



# The Occasional Word

Lock Haven University

## Director's Corner

Jim Knauer

As the spring semester winds down and the selection of next year's entering class nears completion, we turn our attention to plans for orientation and fall semester activities. New activities are being proposed, and an old favorite, Access the World, is being revived.

One of the new fall activities, Public Issues Forums, actually has a tie-in with new student orientation. Over the summer, incoming students will be reading *Tuesdays with Morrie*

and discussing it online. The book deals, as you may know, with the relationship between the author, Mitch Albom, and a former teacher with ALS. The first forum in our fall PIF series will be *At Death's Door: What Are the Choices?* Faculty teaching courses for which this topic is relevant have already been invited to involve their classes.

Fall forums will occur both in-person and online and be open to the public. The in-person forums are ten-

tatively scheduled for 6:30 pm on the second Mondays of September (*At Death's Door*), October (*What Kind of General Education Should*

*All College Student's Have?*), and November (*Racial and*

*Ethnic Tensions*). Online forums will run for approximately two weeks before and one week after these evening forums.

Professors are  
(Continued on page 3)



### Inside this issue:

<i>The Odyssey of College (continued)</i>	2
1st Response to "Comments from Kim"	2
<i>The ABC's of ZZZ's</i>	3
<i>Director's Corner (continued)</i>	3
<i>Comments from Kim</i>	4
<i>Summer Plans</i>	4
<i>Reflections</i>	5
<i>By Various Artists</i>	6
<i>Greetings from Abroad</i>	7
2nd Response to "Comments from Kim"	8
<i>Melissa's Messages</i>	8
<i>Made in a Sweat Shop</i>	9
<i>The SRC is Finally Here!</i>	9
<i>From the Secretary's Desk</i>	10

## The Odyssey of College

Megan Gephart

Honors freshmen in Professor Myers' Literature class were recently assigned to write a paper on how two modern works, which could range anywhere

from poems to movies to songs, or even an episode of *The Simpsons*, relate to Homer's *Odyssey*, which we all had to read in Professor Lebin's Composition class during the first semester. I must admit that I was

skeptical at first, seeing as how we beat *The Odyssey* to death in Dr. Lebin's class, but I began to realize why Professor Myers assigned such a task. As Charles Frazier, the author of *Cold*

(Continued on page 2)

# The Odyssey of College

(Continued from page 1)

*Mountain*, comments, every story about a journey ties in with *The Odyssey* (it is an essential and timeless theme in literature and life). It's the tale of a war weary warrior trying to go home to his long lost love who has waited for him. But, neither the home he is returning to nor the people that inhabit it are the same as he remembered, and the warrior has changed as well.

While pondering which works I would write my particular paper on, I couldn't help but think about how college life is much like *The Odyssey* and how every college student has a bit of Odysseus in them. As college students, most of us will return home shortly, weary from our journey through various classes and responsibilities, to our families. But,

like most college students soon realize, the home that they are returning to has changed. Even more importantly, the student realizes he/she has drastically changed. Home will never quite be the same, just as Odysseus' home was not the same as he had remembered. Furthermore, though anxious to return home, Odysseus, being the adventurer that he was, yearned for more voyages. In the same spirit, the average college student will grow tired of home and anxious to go back to school, on track to continue their own voyages.

For those of you who had bad experiences with *The Odyssey* (and I realize there are many of you out there), you probably

resent my writing on such an exhausted topic, but I only wish to encourage each one of you to explore how certain topics you study relate to you on a personal level. I realized when studying *The Odyssey* once again that the story could relate to us all.

Everyone is on an individual odyssey throughout their college years and beyond, and there will be obstacles along the way, but whenever you get frustrated or tired of working towards your goals, remember that the worst course in your major or a bad experience with a roommate are nothing compared to a man-eating Cyclops.



## 1st Response to "Comments from Kim"

Dear Kim,

As a member of the U.S. Army, I share your feelings of anger towards those who have committed the violent acts against our country on September 11. Also, I strongly feel that we need to remind them of our strength as a unified nation. To allow the towers to remain as they are would just show the world that

*"I strongly feel that we need to remind them of our strength as a unified nation."*

the United States took a great loss and will continue sulking about it until it tears this nation apart. I

think a small memorial would be appropriate, but we should not immortalize the day. Those towers served as a key function in the strength of the United States.

The space they occupied accommodated that function. Why not let the space fulfill its purpose? Be-

sides, if we build a memorial there, and a new World Trade Center somewhere else, it will still be a terrorist target. September 11 was not the first, and more than likely not the last attack on US soil. What are we going to do, keep building huge memorials? Then, when asked where I come from, I can say, "The United Memorials of America."

That's my view of the matter,

Jess Miller

# The ABC's of ZZZ's

## Alisha Rasp

Projects, papers, presentations...does the work ever end? As the semester draws to a close, more and more work seems to pile up. How are you ever going to get it done? Well, if you are like many busy college students, it seems like the best time to give up is the time normally spent sleeping. Even though this seems like the best time, sleep is essential to optimal performance. The point is, if you want to do your best on all those projects, papers and presentations, getting enough shut-eye is critical.

How much is enough? For college-age students, it could be anywhere from 7-10 hours per night. To tell if you are not getting enough sleep, pay attention to your body. If you feel drowsy during the day, even during boring activities, you haven't had enough



sleep. Also, if you fall asleep within 5 minutes of lying down, you are probably sleep-deprived.

Once you reach sleep-deprivation, you will need even more sleep to catch up on the debt. Another interesting little fact: People do not adapt to getting less sleep than they need. We may get used to a sleep-deprived schedule, but our judgment, reaction time, and other functions are impaired.

In order to get a good night's sleep, try the following tips:

1. **Exercise**—20-30 minutes daily, but not right before bed.
2. **Avoid caffeine, alcohol, and nicotine**—Caffeine is a stimulant, smokers wake up from withdrawal, and alcohol robs people of deep sleep.
3. **Relax before bed**—

Take a shower, read a book, watch TV—make it part of your bedtime ritual.

4. **Don't lie in bed awake**—Anxiety of being unable to sleep can lead to insomnia.
5. **Control your room temperature**—Extreme temperatures disrupt sleep.
6. **Set a schedule**—Go to bed and wake up at the same time each day (I know this is hard, but try your best!) Also, "sleeping in" on weekends leads to a disrupted cycle.

Being a student myself, I know that getting sleep seems impossible, especially if you are someone that needs 10 hours. The best advice that I can offer is to plan and prepare early for your projects, papers, and presentations and don't deprive yourself of the sleep you need.



## Director's Corner

*(Continued from page 1)*

invited to integrate any of the forums into fall classes. Participation is also welcome from high school students (especially applicants to the Honors Program), alumni, professors emeritus, all university staff and members of the community.

This is the last issue of

Occasional Word for the year, so let me thank the stellar staff which produces it, especially co-editors Teresa Pudvah and Megan Gephart. Thanks also to the many faculty and staff who contribute to the Program and to the Honors students who make it work, especially student associate directors, Melissa Davis and Kim

Reese. Finally, I want to recognize the special contributions of Sharon Heverly whose dedication to the Program is an inspiration to all of us.

# Comments From Kim

## Kimberly Reese

Since this is the last issue of the OW for the semester, I would like to take the time to thank everyone for his or her help in making this year so successful. Without everybody's help working in the office, giving interviews, keeping the website up-to-date, arranging various events, etc., we would not have had such a great year.

Although everyone deserves recognition, there are some people who deserve special recognition as the semester closes. First, I would like to congratulate all the seniors who will be graduating with Honors. Jessica Kelly and Brad Hoppes are graduating with University Honors with Distinction, Erin March and Dan Barr are graduating with Uni-

versity Honors, and Kari Brenner, Carrie Pastore, Nadine Fattore, Erin McDermott, Jen Haines, Amanda Stritmatter, Andrea Brubaker, and Clint Stees are graduating with Honors in General Education. Congratulations to all of you and remember to keep in touch with us. And a quick reminder to all of you, now that you are alumni, please take a minute to go to the website and fill out an alumni enrollment form. We like to showcase our alumni, because they always go far in life!

There are also a few people who will not be returning to campus next semester because they are taking advantage of some special opportunities elsewhere. Sean Kimball and Janelle Steen will be taking internships in Harrisburg and Florida respectively. In addition, Mike Richards will be taking advantage of the Study Abroad Program and

will be studying in Australia next semester. I'm sorry if I missed anybody else who will be leaving us for a while, but these are the only three that are coming to mind right now. Congratulations to you all, and we will be looking forward to seeing you again in the spring.

For those of you returning in the fall, have fun this summer. Relax and take a break from all the studying. Melissa and I are in the office quite a bit during the summer, so if you are in the area, stop in and say hi. The house gets pretty quite during this time of year, so we will be looking forward to seeing you again in the fall!



## Summer Plans

### Anastasia Bannikova

Ah, summer! The most wonderful time of the year. What do you have planned for Summer 2002? Are you doing an internship or taking summer classes? Or are you the one who found a part-time job close to home? Not sure what you are going to do yet? Well, for those of you who are still thinking about how to fill three months of your life before the Carillon wakes you up again for the 8 a.m. class, here is a

short list of things to do in the summer. Don't take them seriously, but enjoy and keep your mind open for some other ideas!

1. **Work in a summer camp as a counselor.** Hey, they pay you every day, you have room and board provided almost all summer long—what else could you want from life? Well, this job is perfect only for those who like kids. Be-



cause that's what this job is all about—a constant kid watch. Even at night. So if you are not really enthusiastic about your own younger siblings, don't do it. Although summer camp is a great place to act like a kid too—singing all those camp songs and telling scary stories (girl scouts like them a lot).

2. **Go away!** Yes, go backpacking across Europe or hike at least the Pennsylvania

*(Continued on page 5)*

# Reflections

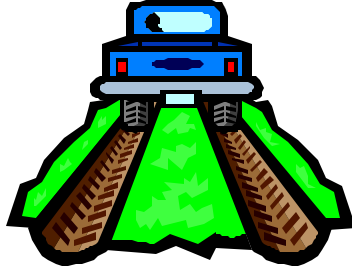
Alan A. Vezina

It's one of those nights.

I'm lying down in the back

of Joe's gray 1986 Sierra, looking up at the dark glove through the rear window. The rain is coming down at a hard and steady pace—it's comforting. No

matter what happens, the laws of the world dictate that some things are near-constant: the sky will be blue in the morning (barring clouds), and no matter where life takes me, a midnight rain will always bring comfort. It's the little things in life that we have to grab onto, because they're a lot more permanent (if less permeable) than the



larger constructs of society.

I'm still lying, and it's still one of those nights. I think we're out on an exit somewhere in the middle of whatever Connecticut is. I could find out, but I'd wager that it's not worth moving my head to look out the side windows. We're on our way back to Jersey—God, I love Jersey. The state of New Jersey is to the United States what Ireland is to Great Britain. A guy from Tennessee told me that. We get crapped on by the other 49 states, but almost anyone you'll ever meet from the state is damn proud of it and won't hesitate to tell you that. (I read somewhere that there are two things you'll find out about a person within two conversations: if they went to prep school and if they're from New

Jersey.) I'm not a native, but that state took me in as an exile from the West Coast and made me one of its own. We're kind of like a family, I think—the age-old struggle between North and South Jersey will always wage on, but in the end, the multitude that is New Jersey will present a unified front to all outsiders.

Joe and Rita are in the front seat talking—some problem with the breaks. I need to get home tonight, and thus, I'm sure we'll get home; that knowledge gives me the comfort that I need to continue probing the dark sky with my tired green eyes. They seem far away, their voices distant echoes inside my cavernous mind, the sound bouncing off the walls and fading softly into the dark recesses. In many respects, they *are* far away; at the same

*(Continued on page 7)*



## Summer Plans

*(Continued from page 4)*

part of the Appalachian Trail. Or go on a road trip to California, break down on the way there, somewhere in Oklahoma, and still have a good time. If you are worried about money, pick the adventure suitable for your wallet. Or you can travel somewhere every day from your own home—explore your local area, don't just pass it by on the highway! Summer is a great time to achieve all those wild dreams you have about traveling.

3. **Stay home and work on**

**something you really love.** Like reading? Set a goal to read certain kinds of books. Hate reading? Set a goal to start liking it or at least appreciating some authors or genres. Have you always wanted to work on your car? Go for it. (Note to Honors students: it's also a good time to start working on your capstone projects or any other type of academic work. Less work in the fall!)

4. **And here are small things you can enjoy in the summer almost every day!**

—fresh-picked berries

—sleeping in on Mondays  
—swimming in the lake or river  
—ice cream three times a day!  
—natural suntan (careful though)  
—drive-in movie theatres  
—summer romance  
—yard sales  
—fishing/ camping/hiking/biking  
—summer clothes (yeah!)

Have a great summer, everyone!



# By Various Artists



## Divorce

Sharon Heverly

Children's spirit

Hearts

Family Connections: **Broken**

Commitments

Family Reunions

Lives: **Shattered**

Blame

Insecurities

Doubts: **Here to stay**

Future

Relationships

Security: **Uncertain**

Regrets

Hurt

Sadness: **Touches us all**



## **Central Pa.**

Chris Ruff

Dusk rains down darkness  
on a little kernel of a town  
in the middle of Pa.  
Not much of anything,  
and nothing special—  
a hollow speck  
of a dot on the map

Just a simple town  
built on the foundation  
of Peg and Bill's Diner,  
The New Covenant  
Church of Christ,  
and their fat-fried customers  
who stare at laminated menus,  
wondering what they want  
in this, the evening of existence.

But optimism outweighs  
the gloomy blandness  
of the landscape.  
No loud, tapping diesel engines  
pollute the traffic along  
this stretch of the Susquehanna River,  
no ominous power plant  
to litter its sky.

Only budding trees rooted in well-kept lawns,  
and stumbling Detroit porpoises  
that waddle and wander between



screen doors that reveal dirty dishes  
bathed in grease and stale water,  
and fields of corn filled with the buzz  
and chirps of crickets.

\*\*\*The following 6 poems were submitted by Kelly Davis. You can contact her with comments a kdavis@lhup.edu, or you can check out more of her poems at [www.geocities.com/ariengod22/delirium.html](http://www.geocities.com/ariengod22/delirium.html).

## one of the many for my mother

she thought it would  
be easy to live a life  
given to her by who  
knows what  
she thought her  
children would save the world  
and it is hard to keep her disap-  
pointment  
from showing



## my favorite band

the computer  
resonates when  
they play  
"afternoon with the axolotis"



## To JRT

there is the boy  
who shifts when  
driving an automatic  
is he trying to control  
something he can't



## going away to college

tired of life lately  
spiraling downward  
or is it upward

## catherine

dark fields of daisies  
that now delineate your heart  
quick as a fiddle  
falling over my words to  
catch the light of the stars



## generalities

this just doesn't make sense does it  
how can one person be  
a catalyst  
in times such as these

# Greetings from Abroad

Hello Lock Haven! Micah here, sending greetings from Costa Rica.

The school year is definitely flying by. More so here in Costa Rica, because each class only meets once a week. It's a very interesting way of doing things, and it's done this way because students don't live in dorms (there aren't any) and have to drive and catch buses to class. As a result, it's more convenient to have class for three or four hours just once a week.



There are many more differences between the classes here and in Lock Haven. For one thing, just about everything is done in groups. For another, about half of the time with your group is spent talking about unrelated topics. Part of me is in love with how it works, but another part wants to take all the work and get it done myself. Very interesting.

But enough about classes. I should also mention a little about the country and culture itself. The people are extremely friendly and open; if you start a conversation

with a stranger, it can go on for quite a while. My host family has unexpected visitors drop by during lunch or dinner, and they are greeted with a smile and a heaping plate. In the U.S. that would usually be considered bad manners. Here it's considered a lovely surprise. Also, you almost never have to show up to anything on time. Classes, meetings, hmm, you name it. In other words, it's wonderful.

Well, class already started, so I think I should head out. Take care everyone!

Micah Smith



## Reflections

*(Continued from page 5)*

time; however, they're also closer than I feel comfortable thinking about. Humans...we're like eggs, you know: introspective, self-obsessed, self-contained, but ultimately all the same. What few realize is that the fears and doubts that we feel make us unique, an oddity, do the exact opposite. Every fear and hope that we hold personal in our hearts is shared by everybody else; not only that, but they are shared by the scores of people who have come before us, and the scores that will come after we've been buried and forgotten.

When I first began writing at the age of 10, I wrote to ex-

press my "uniqueness"—I had to put to words the depression, the isolation, and the mind-numbing fears. But then, something strange happened—as I started to share my work with others, everyone commented on how they felt the same way. I never realized the importance of that until recently. This is why we come together at funerals and weddings, at church and in the bars—this too is why writers write. We express and share our emotions, and in doing so, we reach an aspect of our true selves (our species being, if you will)—not something greater, but something that we have the potential to become.

And it's still, still one of

*"Humans...we're like eggs, you know: introspective, self-obsessed, self-contained, but ultimately all the same."*

those nights. The dark globe is black and moonless. The car is still parked here, and the rain is still falling on the roof, echoing inside. Some things are universal—some things are unlikely to change. In the end, it's these things we need to hold on to.

## 2nd Response to "Comments from Kim"

Hi. My name is Caleigh Meehan, and I will be joining the Honors Program in

the fall. I love to read the Occasional Word, and I noticed that you were looking for feedback on the topic of a 9/11 memorial. While I understand and respect Kim's opinion, I take the opposite

point-of-view. I believe that those who lost their lives should be honored by a small memorial at the



site. For example, a collage of individual pictures grouped under the name of the company they worked for. I feel that rebuilding would compare to building a house over a graveyard. I think that by rebuilding would we be overshadowing the tragedy that occurred at that site. However, this is not to say that some sort of compromise

could not be constructed. Maybe the rebuilt towers could have floors that could serve as memori-

als, possibly even the floors where the planes entered the buildings. I just wanted to say that I was really happy to see someone looking for feedback, and I am really happy you were interested in other people's reactions to this topic. Thank you for your time, and maybe I will see you next year.

Sincerely,

Caleigh Meehan



## Melissa's Messages

### Melissa Davis

Hey everyone. I hope that the semester is winding down nicely. If yours is anything like mine, now is the time that you get all stressed out and crazy. Well, take a breath. It's time to look back and reflect. And while you're looking and reflecting, jot some stuff down for your Honors essay, be it freshman, sophomore, etc.

I've heard several complaints about having to write essays at the end of each year. I admit, my freshman year, I was definitely among the masses whining about not having time. However, then I realized that this wasn't your typical essay. There was no lengthy thesis statement comparing Homer's *Odyssey* to Virgil's *Aeneid*, no one would be returning it, telling me my diction and

syntax weren't quite right, and most of all, I can complain in the paper. However, when I sat down to write my freshman essay, I found that I had less to complain about and more to be thankful for. When I wrote a complaint, somehow a silver lining to that cloud appeared. I could complain about it being too big a time commitment and that the groups were a waste of my time. Then, before I was even finished typing, I thought of positive things about the time and the groups. I got to know people, I got to do new things, I got to talk and express my opinions about things.

From the time commitment and the groups, I moved onto complaining about the Honors classes and professors being too hard with too little feedback. However, then I began to reread the portion of essay that I had written.

*"When I wrote a complaint, somehow a silver lining to the cloud appeared."*

I found that my diction and syntax were good and that for each topic that I had written about, I had supporting ideas. Darn, foiled again. It seems that without my knowing it, my writing *had* improved.

Ok, so maybe you won't find that every complaint has a silver lining, maybe you really are busy with very few moments to spare. Still, take a couple minutes, write your yearly essay on your time in Honors. You might learn something.

# Made in a Sweat Shop

Nicole Verardi

Made in China. Made in India. Made in Guatemala. Have you looked at the tags on any of your clothes lately? If you haven't, take a look right now. It is very likely that what you are wearing was made in a Third World country.

Why is the origin of your clothes a reason for concern? Well, globalization has led to labor exploitation in very poor areas. Many billion dollar companies move their factories to free trade zones in poor countries. In places like these, the companies are able to get away with paying almost nothing to the workers. Did you know that in Indonesia workers are paid only 10 cents per hour? Our neighbors in Mexico, are paid only 50 cents per hour. Workers are not permitted to organize and ask for better conditions. If demands are made, the company simply leaves and goes to another

poor area where workers will accept even less money. Their salaries are not enough to support families, but the workers, mostly women, have few options for making money. Children are even brought into these dangerous situations. The conditions in these factories are often inhumane. Workers might only be allowed one day off in a month. Physical, verbal, and sexual abuse are common. One woman had her eye poked out because she was waiting for a delivery of more material for her sewing. Sometimes they are not even allowed to go to the restroom. Many of these workers believe that Americans know about their difficulties but do not care. I think we should care.

You are probably thinking, "Yeah, so I am just one person. I can't change whether or not companies do this." Well, you can make a difference. A few years ago, GAP customers protested the awful working conditions. The result was that GAP opened their

*"It is very likely that what you are wearing was made in a Third World country."*

factories to inspections. A woman might be paid 20 cents to make a shirt that you pay \$40 to have. Companies want to make money, and if their customers are not happy with them—they will not make money. Good reputations are vital. If some companies really do not care about their sweat shops, you can make them care. Write to these companies and tell them how you feel. The website for the National Labor Committee has information about starting student groups. Now you are aware of the reality of where your clothes come from—do something about it.



## The Student Recreation Center is Finally Here!

Mike Richards

After being under construction for a little over a year, the Student Recreation Center (SRC) is officially open for business! As of Wednesday, April 10th, students were encouraged to visit the SRC and participate in one of the many activities it has to offer. It includes three multi-

purpose courts where students can enjoy basketball, volleyball, tennis, soccer or badminton; a dance/exercise room; a fitness center; three racquetball courts; a two-story climbing wall that holds up to seven people; and a 4-lane mezzanine jogging track. Soon to be added outdoors will be lighted basketball, tennis, and beach volleyball courts. The facilities are open free of charge to any stu-

dent currently enrolled at Lock Haven University, so when "spring fever" hits, you can get out of the residence halls and into the SRC.

There will be a Grand Opening celebration on April 28th, so keep checking the website for updated information at [http://www.lhup.edu/rec\\_center/](http://www.lhup.edu/rec_center/).



## From the Secretary's Desk

Hi Folks,

As I was pondering what to write for the last newsletter of this semester, I decided to "borrow" an article from a man I grew up listening to on the radio, Paul Harvey. His series, "The Rest of the Story," dealt with many popular and not so popular issues of the time. He began his career in Chicago in 1944, broadcasting from WENR-AM, which was affiliated with ABC. He always started out with this familiar saying, "Stand by for news." It wasn't long until he became the most listened to broadcaster of all time. He is still in the reporting business, Monday through Saturday on over 1200 stations around the world. He also writes article for 300 newspapers across the country. I would encourage you to check out the background of this amazing man, especially you journalism majors; he is a man who never mixed words. He said what he felt in his heart, and if he stepped on anybody's toes...so be it. May I share with you in this final newsletter of this semester one of his messages.

Paul Harvey Writes:

We tried so hard to make things better for our kids that we made them worse. For my grandchildren, I'd like better. I'd really like for them to know about hand-me-down clothes and homemade ice cream and leftover meat loaf sandwiches. I really would. I hope

you learn humility by being humiliated and that you learn honesty by being cheated. I hope you learn to make your own bed and mow the lawn and wash the car. And I really hope nobody gives you a brand new car when you are sixteen. It will be good if at least one time you can see puppies born and your old dog put to



sleep. I hope you get a black eye fighting for something you believe in. I hope you have to share a bedroom with your younger brother/sister. And it's all right if you have to

draw a line down the middle of the room, but when he/she wants to crawl under the covers with you because he/she's scared, I hope you let him/her. When you want to see a movie and your little brother/sister wants to tag along, I hope you'll let him/her. I hope you have to walk uphill to school with your friends and that you live in a town where you can do it safely. On rainy days when you have to catch a ride, I hope you don't ask your driver to drop you two blocks away so you won't be seen riding with someone as uncool as your mom. If you want a slingshot, I hope your Dad teaches you how to make one instead of buying one. I hope you learn to dig in the dirt and read books. When you learn to use computers, I hope you also learn to add and subtract in your head. I hope you get teased by your friends when you have your first crush on a boy\girl,

*"I hope you get a black eye fighting for something you believe in."*

and when you talk back to your mother that you learn what ivory soap tastes like. May you skin your knee climbing a mountain, burn your hand on a stove and stick your tongue on a frozen flagpole. I don't care if you try a beer once, but I hope you don't like it. And if a friend offers you dope or a joint, I hope you realize he is not your friend. I sure hope you make time to sit on a porch with your Grandma/Grandpa and go fishing with your Uncle. May you feel sorrow at a funeral and joy during the holidays. I hope your mother punishes you when you throw a baseball through your neighbor's window and that she hugs you and kisses you at Hanukkah/Christmas time when you give her a plaster mold of your hand. These things I wish for you—tough times and disappointment, hard work and happiness. To me, it's the only way to appreciate life.

Thanks for letting me share these truths with you and until next time stay happy and be safe.

Sharon

## Lock Haven University

Honors Program  
Lock Haven University  
Lock Haven, PA 17745  
Phone: 570-893-2053  
Fax: 570-893-2711  
Email: jknauer@lhup.edu

We're on the Web:  
[WWW.LHUP.EDU/HONORS](http://WWW.LHUP.EDU/HONORS)

"No bird soars too high if he soars with his own wings." —*William Blake*

"We are told never to cross a bridge until we come to it, but this world is owned by men who have 'crossed bridges' in their imagination far ahead of the crowd."—*Anon.*

"Shoot for the moon. Even if you miss, you'll land among the stars."—*Les Brown*

"Hold fast to dreams, for if dreams die, life is a broken winged bird that cannot fly."—*Langston Hughes*

## Contributors

### Co-Editors

Teresa Pudvah  
Megan Gephart

### Assistant Editors

Nicole Verardi  
Anastasia Bannikova

### Writers

Jim Knauer  
Sharon Heverly  
Jess Miller



### More Writers...

Kimberly Reese  
Melissa Davis  
Nicole Verardi  
Megan Gephart  
Anastasia Bannikova  
Alisha Rasp  
Kelly Davis  
Chris Ruff  
Mike Richards  
Micah Smith  
Alan Vezina  
Caleigh Meehan