

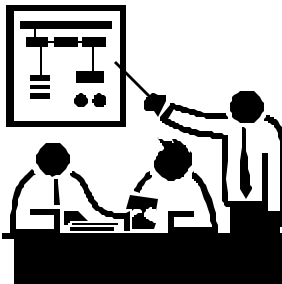


The Occasional Word

Director's Corner

Jim Knauer

It goes without saying that this fall semester has been unlike any other. The unprecedented and horrific national and international events have cast an aura of unreality over much that we do, and yet the most routine activities of daily life continue, as they must. I would like to comment on some of that routine, beginning with a project that is exciting in part because of its relevance to those events.



The Honors Program is currently hosting an online forum that connects over 300 high school and college students from across the

country in deliberations using the National Issue Forum book, *Racial and Ethnic Tensions*. The forum links about 12 classrooms from California to Pennsylvania, and from Alabama to Michigan. As you can imagine, although the book was published in 2000 and makes no reference to terrorism, participants have been quick to comment on the relevance of racial and ethnic tensions. Honors students have participated in the forum and are also involved in evaluating and reporting on the deliberations. Plans are already underway to continue this kind of online forum, linked to high school and college classes, next spring.

We are also very excited about a proposal of ours for a Commonwealth Center for Civic Life based at Lock Haven University. The proposal is currently being considered by Pennsylvania's State System of Higher Education. If approved, this collaborative effort would give Lock Haven students and faculty an entirely new set of opportunities to lead a statewide initiative focused on civic engagement and public scholarship.

Thanks are in order for students who have taken on special responsibilities. ?Melissa Davis and Kim Reese traveled with me to the annual conference of the National Collegiate Honors Council in Chicago where the three of us con-

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Lock Haven University

November 2001

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Comments from Kim

Kimberly Reese

On October 22nd three Honors alumni returned to LHU to talk to students about their professions and experiences as Honors students. The alumni that attended this

event were 1998 graduates Don Calcagni and D.J. Proctor, and 1999 graduate Mandy Manavel.

The day started off with a luncheon held in honor of the alumni. Some current Honors students had the opportunity to chat

with the alumni over lunch and hear about their experiences after LHU. After the luncheon, the alumni took some time to speak in classes, sit in on discussion groups, and visit professors that they have not seen

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Comments from Kim

(Continued from page 1)
lately.

At 4:00 p.m. there was a panel discussion in the PUB meeting room 2, and students were able to hear what the alumni were doing in their professions as well as ask questions. We learned quite a bit about graduate programs and what the Honors Program was like before we became



Honors students. The Program has changed a lot since they were here. They also gave suggestions as to what we can do to continue to improve the Program, especially in the area of alumni relations.

The discussion panel was followed by a dinner at The Dutch Haven. Overall, the

entire event was a success. We will be holding more events like this in the future and would like even more people to attend. All the students who attended felt the experience was well worth their time. If you have any ideas to improve the alumni day event or would like to help organize the next one, please contact me at kreese@lhup.edu.

A Note from the Editor

Hello all! Wow, this semester seems to be flying by. Before we know it, we will be working on all our final papers, projects, and tests...then FINALS!!! I don't know about all of you, but for me this is one of the most excruciatingly stressful times of the year. I know it all seems to work out in the end, but trying to convince yourself that somehow the work will get done while at the same time contemplat-

ing the need for more hours in a day seems next to impossible. That is why I thought it would be great to share this article with you.

I found this article on the Web one night while I frantically did research for the 10 page paper I should have started long ago, and I thought that it had some extremely good things to say about stress. I hope you enjoy it as much as I did!

Ten sure-fire methods for reducing stress

By *Scott Fagan*

"Stress affects everybody every day, and for the most part, stress offers the push we need to respond to a pressing situation. From trying to get out of the house on time to giving a presentation, stress is your response to physical, chemical, emotional, or environmental factors. Whenever there's a sudden need for quick

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Melissa's Messages

Melissa Davis

I came to college with the hope of getting an excellent education, but that wasn't my sole purpose. I get up every morning, go to class, try to be an active participant and gain as much from that class as is possible. When I go home at the end of the day, I work to fully understand the material presented in class. Sometimes I succeed; sometimes I don't.

However, the time that I

"...The time that I spend in class is not the only education that I am receiving."

spend in class is not the only education that I am receiving. I am learning about life. I am learning about being open-minded. I'm learning that "that's my opinion" is not effective support for an argument, and I'm learning that my thoughts and beliefs may not be the same as the person next to me. Also, most importantly, I've learned that we all don't have to think or believe the same thing as long as we respect each other's right to believe.

This I've found to be the hardest. It's hard to be accepting of something you don't believe in, but isn't that what this country was founded on? Religious freedom, freedom of speech, life, liberty, and the pursuit of happiness, these are at the very core of our country.

So, in closing, I just want to encourage you to always keep your mind open and your hasty judgments in a closet somewhere. Trust me; you'll be amazed by what you learn.

Thoughts of Thankfulness

Nicole Verardi

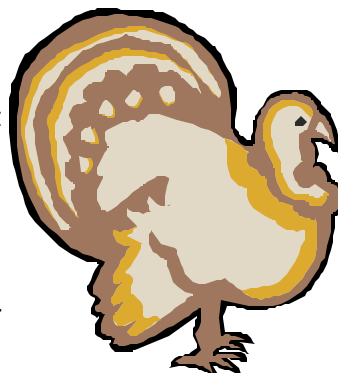
Okay, it's November and Thanksgiving time again. Besides the fact that we'll get a break from classes, Thanksgiving is an actual holiday. What does a celebration of a bunch of Indians and Pilgrims eating dinner together hundreds of years ago have to do with us? Well, maybe the whole concept of their sharing experience is a little idealized, but it does make a valid point.

Now is as good a time as any other to step back and be thankful. We all have bad days, even bad semesters, but there is ALWAYS someone or something in

our lives to be grateful for. Step away from the stress and take some time to appreciate what you have.

Here are some things that LHU Honors students are thankful for:

- ? moms, dads, brothers, and sisters
- ? dogs and cats
- ? memories
- ? weekends
- ? chicken noodle soup
- ? good music
- ? friends that listen
- ? warm sweaters
- ? the opportunity to be at college



- ? pizza
- ? hope
- ? significant others/love
- ? professors that want to help
- ? the beauty of fall
- ? coffee
- ? afternoon naps
- ? the smell of rain
- ? poetry
- ? snow flakes on your tongue
- ? hot showers
- ? paper deadline extensions
- ? the chance to learn and grow.

What are you thankful for? Remember that there is always a reason to be grateful!

Director's Corner

(Continued from page 1)

ducted a moderator training session and a three-session forum titled, "Undergraduate Education Adrift." (See www.teachingdemocracy.org)

? Jessica Barnett Kelly led a workshop the evening of November 7th on "Underachievement Syndrome: What can we do as future educators?"

This workshop is part of Jessica's Honors Capstone Project.

? Dana Graham, coordinator, and the members of our Community Service group, threw a party for children at Horizon House, and I received a warmly appreciative letter from Joy Hanner, director of Horizon House in regards to the event.

Over the next few weeks we will be distributing surveys to students, faculty and alumni as part of our Program review. I hope you will be

able to take a few minutes out of your busy schedules to provide us with feedback. Just a couple of weeks ago we got some great suggestions from alums Don Calcagni, Mandy Maneval, and D. J. Proctor, who were on campus for our Honors Alumni Day. So, keep the ideas coming.

"The Honors Program is currently hosting an online form that connects over 300 high school and college students from across the country..."

Just as students are registering for spring semester classes, we are beginning the organization of co-curricular activities for the spring. Proposals have been solicited from honors students, and I would like to add an invitation to faculty and staff to send me their suggestions. Currently we co-sponsor Access the

World with the Institute for International Studies and we have collaborated on other activities in the past. We are always in the market for new collaborations that can enhance the intellectual climate and

spirit of inquiry and creativity at the university, especially activities that bring faculty, staff, and students together.

Your involvement is also invited in another project that addresses the issue of alcohol abuse. On October 15, a Lock Haven team of Sean Kimball, Laura Long, Sharon Stringer and Wendy Walsh participated in a Public Deliberation Workshop at the Dixon University Center in Harrisburg. Between now and the end of the semester, we will be expanding into a task force to organize a National Issues Forum in February on the topic, "Alcohol: Controlling the Toxic Spill." Representatives from our forum will then travel to a statewide forum in Harrisburg. We will need help organizing and publicizing the forum and moderating sessions, but a major time commitment is not required.

Comments? Suggestions? Want to get involved? Contact me at jknauer@lhup.edu or 893-2491.

The Island of Music

Anastasia Bannikova

It's autumn here on the island. The hills are flaming with leaves; the black crows are returning to their nests; and the ocean is bottle-green and too rough to swim in.

Greetings from University College of Cape Breton, Canada, where I have been for more than a month now! The college is situated on Cape Breton Island, which is a part of the Canadian province Nova Scotia (Latin for "New Scotland"). The college is seven driving hours away from the capital Halifax, six sailing hours from Newfoundland, and only 24 driving hours from Lock Haven! So I'm pretty much in the center of the universe here. I would say, musical universe too, because Cape Breton has a very rich heritage in Celtic and Gaelic music, dance, and storytelling. In fact, a lot of scholars from Scotland come here to learn about Scottish music and Gaelic language because they were so well preserved! So, believe it or not, I'm not

just in Canada; I'm on a little piece of Scottish land too.

Just a week ago, an international festival of Celtic music, "Celtic Colours," was finished here. The concerts were going on all over the island, including Sydney, the biggest municipality on the island, right next to where UCCB is located. Musicians from Scotland, Ireland, Wales, Denmark, and local areas came to participate. I had a chance to go to a couple of concerts through volunteering. The most memorable event was, of course, the opening ceremony, where my friends (other exchange students) and I were standing on the catwalk 50 feet above the stage throwing crimson leaves on people's heads! In addition, to learn more about Gaelic culture, I'm taking a Celtic Music class and attending Gaelic language lessons in the local chamber of Gaelic Society. Now I know that Scotland in Gaelic is "Alba" and

"go bras" means "forever."



You may ask, "what about Canadian surroundings?" Well, there are some of them, and not just in the form of a well-known flag with a maple leaf on it (which, by the way, was offered as a joke during the selection of national emblems). People

here are proud of their heritage and support their community by... purchasing Canadian beer. While in the States Labatt and Molson are considered imports, here they're the most local beer you can get!

Another interesting thing I've noticed is that time stands still here. People don't rush themselves and others. Malls and shops are closed on Sundays, which gives you a feeling of a longer holiday [weekend]. The only connection with the mainland is just a narrow causeway somewhere 165 kilometers away from us. Life is good here on the "Island of Music."

A Psychological Experience

Alisha Rasp

On Sunday, October 15th, Professor Bean's Honors Psychology class hosted a conference for the Lock Haven Community. The conference was titled "Maladies of the Modern World: Terrorism, Violence, Depression, Addiction, Eating and Childhood Disorders" and dealt with current problems in Amer-

"In light of the recent tragedies in the United States, many of the presenters focused on terrorism..."

ica. The topics varied from why people overeat to the psychoanalysis of a terrorist. In light of the recent tragedies in the United States, many of the presenters focused on terrorism, especially on the causes and possible solutions. The presenters chose their topics after being assigned a particular school of psychology to focus on. In my case, multimodal therapy was the school of psychology, and I chose to focus on the number one

disorder among children, Attention Deficit/Hyperactivity Disorder, or ADHD. The conference lasted from 2:00 p.m. until 5:15 p.m. Though many people were busy on Sunday afternoon, a few students, parents, and faculty members attended. Overall, the conference was successful. The students put a lot of effort into their presentations and the topics were very interesting and enlightening.

From the Secretary's Desk

Hi Friends,

At this beautiful time of the season, I would like to let you know what is happening in and around the Honors House. We have had two Open House Visitation Luncheons in September and October with great attendance at both. We also hosted one Saturday, November 10th, and had 10 prospective students and their families join us. Many thanks to Kim Reese for her willingness to head this project and to her Admissions Team who make these visitations run smoothly and who give their free time to see that all aspects of the Program are carried out. We could not do it without these dedicated folks. A lot of hard work goes into this part of our Honors recruiting process, from giving tours, to scheduling the actual luncheon and making reservations, preparing handouts and speaking to the students and their families. It is the extra that this Admissions Team

does that makes Honors succeed and grow. So for all the long hours and for your dedication I say many thanks.

We also have had Issue Forums that many of you have attended, and I am sure we would like to hear from you on your views of the forums and suggestions of changes or issues you would like to see in the future. Maybe I could encourage you to submit an article to Teresa Pudvah for the Occasional Word. It would be greatly appreciated. Did you know the OW is online now? Check it out in your spare time and maybe this will encourage you to contribute.

Dr. Knauer, Kimberly Reese, and Melissa Davis just returned from the NCHC Conference that was held in Chicago. I am sure if you ask them they will tell you what transpired at the conference and what they contributed. As you

can see there is a lot going on and a lot to do to keep Honors growing--so, whatever your involvement, keep up the good work. With the Thanksgiving holiday season just around the corner, may I take this time to say have a safe and wonderful holiday with your families. Families and friends and sharing are what is important and as you have a little time to relax and reflect on your many blessings, take time to give thanks. Take care and be safe.



Sharon

A Freshmen Connection

Megan Gephart

"I think freshmen discussion groups provide a helpful atmosphere where I can let off steam and get assistance for my classes." Kristin Frantz, a freshman in the Honors Program, made this statement. Ultimately, her description matches the intention of the discussion groups almost exactly. Another freshman, Jay Cervone, took on a lighter view of the groups saying, "I think it is a chance to meet people and make new friends."

As far as my experiences

thus far in freshmen discussion group go, I have nothing but positive feedback to provide. As Kristin said, the discussion group has served as a place to talk about class, dorm life, or just simply complain about teachers and classes. I welcome this part of my day, as it is refreshing to talk to people who are experiencing the same problems as I am. Furthermore, my leader is friendly and helpful in answering

any questions we have, while relating her own knowledge of the campus workings as only an upperclassman could. In my opinion, Jay also hit home with his comment on the discussion groups. I have met some interesting people, and I hope to have formed some lasting friendships by the end of the semester.

As one could tell, my experiences in

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"...Discussion group has served as a place to talk about class, dorm life, or just simply complain about teachers..."

A Freshmen Connection

(Continued from page 5)

discussion group have been very beneficial, but, as others have pointed out, this isn't always the case. Some freshmen, who would rather not be named, thought that the quality of the discussion group directly depends on the quality of the leader. In their case, they thought that the group's purpose was well intended, but because of



their leader's lack of interest, the group was less beneficial than it could have been. I suppose, in every situation, one has to take the good with the bad, but as it goes with many things in life, you get what you put into something. I firmly believe that the discussion groups are a good

way to help freshmen adjust to the rigorous demands of the Honors Program while providing a relaxed and informal atmosphere where friendships can blossom. It seems my opinion is widely echoed, because the majority of people I talked to agreed completely.



A Little Extra

The contents of this section were compiled by Nicole Verdi.

Vocabulary Corner:

Superlative—of the highest order, quality or degree; excessive or exaggerated

Plethora—superabundance; excess; an excess of blood in the circulatory system



Riddle Me This...

1. What dies half its life, lives the rest, dances without music, and breathes without breath?
2. You are a bus driver. At the first stop, 4 people get on. At the second stop, 8 people get on. At the third stop, 2 people get off. At the last stop, everyone gets off. The question is: What color are the bus driver's eyes?

Answers: 1. A tree, 2. You are the bus driver.

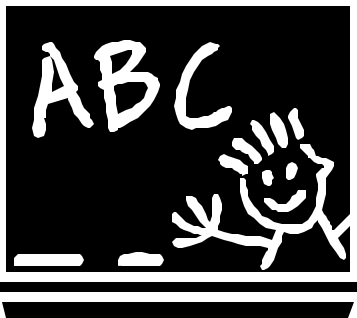
What happened in November?

November 1, 1848—The first medical school for women opened in Boston.

November 11—Don't forget to support veterans on Veteran's Day!

November 14, 1994—The first paying passengers traveled on the new rail service through the Channel Tunnel linking England and France.

November 26, 1789—The first American holiday occurred, proclaimed by President George Washington to be Thanksgiving Day, a day of prayer and public thanksgiving in gratitude for the successful establishment of the new American democracy.



Democracy at Work

Sean Kimball

Two week ago, I attended the Public Deliberation Workshop in Harrisburg with Dr. Knauer, Wendy Walsh (the RD of North Hall) and Sharon Stringer (a professor in journalism and mass communications). Our purpose, along with the other Honors representatives from several other Pennsylvania state



schools, was to develop new ways to address issues and discuss common problems in society through deliberative democracy.

For this forum, the discussion topic was alcohol use and abuse. The opinions ranged from going back to complete prohibition. The idea was not to actually debate the topic, but to find a common ground to move from

in a way agreed to by all. The experience was very useful and I hope to employ the methods learned in future forums and outside discussions. Unfortunately, I was the only student willing to take a day off to visit Harrisburg. I really wish more people would have attended!

I encourage all of you to get more involved in such activities that the Honors Program has to offer you! You can learn more than you might realize.

A Note from the Editor

(Continued from page 2)

response, our bodies initiate a cascade of chemical reactions that sends our hearts racing and heightens all our senses. In a positive context, stresses can help keep our bodies strong and minds alert, but chronic stress can have devastating effects.

When you have chronic stress, your body produces too much cortisol and adrenalin; two major stress hormones. Cortisol is the worry hormone produced by fear and vigilance, and produces anxiety. Adrenalin is the fight-or-flight hormone which prepares the body to react physically to a threat.

If you fail to adapt to our stresses, your body can produce too much of these hormones for too long. This results in distress, which is literally an overdose of cortisol and adrenalin. The effects can result in physical symptoms and even changes that lead to stress-related illnesses.

Chronic stress has been linked, for example, to high blood pressure and heart disease. New research suggests that people whose blood pressure spikes in reaction to life's daily annoyances develop blockages in their arteries faster

than those who can relax.

High stress levels also have been found to trigger asthma attacks and can precede a heart attack. Long episodes of stress can also have a negative impact on your immune system, weakening your resistance to infection as well as your ability to recover. Other physical manifestations of stress include headaches, insomnia, digestive trouble and acne. In fact, stress can worsen just about any symptom, whatever the original cause. Stress can manifest itself in a range of symptoms. You may become more forgetful or find it harder to concentrate. Losing your sense of humor is another sign of an unhealthy amount of stress in your life, as are irritable moods and increased angry outbursts. Take our quiz to assess your level of stress.

Stress can lead to an entirely different set of health problems if you seek relief from it by smoking, drinking alcohol, taking other drugs, or by eating more or less than usual. Fortunately there are a variety of natural, drug-free approaches to provide stress relief. What can you do to handle stress? The most important question to ask yourself when you feel trapped by intense stress is whether this is really

worth dying for. Then, remind yourself that there is no one solution to handling stress. Everyone is different and you need to choose the stress relievers that work best for you. Here are some suggestions:

- ? **Identify your triggers.**
- ? **Modify your responses.**
- ? **Learn biofeedback.**
- ? **Practice daily meditation.**
- ? **Massage.**
- ? **Aromatherapy.**
- ? **Yoga.**
- ? **Breathing exercises.**
- ? **Aerobic exercise.**
- ? **Develop a support network.**

The most important thing is to realize that you are not a victim of your circumstances. Rather, use these tools to change your perspective on the events in your life that make you feel stressed and take control of your reactions to them."

Well, I hope you now have a better understanding of how you can take control of the stress in your life. I also hope you all have a wonderfully relaxing "end-of-the-semester!"

Teresa

"The most important thing is to realize that you are not a victim of your circumstance."

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"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."—John Fitzgerald Kennedy

"Let us remember that, as much has been given us, much will be expected from us, and that true homage comes from the heart as well as from the lips, and shows itself in deeds."—Theodore Roosevelt

"Gratitude is the sign of noble souls."—Aesop, "Androcles," *Fables*

"Gratitude is not only the greatest of virtues, but the parent of all the others."—Cicero

**"Now Autumn's fire burns slowly along the woods
And day by day the dead leaves fall and melt."**—William Allingham, *Autumnal Sonnet*

May your Thanksgiving be abundant with the gifts of love and friendship.

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