

THE Honors Chronicle

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MARCH 2013

Upcoming Events

March

25-26: Honors Class Registration for Fall 2013
27: Recreation Committee Easter Egg Hunt/Decorating
 Time and Location TBA

April

1: Deadline to apply for Grants to Support Summer/Fall 2013 Capstone Projects
2: Pizza with a Prof: Dr. Joseph Shane
 Location TBA, 3:30 p.m.
6: HSO Field Trip: Cherry Blossom Festival in Washington D.C.
15: HSO Meeting
 Location TBA, 9:00 p.m.
15: Deadline to apply for Honors Study Abroad Scholarship for Summer/Fall 2013
16: Honors Read: Book TBA, Honors Seminar Room Presidents Hall, 5:00-6:00 p.m.
21: Service Committee: Clean Up Richard Avenue Boiler Plant on Richard Avenue, 1:00 p.m.
23: Honors Symposium Orndorff Theatre, CUB, 2:00-9:00 p.m.
25: Honors Program Spring Banquet Tuscarora Room, Reisner, 6:00 p.m.
29: Deadline for all students to submit Participation Points Tracking Form to Honors office, Presidents Hall

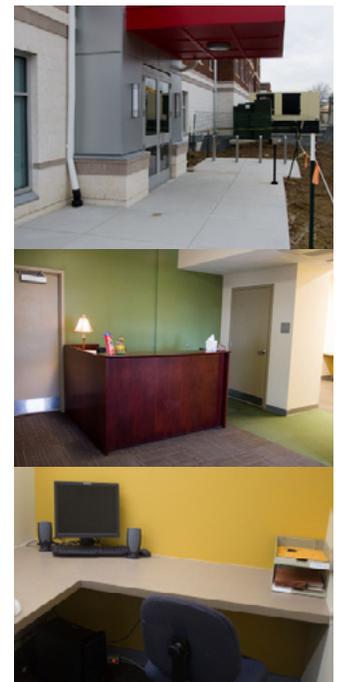
Honors Program Moves to Presidents Hall

By Megan Fick, *Honors Junior*

At the end of the Fall 2012 semester, Honors students currently living in Seavers moved across campus into the new Presidents Hall, and the ribbon was officially cut on this new residence hall on Friday, February 1. The new Honors living-learning community includes semi-suites, full suites, and two bedrooms suites in a modern apartment-style building. Honors sophomore Amanda Schwarz says she “feels like an independent college student” now that she has moved into the new residence hall and described the décor as having an Art-Deco feel. Each floor has its own laundry facility and study areas, and there is an upgraded full kitchen available for all students to use in the building. Schwarz also noted that the game room in the building is much better than the old dorms.

In addition to the living area, the Honors Office was also moved from

Horton Hall to the lower level of Presidents Hall. The entrance to the office is located on the street directly across from Wright Hall. The entrance is under a red awning, and a sign will be added soon to show visitors and students where to enter. After entering the new office, visitors are greeted in a reception area by Honors secretary Cindy Poe. To the left of the reception area is the new seminar room where Honors courses and meetings will be conducted. To the right is an area where student workers have cubicles to work at and near their area is a separate room for Dr. Klein’s office. The new office space helps the Honors Program have a more cohesive feel than the rooms previously occupied in Horton Hall. The space also provides the foundation for future growth in the Honors Program.



Reach Out’s Efforts Culminate With Dominican Republic Trip

By Amanda Schwarz, *Honors Sophomore*

While many of us were relaxing at home over our winter vacation, members of Reach Out, an Honors Program service-learning initiative in the Dominican Republic, were taking part in a cultural experience. Members of Reach Out traveled to work at their partner school in Santo Domingo, where they delivered the curricular materials that they had developed during the Fall 2012 semester, and worked with teachers and students at the school. Honors seniors Holly Plank and Miranda Aaron presented their education manuals on environmental science and special education, respectively, and the team brought down a variety of supplies for the school to use. They held workshops for the teachers and were able to play and interact with the many wonderful students who attend the tiny school, and they even took a field trip to the aquarium! Reach Out also took a trip to a Haitian Batey where they held an “arts day” for a school that involved sports, games, dancing, and crafts. The group hopes to do more next year for these

new students and said the experience was definitely eye opening since it was a whole new level of poverty. Despite this fact, the kids were all smiles and really enjoyed Reach Out being there. Even though the days were long and there was a bit of a language barrier, the trip was a success and everyone is now getting back into the swing of a new semester. For more information about the trip, check out Jarrett Voight’s post on the Honors blog that chronicles the trip in more detail!

Reach Out has some exciting events this semester students should definitely take advantage of! One of the big fundraisers the group does takes place at the Dollar Tree. Members of the group stand outside and collect monetary donations and school supplies that they will take down next winter for the students at the school. They are also planning to hold a restaurant night at Knutes. Participating in a Reach Out event will count towards your Honors service requirement. Keep a look out in the weekly updates for more events and dates!

Seeing the World Through Another's Eyes: Studying Abroad in Peru



Honors sophomore Julia Saintz knew she wanted to pursue traveling and helping others in her college career. She began looking into the different programs offered through Shippensburg and attended one of the many study abroad fairs offered by the International Programs Office. However, it wasn't until a meeting with Dr. Klein that she found the prospect she had been searching for in ProWorld, a volunteer study abroad program. The program would allow Julia to travel to Cusco, Peru for 4 months and help with community development through a variety of programs, as well as experience and explore the cultural landscape of Peru.

Following a phone interview with a representative of ProWorld and a month or two of waiting, Julia was accepted into the program and began preparations to travel to Cusco. The ProWorld program requires students to stay with a host family during their four month excursion, but she did not meet her host family until after her arrival. Julia made the necessary preparations to get to Peru and waited to hear from ProWorld about her arrival. It was only hours before her flight that Julia received the email detailing who would be meeting her at the airport and the itinerary upon her arrival.

Finally on her way to Peru, Julia knew she had made it as the plane flew over the snowcapped mountains of the Andes mountain range. Once the plane landed, it was evident that staying in Peru would be a learning experience. The airport was surrounded by houses with thatched roofs and sights very different from those of central Pennsylvania. Despite those differences, Julia knew she had made the right decision and loved the environment in which she had just landed. During the first few days in Peru, Julia stayed in a local hotel with other students in the program and had the chance to tour the city. Julia was also given the experience to explore Peru and South America throughout the entirety of her trip. Being in an area filled with Incan culture, Julia was given the opportunity to immerse herself in historical sites and participate in a form of "hands-on" learning.

Julia began volunteering at an animal sanctuary in Cusco, which would become one of many projects she would eventually participate in during her stay. Every Thursday at the shelter, she was able to help various animals rescued from the black market recover, and was also given the chance to learn how to weave, a skill she had always been interested in. As part of the ProWorld healthy living project, Julia, along with the other students, built ovens out of mud in various houses in the community, as well as patios, guinea pig huts, and water filters. The students also helped hand out TOMS shoes to the children of the community and helped teach others English. While the students on the trip made quite a bit of progress with their projects, they will eventually be completed by the next group of students to stay in Cusco, creating a never-ending series of service projects in these areas.

The program Julia found through ProWorld is just one of the many opportunities for studying abroad at Shippensburg. Through ProWorld, though, Julia was able to help make a difference in the lives of those in Cusco, Peru and demonstrate and demonstrate her leadership skills and commitment to service.

{ *Honorable Mention* }

Congratulations to **Miranda Aaron**, who was selected to participate in the prestigious Teach for America Program after her graduation in May.

Congratulations to **Amanda Schwarz** and **Christopher Silvia**, who were selected to represent the Honors Program at the 2013 PASSHE Summer Honors Program.

Thank you to **Krista Bussewitz** for leading Honors Read book discussion for the month of February.

Congratulations to **Ethan Goldbach** for winning a national Critical Languages Scholarship to study the Korean language in South Korea in Summer 2013. The Critical Languages Scholarship Program is sponsored by the U.S. State Department.





By John Watts, *Honors Sophomore*

Ah, the great outdoors. Truthfully, I've never really understood why it was called the "great outdoors" because I can't remember ever hearing about anything called the "lesser outdoors." The environment is truly a wondrous spectacle to behold, whether the environment in question is a thick, lush forest, or tall, imposing mountains. The beauty of the natural environment is reason enough to conserve it, let alone its function as a means of sustaining life on our planet. I admit that I am not an expert on the environment or environmental biology, not by any stretch of the imagination. However, I recognize the importance of the environment in the life of every living thing on Earth, and I'm going to break away from my usual sarcasm and humor to leave you with a few things to think about in terms of the environment.

If the current population estimates from the United States Census Bureau are to be believed, the population of the United States is upwards of 315,000,000. Now, where I come from, that is indeed a lot of people. Imagine if every single one of those people wasted at least a quart of water, a quart of food, a few units of paper products, or left the lights on in a room unnecessarily for an hour every day. Imagine all 315,000,000 people doing all of those things, every day for a year. I can't even begin to imagine how much would be wasted in that time. The worst part though, is that the more you think about it, the more mind-blowing it becomes. The sheer amount of materials that are needlessly wasted, let alone the amount that is being used, is just completely and utterly staggering. After meditating on this thought, I couldn't help but ask myself: How can we possibly live sustainably on a planet with limited resources?

The unfortunate realization that I came to was that there is no possible way to continue the existence that we, the human race, are leading. It is my belief that we've been negligent in our existence for so long that we have reached the point of being completely unsustainable. However, on the bright side, as I mentioned before, I'm not an environmental biologist, therefore, my opinion on the matter is irrelevant. That being said, you're probably wondering what can be done to save our environment. Luckily for you, I have a few ideas.

- 1) Recycle: It's amazing how easy it is to leave a recyclable item in a recycling bin as opposed to a trash can. What's even more amazing is how many people don't do it.
- 2) Conserve electricity and water: Just turn it off. That's it. It's just that simple. I can't possibly break it down any further.
- 3) Minimalize packaging: Have you ever had the frustration of buying a new item and finding that it's been packaged in at least three or four layers of human-proof packaging? Not only is it absolutely maddening to remove, but also it's overkill, as well as an environmental nightmare. Bottom line: don't do it.
- 4) Carpool: While yes, having a pool in your car would be awesome, it's even more awesome for the environment to share a ride with a friend as often as possible.

I hope that my ideas take root in your mind, and you take part in the struggle to maintain our environment. Now more than ever, it's important to have everyone working together to make our planet habitable for future generations.

Recycle Mania Continues Until March 30

By Katie Benedict, *Honors Sophomore*

Shippensburg University is participating in a nation-wide recycling competition. The university is competing against 600 other schools to recycle as much as possible in an event called Recycle Mania. The lovely people that collect the recycling weigh all of it each week and then it is stacked up against all the other schools. Anything that is recyclable and even things that you wouldn't think are recyclable can be weighed for the competition. Phone books, newspapers, plastics #1-7, paper board, and cardboard are all things you can put into any Single Stream recycle bin you see on campus. Even if you're a commuter, you can participate by bringing your recyclables onto campus and putting them in the bins. The competition started on February 3 and runs until March 30. The winning school will receive an original recycled sculpture, and more importantly, bragging rights about being one of the greenest schools in the nation. Help out the environment and our school this spring by recycling everything!

Charity Ball Proceeds Change Lives in Togo

By Chelsea Meir, *Honors Senior*

The Honors Student Organization is delighted to announce that the proceeds from the Midnight Masquerade Charity Ball: Educating Togolese Girls, which occurred last March, paid for a full year of education for 50 Togolese girls. In addition, the funds provided them with necessary books and school supplies. Thank you to all students who helped organize and run the event, including alumni! "Education is the most powerful weapon, which you can use to change the world." ~ Nelson Mandela



HSO Helps Maintain King's Gap State Park

By Krista Bussewitz, *Honors Senior*

With a crisp breeze on my cheeks and the sun warming my back, I set off on the Scenic Vista trail in King's Gap State Park one spring-like February day. The wooded path was completely silent as I walked, except for the swishing of my jacket and the crunching of icy twigs under my feet. Continuing on my way, I came to an unexpected obstacle. A tree had uprooted and fallen across the trail. And this was no small tree either; I had to crabwalk under it, getting muddy knees for my trouble.

A little mud and a sore back were small sacrifices to make, as the trail rewarded me at the end with a mountainside view of the Cumberland Valley. As I watched vultures and other birds of prey glide along the warm air currents that rise from the mountain, I was grateful to have a quiet place to sit and enjoy nature's beauty.

Besides offering 16 miles of trails thorough maple, oak, and pine forest, with vernal ponds tucked throughout the woods, King's Gap also has an environmental education center dedicated to promoting knowledge of Pennsylvania's flora and fauna, as well as how to preserve them for the future. Maintaining miles and miles of trails throughout Cumberland Valley's South Mountain to clear barriers such as the one I encountered is no small task. King's Gap State Park relies upon the community to come and help keep its facilities and trails in good condition, with work days scheduled throughout the year for the community to come and lend a helping hand.

Organized by the volunteer organization Friends of King's Gap, trail clean-up could involve anything from clearing and chipping brush and trees along roads and trails to cleaning the water bars that prevent trail erosion. No previous experience is needed and volunteers are assigned simpler tasks, so there's no need to worry about having to dig ditches or wield a chainsaw. After several hours of hard work, a well-earned lunch is often provided.

On my recent hike, as I stopped for a breather, I realized that the woods weren't silent after all. In King's Gap, winter has its own soundtrack—the creaking of tree branches, the trickling of snowmelt, the insistent tapping of a woodpecker. Come spring, the woods will awaken to more sounds, both from nature and visitors, as people come to enjoy all that it has to offer. I encourage any students who are interested in preserving Pennsylvania's natural places, as well as anyone who would like to lend a helping hand to a precious community resource, to come along with the Service Committee on future King's Gap work days.

Josh Beck, Evan Fishel, Aaron Benner, Kevin Cook, and Connor Fox, members of the Honors Service Committee, went to a recent work day on Saturday March 10. The committee is planning to attend another work day in April. Honors students can watch the weekly updates and online calendar for more information



I attended the Stress Management Pizza with a Prof with Dr. Tomoko Grabosky, an Associate Professor of Counseling. She began by defining the point at which stress becomes anxiety, which is commonly marked by a person's chest feeling tight, their thoughts racing uncontrollably, and their body shaking. "Stress," Dr. Grabosky said, "can become anxiety if it is not dealt with." The normal levels of anxiety people endure now were, in the past, considered to be high enough for a diagnosis of an anxiety disorder. After explaining anxiety and stress in general, Dr. Grabosky described a safe and effective way of dealing with stress. This remedy is called "Mindfulness," and is described as "paying attention to the present moment without judgment." One form of Mindfulness is meditation. Dr. Grabosky spent a few minutes explaining that, to meditate, a person should sit with good posture, feet on the ground, and possibly close their eyes. For the entire time meditating, rather than allowing worries to become overwhelming, one accepts that the worries exist, and then pushes them out of their mind. We then practiced meditation for approximately ten minutes, during which time the lights were turned off and the only sounds were people shifting in their chairs and Dr. Grabosky talking occasionally about remembering not to linger on negative thoughts. While

meditating, I noticed that it felt like time moved very slowly, and it felt as if my mind was only becoming more distracted by worrying about tests and papers I needed to write. However, afterwards I felt extremely refreshed and calm. Another student, freshman Riley Papson, had a similar experience, "Even though my mind kept wandering, I felt more calm afterwards."

After finishing meditation, Dr. Grabosky talked about the three ways the mind often wanders when distracted. These include things the person wants, things they do not want, and neutral in which the person feels indifferent. Meditation also brings out an awareness of physical sensation; from the tilting of your body in the chair as you try to hold a steady posture all the way to the light breeze on your skin. Altogether, meditation was a very eye-opening experience, as well as a free and healthy way to relieve stress!

By Madelyn Moyer-Keehn, *Honors Freshman*



Grab Your “Buds” and Head to the Cherry Blossom Festival

By Jen Spangler, *Honors Sophomore*

Mark your calendars for April 6, the day of the Honors Program trip to Washington D.C. for the Cherry Blossom Festival. This year the events run from March 20 until April 14. On April 6 and 7, 48 recreational soccer teams will compete as part of the festival on Polo Fields at the National Mall/West Potomac Park. This is the eighth year for the tournament, which is free to spectators. Another competitive part of the festival is the Cherry Blossom Rugby Tournament, which has been running for 47 years. Located on Rosecroft Raceway, this free event is open to the public, and this year will be going international as it includes teams from Canada and an all-Japanese high school. If sports are not for you, there is a walking event on April 6 as well. This year's Freedom Walk commemorates the anniversaries of the Freedom Walk and the Civil Liberties Act of 1988 as well as the Japanese-American spirit of patriotism and perseverance during World War II. The International Spy Museum has a downloadable scavenger hunt connecting spying and cherry blossoms, available through your smart phone. Enjoy walking tours of Meadowlark Gardens (small entrance fee), Green Spring Gardens, or River Farm to experience the beauty that the gardens and cherry blossoms add to life near our nation's capital. This is just a small snapshot of the events and celebrations happening around the time of the Honors Program trip, but there are many other events to experience at the National Cherry Blossom Festival. Consider spending some time in the company of those whom you enjoy in the beautiful scenery of the cherry blossoms of Washington D.C. Take the Saturday, enjoy exploring D.C. and have a great time on the Cherry Blossom Festival Trip.

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Announcements



Editor's Corner



Wow! Can you believe it is time for Spring Break already? Our junior year feels like it has flown by at record speeds. For this issue we wanted to focus on the environment since the Honors Program office moved into a brand new, environmentally friendly building in January. Various Honors committees have really focused on environmental issues this year, and we felt that it was important to showcase their work in the Honors Chronicle. We hope that this issue of the Honors Chronicle has inspired you to take part in environmental protection either through your involvement in one of the programs featured here or another organization on your own. We would love to hear your stories to possibly include in future issues. Have a great rest of the semester and see you at the Honors Spring Banquet on April 25!

-Hannah and Megan

