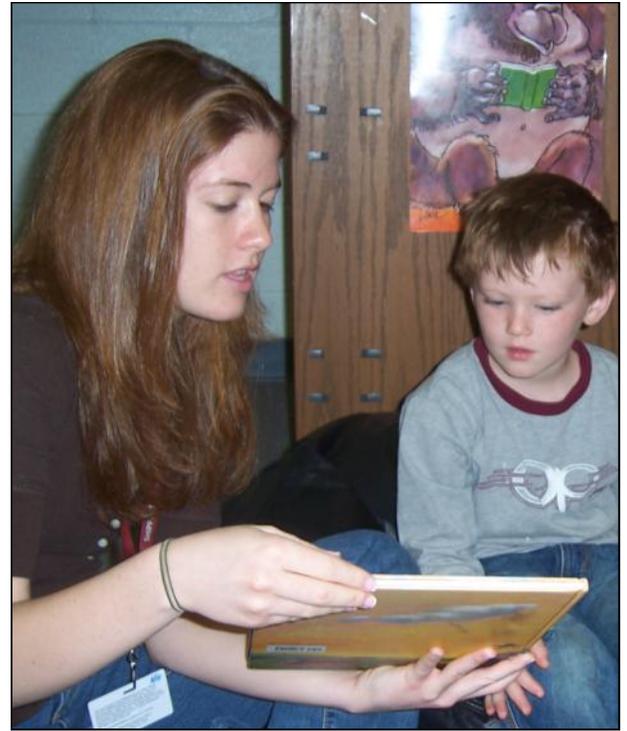


Photo courtesy of Emily Cisney

Sophomore Katie Dillon reads to a kindergartener.



Honors makes education **EXCITING!**

Left: Sophomore Emily Sattler teaches a Harrisburg middle-school student how to solve riddles and puzzles during Excitement in Education on April 14 in Shippen Hall. Excitement in Education is sponsored by the Honors Program.

Below: Freshmen Katie Putz, Annamarie McCormick, Megan Veazey, and Andrew Evans demonstrate how to stretch at during their recess class.

Photos courtesy of Michelle Baker



'93 graduate completes Ph.D. at Carnegie Mellon

By Jess Krout, Honors junior

"The hard part as an undergrad—you don't see real-world problems," said Marianne Paul Bertolet, a 1993 Shippensburg University Honors Program graduate. "You don't have a lot of time to work on (research)."

Bertolet knows all about research. She started working on it during an undergraduate internship and hasn't stopped since.

Looking back on it, she finds it hard to believe that she was originally an elementary education major at SU.

"I was always interested in math," Bertolet said. "Elementary education is what my mom wanted me to do... Just for fun, I thought I'd take a calc class."

When she took the calculus class, she excelled, and the professor asked her why she was an elementary education major. Bertolet then switched majors and graduated from SU in math/computer science.

During her time as an SU student, she started researching "real-world problems" with an internship at AT&T.

When cellular phones were still a relatively new concept to Americans, Bertolet was researching how to improve cellular phone signals as they travel through the atmosphere.

Bertolet interned for two summers while she was attending SU, and the internship paid off — landing her a job as an AT&T systems engineer upon graduation.

As a full-time employee for AT&T, Bertolet continued researching as she worked with early generation fiber optics.

Also as an employee, her Master's degree from Cornell University, which she completed in one year, was entirely paid for (even parking fees), by AT&T.

"I was really lucky. Almost all of my education was free," she said. "There is funding out there, it's just a matter of finding it."

Currently, Bertolet is working on her doctoral degree in statistics at Carnegie Mellon University, where the school waived her tuition and gave her a stipend.

If a school really wants you as a student, they will give you funding, according to Bertolet.

She hopes to obtain her Ph.D. this summer, when she can be a full-time employee again.

"I would really like a teaching position in a research institution," Bertolet said. "I like the idea of being able to keep in touch with the research that's going on in my field."



Photo courtesy of Marnie Bertolet

Marnie and husband, Mark, reside in Pittsburgh, Pa., with their two daughters.

Alumni Mentor Network Available Now



The Honors Program Alumni Mentor Network has been established and is ready for use. Honors Program alumni who are teachers, accountants, and graduate students are already enrolled in the network and are waiting to hear from you in regards to internships, careers, graduate school programs, or their experiences when they attended Shippensburg University.

To access the network, enter: www.collegecentral.com/ship/ into your web browser. Complete the online registration and create an Access ID/password. Then, from your homepage of the College Central Network, "Search for Mentors." You will need the mentoring Network passcode: **shipconnect**. When searching for Honors Program alumni, choose **Honors Program** from a list of co-curricular activities. You will then have a list of Honors Program alumni participating in the network with their job titles and employers also listed. You may click on names of those you wish to contact to find a profile listing more information about that individual. At the bottom of each profile is an e-mail link for you to be able to contact that individual.

When contacting alumni, it is important to remember that they are volunteers who wish to help you. Please be courteous and professional at all times.

Students who register on Shippensburg University's College Central Network may also post their resumes, search for internship and full-time positions, and sign up for on-campus interviews on the site.

An alumni mentoring network workshop will be held in the upcoming fall semester for students to learn more about how to utilize the program. For further information, contact Lorie Davis at alumni@ship.edu.

HONORS PROGRAM OFFICE

Horton Hall 104 (717) 477-1604

Hours: Monday, Tuesday, and Thursday, 8 a.m. - 5 p.m.,
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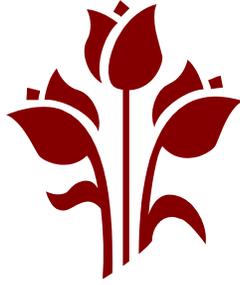
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The Honors Program



Spring Banquet

April 24, 6:00 p.m.
Tuscarora Room

THE HONORABLE MENTION

Shaun Thompson, Breann Kunkle, and Jason Hornberger represented the Honors Program at the University Open House in March.

Jenn Bly and Dr. Angela Bagues, Corey Alexander and Dr. Chad Kimmel, and Nicole Theirwechter and Dr. Sherri Bergsten led the Honors Read book discussions this semester.

Thanks to everyone who helped with Excitement in Education, including: **Valerie Koontz, Emily Jung, Michelle Baker, Grace Burkholder, Jim Capetola, Jennifer Coccagna, Elana DiPietro, Andrew Evans, Becky Fowler, Eva Freeh, Sam Levy, Sherilyn Malloy, Laura Martin, Annamarie McCormick, Julie Miller, Katelyn Moore, Lara North, Katie Putz, Nicole Reed, Lora Ruhl, Emily Sattler, Shaun Thompson, Nicole Tucker, and Megan Veazey.**