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Lock Haven  
University



# The Occasional Word

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## By Kathy Richards

This spring the Honors Program has been busy celebrating the accomplishments of its members! First, Rachel LaVoie, a freshman Elementary Education major, has been selected to participate in the prestigious 2003 New York Honors Semester at Long Island University's Brooklyn Campus. The theme of her studies will be Building and Rebuilding the City after the events of September 11<sup>th</sup>. Sean Kimball, a senior Political Science major, has been honored with an \$8,000 Phi Kappa Phi graduate fellowship to attend graduate school at Syracuse University to further his studies in International Relations.

## Director's Corner

Patti Hatches, a senior, won the graduate National Athletic Trainers' Association Research and Education Foundation Scholarship to attend graduate school at West Virginia University. Jessica Hammond, Julia Grove, and Annie Ritter have been accepted to study abroad in Ireland during the fall semester while Jessy Pearson will be spending her fall semester in England. Dennis Yoon and Alisha Rasp will be traveling with the summer Honors Program to Ecuador, while Jenna Senft and Michael Richards stay in Lock Haven, having been chosen as members of the summer Orientation team.

The Honors Program is also graduating its



largest ever senior class of students who have earned University Honors through their dedication and commitment to the Honors Program. Graduating with Honors in General Education is Amanda Vetterlin (August 2003). Michelle Bennett, Silvana Bice, Jonathan Cole, Melissa Davis, Rachel Kester, Sean Kimball, Teresa Pudvah, Kimberly Reese, Micah Smith, Katie Sprenkle, James Tomecsek, Nicole Verardi, Alan Vezina, and

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## By Melissa Davis

One Final Word... Well, as hard as it is to believe, the end is near. For some, the end of this semester means heading home and back to that job at the local grocery store or fast food restaurant. For others, the end means the beginning of summer ses-

## Melissa's Messages

sion classes in the hopes of completing that third major and fourth minor in only four years. But there's one more group who is looking at an end that represents something so much more. This year there are seventeen seniors graduating with some degree of Honors certification. They represent the largest graduat-

ing class the Honors Program has ever seen. I consider myself truly blessed to be among this group of amazing individuals.

For this, my last Occasional Word article, I wanted to reflect upon the last four years. However, when I sat down to write, I realized how tall of an or-

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Jessica Wellar have earned University Honors, while Patricia Hatches and Carrie Witherel, upon completion of their capstone projects, will receive University Honors with Distinction. Even though I have only worked with these stu-

## Director's Corner

dents for one semester, their enthusiasm for learning, their commitment to excellence, and their amazing potential will long impact our future. I am especially indebted to graduating senior Melissa Davis, an Honors Student Associate Director. Her support

and assistance has made me smile, laugh out loud, and immensely enjoy my association with the Honors Program; and I welcome back Dr. Knauer this fall!

## Melissa's Messages

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der that really is. I initially thought about the many changes that have come about since we started here, and there have been plenty. We've seen the further integration of FYE's, a change in the manner of Honors certification, and the addition of student associate directors to the Honor's staff. But then I realized that all of that is in the past. And while those changes were necessary and important, what truly matters is the future, the vision for where the Program is headed. What's your vision? Where is your Program headed? I want to challenge you to discover it. When I come back to an Alumni Day years from now, I will be truly disappointed if I find that nothing has changed.

As I continued to ponder upon my reflections, I thought about all of the amazing opportunities that I've had during my time here at LHU and in the Honors Program. These opportunities have helped to shape me into the person I am today. I've

had the chance to attend conferences all over the country, moderate groups of people coming together to discuss engaging topics, work with high school students from across Pennsylvania exploring the issue of race, and travel to another university to teach peers about the joys of deliberation. I've learned so much about myself, the world, and the people in it through these experiences. I am so much more prepared for what is coming next because of the opportunities that I've taken advantage of in the past. But right now, those things are not nearly as important as what's next. Those experiences became part of the vision for my life, where I want to go and who I want to be. I want to challenge you to take advantage of the opportunities offered to you, allow them to shape you as a person. What's your vision?

In the above paragraph, I didn't mention the most rewarding chance that I've ever taken: becoming a Student Associate Director. You might

think that all the other things that I mentioned above occurred because of this, and the job itself is taken for granted. But that is where you would be very wrong. I never took this job for granted. It afforded me all those great opportunities, but most importantly, it allowed me to meet and work with some of the greatest people. I learned that my job is possible because of all of these great people. I am nothing without you. I want to thank you all for your friendship, support, love, and sarcasm (Lori). Without it, my life would be dull and the vision for my life would be incomplete. The people I met inspired me to do great things by doing great things themselves. That became my vision. And this is just my reflection. I know that anyone of my peers when asked could tell you about their time here, what their vision has become. But now is a time for the future. You are the ones left. What's your vision?

*"Those experiences became part of the vision for my life, where I want to go and who I want to be."*

## *A Little Taste of Poetry*

By Mike Porcenaluk

### It is Simply a Game

The war is not a war  
It is simply a game

A very dramatized  
And publicized  
Production

The cameras are set up  
The actors are cued  
And then we drop bombs  
on them  
We have instant replays  
And multi angle shots

The war is not a war  
It is simply a game

A very dramatized  
And advertised  
Professional sport

The commentators are set  
up  
Behind their replay screens  
And they have their yellow  
markers  
To highlight the big plays  
And the major players

The war is not a war  
It is simply a game

A very technified  
And publicized  
Video game

The plotline is complicated  
But the graphics are great  
With very intense role-play  
scenarios  
Where the outcome is un-  
known  
You choose your own des-  
tiny

The war is not a war  
It is simply a game



## *Are We Scripting History?*

By Mike Porcenaluk

Are we simply trying too hard? How much of these 24/7 news broadcasts are written and produced for us here and now? How many of them are written in a way that when they are looked back on in 50 years, this war can be remembered in a certain, positive light? We all have seen them. The footage reels of concentration camps in World War II, the movies of the atomic bombs being dropped on the Japanese, the horrifying detailed clips from the guerrilla warfare in Vietnam. We have all seen them repeatedly in history class so that we can get a sense of what it was like to be there.

TV producers and camera men must have

those newsreels burned into the backs of their minds, constantly being nagged with the knowledge that what they are doing today in Iraq will be remembered forever. What they are taping, their updates and news reports, what they are relaying to us now will be relayed to generations to come. These broadcasts do not get put up on live cable and then forgotten about. People all over the country are taping big stories on VHS, Video CD, DVD, anything you can imagine. They are downloading them from the internet and saving them forever. They want to remind other people that they were there too. They want to look back and say, "Hey, I remember exactly where I was when I first heard about that". With that in mind, I must

wonder, how much of this news is true. How much of it is written to tell the truth, how much of it is sensationalized and hyped so that it stands out from the other broadcasts and news updates that are flooding our cable networks constantly?

Just how much are these producers doctoring this news so that it stands out from the rest? How well are they verifying these new developments for truth before they get them out to the public? Is there a filtering system in place so that we only see what they want us to? Or are they pushing this stuff out so fast that even they do not look at what is happening? Are they relaying this news because we need to know it, or are they telling these stories so that they can

*"Just how much are these producers doctoring this news so that it stands out from the rest?"*

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## Are We Scripting History?

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promote themselves?

The desire for fame and fortune, immortality is in the heart of every man. Mankind is dark, and if we can prosper from war, why not? If we can have our names and deeds remembered by historians for the rest of eternity, what is stopping us? Measly little codes of ethics, or a necessity for truth? We won't let anything stop us now; we are on our way to being immortal.

This, all at the cost of other nations' lives. The more civilians we kill, the more we can report on killing them. The more of our own men that die on the front lines, the more we can build our empire by showing everyone just how it happened.

We can capture the imaginations of our young, the memories and concerns of our elderly, and the time and energy of our working masses. We

can get them all engrossed in our gross retellings. This is reality TV at its worst. But it is not only us, the journalists. No, everyone else in business can prosper right along with us. Hollywood can make dozens of multi-million dollar motion pictures, much like Blackhawk Down, We were Soldiers, Saving Private Ryan, Behind Enemy Lines, and Pearl Harbor. They can retell the events in even more exaggerated and dramatic terms and get paid to do it.

They can exploit history itself, selling out our service-men's lives and trauma to nosy investigators, interviewers, talk show hosts, and biography writers.

Hunter S. Thompson and Johnny Depp were certainly right: War Is Good Business. And we as journalists are employees within a business. And just like any other corporation, we are all brown-nosing

and looking for that easy way up the corporate ladder to fame and fortune. The only difference between us and other cut-throat businesses lies in the fact that we are doing it at the expense of the people who support us. We are lying to them simply so that they will respect us more. Just a few things for all of us to think about. Before we as citizens let this war coverage consume our daily routine, before we forget about living our own lives because our relatives and friends are losing theirs in the Middle East, we must think about how much propaganda is being thrown at us.

Before we as journalists continue this trend, before we keep up this continuous coverage, we must remember; if we are going to be remembered forever, let's do it honorably.

*"...we must remember; if we are going to be remembered forever, lets do it honorably."*

## Alisha's Advice

By Alisha Rasp

It's spring again; my favorite time of year. But this year, along with sunshine and warm weather, the season brings me a little sadness. As the semester dwindles away, and everyone is crazy with end-of-the-semester work, but happy because it's almost over, I find myself thinking more about what

the end of the semester means. For me, it means that many of my friends are packing up their stuff to leave Lock Haven for the last time.

It makes me sad that the last few weeks of being at LHU together have to be spent doing research, writing papers and studying for tests, rather than enjoying the beautiful weather and spending time with friends. I know that I

will stay in touch with many of my friends who are graduating, but it will never be the same. I will most likely never live with them again, see them every day, or even talk to them on a regular basis. Life gets busy, things pop up, and finding the time to call people is not always easy.

I know this is part of college and of life in general. Everything

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## Curious George

By George Zimmerman

I can't believe this semester is almost over. It seems like yesterday was the first day of the semester; it was nine o'clock, and I was sitting in my first staff meeting. I sat at the table with the other SADs, and realized that I was at a point of no return. I had to make this work; the entire Program needed me to get my act together and do my job. During that first day, and the first week for that matter, I felt overwhelmed.

As the semester went on, I began to feel comfortable in my new role. I started to become more confident in my abilities. This is in large part to Mary, Melissa, and Alisha. They have helped me with so many things. They have pointed me in the right direction when I was lost (which was quite frequently in the beginning). They

have been one of the best sources to bounce ideas off of. Their ideas and work ethic have inspired me to do even greater things than I could ever have imagined myself doing. I would like to thank them for their support. Without these three highly motivated young women, I would feel just as overwhelmed as I did the first day of the semester.

I would also like to thank Kathy for being the energetic, cheerful self that comes so naturally to her. Her charisma and leadership will not be forgotten. She has been a blessing to this Program; I couldn't have made it through this semester without her.

I would like to thank Joanie. You have been very understanding. I have made many mistakes so far, and I am very grateful for your patience.

Lastly, I would like to thank Kim Reese. She

spent countless hours last fall training, me for this job. Without this invaluable training who knows what would have happened. She was very patient with me, and for that I am grateful.

There have been many people that have helped me get through my first semester as a SAD. Some will be leaving after this semester and others won't be leaving. To those of you who are leaving, I wish you the best of luck in the future. To those who will be here next year, I look forward to working with you and trying to make this Program the best it can be.

*"Their ideas and work ethic have inspired me to do even greater things than I could ever imagine myself doing."*

## Alisha's Advice

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changes. Although it is sad, I am okay with my friends graduating, because I know that I am lucky to have had the time with them that I did. In all kinds of ways that they probably don't even know about, every friend I have ever had has changed my life. So as I think about the end of the semester and its implications, I try to focus on the positive. I think

about all of the good times we have had, and how twenty years from now, I will still have the memories, even if I don't still have the friend.

Life is about recognizing the good, not dwelling on the bad. If you are sad to see the seniors go, think about what it would have been like to never know them at all and appreciate what you have been given.

Seniors— Congratulations! The world is waiting for you!



## Beyond High School

By Krystal Bush



Where were **you** on March 24, 2003 between the hours of 6:30 and 8:30 pm? If you were at the Ulmer Planetarium, you went into the building having one opinion, or maybe even not knowing how you felt about issues beyond high school. However, after leaving, you were able to see others' perspectives and maybe think slightly differently about high school education.

The Honors Public Issues Forum conducted a Forum called "Beyond High School: What's an Education For?" The Forum presented three major view-

points concerning the purpose of public education. Approach One said that American students should be taught how to be better citizens. Approach Two felt that education's top priority should be preparing students for work. Approach Three said that education should teach a student to lead a life of discovery, which will foster a desire to learn.

Of the four groups making up a total of about 100 students and faculty, most participants agreed that Approach One did not offer enough teaching to prepare students. Teaching focused solely on becoming a good citizen is too narrow. Approach Two

was commonly liked, but Approach Three in combination with Two seemed to be the best solution. Focusing only on preparation for a future career lacks creativity and seeking only a life of discovery lacks preparation for one's future.

The Forum turned out very well. All participants left with a broader understanding of the issue at hand. Lori Mertz said at the Forum, "If I knew more about things in the world, it would make me feel better about myself." One way to learn more is by coming to the Forums. Everyone is welcome. We hope to see you there!

## What I've Learned

By Theresa Proctor

At one time or another, all of us have heard the phrase, "Carpe Diem" – Seize the Day. For me, this phrase has always been ambiguous, and I've never been sure how to take it. Does it mean I should allow myself enough time to enjoy the day and not allow myself to get stressed? Does it mean to take every opportunity that comes my way so that I can't regret it later in life? When discussing this with a friend, she suggested I look at it in a different way, "How about: take every opportunity, es-

pecially if you get to enjoy yourself in the process."

She's right...to a point. Since I've been at Lock Haven, I have tried to take every opportunity. I joined the Honors Program, I'm a member of volunteer organizations, I take summer classes, I have a double major, I'm taking 18 credits this semester, and I have two jobs. Truly, I don't regret any of that. I just wish perhaps it wouldn't have all come along at once.

The longest break I have had since coming to the university is the month over Christmas break. That's not complaining; it's just the truth. All this leads

me to what I want to say... I'm too stressed to enjoy myself. From all the knowledge I've gained from being at Lock Haven, I haven't learned to know when enough is enough.

It's finally sunk in. Balance is key. When I start to lose focus of what I am here for, and I spend more time worrying than I do sleeping, I need to back up and reexamine what I am doing.

It's no longer seizing the day when you're sitting inside studying on a beautiful day. But as most college students know, "C'est la vie!"

*"From all the knowledge I've gained from being at Lock Haven, I haven't learned to know when enough is enough."*

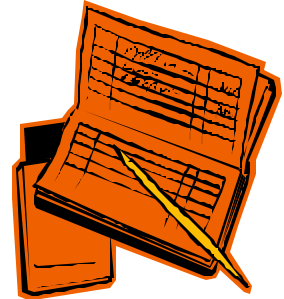
## *Deeply Disappointed in Local Restaurant*

By Denise Hershey

On Sunday afternoon, my fiancé and I went to *Original Italian Pizza* in downtown Lock Haven. We ordered lunch to go and while we waited, I saw a most disturbing display. Near the register, a sign proclaiming, "\$20 Charge for All Returned Checks" was posted. This wasn't the disturbing part. Underneath that sign was posted one woman's bad check. The check had been enlarged on a photocopier and plastered on the wall for all to see. No editing

had been done to the check whatsoever. Her personal information including full name, address, telephone number, bank name and checking account number was still in tact. This modern day Scarlet Letter righteously pointed out one woman's hideous sin: she made a minor mathematical error in her checking account. Let this be a lesson to all of us! Meanwhile, the check was made out for 25 dollars and some change. Apparently, the OIP must be in some dire straits to persecute a woman in such an humiliat-

ing way for a little over 25 dollars. While I was still pondering whether such a display is legal or not, I noticed that for a final touch of irony, the OIP had posted the bad check next to two signs which notify patrons of the OIP's support for the March of Dimes and a local Brownie Troop.



## *End of...Days?*

By Adam Styborski

Here it is: the end of the semester...Finals fast approaching, tests getting harder, essays getting longer, and professors and students alike getting tired out. The books are read, the chapters are covered, and the lectures are ended. There's only one question I have: Already?

It seems like yesterday I moved in, and just over an hour ago that I was on Christmas break. Heck, 15 minutes ago, I got back from Spring Break. It's amazing to me how everything has flown by. Even with the books, and tests, and lectures, and forums, and groups, and meetings... it's just all gone too fast.

What happened to me in a flash? Not too much... two roommates, and a single room; two Honors classes, and two very hard classes; hired to be an RA... too much to really mention. So why did it seem to go so fast?

I think I've figured it out, for myself at least. I've been busy having fun. Not just "fun" but a downright laughable, hilarious, fast-paced enjoyable experience. Amid those difficulties and strains, emotional, mental, and physical, I've had more fun that I can ever remember having.

Friends new and old, gone and come, filled my days. Studying, sleeping and a bad addiction to the internet filled my nights. This first year as a fresh-

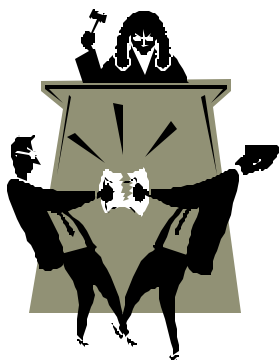
man has been the greatest time of my life so far. I look forward to the challenges of next year, while I know full well that the fun had next year will make everything race by again.

I just keep trying to enjoy the scenery along the way.

*"I've been busy having fun. Not just "fun" but a downright laughable, hilarious, fast-paced enjoyable experience."*

## The Perks of Being Neutral

By Theresa Proctor



Everyone knows the reasons that are given for our military action in Iraq. The government says it is liberation from a dictator and keeping him from being a threat. Others say we are getting rid of someone who supports terrorism attempts inside our borders. Those that are against the war say that we are securing our oil and hoping to bring down the prices. Even others say it is another attempt at colonization. Regardless, I can see all sides of the story.

Truly, I believe our reasons for being there could be the result of a variety of things.

While I am not sure whether or not I support or oppose the actions we are taking overseas, I do believe that perhaps it is best not to voice my opinion either way. There's no reason to argue with those against the war if you agree with them, but as you may already know from the news, protesting the war is bringing down the morale of our troops who have no choice in what they are doing. They joined the forces, and they

are now doing what they believe is a service to all of us here at home.

There is a good reason for letting the government know if you are opposing the war, and we have the freedom to do so, but let us still tell the troops that they are in our prayers. Lowering their morale could cause them to be discouraged, and I would hate for the amount of troops we lose in this war to increase just because they do not think we support them.

## Diversity or Racism?

By Jennifer Ward

Nigger, Spic, Retard, Dyke and Faggot are some of the words that you will see displayed in a window on the most popular place on campus, Ivy Lane. We advertise about having such a diverse campus and yet that is deemed appropriate? Now I'm sure everyone understood the point, as did I, but were such extremes necessary? In the middle there is a sign that says stop the hate, but when you see words that spark emotions so deep and raw and sensitive, its not exactly peace invoking. Now I hate to bring the war into this, but how can you not when people hold an entire country accountable

for one mans actions? They are called "sand niggers", "towel heads" and other such derogatory names, simply because they are of Arab descent. It is racism to the extreme, and yet it is justifiable, it is alright that a ten year-old boy die...because its war. The war that I am concerned about does not only affect the United States and Iraq but the entire world. We have actively made it a point as a nation to pledge war against drugs, against poverty, but has there really ever been a time where we were encouraged to deviate from the norms and have a war on racism? Things such as the Civil Rights Act and Affirmative Action have been enacted, but does that help

us get to the root of the problem? Being a minority student in a predominately white school, I have met some of the sweetest people in Lock Haven and at the same time have managed to see, hear or experience the people who are so unbelievably narrow-minded that they make you want to pull out your hair. A lot of people think that racism is a thing that no longer exists, that has been abolished with the Civil Rights Act or that the people who are racist are the old farts who live in Timbuktu. Well folks, racism does exist and there are people who have been raised to think that it is alright to judge someone by the color of their skin. At a

*"We advertise about having such a diverse campus and yet that is deemed appropriate?"*

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## *Diversity or Racism?*

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time when we as a nation have achieved so much, it amazes me that people still think less of black people or that they are somehow not up to par with the rest of society. I am not trying to argue with statistics that many city schools have lower teaching standards and that these schools are mostly made up of African American children, but does that mean that they are any less capable of learning and going on to

great things given the right resources and opportunities? As you walk around campus, you see signs that offer so many cultural experiences; black student union hosts party that none of the non-black kids feel comfortable attending, and yet we say that we are a "diverse" college. There is no way that we can even begin to understand the cultures, the ideas and the perspectives of each other unless we try. So this short essay, my ramblings,

my thoughts or whatever you want to call it is just to make everyone aware that racism is still present, is not condonable and can only be squelched if we all make an effort towards achieving peace. To judge someone by the color of their skin is stupid, and it doesn't make any sense.



## *From the Secretary's Desk*

Hello everyone!

My name is Joanie Williamson, the new secretary at the Honors/Computing Center. I started my new position on March 3, 2003. Prior to starting this position, I worked part-time in Law Enforcement on the midnight-8:00 am shift here at Lock Haven University. I wish to extend an extra special thank you to Mr. Hepner, Sherry, Denny, Karen, Scott and Mr. Morgret for all their help and support in my new endeavor.

The transition from Law Enforcement to Honors/Computer Center was a very over-whelming experience. Now that it has been a month into my new position I'm adjusting much better. I realize I'm not expected to know every aspect of my new job (I think I should) and that learning a new job takes time.

Let me tell you a little about myself personally so you will get to know me better. I am married to a wonderful man by the name of Rod. We will be married 18 years in June. We have two children; Rob is 16 years old and in 10<sup>th</sup> grade at Central mountain High School, and Brian, better known as BJ, is 14 years old and in 8<sup>th</sup> grade at Central mountain High School. We live in Woolrich with our two dogs.

I realize I have very big shoes to fill. Sharon Heverly has been in this position for 5 years and knows all of the in's and out's. She is a very special person who I have come to know and love. She is always there to lend a helping hand and explain a new situation to me. I wish her good luck in her new position and look forward to working with her on

Tuesdays and Thursdays at the Computer Center.

An extra special thank you also goes out to Kathy Richards, Interim Director, who also has been so kind and patient. Also, the student associate directors at the Honors House, Melissa, Mary, George and Alisha, who have been extra special in helping me with my transition and willing to help or assist me with any questions or jobs I have. There are so many people that have been so helpful in my new position, and I wish them ALL a thank you from the bottom of my heart. I look forward to meeting you all in the future; please feel free to stop and say hello.

By Joanie Williamson

*"Now that it has been a month into my new position I'm adjusting much better."*

## A Farewell to Lock Haven

By Sean Kimbal



So graduation is just around the corner. At the moment, I can't wait to finish up and go on to other things, but I know that by June I will be deeply nostalgic of the times at Lock Haven. A countless number of students, staff and faculty members made my stay here a memorable one. A special thanks goes to Dr. Knauer, who encouraged me to set the highest possible goals and work diligently to achieve them.

All of the hard work

over the past four years in the Honors Program has paid off in many ways. For example, starting in August - I will be attending graduate school at the Maxwell School of Citizenship and Public Affairs at Syracuse University, for a master's degree in International Relations. Before I begin my 1000-pages of reading routine a week at Syracuse, I will be in Finland and Greece (for a summer studies program) this summer. Considering what I've accomplished at Lock Haven, including participation in internships,

studying abroad and many other experiences, I would have thought it unthinkable had someone told me my first day on campus that I would have such opportunities available to me at Lock Haven University. It's up to you to take advantage of them!

Best wishes for all current students, staff and faculty. You have all made a tremendous difference in my life during my undergraduate studies and will continue to for years into the future! Goodbye for now!

## Life as Buffy the Vampire Slayer

By Alan Vezina

I saw a movie called *Life as a House* once. What a piece of garbage. The metaphor was as obvious and cliché as a freshman trying to blend in. Rather than critique the movie, I am going to try and improve on it. Well, not really, but it gives me a super segue into what I'm writing my article about. (And, I mean honestly, how could I not show off the fact that I can spell and use correctly the word "segue" without a dictionary or French class. Heh.)

When I was a sophomore in high school (way back in 1996, when dot-com ventures seemed like a fantastic idea), I started watching Buffy the

Vampire Slayer. It's been one of my favorite television shows for the past seven years that it has been on. In many ways, it's almost been a mirror of my life; much of that is due to the fact that the people portrayed on the television show were the same age of my friends and me. And besides, trying to survive in high school isn't that much different than trying to survive vampires and save the world from destruction. I'm so not getting into learning life lessons from Buffy, though. I swear. But I had a point somewhere in here...

This May, Buffy the Vampire Slayer will be going off the air. The actors and actresses that have helped me survive both

high school and college are moving on to bigger and better things. And (hopefully) so are we. I think that we're all a little apprehensive about it, though, and how could we not be? For the past 16-ish years of our lives, we've lived in a fairly predictable routine. At the end of every August, summer vacation was over and school was starting up again. It was fun, reassuring, and above all else, safe. As dangerous as school can be at times, it's always been there. Having to go back to school after a 3 month vacation was always a downer, but there were also things to look forward to: buying new school clothes, hanging out with

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*"The actors and actresses that have helped me survive both high school and college are moving on to bigger and better things. And (hopefully) so are we."*

## *Life as Buffy the Vampire Slayer*

*(Continued from page 10)*

all of your old friends again, spending \$500 at the bookstore... ok. Scratch that last one. But you get the point.

This September, for the first time since I was 5, I will not be going back to school. No new school clothes for me. But, we can hope, I (and the rest of my fellow graduates) will be moving on to bigger and better things. If not bigger and better, at least same-sized and average. But with great power comes great responsibility. Um, no... ok. Scratch that last sentence and chalk it up to humor. Anyways. With great joy also comes great fear. Come September, I fully plan on calling some friends that will still be at Lock Haven to laugh at the fact that they have to buy over-priced, under-used books from the bookstore, where as I will not. But on the other hand, I could be homeless and jobless, living on the streets of New York City with the rest of the English majors of America. Or, if I'm particularly lucky, I could join the upper echelon of post-

undergrad English majors by working at McDonalds. I've already begun practicing saying "would you like fries with that?" Just ask my roommate. He'll confirm my prowess as an aspiring cashier and/or burger flipper.

I'd like to end this essay by offering some advice, both to my fellow graduates and for the poor saps that will be stuck in Lock Haven for a few more semesters... Don't sweat it. If I've learned anything in the past 21 years that I've been alive, it's that not much in life matters a great deal. I'm not saying that school is unimportant, but, like, it is. It's not about getting the A's. (Dr. Smith taught me that, and I just wanted to take this random moment to thank him). Be honest with yourself. When you're 35 years old, who's going to care that you graduated with a 4.0 GPA? When you're 85, you probably won't even remember.

What **is** important, however, is what you have gained from the college experience. Personally, I couldn't tell you a thing

about 50% of the classes that I've taken, but I can tell you that college has made me a better person. When I look back at the person I was when I was a freshman, I can't even recognize myself. I think that is what we should all strive to gain, both from college and from life. It doesn't matter if I'm working at McDonalds or on Wall Street, but when I look back at myself four years from now, I plan on seeing that I've become a different and better person.

It's for each individual to decide how they can become a better person, but I'd like to offer everyone one last piece of advice. Look up. If I had to rank everything that I've learned in college, that would be the most important. People don't look up often enough. You shouldn't go a single day without looking up and appreciating the fact that infinity is hanging over your head. It helps keep life in perspective. Living in a world of infinities, how can any human thing be of serious importance?



## *The Savior of the Honors Program*

By Melissa Davis

This semester the Honors Program had a savior. Kathy Richards stepped in while Jim Knauer, the Honors Direc-

tor, was on sabbatical. We worked her until her head spun, and still she smiled and encouraged us. Kathy, we just wanted to thank you for caring enough to come back

every day and make a difference we won't soon forget.

*"We worked her until her head spun, and still she smiled and encouraged us."*

## What I've Learned?

By Nicole Verardi



Every summer when I go home to my waitressing job, a regular customer named Jack says to me, "So kiddo, what did you learn?" And every year, I find myself at a loss of what to say. It's funny how I've been studying at college for four years, yet get dumbfounded when asked what I've gained

from the experience. Questions like this, the ones that you think about all the time, but never seem to find the perfect answer are what I think life is all about. When words can't seem to capture the essence of what you feel inside, that is when you are on to something.

To tell you what I've learned, I could give a list of all the courses I've

taken or illustrate how my opinions and outlooks have changed, but I'm not going to do that. Instead, I want to tell you about what I've discovered that is important.

When I was a sophomore, I was still following the wait-until-the-night-before technique for my assignments. One night around 4 a.m., the

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## Spring '03: A Lesson in Bouncing Back

By Mary Lyter

This is the first opportunity I've had to write an article for our newsletter. What a hectic semester it has been!

Melissa and I have been training together in our Judo class. One of the most difficult things we had to learn was the correct way to fall. If my form was right, if I jumped through the throw and landed in the proper break-fall position, I could bounce right back up and throw some more; it didn't hurt one bit. But if I was tense and struggled through the throw to keep my feet under me, I ended up jarring my whole body; it took longer to recover. More than that, I had to have faith in my partner, whether or not I knew her. I had to trust that she would respect me enough to take care in throwing me

so that neither one of us would get hurt. I had to make sure I didn't get so caught up in throwing her that we would collapse into a pile of bruised limbs. I had to be careful not to step on my partner's toes or head-butt her once I got her to the ground.

As many of you know, I've been busy training with Melissa to take over her position as the Student Associate Director of Internal Affairs in the fall. I'm so eager, and so honored, to be of service to all of you in honors. Different times I've gone into Jim's office, only to be reminded that Jim isn't here this semester. Kathy has been there instead and has done an excellent job. I'm grateful to her for not only for her guidance, but for her devotion to the program and its students. Joanie now sits be-

hind the secretary's desk. Although we miss Sharon, Joanie has done a great job.

There are temporary changes you can plan for, like Kathy filling in for Jim while he's on sabbatical. There are permanent changes you can plan for, like my training to take Melissa's place when she graduates this fall. There are permanent changes you can't plan for, like having to hire a new secretary while the director is away.

These kinds of changes involve the same type of trust and respect that we've been learning in judo. The person who is giving up the position should hold on until her replacement is prepared but must let go when the time is right. This also means her successor should have the respect to continue the

*(Continued on page 13)*

*"These kinds of changes involve the same type of trust and respect that we've been learning in judo."*

## What I've Learned?

*(Continued from page 12)*

computer I was working on lost almost everything that I had finished that night. Well, I freaked out, but a friend of mine (thank you Kim), sat down and re-started my paper for me while I was wasting precious time being in shock. Another night I was planning an all-nighter in the computer lab, and my now boyfriend surprised me with coffee and company. Once I took a spontaneous road trip to Annapolis with two friends. On the way there a tire busted, but people (LHU grads actually) saw what happened and pulled over right behind us to change the tire. Another time I was carpooling from Pittsburgh back to

Lock Haven with some friends, then the car broke down in the middle of nowhere in the freezing cold. The tow truck could only take two people, so with three other friends; we knocked on someone's door. He let us stay there for a couple hours until we could arrange another ride, but in the meantime, we had a really nice conversation with that guy. In the last few years, there have been times when I needed friends, and they were there for me, even if they had a test to study for the next day. Over and over again I saw what was important.

If I run into Jack this year after completing my time at LHU, I'll know

what to say. I learned everything because now I know who I am, what I think about the world, and what I want from life; yet, I didn't learn anything because it was there all the time.



## Spring '03: A Lesson in Bouncing Back

*(Continued from page 12)*

work that was begun by the past person, regardless of the condition the work is in when the successor takes over.

The strength of this program lies in its ability to change, to take a fall, and bounce right back. It's sad when you lose someone that has given so much to the program, but it's also a new opportunity for the program to grow. Things won't be the same after Kim and Melissa graduate this semester. If things remain the same, the pro-

gram has become stagnant. If we struggle to keep everything as it was, or to keep our feet under us, the starting over process will be far more drawn out.

I will miss our graduating seniors, but I wish them all the best of luck. I wouldn't want to keep them here when there is so much in the world waiting for them. As the remaining honors students rise through the ranks, I have an opportunity to get to know them better. After they return from a relaxing summer, each of them will

have another opportunity to leave their mark on the program. The changes around here will take a little getting used to, but I'm sure we'll bounce right back.

*"The strength of this program lies in its ability to change, to take a fall, and bounce right back."*

## Letter from the Editor

By Megan Gephart



My first semester as the full editor of the Occasional Word is almost complete, and though at times I have been overwhelmingly frustrated, I have really enjoyed the responsibility.

It's very rewarding to watch the issue grow and take shape, and I have been so pleased with the rise in quantity and quality. This year we have seen issues of as many as 16 pages, as this one is, and the variety has greatly improved. We have had augmentation reports, some excellent poetry, interesting reflections, thoughtful commentaries, and even a

word search last semester. We encourage this variety, and short of overly offensive works, we would love to see even more variety next year.

You may notice that this issue contains many farewell submissions, and I would encourage you to read them carefully, because many say more than simply goodbye; they offer some helpful insights for the rest of us and interesting reflections.

I need to take this opportunity to once again thank everyone who has helped to make the OW editions of this past year vast improvements over those of the past. In particular, I want to thank

Teresa Pudvah, a graduating senior and my mentor for the OW, Nicole Verardi, also a graduating senior who has been the co-editor for the last two years, Adam Styborski, a freshman co-editor, and the SAD's, who are forced to submit an article every issue (much to their chagrin).

To all of the graduating seniors, thank you for the leadership you have provided and the legacy you have left, and good luck with your future endeavors. To those of you who remain, I look forward to continued improvement in the OW, and have a wonderful summer.

## A Farewell Reflection

By Teresa Pudvah

I remember the day my Lock Haven University acceptance letter arrived at my house back in November of 1998, and I can hardly believe that four years have passed since then. I remember being scared and apprehensive about joining the Honors Program, too. I had so many doubts about my own abilities, and I was scared to set myself up for failure. Now, as I recall these events, I can't help but be thankful for the people who helped me through this experience, who gave me confidence that I could

succeed, and who stood by my side. Some of my best friends at LHU are those I met in the Honors Program, and if that was all I gained from being part of this Program, it would be enough. However, it doesn't come close to being my only gain. The Honors Program helped shape me in so many ways that it would be impossible to list them all (not to mention a little boring for all of you to read), so I will simply say that without my Honors experience I would not be the person I am today—a person that I am proud to be, and for that I thank everyone who played a role in

shaping this experience for me. What I will take away with me in May is a priceless gift that I will treasure forever!

I also want to impart a little advice to all of you who still have some time left to put in here at LHU, or those of you who will be attending in the fall:

First and I think most importantly, take advantage of every opportunity you can! Don't spread yourself too thin, but don't be afraid to give things a try. You will never know what you are capable of if you don't leave your comfort zone every once in a

*(Continued on page 15)*

*"Don't spread yourself too thin, but don't be afraid to give things a try. You will never know what you are capable of if you don't leave your comfort zone..."*

## A Little More Poetry

By Adam Styborski

### **End to End**

Connect all of the dots; tie  
up the loose ends;  
All this I do while my heart  
mends.  
I see there's a light glowing  
so bright;  
Finding my home away  
from the fight.  
Each day I look up to the  
sky,  
Knowing that you're some-  
where up high.  
You fly above the struggle,  
beyond the hail;  
Ducking and diving, so  
graceful you sail!  
I look up there and see  
your face;  
Across the ground I run; to  
catch you I race!  
You see me dash to catch

up to you,  
And you call out my name.  
(Wow! You knew!)  
You fly above the ravine,  
floating in wait;  
I stop at the edge to pon-  
der my fate.  
You beckon me on, to join  
you up there;  
And so I leaped out, not  
knowing how I'd fare.  
I fell for an angel, so beau-  
tiful and strong:  
I didn't think that she'd  
catch me. I was wrong!  
Away up we flew, far into  
the sky;  
In love I fell again, in the  
blink of an eye.

### **Victory has no Home**

Crashing down so very  
hard,  
Like a wave on a cliff.

It ended so hard, full of  
pain,  
Like a mouse caught in a  
trap.  
The sun was dimmed out,  
Like eternal darkness all  
around.  
Reaching out to nothing-  
ness,  
Like forever falling down.  
Pulling down my body,  
Like concrete shoes.  
Tearing at my heart,  
Like a carnivore's kill.  
Knowledge is agony,  
Like a desperate struggle  
to win.

*"Away up we flew, far  
into the sky;  
In love I fell again, in  
the blink of an eye."*

## A Farewell Reflection

*(Continued from page 14)*  
while.

Also, keep an open  
mind; be accepting of peo-  
ple! You may not agree  
with all that someone does,  
believes, says, etc, but that  
doesn't mean you have to  
change or judge them. It is  
our uniqueness that makes  
us so wonderful.

Cherish your  
friends, and let them know  
that you do. The friends  
you make in college will be  
life long friends! I person-  
ally don't know how I would  
have made it through the  
past four years without  
them (Kim, Nicole, and Al-

isha, this especially means  
you). I have memories that  
I will treasure forever, and I  
know that there will be  
more to come long after my  
time at LHU is over.

Don't get caught  
up in grades. Obviously,  
grades hold some impor-  
tance, but are they worth  
getting so stressed out that  
you have headaches eve-  
ryday? Ask yourself what  
college is really about,  
grades or learning? If  
you're an English major  
and get a B- in your first  
literature class, don't think  
you are a failure! It is a  
learning experience that

can only serve to make you  
stronger.

Finally...take road  
trips, pull at least one all-  
nighter, order that pizza at  
2am, and make Thursday  
nights complete with  
"Friends." You'll know  
what college is really about  
after a few nights that in-  
clude all of the above!  
Right girls (and Mike)?



Honors Program  
Lock Haven University  
Lock Haven, PA 17745

Phone: 570-893-2491  
Fax: 570-893-2711  
Email: krichard@lhup.edu

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"The only way to have a friend is to be one."  
-Ralph Waldo Emerson

"A friend is one who knows you and loves you  
just the same."  
-Elbert Hubbard

"True friends stab you in the front."  
-Oscar Wilde

"The real test of friendship is: can you literally  
do nothing with the other person? Can you en-  
joy those moments of life that are utterly sim-  
ple?"  
-Eugene Kennedy

"Friendship is the hardest thing in the world to  
explain. It's not something you learn in school.  
But if you haven't learned the meaning of  
friendship, you really haven't learned any-  
thing."  
-Muhammad Ali

"Friends are treasures."  
-Horace Bruns

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## Contributors

### Co-Editors

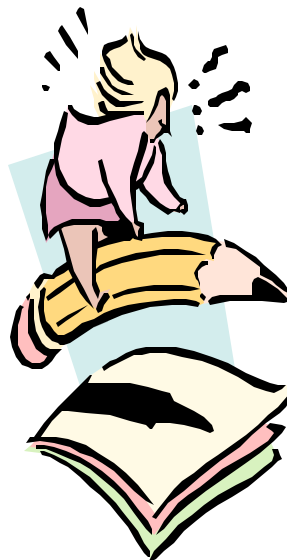
Megan Gephart  
Teresa Pudvah

### Assistant Editors

Nicole Verardi  
Adam Styborski

### Writers

Kathy Richards  
Melissa Davis  
Mike Porcenasluk  
Alisha Rasp  
George Zimmerman



Krystal Bush

Theresa Proctor

Denise Hershey

Adam Styborski

Jennifer Ward

Joanie Williamson

Sean Kimbal

Alan Vezina

Nicole Verardi

Mary Lyter

Megan Gephart

Teresa Pudvah